

pt.2 - Live Healthier

Sermon Title: **pt.2 - Live Healthier**

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Speaker: **C. Elijah Bronner**

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C. Elijah Bronner: One of the best investments you could ever make is investing into your own wellbeing.

Female: You are listening to BrothersoftheWord.com. This is Part 2 of the series titled "Live Healthier" by C. Elijah Bronner. This message is number 7899.

(Music Playing: 00:00:15 - 00:00:27)

Female: And now for Live Healthier Part 2.

C. Elijah Bronner: Thank you for joining Brothers of the Word, because brother, you need the word.

We welcome all of you joining by television and those of you joining us online at BrothersoftheWord.com or Facebook, social media, happy to have you to tune in and join us for today's service. It's always a wonderful joy to have you.

I would like to share just a little humor. A little girl dressed in her Sunday best, she was running as fast as she could, trying not to be late for Sunday school. And as she ran, she prayed, "Dear Lord, please don't let me be late. Dear Lord, please don't let me be late." And while she was running and praying, she tripped on a curve and fell getting her clothes dirty and tearing her dress. She got up, brushed herself off and started running again, and as she ran, she once again began to pray, "Dear Lord, please don't let me be late, but please, don't shove me either."

Well we are once again, we're having fun. We are doing Part 2 of Live Healthier. Live Healthier Part 2. We had a text over in 3 John verse 2, "Beloved, I pray that you may prosper in every way and that your body may keep well even as I know your soul keeps well and prospers." The King James says, "Beloved, I wish above all things that you prosper and be in health, even as your soul prospers." So we begin to see that God's will is for us to have good health and abundant life.

Here's a verse over in Psalms. You don't have to turn there, but Psalms 105, we can get another picture of God's will concerning our health. Psalms 105 verse 37 and it's talking about when God led the children of Israel out of Egypt. Notice what it says about them. Notice how it describes them. It says, "Then he led the Israelites out; they carried silver and gold, and all of them

were healthy and strong.” I love that. There were about three million people, three million Hebrews coming out of Egypt and all of them were healthy and strong. So that’s a picture of God’s will because these were his people and they were supernaturally kept well by the power of God as a demonstration. It was a demonstration of God’s presence and his power upon his people and all of them were healthy and strong.

The King James actually says that there was not one feeble person among them. They were all -- now you’re talking about over three million people -- three million people, they were all healthy and strong. Well that’s a picture of God’s grace. It’s a picture of God’s power, his keeping power, is picture of health that God wanted to display and show the world his will for his people. And so it’s God’s will for us to live healthy, to be strong, to be vibrant, to be full of life, vim, vigor, vitality, to have energy, to feel our best so that we can enjoy life, so that we can serve others, serve God’s purpose, so that we can a blessing.

Now we start talking about the fact that when you hang around God, you actually get in shape. You get in shape when you hang around God, and that’s because when you hang around God, God will begin to talk to you about your health because he is concerned. As we have learned, he’s concerned about your physical health. He’s not just concerned about your spirit.

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He’s not just concerned about your heart, which he is. He’s not just concerned about eternity with you, he is. But he’s also concerned about your physical health. How do I know that? I know it because you’re the apple of his eye. You’re the apple of his eye and just like you were concerned about the health of your kids, God is concerned about your physical health. He’s concerned about your physical health and so are with God, God is always leading us to things that promote life and health. He’s always leading us to things that promote life and health and so we trust God for health. We trust God for our physical wellbeing.

I don’t care how hard we work at it, you have to put your ultimate trust in God to keep you well, and so we trust God because I don’t care how much you do, stuff can still go wrong. And so our faith and confidence is actually in God to be our

keeper. God is our health, so God is where we place our trust. We trust him and depend on him. We ask him for his help. We ask him to help us with our health. We ask him to help us with our health. I want you to know that you're worth it. You are worth taking care of your body, you're worth it. I want you to know that you are valuable. I want you to know that you are loved, so you are worth it. You are worth it. You owe it to yourself. You owe it to your family. You owe it to others. You are worth it. You are valuable and you're precious in God's sight and so you mean a lot. Your existence means a lot. Your wellbeing means a lot. You are valued as a child of God and as person and you owe it to yourself. So one of the best investments you could ever make is investing into your own wellbeing. And so it's important, our health is important to God.

Here's a scripture that we begin to glean some things. I actually went through -- recently, I went through the whole Book of Proverbs and I went through the Book of Proverbs this time with my eye toward physical health. I wanted to use the lens of physical health. So I kind of skim through the Book of Proverbs with my physical health glasses on. I wanted to look at the scriptures through the lens of physical health and I was able to gain an entire, different perspective on it looking at it through that lens and I just want to share some scriptures with you.

