

Jehovah-Rapha, the Lord our Healer

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Speaker: **C. Elijah Bronner**

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C. Elijah Bronner: You live longer when you expect good things.

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(Music Playing)

And now for, Jehovah-Rapha, the Lord our Healer, Part 3.

C. Elijah Bronner: Thank you for joining Brothers of the Word, because brother, you need the word. We welcome you to today's service. Always a wonderful delight and joy to have you to tune in and join us. Thank you for streaming us live all around the world and we welcome you to today's service. What a wonderful joy and delight. We would like to share just a little humor.

A pastor was preaching a Fiery Sermon eternal life and eternity and so, he made a statement. He said, "Every member of this church is going to die," and he said it with such gravity and weight. And yet, there was a man in the back and he begins to smile. And so, the pastor saw him smiling and he was somewhat perplexed and so he repeated himself a little bit more voraciously with more authority. He said, "Every member of this church is going to die." And the man on the back row, he just leaned back and he really just begin to tackle and the pastor was just confused. He said, "If you didn't hear me, I said, every member of this church is going to die", and the man just let out a loud laugh in the back. And so, after the pastor finished his sermon, he rushed to the back and he asked him, he said, "Sir, didn't you hear what I said? Every member of this church is going to die. Why were you laughing? He said, "I'm not a member of this church."

Praise God. We are excited. We are talking about healing. We're talking about healing. You know, the world is talking about sickness and disease and death and so, I like to talk about the opposite. I like to talk about life, health and healing. Praise God. And so, we're doing a series on the healing scriptures and I'm just walking through the healing scriptures and we're doing part three of the Lord our Healer, the Lord our Healer. God introduced himself as the Jehovah-Rapha, the Lord who heals, the Lord that heals or the Lord our physician. And so, we're just tracking healing through the scriptures and today, we're going

to pick up with a scripture over in the Book of Exodus. This is the second scripture in the Book of Exodus that we've come across. This is Exodus Chapter 23, Exodus Chapter 23 verse 25 and verse 26. Exodus 23, 25 and 26.

And the reason, he says, "And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee." Verse 26, "There shall nothing cast their young, nor be barren, in thy land: the number of thy days I will fulfil." So, we see here in Exodus 23 verse 25 and 26, that God says that, if you will serve me, if you will serve me, there are four promises that God makes concerning our lives that if we will serve the Lord our God, he promises four things. He promises four things. He first promises, he says, "And you shall serve the Lord our God and he shall bless thy bread and they water."

So, notice that, God blesses our food and our water, the blessing of the Lord on our food and our water. I believe that God's blessing on our food, it makes food more enjoyable and it also makes food more nourishing. His blessing on our food makes it more enjoyable and it makes it more nourishing. Now, the wisdom of God teaches us to eat things that are beneficial for our health, things that are beneficial for the body. God is actually practical. If you study some of the Levitical laws, God actually gave dietary laws. He told the people what was unclean, what was clean, what they could eat, what they shouldn't eat. He told people to wash their hands. He told people to rest on a Sabbath. So, God actually gave very practical laws concerning our health.

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And so, God is very concerned for our health and he desires us to be full of life, vim, vigor, vitality, to be youthful and energetic. And so, God is the one who laid it all out. So, notice this, Proverbs, there's a scripture that says, wisdom is the tree of life. Wisdom is the tree of life. And I had always thought about, I said, man, I wish I could have been in the Garden of Eden because instead of eating from the tree of the knowledge of good and evil, I would have eaten from the tree of life. I said, man, I would love to get back in the Garden of Eden and eat from that tree, the tree of life. Well, you know you can, you can eat from the tree of life. Wisdom is a tree of life. Wisdom will always

lead you to things pertaining to life, things pertaining to health. Wisdom is a tree of life. Wisdom is a tree of life.

And so, God, will teach you how to take care of your body. He will teach you what to put in your body. He will teach you to put nutrient rich foods in your body, whole foods in your body, plant-based foods in your body. We see it in the Book of Daniel. Daniel did a test. He didn't want any of the king's food. He didn't want the food that everybody else in the kingdom was eating. Daniel said, "You allow me to eat vegetables and water and you check me after 10 days and you compare me to everybody else." So, he did that. Daniel ate vegetables and water and he drank water, ate vegetables and then 10 days later, Daniel was livelier, he was healthier, he was stronger, he was more energetic, he was better than everybody else.

