

Start Believing It, So You'll Be Living It

Sermon Title: **Start Believing It, So You'll Be Living It**

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Speaker: **Joseph Bronner**

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Joseph Bronner: You can achieve whatever dream that you have as long as you believe in yourself.

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And now for 6514, Start Believing It, So You'll Be Living It.

Joseph Bronner: Amen. How is everybody doing today? So, good morning! This is a day that the Lord has made. We shall rejoice and be exceedingly glad in. Hallelujah! Amen to that.

I'm just going to dive right in to my message. The title of my message is called, "Start Believing It, So You'll Be Living It". Copyright Joseph Bronner. You all can't take that, okay?

Okay. By this, I mean, believe you can accomplish your dreams. Believe you can accomplish your goals. In fact, believe that you've actually done it already. You're just going to the motions. Ask yourself, if you're in situation, you're in a bind, you're having a problem, how would a champion handle this situation? How would a top-level cook handle this situation? How would a happy family man, if that's what you want to be, handle this situation? Happy family woman, how would they handle this situation? How would a top-level athlete handle this situation? How would a billionaire, a millionaire, a thousandaire, a hundredaire, if you don't have \$1 to your name, a person that can buy a candy bar, \$1.25, how would they handle this situation? Because if you don't have that, that's what you need to be looking at, okay?

Now, I'm going to have to establish some borders around this believe thing, okay? I was going to first entitle my message, "Fake It Till You Make It", but that would've make my entire message borders, okay? Because there's too many wrong things around that statement. So, I want you to know there is no faking. None of that. Your dream is real. What you believe in yourself to become, that's going to be real. What God has planned for you, that's real. Okay? It's no faking. There are no games. We're not playing no games. We're getting somewhere and we're doing it legitimately. So, I'm going to need you to get off your butt, put

your work, sweat, tears, innovation into action. No cheating. Now, we will go to where our dreams are, okay?

So, we were front squatting one day and this dude, Jay, his front squat max is about 215 pounds. We're doing 285 pounds. That's a lot of weight if you didn't know. This is what front squatting is. You got it in front of you like this and you squat down and come back up. Now, whenever you front squat, you're supposed to keep your body stable. You're not supposed to do all of the, "Whoa!" You're not supposed to do all of that because it's going to fall, hit you. And if it's just 45 pounds, it's going to fall on you. You're going to be like --. You're going to be coughing, you're going to have a bruise on your neck and you're not going to work out the rest of the time.

Now, 285, that's a completely different story. Jay takes the weight off and I say, "No! Put that back on the weight immediately!" I was like, "Boy, if you don't stop doing that type of stuff before I smack you." And the teacher wouldn't even care if I were to smack him. He told me he had to go sit in the corner because he can't even lift no more, because that's dangerous. His life was flashing before his eyes at that moment.

So, I'm going to need you all to know it's not physically true yet, but it will happen. You don't fake qualifications, you don't lie about things, you also don't put any of these ridiculous things or unchangeable things in your dreams, okay? By ridiculous, don't go out and buy a car that you can only pay one note for it, okay? And be like, "I'm going to pay for it with the lottery money that God told me I'm going to get next month." It's not going to happen. No. That is not smart. I'm not going to tell you to do that, okay?

And I'm about 5'7" and if I go to the DMV and I tell them, "Put down on my license that I'm six foot." When I get pulled over by a cop, he'll going to look at my license. "Look at me. Look at my license. Look at me, sir." Some know that up and it's not going to be good. So, you can't be lying about this type of stuff.

Now, repeat after me. Believe, act, evolve. Now, these are the three things that you have to do in order to get to your dreams, okay?

What is that acronym? B-A-E. That stands for BAE. So, whenever people asking you, "What's so different about you? Something changed." Just be like, "I found my BAE." And then, let me put that in work too. Yeah, that's what you say. Okay? You all got that?

Believe. Say that. Believe. You can get nowhere without fuel. If you want a car no matter what kind of nice rims you got, how beautiful, a hundred-thousand-dollar car, you're not getting nowhere without no fuel. You're going to sit there and try to rev your engine, your car will be like -- and it's going to turn right back off, okay?

Now, there's going to be no running an extra mile. You're going to look at that one-mile point that you just passed. Look at the two-mile point. You're going to be like, "I can't even hit that. There's no point in me for trying." You're going to try maybe to get to 1.1 instead of getting to 1.9 and say, "I only got 0.1 left."

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You're going to look at the 1.1 and be like, "I got 0.9 left. I'm not doing that because I'm tired."

Just like Jamie say, "You're going to be running in circles or you're not going to go anywhere." There's going to be no motivating others because you're going to have to motivate yourself before you can motivate somebody else. There's going to be no hitting new goals, no hitting that weight goal because you're going to look at that sweet potato pie when you go to a party and you're going to be like, "That sweet potato pie is looking good. Can I have just one? No, not one slice. Yes. No. Yes, you're going to take it. Cut the one slice because I can't even hit that goal anyway." You're going to have six big slices right after that. Half the pie is gone. It's all in your stomach. And then somebody is going to be like, "Who ate all the sweet potato pie?" "I don't know."

Now, with belief, you have the key to open the door of possibility, okay? No matter what your goal is, no matter what your dream is. If you want to be at the top, you want to be successful, you want to be smarter, you want to be faster, you want to be stronger, you just want to be happier, it doesn't even matter. You have the key in order to unlock that. You can achieve whatever dream that you have as long as you believe in yourself. Because even when

nobody else believes in yourself, as long as you do, that's all that matters, okay?

