

Doing Aerobics

[Somebody repented because he did not cut off the flesh and go to aerobics this morning.]

Well, I'm glad you think enough of your body to preserve it. Paul said to offer our bodies as a living sacrifice. I guess he was talking about a healthy body. If you don't do aerobics, at least take brisk walks and things of that nature. The calcium goes right out of your body as you get older [*osteoporosis — exercise and physical activity work against this tendency*]. There is nothing to get it back once it's gone. Today is the day to do something about it. Most people don't really care about their bodies. If you go to Germany or if you go to France, people all look the same. It is their lifestyle; it's what they eat; they work but they don't do certain exercises.

Anyone can take a brisk walk for half an hour. If you can't, there is something wrong in the coordination. You can always find time to do what you want to.

We only do the minimum in aerobics — only 20 minutes. We do 10 minutes of stretching and 10 minutes of vigorous exercises. We used to do 45 minutes. In the world they do aerobics for 45 minutes or one hour. We don't have time for that. But no matter how easy you make it, it is always the same — it is a matter of the will. It takes about one year to get in shape doing aerobics. After that it gets easier and you are more vigorous. I appreciate your confession. Of course you cannot compare yourself to others who didn't do aerobics. That wouldn't extinguish your guilt. It's foolish to compare yourself to others. Paul said that. If we do that it is doubtful that we are even disciples. The Corinthians were getting into that. Their robes got stained. They couldn't pass on the Spirit anymore. They swapped spirits. If a woman has a relationship with another man besides her husband, she will have illegitimate children. That is what happened in the first church. Satan became the father of all the new “disciples”. They had compared themselves with each other and they lost Messiah.

Hos 5:4 — Their deeds didn't permit them to return to their God, for a spirit of harlotry was within them and they did not know the Sovereign. The church today is beyond redemption. The only way we can be worthy for the first resurrection is to know Him. Their arrogance testifies against them. If you go to Christian gatherings you see arrogance. It shows they are children of the evil one — like our Master called the Pharisees.

Hos 2:16 — No longer will they say *Baal*, but *Ishi* — husband.

Hos 5:6 — He withdrew Himself from the first church.

Mk 7:21-22 — These are the things that make us unfit for proclaiming the good news, for ministry, for doing good deeds. Certain acts of disobedience, rebellion, not doing what we know is right to do make us unfit for our God to use us. If we do these things we are susceptible for an evil spirit to speak through us. That is what happened in the first church. Most people in Sardis had already stained their garments. They had defiled themselves. Those who weren't defiled were persecuted by those who were. They became the so-called spiritual ones. The flesh always persecutes the Spirit (Rev 3:4).

2 Cor 11:2-4 — Paul promised her to one *ishi*, one husband, but she became unfaithful and started having illegitimate children by Satan masquerading himself as the Holy Spirit. His spirit was ministered right through the gospel and people would *feel* like they had faith. All the unclean birds came in. Rev 18:2 — Back then they only had a few hundred, then a few thousand, now they have millions, almost billions.

You can see that most of the Christians have arrogance. It is because Satan is there in disguise. He is masquerading. He knows how to make a person feel in his emotions. Hos 5:4 — Their deeds don't permit them to return. You cannot go on working in the world, seeking the government's benefits, and receiving social security so they don't have to seek the kingdom first. Fornication, prostitution, adultery, is connecting yourself to another source. When you fall away you fall away into something else. There are only two spirits, two sources. God has spirits. The evil one has spirits. The reason you fall away is through a spirit seducing you and you connect yourself to another spirit. That's how the first church fell away even though they might have called God by His name for a while. *Baal* and *Lord* means the same thing.

Hos 2:16 — They will call Him *my husband* — *ishi*, and no longer will they call Him *Lord*.

It is very sensitive. That is why we have to pray or we will be deceived. When He withdraws into the outer regions of our spirit and we don't even sense Him anymore, we are prone to receive other spirits. He taught us how to pray. We have to seek Him. According to Mal 1:11 it is going to happen. Prayer means you beg for what you desire. You plead for it. You want it to happen. You only pray for what you really want. If we really want His name to be hallowed and His kingdom to come, we will pray for it. Anyone who has the Holy Spirit will pray for it. This is one of the ways you seek first His kingdom. We pray for His will to be done; we pray to be protected. We are protected in His name. Any separation negates that. He prayed for that with crying. Any time a person comes against authority he will be led into temptation. If someone flirts with those things in Mk 7:21-22 he will eventually fall away.

A community that was in a fallen away state was proclaiming a gospel that did not work. Through this a person was added. Now this person most likely came in over the wall at that time. Then that person had all kinds of charges against a brother in authority who was for the first time put in responsibility at a way-out house — a loyal, faithful brother who loves our Master. That person wrote pages about this brother in authority. I couldn't even read it all. I said that our Father has to judge this. We will see who will be led into temptation. Pretty soon the person who had spoken against authority fell back into his old ways. Now that person is in jail. That person spoke against authority. If you don't pray you will be deceived. It *has to be*.

Does our Father lead us into temptation? No, of course not. It just means that we are not vitally connected. Like Derush. He came to the sacrifices and wasn't vitally connected. If we are not vitally connected, we cannot resist.

It is our job to pray. It is our Father's job to answer our prayers.

Right now He is restoring many things. He is only restoring a little bit at a time. He is purifying us from lawlessness. He cannot give His power to lawless people. Right now we might be a little lawless. He has to purify us (Titus 2:14).

How many movements started down though the centuries, but they didn't progress?! He withdrew from them every time. There is a waiting for the time of the restoration of all things.

Today Jesus is nothing more than a Baal. They say, "Jesus saves." You see it on billboards. But it is actually YHWH saves — YAHSHUA. What does Yahshua mean? "YHWH saves." Yahshua came in His Father's name.

We have to be centered on salvation, on Him. We have to have our mind on the Spirit. We are so easily distracted. It is a battle. If it would be easy, everybody would do it. But it is not easy. Only a remnant will return. We have to say, "Father, I am willing, I need your grace." He will make a way. He will actually bring it about. He is not a harsh taskmaster. He expects us to love Him, to appreciate Him, to be thankful for our salvation. That's all He expects from us. If we do this, we won't be deceived. He is not a harsh taskmaster.

It's not impossible to do it. It's not impossible to please Him. It's not impossible to not be deceived.

If we make Him pre-eminent there is no chance to be deceived, no chance. If we seek first His kingdom, there is no chance to be deceived. So many places in the Bible tell us not to be deceived.

There is no rule or law about going to aerobics. That would be awful. That is oppressive. We just want to do what is pleasing to our Abba. We want to offer up a healthy body. Take a brisk walk. That's good for you, too.