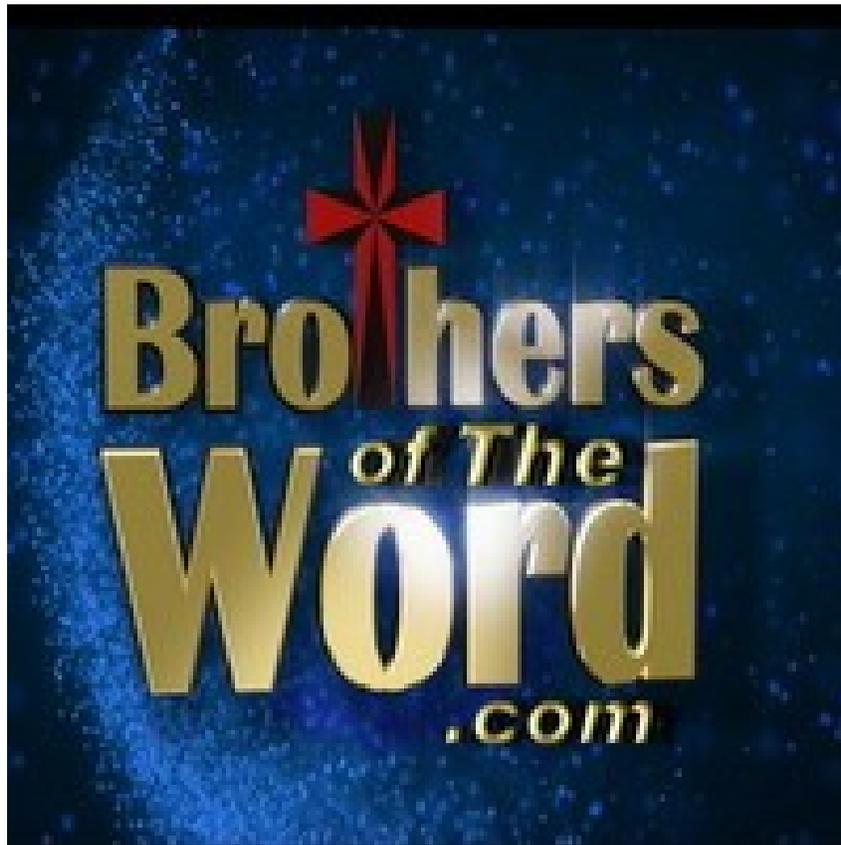


The Love Birds Seminar 2011

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Speaker: **James & Stephanie Bronner**

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Welcome to Brothers of the Word, because, brother and sister you need the Word.

We want to welcome you to the 2011 Love Birds Seminar and this is our marriage enrichment seminar and I'm James Bronner and this is my beautiful wife Stephanie Bronner and we are the proud parents of seven children. So we know a little bit about marriage and all seven were birthed within our marriage of 14 years so God has really blessed us in our relationship and we want to impart some things to you today to help you into your relationship in marriage and family.

We're going to be talking about today a system that has made a bigger difference in our marriage than perhaps any single thing that we've tried in those 14 years of our marriage. And it's a system that basically manages your daily habits and it gets you to really do what you need to be doing. How many of you all know that there are certain things that you want to do in life. You know – "I'm supposed to be getting in to shape or eating in a certain way". And you just have a hard time really getting on that program that you really know. Or just raise your hands. If there are some things that you know you're supposed to be doing but you just wrestle with the discipline of it. Amen.

That's almost everybody in here and I'm sure the television and internet audience are going up all over the world. But we want to give you something today that has turned around our disciplined life and helped us to be more disciplined than we've ever been before. And it really relates to marriage and I'll explain 'How' later.

For a habit changing system to be successful, you really need three keys to really get it optimal. The first key is 'Tracking' and that is dealing with the recording of your daily successes and failures – 'Tracking'.

Number two is 'Accountability' and that's having someone to see how you are doing and reminding you to stay on track with it. Number three is 'Consequences', having rewards and punishments to help motivate you to do the right thing. Amen.

And I'm going to talk about the 'Accountability' first because we use each other as our accountability partners in our marriage and part of that leads into the consequences. And with 'Consequences', you have to really analyze and dig within yourself and your psych and see really what motivates you. Different things motivate different people. Some people, you know they may like a certain food and it motivates them to be – "Go get some ice cream for instance", other people that might be shopping – they really just long going to the malls.

Some men, they like to play a certain sport, they might love golf or just to watch the game and it really motivates them to get peace along with the sport. For me on the other hand, we're going to be open today so – we are just going to be frank and – I

just tell you. So for me, we're going through this process, I had to say "What would really motivate me to do the right thing. That thing is sex. So we try incorporating that into this system of 'Accountability' and 'Consequences', and what we did, we created a system where we would track our daily habits. Whether we were doing the things we're supposed to do and we came up with this system where it actually would give you an exact percentage of how you've done each day and how you've done over the week as a total.