Now, this is whenever you act. Say that. Act. You take on the habits of your goal because then that's inside of you, you internalize that and you actually show that. You portray that. If you want to be happier, you look at a happy person, what do they do? They smile more. Everybody smile. Smiling is just scientifically proven to just make you just instantaneously a little bit happier. You don't have to have a real smile that does not even have to be real. But as long as you smile, then your body is like, "I don't know what's happening, but I got these good juices flowing and it feels good." It makes you feel a little bit better.

If you want to be more confident, you stand taller, you speak up, you have eye contact with people so that you'll feel more confident. If you want to be more fit, if you want to have a really good physique that you're looking for, I mean, you're just going to have to work out. But there's really no way around that, but you're going to have to push yourself to do that. And after that first workout, you're going to start feeling a little good about yourself. Everybody, whenever they get their first workout in, they're always like, "I'm so sore from yesterday, yeah." "What did you do?" "Yeah, I did my bench press. I did my squats. I did all of that stuff." Yeah, it feels good. It makes you feel good about yourself. If you want to be healthier, you must eat healthier. Simple as that. So, whenever you have your dream, you have your belief, you must embody that in yourself. You must look at what's success really looks like and you become that success.

Now, whenever you act, this is morphing you into the end product. Just like whenever you take a cold piece of cheese pizza and you put in the oven. Like it's cold, it doesn't smell like nothing. It just doesn't look like most people want to eat it. But now, wherever it's in that oven and all of that heat is coming in, it's simmering all of that cheese, you got the cheese dripping down the side of the pizza, hitting the aluminum foil, you just start licking your lips looking at it. The aroma starts wafting out and it just feels everybody's nachos and people looking out their rooms like, "What you got there? I want some. What is that, Joseph?" "That's my pizza. You can't have it. You got to get your own."

Now, look, you are that piece of cheese pizza. You turned from something that's the same thing but you went through a process

and now you're something that everybody is looking at and they want, but they can't get. They got to go get it themselves. They can't just have yours. They got to go get it themselves.

Now, "I'll do it tomorrow." That little phrase is just all the way wrong. It doesn't work ever, almost ever. It just doesn't work. I practice it like once in a month when I got to clean my clothes. It just doesn't work. It doesn't. I get one full basket, three full baskets. "I'll do it tomorrow. I'll do it tomorrow. I'll do it tomorrow." Like 10 times. And then, I got no underwear and I can even say I'll do it tomorrow no more. Because then, I'm going to have a different type of stink and I'm like, "I got to do this today because tomorrow I'm going to be stink if I try to wash my clothes tomorrow. I'll do that junk today." Okay?

Let me give you all a nice little quote. I already said this before last time I spoke, but I'm going to repeat it again. "Never put off something until tomorrow that can be just as equally done the next day." Don't say, "I'll do it tomorrow", if you can do it the day after tomorrow just as easy because you're not going to do it. It's just not going to happen. It's not going to work. And whenever you set these goals, you make this belief and you start acting. That repetition just instantly makes things easier. Like I run every morning. I mean, it's still hard. "I do not want to get up to run. I hate it. I don't like it at all." But it's way easier than in the beginning like I don't like to stop running because it's so much harder to get back into the habit than it is to keep a habit going.

So, whenever you repeat something, it makes it easier. You start to live like this person, you start to feel like this person, you start to act like this person. You feel it. You believe it and that belief becomes stronger and stronger and stronger as you repeat these actions and you become whatever you're trying to become.

Even waking up and looking at your alarm, I mean, yeah, just looking at your alarm and waking up at the right time that you wanted to wake up, even if you have to set like six alarms before that in order to wake up, turn the alarm off, because I like to do that too. You wake up, turn the alarm off. Go back to sleep six times to wake up the seventh time. As long as you get up at the time that you have scheduled, that starts your day off in a completely different way. Every single action counts.

Now, whenever we do this acting, we become different. We are not that old crusty-nasty piece of cheese pizza. We are the hot stuff that everybody wants. Everybody wants a piece of it and that is you. We are evolved. Everybody say, "Evolve." You are made new. You are able to seek new opportunities. Like if you have an opportunity you've had your eye off for a while, a promotion, you wanted complete erase, whatever you want to do. You want to go and be a cook, it doesn't even matter. As long as you set that goal, you've actually acted on it. You've framed your entire life around this type of stuff. And you could set multiple goals at once. It doesn't just have to be one. But as long as you've set this goal and you've actually done what you are supposed to do in order to get there. This is where you take your leap. This is where you go from here to here and now you are your goal. You are at the top of the mountain. You have ascended the peak and now you can look back and be like, "Wow! That was a pretty tall mountain, but up in now because I got God on my side. I got my will on my side. I have my passion on my side. I have my belief on my side." And no matter what it is that you think you can do, you will be able to do it as long as it's within reason, okay? You can't just be six foot if you're 5'7" just the next day. You can't just pay your car. But within reason, it's true.

Now, you can set new goals and your mind, body, spirit, all of that stuff is in the realm of your goal, so you actually are your goal. And at that level, I want you to recognize, you are a prince or a princess of the kingdom that you've always been. You are right now. But at that level, you just see it, you recognize it, and you'll act like it because that's what God wants to see whenever He's looking down on us. "That is my prince. That is my princess. That is my child that I love and they are living up to the expectations of this kingdom and they're living up to their true potential." That's what you should do every single day. Live up to your true potential. And David showed up that no matter how big a giant is, it can be defeated, all right? Amen. Halleluiah.

Female:

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