

Latent Potential

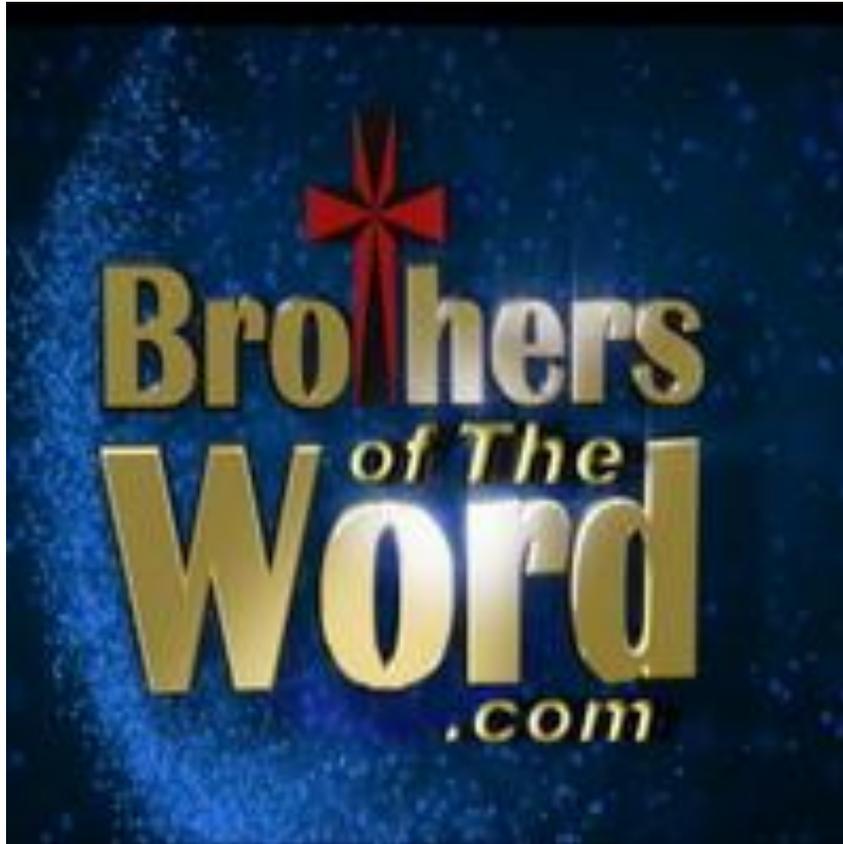
Sermon Title: **Latent Potential**

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Speaker: **Stephanie Bronner**

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Stephanie: If God has spoken something to you. If you know that you know that you know, you got to stick with it.

Female: You are listening to brothersoftheword.com. This is the sermon titled "Latent Potential" by Stephanie Bronner. This sermon is number 6547.

(Music Playing: 00:00:14 - 00:00:26)

And now for "Latent Potential."

Stephanie: Hello and thank you for joining us today at Brothers of the Word, because brother and sister you need the word.

It's so wonderful to be here with you this evening. I apologize for not being there in person. Pastor C. Elijah sent me a message and I was so excited to say yes, but I did not check my calendar and later in the week, I realized I have double booked myself. So, gracious technology allows me to be before you and I'd like to just say thank you Pastor C. for allowing me to bring the word of God in your absence. I'm also thankful for Pastor Nathaniel for being an illustrious Pastor leading and guiding us in the ways that he does. He's so smart and he's so on point with God which is thankful to have you as a leader and to my awesome husband who stepped out of our bedroom so that I could do a green screen and be before you this evening. So, he's a wonderful man of God as well and I'm just thankful to be in the company of these three brothers that love the Lord with all their heart.

So, if you will just bow with me for a brief word of prayer. Father, we just ask you to be with us today, ask you to give us your grace, ask you to be with us Lord for your wisdom. Lord, we hold strong to wisdom Lord. Lead and guide us that these words that you shall speak Lord would be like meat to our hungry flesh Lord. We thank you for being the belly of living water. We ask you to flow into us, to give us everything we need God because it's all provided in you. You are our Jehovah-Jireh and we just thank you for that. So, right now God, I ask you to remove all of myself that you might feel me, that my words maybe your words. Let my breath be your breath Lord. Bring life to this word that it might make meat on to your children and it is in Jesus' mighty name we pray and everybody say amen. Amen.