So we took those numbers and then we talked about it and came up with a consequence that worked for both of us to keep both of us on track. Like I said, we're going to be very open so – and the way we did it with sex, I would like to have sex everyday if she was up to me. My wife – she has her different sets of hormones and had to manage all those seven children and I might not have the energy that I have so – once every 10 days would be alright for her and she would be satisfied and how many of you know – there's a big difference there between everyday and every ten days.

So what we had to do is come to an agreement on and so we compromise on three days a week and that was less than I wanted and it's more than she wanted. So it was right there in the middle so – that's what we had to do for our system. And so, we took that compromise of three days a week and kind of used it as the baseline and the way we did it – when we get that percentage out of our program, if I achieved less than 80% - in most schools 80% is considered a 'B', which is above average, so if I get anything less than that 80% and she does above 80% on her program for the week.

Then what we do is we go more towards her liking and we dropped that three times down to two times and she's happy that she's got one last time. Now, if I do above 80% and she does less than 80% then we knocked that 3 of the 4, and then I'm happy that we could. The only thing about is sometimes when she's sleeping on her program, I say 'Don't worry about getting that end, it will be alright. I'd start getting happy because I know there's going to be an extra day for me until next week.

When she tries to put in some extra work and burn the midnight out and get her things in because she starts to think about, "Whoa, she's got to put in that extra work, she's going to be waiting on me next week. So it really motivates us on both ends. When I'm running behind I say, "Whoa, I don't want to lose that day of intimacy and it will make me get my things in". That's the system that has worked for us and it keeps us on our program and it doesn't cost a dime.

So we're going to walk through our exact tracking system and the things that are on our list because it really has helped our marriage, it's helped our family, our entire household, it has helped us just as beings. It helped us be better in our destiny and

purpose in life as children of God. So it's just helping and we're going to just take the time to walk through each element that we use personally on our daily programs.

And I have nine things on my list that I have to check off daily. The first thing on it is 'Prayer 20-60 minutes' and this has many benefits. First of all, it makes me calm and if we have something that would tend to raise up my temper – that prayer in the morning, if I can get that in and if I can pray and meditate before the Lord, I find that my spirit is more at peace. It takes more to irritate me and to get me upset and even at work, things don't bother me as much when the computers are acting up, I can deal with it better when I've had my prayer in the morning. So it helps us with arguments just to be able to keep a calm spirit.

The second thing it does is it gives me insights into situations with the marriage or even with the kids and even with my job. So it gives me insights. There will be things that will be on your mind and you just spend that time in prayer. You'll find that God will reveal things to you and show you easier ways. Here's where we're having some problems in school the other day and he just – what I may be thinking about and in prayer he just revealed the answer to me.

So he will give you insight. And there have been times when my wife – there are have been things that have bothered her and she didn't want to stir up an argument about it, so just say – I'll just deal with this on my own and she just prayed to God about it. But in my prayer time – he kind of dealt with me and my spirit about things that she hasn't said anything about. She saw me making changes that she hadn't mentioned a word about and she'll ask me – What made you do this and that? I say – I just kind of lead to it – she goes holy dancing – the Lord has pled her case for her.

Prayer would do many things in your marriage and even last night I came in the bedroom and just hugged her and she said, you've been with the Lord. She says – I can feel the anointing and the presence of God upon you. So it'll just make your relationships sweeter, it will make your life and keep your temper and your attitude sweeter when you've spent time in the presence of the Lord. Anything you want to add.

Alright, habit number two that I have to do is 'Study 30-60 minutes' and these times and habits may vary on you but these are core things that are kind of general that will apply to most people. The times may vary but all of these are things that most people need to do and at least 15 minutes of that must be Bible based and spiritual. There are other areas that I've studied and helped me on my job or helped me develop as a person. It helped me grow towards my destiny.

This study period, it has many benefits – First of all, it causes me to constantly grow, you know, when you stop studying, you stop growing and the mind is like any other muscle, if you don't use it, you'll lose it. So you'll find your memory slipping and your thinking ability is slipping when you don't study and use your mind. I bet some of the spouses here may say – Well, that may explain some things why I'm acting and thinking the way – So it's studying that will cause you to constantly grow.