Notice this Proverbs Chapter 2 verse 6 and 7 says, "For the Lord giveth wisdom out of his mouth cometh knowledge and understanding. He layeth up sound wisdom for the righteous: He is a buckler to them that walk uprightly." Now think about this in terms of physical health. Notice what it says, "For the Lord giveth wisdom out of his mouth cometh knowledge and understanding." We're able to get God's wisdom for our health. We are able to get God's wisdom for our health. Why is that important? It's important because he made the body and if there's anybody who knows how the body should function -- if there's anybody who knows how the body could function at peak performance and feel his best and be his best and to be healthy, it's God. He created it.

God actually created the physical body that live forever. Adam and Even were never intended to die. That was never the original intent of God. He created them to live forever and so if there's anybody who knows how the physical body is supposed to function or what makes it work, it's God. He's the

manufacturer, and so out of his mouth comes wisdom and knowledge, now concerning our physical health. That's why he speaks to us about our bodies. That's why God tell you things. God will tell you to go to bed or God will tell you to work out or God will tell you to stop eating so much junk, or God will tell you to drink more water. So God will tell you to love. God will tell us these things because they all affect our physical bodies. They all affect our physical health. Out of his mouth comes wisdom and knowledge "For the Lord giveth wisdom out of his mouth cometh knowledge and understanding. He layeth up sound wisdom for the righteous." He's happy to share with you. He's happy to share with us how to take care of our physical bodies, how to live your peak health and operate at peak efficiency and performance.

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Now, so for the "For the Lord giveth wisdom out of his mouth cometh knowledge and understanding" he lays up wisdom for us. So we're able to get God's wisdom for our health. He made the body.

Now here's something else about God's wisdom, Proverbs Chapter 3 verse 16. Notice what it says -- it says, well you don't have to turn there, but in Proverbs 3:16 it says, talking about wisdom, "Length of days is in her right hand." What comes out of God's mouth was wisdom for us. Well, what's in the right hand of wisdom? Length of days, in other words, God will tell you how to live long. God will tell you how to have a long healthy life. Another translation says, "Years of life is in the right hand of wisdom" and this is implying years of vibrant healthy life that's in the right hand of wisdom. Where do we get wisdom? Well we get it from God. Out of his mouth comes wisdom, and so God is able to share his wisdom with us because in the right hand of wisdom is years of life, long life. Length of days is in her right hand. So God can tell us how to live a long healthy life. He can instruct us.

So it's important to ask God. It's important to ask God. Father, we should now begin with God. Father, show me what to do for my body. Show me what to do for my health. Ask God and your all ways acknowledge him; he will direct your path. Ask him. He'll give wisdom to everyone who ask him and so we ask God, "Father, you made me. You know. Show me how to take care of

my body. Show me what to do.” And God will begin to give you wisdom. Sometimes he will send it through other people. He’ll send it through other resources. He’ll make sure he gets it to you. He’ll get it to you. He has various ways of getting you the wisdom you need to take care of your physical health.

Now notice this. Proverbs 3:18 talking about wisdom. It says, “She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her.” Wisdom is a tree of life. Wisdom comes from God. In the right hand of wisdom, the length of days. She is a tree of life -- tree of life, that’s why God always leads us toward things that will enhance life, things that will enhance our health because wisdom is a tree of life. Wisdom is a tree of life. So God will always move us towards things that will improve life and health, because wisdom is a tree of life. And so the wisdom of God will lead us. The wisdom of God leads us. The wisdom of God will say, “Go to bed.” The wisdom of God will say, “You need to exercise.” The wisdom of God, “Stop eating so many cookies.” The wisdom of God, the tree of life and health.

Let me tell you, I remember back when I was in high school and I had just started driving, got my first little car and had a Volkswagen Rabbit and it was white, it was old and it wouldn’t crank unless I let it cool off. Which means I could drive it but once it gets hot, it will not crank right back up. I have to let it cool off before I can re-crank it. But anyway, that was my first car. I love my Rabbit. It was so funny because when I would pick up my wife to take her on an a date, if I took her to the movies, I would have to let the car cool off before we could leave. So the movies were perfect because they gave it two hours to cool off. It would crank, if it’s cool, it would crank, but it would not crank if it was hot. So we would come out of the movie and car would be cool, so it would crank, like a drive over to dinner. Once again, I got another hour for it to cool off. I could crank it and get it back on. But I had fun with my car.