So, I need you to turn in your Bibles to 2 Kings Chapter 5. We are going to be talking about Naaman and we're going to kind of give a brief summary of that because there's a bit of information I need you to have and I don't have much time. So, we are going to talk about Naaman in 2 Kings Chapter 5. And in the meantime, while you're pulling that up, I'll give you this little bit of humor in honor of C. Elijah in his absence, "The Wisdom of Children." This is written by a Sunday school teacher. You cannot fool the kids of Sunday school. They are way too smart. If I sold my house and car, have big garage sale and gave all of my money to the church would I get into heaven, I asked the children in my Sunday school class. No, all the children answered. If I clean the church every day, mow the yard and kept everything neat and tidy, would I then get into heaven? Again, the answer was no. Well, I continue. Then, how can I get into heaven? A 5-year-old shouted out, you got to be dead. I thought that was just epic. That was one of the cutest stories I've read a really long time because my Joseph would have been the one shouting that out at five years old. So, shout out to Joseph, yes, he's that one, he's that one.

So, if you can, please make sure you have your Bibles open on your phone or in your lap with your physical Bible to 2 Kings Chapter 5. So, I'm going to tell you verbatim exactly who Naaman was because he was a very powerful man and I don't do a justice in my summary.

"Now, Naaman, captain of the host of the King of Syria was a great man with his master, and honorable because by him the Lord had given deliverance unto Syria. He was also a mighty man in valor, but he was a leper." He was sick.

So, this man was so loved by the King that the King of Syria sent a letter to the King of Israel and said, "Hey, this is my very highly esteem servant. He has leprosy and I have heard that there's a possibility that in your land there is someone who could heal him. I need you to get him and have him heal him." So, when the King of Israel heard this, he rent his clothes like wait a minute, do you all know who this man is Elijah? This ain't nobody you just call up and ask it kind of serious, this is the prophet in the land and every time he comes near some of the kings there are certain things he says that's not good. So, hold up now, you want me to reach out to Elijah?

So, when the King heard this, he just got so upset, rent his clothes and was crying out like how dare you send me a letter telling me you're sending your sick servant to my land to get healed, you want to start a war with me. That's basically where he was going with that.

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So, first the King of Israel, he was very distraught and it got back to Elijah. It got back to him that the king had torn his clothes. So, Elijah sent word to the King and said, "Hey, have him come to me. I know exactly what to do." So, when the King heard this, he sent Naaman to Elijah for instruction on what to do to be healed. Well, Naaman in all his glory he probably had on all of his armor, his helmet. He had all these guards with him. He was a man of very high esteem. I mean, this is like Colin Powell. You know, making his way to someone who has a gift that's going to be presented to him and he's ready.

So, he gets to Elijah's house and Elijah sent his servant out and says, "Hey, just go dip in the Jordan seven times and you'll be healed," and Naaman is taken back like, what? you sent a servant to give me instructions? So, he's like and you telling me to dip into Jordan? that's a dirty river. Wait a minute, do you see what I have on, do you realize how much I paid for this? This is a tailored suite. What are you saying? This is the finest linen in the land and you want me to go dip in the dirty Jordan?

And, I'm going to read to you what his little servant, who was with him said. He said, and his servant came near and spoke unto him and said, "My father, if the prophet had bid thee do some great things, wouldest thou not have done it? How much rather then, when he saith to thee, wash, and be clean? because he had asked why can't you send me to Abana and/or Pharpar, the rivers of Damascus which are probably blue water opposed to brown water.

So, when he heard this, and this is our scripture here that is very important for this message. Then went he down, and dipped himself seven times in the Jordan, according to the saying of the man of God and his flesh came again like unto the flesh of a little child, and he was clean.