And so, that's wisdom. Wisdom is a tree of life so God will teach you what to eat and God will teach you what to put in your body just as his word is nourishment for our spirit. God also has proper nourishment for our bodies. He has proper nourishment for your mind so the right things have to go in your mind. The right things have to go into your spirit and the right things have to go into your body. Praise God. So, notice that, God blesses our food and water. The blessing of the Lord, it makes our food more nourishing. It makes it more enjoyable. God blesses our food and our water when we serve him. And remember, you eat from the tree of life. Wisdom is the tree of life.

I'm going to show you another tree of life a little later on today. I'm going to show you another tree of life. I'm fascinated with the tree of life. I'm just happy we get a chance to eat from the tree of life because I've always said, if I could again back into the Garden of Eden, man, I wouldn't gotten that tree alive. And we can, we can, we can. I'm so excited. I'm so excited about that tree of life and I'm going to show you another one a little later today so just stay with me. Don't miss it. Don't miss it and have you tune off. You're going to miss that second tree of life so don't miss it. Stay with me. All right.

So, the first promise God gives us that if you serve me, I'll bless your food and your water. I will bless your bread and your water so God blesses what we intake. And now here's the second promise he gives us for serving him. He says, and I will take sickness away from the midst of thee. I love that. God

says, "I will take sickness away from the midst of thee." So, that means that he will either prevent it, he will either prevent sickness or if sickness comes in, he will remove it. Either one of those two things. He will either prevent it or he will remove it. And that also relates to epidemics, pandemics, I will take sickness away from the midst of you.

So, he will either prevent it or he will remove it but that's a promise there he gives us for serving him. I will take sickness away from the midst of and that's why you have to meditate on this word and so, stop watching so much of the news and start reading the good news from God's words, his good news. So, put your attention on good news. Concentrate on the fact that you serve God. You serve God and he blesses your bread and your water and he takes sickness away from the midst of you. Let that get down into your heart. Let that get into your spirit. Let that even absorb into your body that God takes sickness. Say that with me. My heavenly father takes sickness away from me. Praise God. Isn't that good? Man, meditate on that. Go to sleep saying that. Get up in the morning saying that.

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C. Elijah Bronner: That's no problem that's for serving him. That's no problem, that you're entitled to for serving Him. So, God gives four promises here in Exodus 23:25 and 26, I love that. He gives these four promises.

Now here's the third promise in verse 26, he says, "There shall nothing cast their young, nor be barren, in thy land." Now notice this, it's a blessing of the Lord. It begins now the show up in other areas of your life, the blessing of the Lord.

So, notice this, even their livestock they wouldn't lose any young from the livestock. No one would be barren in the household or out in the field, their cattle would be blessed. So, this is the blessing of the Lord at work in other areas of the life causing fruitfulness, causing prosperity and blessing.

The blessing of the Lord is at work for serving him. That's the third promise, he will bless your food and your water. You take sickness away from the midst of you, nothing should cast their young nor be barren in thy land.

So, the blessing is at work in your life. And then the final promise at the end of verse 26, it says “The number of thy days I will fulfil.” Now this is referring now to long life.

This is a blessing, the promise of long life. One translation says, “I will give you a full life span.” and the implication is that it would be in health.

He’s not talking about a full life span where you’re broken down and sick and you’re just wasting away, now. But a full life span, the implication is in health. I will fulfill the number of your days. I will give you a full life span in health.

Another translation says, “I will let you enjoy the full count of your days.” Praise God.

Notice now, this is writing conjunction with Psalm 91 verse 16 “I will satisfy you with long life.” So, God says he will satisfy you with long life. How long is long life to you? How long do you want to live? Well the Bible says you’d live till you’re satisfied. He’ll satisfy you with long life. You’ll live until you are satisfied. So, if you’d get to be 90 and you’re not satisfied, keep living. Keep living, he says he’ll let you be satisfied.

So, you get to the point where you have been everywhere. You’ve seen everything. You’ve done everything. You’ve been a blessing in the earth. You filled your mission. You’ve accomplished your dreams. You have enjoyed your children and your children’s children and you children’s children and your great grandchildren, you’ve done all of that then you can lean back and say, Father, I’m satisfied, I’m ready to go. And he will satisfy you with long life. He’ll let you live until you are satisfied.