But anyway, when I first got my car, one thing that I loved and one thing I wanted, I love Snickers candy bar and every day after school, I would drive to the store and buy me Snickers and I did it every day, every day about 4:15. Everyday I’m in the store getting a Snickers bar and I did this for weeks. But finally, something down on inside of me said, “This isn’t good for you. You don’t need to do this every day. You don’t need to be

under the power of any addictive substance such as sugar. It's bad for your health."

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Now I didn't even really know the Lord back in those days. I mean I was only 16 years old. But deep down in here, the voice of wisdom began to talk to me and I broke that addiction from that day to this day of the Snickers bar. Broke that addiction because the wisdom of God spoke to me. Out of his mouth, wisdom is a tree of life. Wisdom is a tree of life, in her right hand, length of days. She'll teach you how to live long and healthy. You listen to the voice of wisdom.

Listen, here's another one. Proverbs 8:35, "For whoso findeth me findeth life, and shall obtain favour of the Lord." So we get his wisdom. When you get God's wisdom, you get life. When you get God's wisdom for your health, you get life. You get length of length of days because all of that wisdom is a tree of life. Wisdom is a tree of life. So when you get God's wisdom, you get life. Listen what it says, "For whoso findeth me findeth life." So when you find the wisdom of God concerning your health, you find life. When you get wisdom, you get life. Get wisdom, get life. When you get wisdom, you get life. Whoever finds wisdom, finds life because wisdom is a tree of life. Wisdom will always teach you in the way of things that promote life and health. That's why God always leads us to profitable things. He talks to us about our health, because wisdom is a tree of life. Whoever finds wisdom, you find wisdom, you find life. You get God's wisdom, you get life.

Here's another one, Proverbs 9:11, "For by me thy days shall be multiplied and the years of thy life shall be increased." Listen to that. Let me read it again. "For by me", the wisdom of God, "For by me thy days shall be multiplied and the years of thy life shall be increased." That's God's wisdom. No wonder God talks to us about our health. He'll increase your lifespan. He'll increase your days. He'll increase your longevity if you listen to God's wisdom and he'll send it to you in different ways. He'll send it. It may not be a booming voice out of heaven, but the Bible says wisdom is always calling out to us and he will use various means, various voices. It can be a friend. It can be a doctor. It can be a neighbor. It can be anyone but God can use, get his wisdom. It can be a book that you read. It could be a

video you watch. You are hearing the voice of wisdom and it's God wisdom and if you'll get it, it will multiply your days and it will increase the years of your life because wisdom is a tree of life and whoever finds wisdom finds life, God's wisdom.

“For by me”, Proverbs 9:11. Just remember, 9:11 which is a significant day in our country, 9/11, Proverbs 9:11, For by me the wisdom of God thy days shall be multiplied and the years of thy life shall be increased. So wisdom is saying, if you will get a hold of me and begin to employ what I tell you to do, you will longer. You will live healthier. You will live better. I will multiply your days and I'll increase your lifespan and health. Ain't that wonderful? It's the wisdom of God. That's the wisdom of God. AV, if you can play the video. This man is 99 years old.

(Video Playing: 00:19:20 - 00:21:23)

C. Elijah Bronner: Praise God. He's actually 100 now, so that's old video. He's actually 100 or older now. But at 99, he was strong, still strong, still vibrant. But notice he said that something would tell him to go work out, well that's the voice of wisdom. By me, your days will be multiplied. By me, the years of your life will be increased. Wisdom is a tree of life. You find wisdom, you find life. So God's wisdom is available to help us to be strong, to be healthy, to live a long, vibrant life full of vitality and energy and vigor and vim, it's from God's wisdom.

Let's look another one. This is Proverbs Chapter 3 verse 7 and 8. It says, “Be not wise in thine own eyes; fear the Lord and depart from evil. It shall be health to thy navel” which is body “and marrow to thy bones.” Now when I read that, I kind of put it in my words. I felt the Holy Spirit kind of given me my own translation of that and so this is my paraphrase as I felt the action of the Holy Spirit and it's simply this, “When you do it God's way, it is health to the body even in such a way that there is no joint pain. When you do it God's way, it is health to the body even in such a way there is no joint pain.”

Now notice what it says in the King James, “Be not be wise in your own eyes; fear the Lord, depart from evil. It shall be health to thy body and marrow to thy bones.” Marrow actually means moisture or watering or refreshing to the bones. So when actually speaking of renewing your youth, restoring your vitality, your vigor. So when you do it God's way, it's health to

the body and it renews your youth and that's what it's really saying when you have marrow to your bones. It's refreshing your bones. It's refreshing your vitality. It's refreshing your life. It's renewing your youth when you do it God's way. When you do it God's way, it's health to the body and it does something to the bones. It renews your youth. There's no arthritis. There are no aches. There are no pain because you're doing it God's way and he will show you how to do it where there's no joint pain. There's no signs of old age. When you do it God's way, he restores or renews something and he turns the clock back. He renews your youth. That's powerful. Man, that's why I had never seen that before in that light until I looked at it through the lens of health.