So, just to be dramatic, cause you all know I'm dramatic. Just imagine, he dipped once, nothing happened. He did twice, nothing happened. He dipped the third time, nothing happened. Fourth time, now, he's like wait a minute. Hold up, that spot is still there. Fifth time, umm. Sixth time, I'm leaving. This is not working. At least, you know, that's the way we think if you don't see immediately what you're expecting or some kind of change. At the sixth time, he easily could have walked away feeling like a fool, feeling like this man is trying to make fun of me in front of all my mighty men, how dare he. But he did not say he paused, it said he dip seven times and on the seventh time is when he was healed. It then said his skin became like that of a baby. So, that mean it was brand new. This is skin that was white falling off, probably had a little odor or stench and now he has the skin of a baby. Because of what we're going to talk about latent waters, we're going to talk about the Latent Potential, Latent Potential

So, I want to read to you this awesome definition, I have a really smart husband. So, a lot of the things that I'm learning of late is because I have to read and I have to understand things because when you're living with someone who speaks on a higher level, then you have to adjust and live with yourself according to knowledge. If you know that you don't know that's the first step to wisdom and I did not know. So, I've been studying James Clear and he has a book called Atomic Habits and my husband's foundation for a lot of the things he tells people to do with mentoring is we need to change our habits, that's first and foremost in the bulk of the changes that need to happen.

So, Latent Potential is one of those understandings in our habits that will help you to kind of stick with some of the changes you want to make. So, I'm going to read this really smart definition and then I'm going to give you some examples to help you understand it.

So, in the phrase, Latent Potential, by definition it is two separate words that are combined. Latent, it emphasizes the hidden character or the dormancy of what is named. Latent is the state of having normal physical function suspended or slow down for a period of time like deep sleep, that which is potential exists in as yet undeveloped state, but it's thought of as capable of coming into a full being or activity at some future time. It's

like a potential genius or potential tragedy. So, and then I'm going to read this awesome breakdown of that statement by our amazing Bishop Dale, you know, he's the king of words, but this is very simple how he broke this down, and I want you to think of the fact that you are more than 80% water and there is some potential line within you that you have to understand why it has not come into fruition with the things you try, things you've done, activities, exercises, engagements, goals.

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Just listen, if you find yourself struggling to build a good habit or to break a bad one, you will find it hard initially not because you have lost your ability to improve. Most of the time, it is because you have not yet crossed the plateau of Latent Potential. Complaining about not achieving success despite working hard is like complaining about an ice cube not melting when you heat it from its negative temperature in the freezer to 25 degrees and then to only 31 degrees. Your work was not wasted, it's just being stored until that melting point is reached of 32 degrees, but you cannot give up, all of the action happens at 32 degrees. Ice will not melt until it has warmed to the 32 degrees or higher. All of your prior work was not wasted. When you finally break through the plateau of Latent Potential and see success, others might say that it is overnight success. You are 85% water. Imagine if all the work you put into something is just 31 degrees and you got to get to 32 degrees for that actual water to break forth for the melting action and for you to overflow into your potential. Yes, that's breakthrough. When you recognize that you are literally the potential building for the breakthrough, don't stop, keep moving, keep going, don't lose faith in yourself, don't lose sight of your goal, write the vision and make it plain so that they that run the race can run it and you've got to be able to see where you're going and realize to get there is not instant you got to run to it. The process is to get to it and you got to go through something to get to it.

So, if you can, I really advise you to pick up the book Atomic Habits by James Clear and read it. There are many videos online, also the kind of give a breakdown of it. Ryan Johnson gives a great like 20-minute excerpt of the chapters in the book and it would just help you to make those good changes to become that new person you've been trying to become. And the plateau of Latent Potential is also demonstrated when you talk about

the bamboo tree, the bamboo plant. There was a story that Pastor Nathaniel read to us one service where he spoke about how a man had sold all he had and he invested in growing bamboo and everybody in the town thought he was crazy because it just looked like he just lost his mind. So, everything he had bought back this field and planted bamboo. Year one went by, no bamboo, dipping one-time. Year two went by, no bamboo dipping two times. Year three went by, no bamboo dipping three times. Year four went by, no bamboo dipping the fourth time but guess what? Hey, on that fifth year, he went to check on it and he had been distraught like I'm just going to have to go get a regular job and just try to start over because I sold all I had, but on that fifth year, after all the people talking about and laughing behind his back telling him he's crazy, his family probably freaking out because he didn't do what they thought he should have done, he goes to look at the bamboo and there's a stem, three feet high coming out of the ground all over that field after five years.