The second thing is – what you feed your mind will help strengthen and nourish your spirit. So if you're not getting any word in you, if you're not reading things on marriage and relationship and all children and family and things that will enrich your life – then your spirit will become weaker because you're not enriching it with nourishment. And I typically – outside of the Bible and spiritual things, I'll also read books on whatever area feel that I need improvement in. So whether it's on my job or area of exercise or health or anything that I want to improve and the second areas things that will prepare me for my destiny, I'll look at where God wants me to go in life and I don't want to wait until I get there to begin to prepare now. So I began to read books that will prepare me from my destiny. Alright, she's got things on her list that is not on my list so – She's going to talk about those.

The third thing on my list is – 'To exercise three plus times a week' and this is a total body workout that I do, including Cardiovascular as well as muscular and stretching. So it's a total body workout that I do three times a week and it really put me in the best shape of my life. And this program caused me to be discipline on it. Before I started checking it off and happen to be a countable tour, I would do it whenever I felt like it but with this monitoring system and she can look in and see what I did, then I'm going to lose my day of intimacy that day of the week. It makes me really hit the weights, I'll tell you. It makes a big difference.

But I'm in the best shape of my life. I'm in better shape than when I was in high school 18 years old. I can drop and do 75 push-ups and it has given me a six-pack and it just really has improved my physical condition just to being disciplined on it and researches had found that, 'Exercise is the number one key to health even about diet. So it's very important and the other thing in your relationship, it helps you to look good to your spouse. A lot of times we'll fix up one with dating – we'll put on a nice perfume and Cologne and put on nice clothes and keep ourselves in awesome shape. But now, we got married and we just let ourselves go sometimes. And I know several cases were – the spouse says, actually divorced. The other spouse just because this appearance changed and it's not the person that I married. So appearance can help you keep the attractiveness that first detracted you to your spouse. And it makes a big difference in health and appearance. Alright, she told me to keep rolling, Amen.

Number 4 thing on my list is 'To get in bed by midnight'. And like I said, these times and the specifics will change based on your specific situations and I have a tendency to be night hawk. I work on computers and I do a lot of programming and website stuff at night and the computer can just keep you up. You start on a project and like the time just slips away from you. So I had to set a definitive time then I'll stop and get in the bed. If you don't get in bed on time, you won't get up on time and I find that if you get into bed on time you can get up on time and that will help keep you on track all through the day without feeling rushed. Because if you start off late in the morning you'll feel rushed trying to catch up all day long and you'll end up being incomplete on some things during the day.

The second thing – my father used to say that, "Early to bed, early to rise makes one healthy, wealthy and wise". That's an old saying and just has that old mother wit to it from generations back. Some couples, they don't even have the energy for sex because they get into bed too late. Some of you are dragging in the bed at 2 O'clock in the morning and the other spouse is going to be asleep or is just going to be too tired to even do anything. So if you both are in the bed at a certain time it will give you extra energy to even be intimate with each other.

The fifth thing is to "Do Bible Study and Prayer with the children at least three days a week and this actually doesn't include church days. So this is at home time. And this does many things, first of all it puts the Word of God in them from an early age and it's how we grew up. My brother, Bishop Dale Bronner, before he ever pastured his first church he taught a Home Bible Class there with us for 13 long years. So he put the Word of God in us and taught us at home for 13 years and the Bible that we use at home with our children because our children range in age from four to age thirteen and this Bible is that one that I like the best as far as reaching the children on their level.

It's called, "The Day by Day Kid's Bible". This says, read the Bible in one year, seven minutes a day. And we'll find that it only takes us about 15 minutes and we'll read a days' worth from that Bible and after that we'll ask the children questions and it makes them listen more intently if they know you are going to ask them questions. So we'll ask questions and see who is listening and make sure that he understood the story properly and it really just makes for an excellent family time and I'll give you the ISBN number on this Bible if you want to take a look at it.

The ISBN number is 978-0-8423-5536-0 and we also take this time – a lot of times dinner times. So we use it. You know family's generations ago, they used to sit at the dinner table and eat. Today kids will take their plate in front of the Television or the front of the computer. Fathers will go to their office so it really splits the family up. So we used it as a time to go over our Bible and ask questions to talk to them about the day and what's going on with them and family issues. So it really creates an excellent family time to just bond and get closer as a family.

So we do that and even – We let the girls do their praise, dancing and we'll sing and just incorporate it almost like a church service at home. So we just find God moves and we teach them how to worship God and a lot of kids grow up – they don't know how to praise and worship God because they never seen Mom and Daddy do it. So if you pray with them, if you worship in front of them, then they'd learn from you and they will mimic you. So get back to the table eating with them and studying God's word with them and putting the Bread of Life in them.