Satisfy actually means to have plenty of, means to have enough, means to fill to the full. And so, once you are completely full, you have enough, you can say, “Father, I’m ready to come home. I’m completely satisfied. I’m a 120, I’ve done everything, I’ve seen everything, I’ve blessed my children to the fourth and fifth generation, I’m ready to come on home.” Praise God. That’s Gods promise to us. That’s God promise to, he allows to live until we are satisfied. Praise God.

So, he's talking about living in your full strength, living in your right mind. You notice, the Bible says, Moses was a 120-years-old and his eye sight was not dim neither were his natural forces abide it. He was just as strong. Caleb was 85 and he said I'm just as strong as I was when I was 40. I love that man. That's a vigor of God. That's the power of God. It came on Sarah. Sarah in her old age, her youth was renewed. We'll that's the anointing of God. That's the power of God. That's the blessing of God. There is something that comes on our lives. I think God wants us to be aware of that. Claim that promise, it belongs to you. These promises were written to all covenant people. We are under a better covenant. They didn't even have Jesus, we have Jesus. How much more are heirs and recipients of this promises and blessing. Bet I'm excited, I'm so excited I'm about to throw my tablet up in the air. Glory.

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I'll satisfy you with long life. Well that's the fourth promise from Exodus 23, 25 and 26.

Bless your bread and water. Take sickness away from the midst of thee. Nothing to miscarry or be barren in thy land. I'll give you a full life span in health. I'll bless you with long life. I'll satisfy you with long life.

Even in Proverbs Chapter 3, that says, "My son, forget not my law; but let thine heart keep my commandments: For length of days, long life, peace shall be added unto you." Praise God.

I was reading an interesting study from Boston University and they did a study on Santinarians, people who lived to be at least a 100-years-old and older, Santinarians. And they said that Santinarians disprove their perception that the older you get the sicker you'd get. Santinarians actually teach us that the older you'd get the healthier you've been. The healthier you have been the older you'd get, that's what it teaches us. Dr. Patrick Quillin, he said, "Make time for wellness or be forced to take time for illness." Make time for wellness or you'll be forced to take time for illness.

But here's some of the factors from the study of Santanarians, people how lived to be at least a 100. Here's some of the factors they had in common.

Number 1, few are obese. Very few are obese which means they maintain a nice way.

Number 2, smoking is very rare. So, they didn't smoke. They weren't overweight and they didn't smoke. Number 3, they handle stress better. So, they lived very low stress lives. They didn't let things bother them. They didn't get all stressed out and frustrated and all. They had a nice flow of life. They enjoyed life and just had a nice flow of life. They didn't get frustrated or been on a safe over little things. They handle stress very well.

Number 4, they had a good attitude. Good outlook on life. I actually read another study that say people live longer when you expect good things. When you expect good things you'll live longer. You'll live longer when you expect good things. So, always expect good things. Wake up in the morning, say something's good it's going to happen to me today. That will keep you from dying that day. Something good is going to happen to me today and it is true when you have something to look forward to. People live longer. That's why most deaths occur after a birthday or after Christmas because they were looking forward to Christmas. Because they were looking forward to see all their family and then after that event is over they die because now they don't have anything else to look forward to. And so, most deaths occur after major events like a birthday or Christmas because they were looking forward to that and that kept them alive.

So, you always need something to look forward to. Always something that you're expecting good things to happen to you in life and so that was one of the characteristics of Santinarians. They had a good outlook on life. They were expecting good things. You live longer when you expect good things and that's why I'm teaching you good things from God's word and you'd expect good things.

Expect God to bless your bread and water. Expect him to take sickness away from the midst of you. Expect that there will be nothing barring your land and expect to live long life. Praise God in health.

Here's some other things that they had in common. They had a sense of humor. Santinarians have a sense of humor, means the laugh a lot. They find simple joys, they laugh. Laughter produces wonderful beneficial things in the body. So, Santinarians laugh a lot. They have a sense of humor.

I read about a lady, she was a 114-years-old and she gave her key. She said love, love is my key. She said I love everybody. I caress everybody. I hug everybody. And so, love was dominant key in life. She's a 114-years-old but love was her dominant key. Love is the greatest healing agent in the world, love. That's why Jesus basically had one commandment, love one another as I loved you. Another I've read about, she was 112 and her advice was, she says be lively, sweet and kind. Be lively, sweet and kind. So, liven up. Don't just drew down to be soaking and depressed. No, liven up. Depression kills you.