Guess what? The next day, it was six feet high. Bamboo can grow up to 90 feet high in 30 days after it breaks the ground, but what happens is under the ground, where you cannot see, where you are deeply rooted, those roots are making very intricate deep patterns into the earth. They are not movable and they are reproducible because they have a strong hold in the earth, but you can't see that for the first four years, you can't see anything. It was activity that was Latent Potential that was going on under the ground and then one day, it reached the top and it broke the surface, not only did that one break the surface but all of those seeds that were planted began to come up and sprout and they scouted quickly, but you got to have the plan C and you've got to work the ground, you got to do the work and then eventually all that you put forward is going to build and it's going to build just like that dip. Every time he dipped it was building his faith, it was building what God had said and it wasn't until the fifth year that seventh dip where the change instantly came. But you can't see that if you give up at four years, you can't see that if you give up at dip number three because you feel like you're crazy. If God has spoken something to you, if you know that you know that you know, you got to stick with it and I'm here to tell you that you have latent waters.

You have latent waters on the inside of you that you've been working with to get you where you have to go, don't give up and I speak to you from experience in exercise because I did not like the exercise. I had seven kids and technically I felt like running after all them, doing all the work I did that was my exercise, but it did not show forth in the way my weight was going. So, I had to do some changes. I had to make some changes and those changes include I had to exercise, had to eat right, had to drink more water. I went on Do42 and that was the biggest thing I could have done because it taught me so many habits, not only habits of eating, the way that I spoke, the way that I thought, the things that I ingested, how I looked at my family, how I looked at myself, the things I put in my body, I guarded my gates, my eye gate, my ear gate, my mouth gate. It was so many things that it helps you to change on do42.com and that's the start of how I've begun to see the changes that I need for my life.

So, the incremental wins that I do or marginal wins that it said, and don't even know that's what it was until I read the book Atomic Habits, is how I helped maintain my weight. So, I started out because we got a new elliptical machine and I don't know if you all recognize but when you're starting to work out that you hadn't really done before to just begin it's really tiring. So, I got on this elliptical machine and James was, you know, saying, "Yeah, this thing is high." I was like, "Oh not. I could do that." I got on it and after about 30 seconds, I was so tired, 30 seconds I was spooked. So, I got off of it and I was defeated like how in the world it's going to make me look like I am just a winner. I cannot believe that this machine did this.

So, I made up my mind. Okay, I'm going to get on it again so I got on it like 15 seconds. I said okay, I'm going to do 15 seconds. And then I said, no I'm going to go ahead and do 30 seconds. So, then the next day, I felt coming to 30 seconds again. Oh, I feel pretty good after these 30 secs, I'm going to go ahead and do a minute. So, then I did a minute and then what I determined is okay well if I can do a minute then I'm not going to go back to 30 seconds. So, for like a week, I did a minute. And then the next week, I think I was on the phone listening to something on YouTube which took my mind off what I was doing, and I did two minutes and I said, oh wow I'm at two minutes already, okay. So, I got off and then for the next week, I did two minutes then that following I did three minutes. So, it's like I just kept building and building and I got up to 10 minutes and I said, you

know what? I'm so winded and tired after these 10 minutes, I'm not going past 10 minutes. I'm just going to stay here. So, I stayed at 10 minutes for like a year. I was so happy. I was at 10 minutes because I knew where I started at 15 seconds. And then I did a seminar at one of our sister churches and one of the young ladies came back and she was like, oh my goodness your message are incremental wins they just blessed me so and I'm doing so well, I'm up to 30 minutes in my exercise program. I was like, I was like oh, I was like where boo. I may have encouraged you then but how about you just encouraged me because remember I told you I was up to 10 minutes, I'm still at 10 minutes, so I got to work on getting myself up. So, I can tell you wonderfully, may not be a lot but it's for me and I live with myself according to knowledge, I know what I'll do every day incrementally so that I would do it every day. I'm up to 12 minutes, woo!