Number six thing on my list is, "To keep God first, Family second, and business and career third." And this was a priority system passed down from my father. He's a very successful businessman. He was a multi-millionaire but yet he kept his family together and he spent a lot of time with us and he was a very serious spiritual man. So he exhibited such a level of balance in his life between all three areas that I adopted that same priority system for my life and my household. And even on our family mission statement posted up in our house, it's one of the first things at the top is this priority system – Keeping God first, family second, and business third. And I have to check this off every day on my list so that I can be reminded that I'm keeping my priorities in order. Because if you just go through life, you'll find that the boss will demand things off you – the paying bills will demand things off you. The issues of life can just rearrange your priorities for you even before you realize this. So you have to study your priorities daily in order to make sure that you're balancing these areas of life properly.

Number seven on my list is, "To stay serious about my mission and purpose". Again, these things of life can throw you off your mission. You can get so busy trying to make money to pay the bills that you're not looking at the big picture of being what God has called you to be. So this will tie in to the study and all of that – being serious about your mission and purpose and this will keep us with this focus from just spinning our wheels at a job and doing things just to make money but it would keep us going towards our destiny and only that what you do for Christ will last. But if you don't take time to really analyze what you're doing or where you're headed, the areas that you're growing in and really see where your life is going then you'll just find yourself doing the same routine day in and day out without growing. You'll be going around in circles.

Number eight, I'm almost to the end of my list and then I'll let my wife go through her issues. Number eight on mine is, "Take all supplements". And like I said these will vary, depending on the person and I'm not a medical doctor – so I'm going to give you the supplements that I take but you can research and find your own supplements that are best for your body and for what you are deficient in and what you're trying to do, so I'll put that disclaimer before this but the first thing that I'll take is a complete multi-vitamin. I take one called Vitarol and I like it because it's a lot in one. It has nutrients to support 10 different areas of the body. So I can take one thing and get something for 10 areas of the body.

The second thing I take is one soft gel of Omega 3 fish oil and I do this for heart and joint health. The third thing I take is 1 – Calcium, Magnesium, and Vitamin D combination to help with strong bones and teeth. The last thing that I take is 1 capsule of a product called Male Drive and this increases my workout performance and it also increases my performance with my wife. So it has a dual purpose and that's a very powerful product. The bottle really tells you to take 6 a day but I really can only tolerate one a day. And it makes a difference, she can really tell you all when I've taken one a day or not even without me telling her. So it really works. So those are the four things and a part of my daily regimen for me personally.

The last thing on my daily list is, "To eat for health and not just taste". And this helped me maintain a healthy body weight and keeping me from ingesting too much fat, sugar, salt and grease and all of these toxins to keep my body and blood stream clean.

And all nine of these things combined we're all three part being – body, mind, and spirit. And if you all go back and review in your mind – all of these things, they target all three of these areas, things that help keep the mind sharp and growing – the things that help keep the body strong, healthy and building up your muscular and cardiovascular system that will increase your lifespan and allow you to stay out of the hospital, stay off of those many medications, keep your blood pressure and cholesterol under control. Then there are things on here that will help keep your spirit strong, that will help to keep you in good relationship with God, help keep the word in you and if when things come up, you'll have the Word down in the inside of you to beat or combat the enemy. And these are my nine things so now I'm going to let my wife go over some things that are not on my list.

Stephanie: Well, Praise the Lord. The reason I allowed him to do his entire list is because this is a complete man and I praise God for this man. He is the foundation of my list. So basically everything that's on his list is just a different version of what's on my list. But we have run out of time for this particular section.

James: As we end, I want to say that this tracking system that we've developed – all of the things I just went through and the ability to track it daily to get their percentage, to get an accountability partner that can view how you're doing without you telling them online. You can do it from a mobile phone, from a computer, all free of charge. We developed a site at www.ivictory.com and you can go there. All of the instructions are there. You can formulate your own system and allow you to track daily and allow an accountability partner to view your progress daily. You can go there and be blessed, improve your life, overcome bad habits and procrastination.

This will help your marriage. It will help you as a child of God to become a better child of God. It will help you in every area of your life – Spiritual, mental, and physical. We thank you for joining us today. We're not finished so you can go to

www.brothersoftheword.com and click on the Seminar 2011, Love Bird Seminar and listen to this in its entirety and send it to a friend free of charge. We thank you for joining us today at Brothers of the Word because brother you need the Word.

Stephanie: Halleluiaah! Amen – well, like I said, most of the information he gave you, he's a very detailed – he puts it in a great little nutshell for you, while I'm the other side of that. I'm more creative and I just kind off the top of my head. So as you will see, much of what you hear, you'll notice, I'm like 'Okay, yeah'. So most of the time, I want him to lay the foundation because when I say the Lord speaks through him and gives great understanding, great insight, the right words, I really mean it and from my perspective, this victory Program that I have been on, it literally changed my life, not just because it gave me new habits but it also help me appreciate who I am and what I can become. It's hard when you're doing something over and over again. It doesn't work; you begin to feel like a failure. The things in your life tend to go backwards and you're thinking well – when am I going to take a step forward.