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When you sync -- notice, they say, syncing into depression. It kills you just taking down. No, liven up, liven up. Be sweet and kind. That was her advice. Here's a woman, she was close to 120, she said, her two kids where she resisted stress. She doesn't let in the thing bother her stress her out and she stayed happy. She resisted stress and stayed happy. Praise God.

Another man, he was over a hundred, he says, his two kids were don't worry trust, don't worry trust God. There's a woman she was 112 and she says, she was still strong. She said, a man broken her house and she had attacked him physically, roughed him up. I like that, 112 years old and she attacked him physically and roughed him up. She also says, she rode motorcycles well until her 80s. This is a tough lady. Praise God. But her advice was don't harbor any ill will. No, life is too precious to be wasted on unforgiveness of bitterness and all of that stuff. She said don't harbor any ill will.

Let yourself be free. Let yourself, you know, have no stress. Let yourself be happy and they have should live a long life. Here are some other factors I found. I did a lot of research studying older people and I studied people all around the world who are living to be a hundred older. Here's some things that I found. I found that they were active. They were active. These are people, they were active. Number two, I found that they eat healthy food.

Number three, I found that they would be out in the fresh air and sunshine. Number four, I found that they had strong community, strong social relationships, family, friends. They were connected, community, strong sense of community. Number five, I found that they had low or no stress. Number six, they had a positive outlook on life. Number seven, I found that they stayed engaged with life. I mean, they have passion or purpose and they were happy. Those are the seven keys I found on studying people over a hundred old, the oldest living people around the world. Praise God.

And I'm getting ready to close, but I'm going to close with this. God gives us another prescription for long life. It gives us another prescription for long life and I'm going to tell you about that second tree of life, so, stay with me just two more minutes. Here it is. In Psalms 32, Psalms 34:12. God give us a prescription for long life. Psalms 34:12 said that if you want to live a long life and seek good days, he gives three things. If you want to live a long life and seek good days.

Number one, don't speak evil. Here's a second tree of life, I found it. It's in Proverbs 15 and did actually relates to this first prescription that God gives here in Psalms 34:12. Don't speak evil. Here's a second tree of line Proverbs 15:4 says a wholesome tongue is a tree of life. That's it, I found it. That is the second key tree of life. A wholesome tongue is a tree of life. We can eat from the tree of life but what you say out of your mouth, what you allow to come out of your mouth is a tree of life. A wholesome tongue is a tree of life.

Life or death comes out of your mouth. A wholesome tongue is a tree of life. I've found it. We are in the Garden of Eden, we can now pull and eat from the tree of life by watching what comes out of your mouth. Isn't that good? I'm just so excited. That's the second tree of life. A wholesome tongue is a tree of life. You can eat from the tree of life by saying good things out of your mouth, by saying profitable things out of your mouth, by blessing people out of mouth, by speaking a language with God's word out of your mouth. You are now eating from the tree of life.

Second instruction God gives in Psalms 34:12, he says do good or do what's right. Do good, so don't speak evil. Say that with me. Don't speak evil. Number two, do good. Say that with me, do

good, do what's right. Number three, the third instruction he give us to live a long life. He says pursue peace. Seek peace and pursue it. I took that to me pieces being satisfied as being calm, as being happy. It means there's no strive. There's no worry, means your heart is undisturbed. Seek peace and pursue it. The Bible actually confirms itself in Proverbs 14:30 says this, listen to this, I see why God says seek peace as a third instructions. That's a prescription for long life, Proverbs 14:30 says, a peaceful heart leads to a healthy body. Right there in God's word. A peaceful heart leads to a healthy body.

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Science is just now catching up that your emotions affects your physical health. Your emotions, your attitudes, all that affects your physical body. God had it in his word all along. A peaceful heart leads to healthy body. Peaceful heart, in other words, have a heart filled with peace. Have a heart filled love. Have a heart filled with joy. Have a heart filled with gratitude. A peaceful heart leads to a healthy body. Someone said this, a good life is when you smile often, dream big, laugh a lot, and realize how blessed you are. Praise God.

A peaceful heart leads to a healthy body. Praise God. Thank you so much for joining us today at Brothers of word. We love you so much and I'm just grateful for good news. I'm grateful for God's word and God is good and I pray that you are richly blessed and just enjoying your love ones and enjoying the lord. Enjoying his word and spending time with him.

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