Yeah, some of you work two hours but my 12 minutes is like two hours and I do it every single day, I am faithful. So, if you want to begin somewhere start out small. It takes a penny to make a dollar and to get that penny you got to save it. You can't get a dollar at 88 cents, you got to keep saving those pennies. The incremental wins will get you that Latent Potential build up so that eventually you will have it and you will have what you desire.

So, just remember, you are not defeated, delay is not denial. So, a few habits I want you to start, I want you to exercise and I need you to move at least four times a week. I need you to read. I need you to add this to your life. I need you to read. If you build a habit of reading you can find a solution to all your problems. Writing, writing has been vital to my life because where I could not say what I felt, I could write it. You know, why? I don't have to argue, it didn't talk back, it was never busy. The book that I picked up was always available whenever I needed it. So, writing became one of my best counseling tools to help my brain not get overloaded with seven kids, a husband, mother and father at that time. And then I'm trying to be a woman myself, dealing with myself, having friends, having other issues that come into your life. All of these things play and they play on your mind constantly and journaling became one of the very best things I could have done. And the way you build these habits, the easier the habit to it is to do, the easier you will do the habit. So, pick things and do things like I did. I started out

at 15 seconds, that was easy. I just went on and did it, got it over with. What it does is you're building the habit to show up. Even if you got to put your shoes at the door and put them on but you don't want to go walk, just put your shoes on, do that for a week, then eventually you'll walk out into the garage and you walk out on the step. Okay, then come back and whatever you do build a habit of showing up to actually do the thing, that's an important piece.

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There was a man who actually went to the gym every day for six weeks and he worked out for five minutes and what he was doing was he was building the habit to just show up. So, if you can start incrementally then that will give you some potential energy to get to where you want to go. And so another easy thing you can do is if you want to eat better, keep junk food out of your house. If you don't have it there to eat, guess what, you can't eat it. Keep sodas out of your house. If it's not there to drink, guess what, you can't drink it. Have plenty of water. If you need to have a source of flavor, do something like a Gatorade, that's zero sugar. Potentially, don't even do the Coke Zero, do something that'll help to cleanse your body, replace your electrolytes. Water is by far the best, it's God created. It is the best thing you can take in. Keep fruit on your table. If you're trying to eat more healthy instead of having the chip bags hanging out at the cabinet, yeah, I'm guilty, I know exactly what that's like. Instead of having that hanging out of the cabinet, keep a fruit basket, buy a glass refrigerator so that you can look and see your grapes, your strawberries or your fruit. Create a smoothie bank where you could just go and throw some things in a blender and have a smoothie on occasion. If you want to do better make it easy. Don't have it, where it's not available you got to go to the store to get it every time, have it available and if the stuff that's negative is available get it out and have it not available. So, that's how you change the habit of doing the right things.

So, in all things I wanted you to understand that ice melting is the most important visual I want to leave you with. It sits there and you might see the water starting, you know, the little condensation on it because it's preparing but nothing happens, that first movement of water from underneath that ice, that water that's moving has reached a temperature of 33 degrees on

the ice, but the whole piece of ice it's still at 31 or below because it's still frozen until that entire piece of ice is at that high temperature of 32 degrees or higher it will remain a solid block of ice. I need you and your water, your latent water. I need you to understand there is so much ready to spring forth. So many roofs going deep that God is allowing you to be like a tree planted by the rivers of water and when the wind blows it will not fray, it will not move, it will not sway. You are being prepared for the Latent Potential that is going to spring forth. I just need you to understand that is exactly what's going on, I need you not to give up. Even though in your home you can change your habits. Now, you didn't have time before, you got time now, get it together. You get it together. You can do this because I'm able to do it. If I can do it and I know how I live with myself according to knowledge, I know you can do it. Let's do this together.

Thank you so much for joining us today at Brothers of The Word. You can send this sermon to any of your friends by e-mail absolutely free of charge at brothersoftheword.com.

It has been an honor and a privilege to talk to you about my Latent Potential to help you realize the Latent Potential that is in you.

So, if you will, please give it up for Pastor C. Elijah, Pastor Nathaniel and Pastor James for allowing me to bring this message today because brother and sister you need the word.

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