With this program, it allowed me to see myself actually progress and to get better and to feel better about myself, to see my kids recognize a change and a difference. And then to go bed at night and have peace knowing that I've done everything I was supposed to do that day, instead of saying, 'Oops, I forgot to do that'. And that's a really bad way to go to sleep at night. So my program basically is centred from his, however, I've got a few little tweaks because you know, female – male, you know, we have a different thing.

Well he has nine areas and I have pretty much the same areas but I have Eleven and I will go down to them and then I'm going to go into the more compact understanding because – like I said – he's very analytical, very detailed. You know, I'm just kind of creative and I'm just going to give it to you.

Well my first item is to pray – of course 15 minutes a day or more and the way I do that, I have a set 15-minute time that I usually spend with God, just me and the Lord. I don't think about anything else – I pray. Sometimes he'll say, "Don't say anything, just sit and listen. Sometimes I pray and then I feel like God is saying be quiet and I'll just sit. So this is just my constant 15 minutes a day with him, nothing else.

Now, throughout the day, Smith Wigglesworth said, "I never pray longer than 5 minutes without praying" and that's pretty much how my day goes. It's just out of me, I just come out with a prayer, anything, everything – I see something on the floor – Lord help me deal with these kids. I'm praying pretty much all day long. So that is the way I deal with God all day. But I do have a 15-minute segment just for constant intercessory, personal or extended prayer, whatever he leads me to do. Then I have to study and I listen to the Bible for 15 minutes.

Now, this part I want everybody to get on your thinking caps because we say, "Oh, I don't have time to read the word. It's just so tedious. Oh, when I read the Word, I get sleepy. It's just too much to take my Bible". Or right now, in this technology age, I have found the best solution.

Any phone, it doesn't even have to be a very serious smart phone. They have programs that can be on your phone, where you can learn scripture, listen to the dramatized versions of the Bible. All of this is available to you and instead of spending 8 hours a day when you got something in your ears with music, plug in and listen to the Word of God. It's the same time but you're getting more in. As well, they have CD's available that you can get from any bookstore. You can put it in your CD player at home. Just fill your house with the word of God. Do not neglect to learn, study and deposit the Word of God on the inside of you. That is the utmost importance especially in this season, in this time.

Well, exercise is my next one and that's a hard one because I clean up a lot during the day. I'm up and down the steps. I'm bending over. I'm stooping. I'm moving. So, you know, my excuse at first was, "I exercise anyway because I'm moving all day long". You know, that's how I get my exercise – squatting to pick up clothes, reaching to get this, putting this up high.

Yeah, I get my exercise but what the Lord in my spirit was... He said, "Do you remember when you were a little girl and somebody would give you the opportunity to have candy and it was in a basket and they will say you can only get one? And how you felt about that one... You picked the right one and then, when you ate it, it was almost like you want to take it out and save it in the wrapper because that's the only piece you have for awhile." That's how my household was, y'all.

I had to save bubble gum and everything but I had that one piece where your body is the same way. You only get one and if you don't take care of it, then you don't get another one either you live in joy, in health, in peace, in comfort or you're in turmoil, you're feeling bad, you're sluggish, you're slow. It's your choice.

So, the Lord dropped that in my spirit. He said, "You only get one. So, take care of it. Work those muscles." This is a machine and if you don't a car over periods, you're going to crank that rascal. It is not going to go anywhere. The gas has siphoned out. The engine won't turn over. The battery is dead. All of these things are same; they're happening in this little machine that God has given us.

So, when He spoke that into my system, I became very conscious – just a 15 minute regiment. I'm not talking about LA fitness, I do it in the bathroom, don't I? I was going to curse but I realized that ain't going to work. That drive was not happening.

I ended up doing push-ups on the floor, sit-ups... If you don't have weights, you can use canned food out of your kitchen, any kind of resistance to build your muscles. WalMart has excellent weights for very cheap. And now, how many pounds am I up to? I started out low. He's not graduated me to – what?

I'm about 8 pounds. Y'all don't understand. A can of soup used to be heavy to me to do this that your arm gets tired but now, I see that my body is progressing. I wear a shirt and people will ask me, "Oh, look at your arms. For real? For real?" You know, "Hey, for real!?"

So, I'm noticing a difference and that is huge. So, exercise just 15 minutes a day. You don't have to do anything; just sit-ups, push-ups. Get something and just work these muscles because this is the only one you're going to get. Take care of it.

