

Honey

Scripture:

Gracious words are like a honeycomb, sweetness to the soul and health to the body. (Proverbs 16:24)

Materials List:

(1) Honey or Honeycomb

Song: *Angry Words*

Lesson:

I have a friend whom I look up to because she literally watches every word she says. I have never heard her say anything unkind about someone or to someone. She is encouraging and uplifting to everyone she encounters. She rarely, if ever, participates in a negative conversation. If I were to describe her, I would say "She is so sweet!" I want to be like her.

The Bible has so much to say about the words we speak. The word "tongue" is used over 100 times, "words" is referred to over 500 times and "lips" is referred to over 100 times. The word "mouth" is referred to over 400 times. Clearly, this subject is very important to God.

The writer of Proverbs tells us in chapter 16 verse 24, "Gracious words are a honeycomb, sweetness to the soul and healthy to the body." Honey has been used for centuries in many cultures. Today honey is used as an energy booster, an antiseptic, a treatment for sore throat, a remedy for burns. It calms anxiety and is known as nature's nutritive sweetener. So, how can my words be healing and calming to people and sweet like honey?

First, I must do as King David did in Psalm 141:3 and ask God to help me "Set a guard, O Lord, over my mouth; keep watch over the door of my lips." I need God's help in watching what I say.

Second, I must fill my mind with God's Word. Psalm 119:11 says, "I have stored up your word in my heart that I might not sin against you". I will say right things when my mind is set on God's word. I will be encouraging and positive when I think on "good" things (Philippians 4:8).

Third, I must restrain how much I talk (Proverbs 10:19). I must choose my words wisely and be aware of what I say. If I talk just to talk, I am certain to say something wrong without realizing it.

It is overwhelming to think of how much my words affect others. Controlling what comes off of my tongue has to be a deliberate, day by day practice. Here is a test to help you know if you are speaking pleasant words: Are your words: Helpful? Are your words: Offensive to others? Are your words: Nice to hear? Are your words: Encouraging? Are your words: Yielding to God? (H.O.N.E.Y)

Prayer: Ask God to help your words be healing to others, and "so sweet" to their souls.

Main Message:

God wants us to be encouraging and loving toward others with our words.