Let me read it in the Amplified Bible, "Do not be wise in your own eyes; fear the Lord [with reverent awe and obedience] and turn [entirely] away from evil. It will be health to your body [your marrow, your nerves, your sinews]" -- now sinews is the connective tissue that connects your bones and your muscles like your tendons and ligaments and so forth -- "all your inner parts]" -- your muscles, all your inner parts -- "And refreshment (physical well-being) to your bones." So it renews your youth. When you do it God's way, is health to your body and it renews your youth. Ain't that awesome?

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When you do it God's way, so in other words, God will tell us. He will talk to us. He will lead us. The wisdom of God will tell you what to do and when you follow his instructions, it would be health to your body and it will renew your youth. Isn't that good? Oh man, I love that. I love that. I had never seen that. I had never seen that until I begin looking at the scriptures through the lens of health.

Praise God. And so we should simply allow God to lead us and get the wisdom of God and enjoy this tree of life. Praise God. I'm going to stop right here. I'll probably do one more session. There's still a list of things I kind of want to go through concerning your physical health. I just wanted to share the wisdom of God because I begin asking God about our physical health and he begins showing it to me in the Proverbs. I begin to see that and there's some things I want to share with you, just a list of things concerning your physical health. We give the

wisdom of God. We get the wisdom of God and God will teach you how to stay healthy. God will teach you how to prevent disease. God will teach you how to keep from breaking down. God will teach you how to live a long healthy life, how to be strong when you're 99, how to be strong when you're 100. God will show you the voice of wisdom. He's always leading us toward life and health because wisdom is a tree of life. Whoever finds her finds life because she's given you instructions. She's telling you what to do.

God created the body, he knows how it's supposed to operate. He knows exactly how it's supposed to operate, so why go to anyone else to find out how it operates? God will show you or God will put the people in your life. God will put his wisdom and other resources around you. He will teach you, if you hear the voice -- he heard that man, he says something kept telling to him to go workout, wisdom of God, and he knew it was coming from something greater than himself. He knew it was coming from a higher being. He knew it was coming from God, the wisdom of God is teaching him how to be strong at 99, full of vigor and vitality and vim.

I love that. He said he used to have arthritis in his back, but he said once he start working out, even that left, because it's health to your bones. It renews your bones. That's right here in the scriptures in Proverbs, it's moisture to your bones. It renews all of your connectivity, all of your joints. There is no joint pain. When you do it God's way, it's health to the body and marrow to your bones, renewing to your bones, moisture to your bones, refreshment to your bones. It turns the clock back on your physical body. Ain't this awesome? Oh man, I got so excited when I start seeing that, that God teaches us. He gives us his wisdom, so that we can live healthy, vibrantly, full of live and enjoy long life the way God intended. Praise God. Amen.

Give the Lord a hand for his wisdom. I'm excited about that. Oh man, I'm excited about that. You know, when God created the earth and when Adam walked around -- you see, Adam didn't have to work out because he was always working out. There was certain things in the atmosphere. There was certain atmospheric pressure that pushed against his body every time he walked. So God had built, even in the atmosphere, it was walking workout. So every time Adam moved, he was working out. God created it and some of that was destroyed during the

destruction of the earth, but in the original creation, everything was built in to keep Adam and Eve healthy and strong and they were never intended to die. And so God knew what he needed for his body and it was all there, so if there's anybody who knows how to take care of our body, it's God and God knows and so we're grateful to get his wisdom. We're grateful his wisdom is being shared, is being revealed to people.

There are some good doctors that get his wisdom. There are some good practitioners that get his wisdom. There's some good books that have his wisdom. There's some good courses and videos that have his wisdom. So God's wisdom is available and is crying out and is saying that, "If you find me, you will find life. If you find me, I'm tree of life. Your days are multiplied. I'll increase the length of your years and your life and health if you will get a hold of the wisdom of God." So I'll be certainly sharing with you every wisdom that I have found concerning life and health and I'll be sharing that.

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You know I'm just happy that we all get a chance to improve. We all get a chance to come to God and say, "God, make us better. Help us to be healthy. Show us what to do." And so I have some areas that I want to change and improve in my life and we all do, and so we are able to come to our gracious heavenly Father and to get his help, where life and health is concern. Amen.

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