I read the Bible and I pray with the children, that is, three days a week. And that is with this book and like we said, we do it at dinner time. And what's really interesting is the kids use what they've learned at dinner time throughout the day. They'll talk about that happened at school. They'll bring it up and relate it to the Word and you know what that's doing? That's teaching them to minister. That's teaching them to take biblical principles and apply it to their life. And that will take them forever.

So, if you have small kids, it is really imperative that you begin to deposit God's word into them and let them tell you. Now, how can you relate this to what's in the Word? How about Genesis? What happened today? How can this help you with the way David is feeling right now, how sad he is? Did he pray and ask God to help him feel better? This is what I mean. This kind of stuff helps to build the future ministers – these future leaders in the world.

Well, number 8, I didn't mean to skip that but you know how I feel about that. Number 7 is intimacy. Yes, I have checkbox for intimacy because in the very beginning, he was very true and honest, saying that I am not thinking about sex all day long. It is just not a part of my hormonal makeup.

So, I have a checkbox because I approached him many years back and I said, "What are your priorities? Because right now, sex is at the bottom of my list." There's cooking. There's cleaning. There's homework. I have parents that are in their late 70's and 80's. There are many, many other things that I can put on my plate, right?

But, what was happening: I was attending to everybody else, but I was not attending to him. And he was feeling neglected. In my head, I'm going, "Oh, but I do this. I do that. I've done this. As a matter of fact, the very clothes you have on, I ironed them this morning and I made sure that you were ready to go when it was

time to go to work.” So, my mind was making the proper excuses to say, “Why is he tripping?” What are they tripping about this? C’mon, now!

But what I have learned within these 14 years is if that’s his priority, makes no difference what I think it should be. That’s just his priority. If he’s a very neat person and he demands that his house be spick and span, that’s his priority. So, the only way you’re going to deal with his priority – you can’t change it; just like he can’t change yours.

If you’re going to wear makeup every day and then all of a sudden, he tells you not to wear makeup, it’s like, “Oh, now, m-m. We need talk. You don’t want me to wear my weave no more for real? Wait. You’re telling me not to take out my contacts, don’t wear nails...” Do you see what I’m saying? The things that are important to us is difficult for him to take it away.

So, what his priorities are, you have to listen because that is his makeup. So, that is a *very* – do you hear the tone of my voice – very important priority and I have a checkbox.

And I just want to add on that point, that one also is a self-reinforcing item and the reason I say that is because with being on her list, if she doesn’t do it those three times, then that Lord’s her score for the week. That means she’d have to do an extra day the next week. So, with it being on her list, it really self-enforces the whole system as a whole.

That’s right. And by the fact that he has put all of his priorities in such a great order with God, being a leader, setting the example, then I want to deal with this other type before I go onto my number 8. But submission...

That used to be a really bad word and now, I believe that a lot of our wonderful females are getting a better understand of it but submission is not a bad thing. All submission is, when you think about two parts of the word, *sub*, *mission*, you are coming under the mission of the company you’re with, the church you go to, the husband you choose. You are just coming in line with their mission.

So, brothers, if you don’t have a clear mission, and it seems like you’re winging it every day, it’s really hard for a woman with a very strong mind to come under submission. They feel like they got to help you what needs to be – that’s not correct English – gotten. But that’s the mentality.

If you sit down, devise with God in mind, every step of the mission is giving you, you’ll know your purpose. Hey, we are here to serve God and this is what I’m doing. I’m making this money and decided off for this. We need to get this house by this year. We need to do this. I need to pay this bill off by this day. Put it in order.

Present it to her because he was having a hard time with me, financially, because I had my own agenda and I've had an agenda since I was a teenager.

He came into my financial world, you know. That's how I see it. So, he has a very, very tedious work to do. Chipping away, however, I'm much, much better. I'm not quite where I want to be but I'm much better. And from that, it takes him gently nudging me to do all that I need to do but submission helps by him pulling me to the side and saying, "Stephanie, I really need you to stick with the budget because," and this was an actual occurrence. He pulled out one of the registry magazines and he showed me the kind of house he wanted us to get.

He said, "Right now, the way this is going, we're not going to get this because we have to pay this but I want to put this money away that you're spending on clothes for the kids because you know when you're going to store, you just have to buy." You know moms. You know how we are, going to get dismal. He's like, "That little \$2.79, you spend on that. Imagine saving that if you're doing that every day. It's going in the bank and then after it sits, it starts to crew interest."

Anyway, he was very creative and very effective in helping me to understand where he was trying to take me and I wasn't helping. So, on the subject of submission, men, it's very important that you get your mission together because when a woman can see you doing it with God, oh, we want on board. We definitely want to be on board.

Next is I might drink my vitamin shake every day. This shake is called ultra-hair shake. It is protein, all of your vitamins and nutrients. It is the lacto-bacillus that we need in order to keep my flora, right, if I can say that. I think that's the proper way to help with yeast infections and problems that we can have that cause us to be not ready for intimacy and to, you know, have issues – just issues.

So, I drink my shake everyday and it has iron because I feel like an ice block all the time. He'll touch me and it'll feel like his hand is 112 degrees and I'm like at 50. So, this helps my body to stay in proper proportion and I'm saying this, ladies, because we have some ailments that are happening within us and if we don't know and we're not giving ourselves the proper nutrition, it just gets worse.

Brain fault, do you know that is a deficiency in vitamins? Cramps, eye twitches, dry mouth, loving to eat ice... there are certain things that happen that our bodies are just responding to the lack of something. And if we don't respond to it, it just continues to get worse.

So, knowing my sweetie, he's big on health and doing the right thing for this body that I'm only going to get one of so I'm going to give it what it needs even though

sometimes I don't want to drink it. Sometimes, I don't have time. Sometimes, I'm just totally on the opposite side of the room, looking at it going, "I don't really want to do that in the blender. I really want to peel that banana." But I do it. Because if I don't check it off my list, do you get where I'm going?

This list is revolutionary. So, understanding, I do what I have to do; take care of what I got to take care, okay? Then, my next one is: Don't worry, enjoy life. Big, big-big for me because I will worry and the stuff I worry about really makes no sense. He's laughing because I worry about whether or not the kids have a sweater for school and I'll sit and I'll think, "I don't remember that putting that outfit in that bag. Oh, I bet they're going to be so cold. She'll go come home. I bet she'll need coffee and then she's going to make me up in the middle of the night. Woah. Let me see. Hmm. Should I just go take her sweater? Should I just go up to the school and see?"

Then it'll pass. Then, a few more minutes later, "Oh, let's see. I got about 10 minutes. Let me see. Yeah, I could take a sweater up there." It won't leave so I have to learn. Okay, on my prayer, "Lord, this baby might be in the presence of germs and she might be cold but I ask you, Lord, just to allow the temperature in the room to be just right. Let her move and have energy; get heat in her system."

I'm for real, y'all. That's what I have to do. That sounds silly. It sounds like it, but that's me. That's just me. And I advise you, when you have the smallest of worries, take it to God in prayer because when it's something you can't fix, I'll let you know He can.

Then, I have on number 10, to review my budget and my categories by expenses, or to tell you honestly, a work in progress. Hallelujah. But I'm better. It's a work in progress and if I don't do that, guess what. My score is lower.

So, do you get where he – this was his idea. It's very effective but it's, you know... And I have to take a nap every day because I have some health issues that the doctors have tried to give me diagnosis on and I'll go ahead and tell you. Do you mind me telling me?

The doctors have tried to tell me I have narcolepsy. How many of you what that is? It's where you'll just be sitting and sleep. But because of all that I do and evenings and night, some up late, sometimes I'm just really, really tired and I just fall asleep when I'm talking, but they're trying to medicate me.

I want to try to not take the medication. I want to come off the medication because I'm going to believe the report of the Lord that I'm healed and healthy. However, there are some things that I've got to do. He does expect me to take care of my vessel.

And, on Sunday mornings, it has been a very big issue of not being at church on time so I have a checkoff box that on Sunday mornings, me and seven children and a babysitter have to be in the van by 7:45. Therefore, we can be at church on time. I'm sorry. Oh yeah, ooh. I don't think I do 7:45... 9:45 on Sunday morning to be at church on time.

And then, also, in that, I have to make sure I'm checking the kids, grace our line and check in their work, coming home and stuff. So it's kind of all grouped into one but it's three days a week that I have to do that for that line.

And it all ends up being, some days, hundreds. Monday was a 71% and it goes up and down and I have to be honest. One time, can I tell them? One time, we had many computers in the house but the kids go on my computer and, you know, play when someone else is on theirs or no computers available. So, they come to my room upstairs and I had my sheet up and I don't know what happened. But, in some kind of way, the intimacy had been checked.

And, we hadn't done anything. And he made it a nice point. "Now, on your list, Stephanie, it shows on Sunday, you remember we had this conversation before." And me, I'm still here going, "Why would I lie? I don't have any reason. If anybody paid attention, you are." So I just say, "I think one of the children clicked. I would not do that. I have no desire to take that away from you. No, no."

So, yes, he is a very good steward. And, women, if you got something on that your husband needs to do, you're going to be a very good steward and it doesn't have to be sex that is the consequence. You have some people who like to go places. Hey, a trip here or you have to have this kind of percentage over this next 6 months. You got to beat a A or a B or whatever and we'll go here and every time I see you won a 100, I'm going to put this amount of money in the bank towards the trip. Whatever you have to do to make it work, it works. It really has worked for me.

And, finally, there's two things I did want to... well, three things I didn't want to hit on. One is, when I talk to couples today about what's going on in the world in this current time, we found a lot of selfishness and that's a very hard word to talk about because it draws a fine line, because I've heard my husband tell me, "You just don't take of yourself. You just don't look after yourself."

So, when I'm trying to look after myself, it still could be selfish. Do you get what I'm saying? So, it's a fine line when you're marrying and you're trying to balance self and someone else. And what I've told couples when they get married, I'm like... this is a brother point or a sister point:

Marriage is an unselfish commitment between two selfish people and what we find is that it's hard to get them to understand what's too much. Yes, take care of

yourself. Yes, look after yourself. Yes, your thoughts are important. Yes, your opinion counts but you have to learn to balance that thing. Anything off kilter is not going to stand. Any house divided against itself cannot stand.

And the priority system – I talked about that and there were two products, well three, that I've used that have been very effective in my life. Right now, I'm doing the Ultra Hair Shake because they have me on a prescription medication and I don't want to mix the others but there was a product that was phenomenal and it is called System 6. Any vitamin shop or I think G&C would carry it. If not, you can get it off www.luckyvitamin.com. When I say this was Ginko Biloba with your memory with your energy. It gives you mood enhancers. All 100% natural.

You take one pill and I'm letting you know, in about 45 minutes, you feel like you can tackle the world but it's all natural. And that helped me because before I found out that they're trying to tell me I have narcolepsy, I thought I was going crazy. I'm like, "This doesn't make any sense. Why would I want to sleep all day? Why don't I want to get up in the morning? Why do I want to just stay in the bed?" I wasn't depressed but it does help with your mood but I wasn't depressed because God has truly blessed me. Truly, I just didn't have any energy. This pill... Man, it was awesome. So, it's called System 6 and I forgot the name of the company but we'll put all that on the website.

See, he knows everything. What is it babe? Erwin Naturals. Erwin – I don't know how to spell that. I just know it's good. Irwin Naturals, it's really good.

And, Rodeola. That is an all-natural, 1-natural herb that has just done some wonderful – and I'll let him talk more about it if you feel like it. But Rodeola is phenomenal for many other problems. It's just a great herb that's pretty much just being noticed again. It's been out but this is a product that when I say it just helps you stay afloat for men and women all day, all day you just feel a nice little float.

But that's all I have to say. And if there's nothing else you remember from this list... nothing else you remember and I believe you're going to remember – He's just persuasive, but this is what got me on track before this list: ESPN. Y'all have heard of the ESPN zone, right? You can remember that.

It's an acronym for Exercise, Study, Pray, Nap. Every day, ESPN – Exercise, Study, Pray, Nap. Just start there. A powernap will get you through the rest of the day. 10 minutes on your car, head down on the desk, ESPN. – Exercise, Study, Pray, Nap.

Amen. That concludes our presentation. We don't want to hold you long but all of that system – that tracking system – the basis of this system is that daily tracking. So, you have to check the items off every day in order for the system to work and you have to have a easy mechanism that will do that calculation for you.

So, all of those instructions again are on www.ivictory.com. So, everything is free of charge and you can go there. All of the instructions, all of the items on my list, it actually uses my list as a template so you can change it to put whatever you want on your list and all of the things calculate from there.

Also, he forgot to mention that even though you have your accountability partner with your husband, I have my best friend as an accountability partner and she can check on me and whenever she sees that I'm low, I told, "You got to call me and you have to help me get back on top of this because you know how I feel." So, now, I have not only him but my best friend. She gets an e-mail that helps her to help me, alright? Very good.

And that system – that'll be part of the instructions when you go there on that www.ivictory.com. It'll show you how to put it an accountability partner's e-mail address and it'll e-mail them a link to be able to see your daily program.

I'm going to spell that Rhodiola. I don't know she was going to mention it so I'm just going to spell it because that's not an easy word. It's Rhodiola. I believe that's how to spell it because I didn't have it on my paper because I didn't know she was going to mention it.

And that concludes. And instead of an altar call, what we would like to do now is for those couples that were just like us to just anoint you with all and pray over your marriage for the passion of your marriage, the peace of your marriage, the prosperity of your marriage and just over your children and your home. Then, we just invite you to just line up down the center aisle for all of those that want prayer and we've brought the oil that we keep at the head of our bed and we believe that the power of God can do things in your marriage that no amount of information can even do. So, we're just going to believe God.