

pray . fast . give .



Living Lent | Day 34

Honey in the Wilderness

“Gracious words are a honeycomb, sweet to the soul and healing to the bones.”

Proverbs 16:24 NIV

Encouragement for the Lenten Journey:

Are you aware of the sweetness and health properties of honeycomb? When did you last eat some? God’s honeybees pollinate plants and produce a sweet delight with astounding nutrients and benefits for your body. Honey is one of the most luxurious foods God has ever created for man’s benefit. He even described Canaan as the wonderful land of milk and honey. (Ex 3:8). The manna He gave Israel tasted like the waters made with honey. (Ex 16:30). Kings sent honey as gifts. (II Sam 17:27-29). John the Baptist LIVED on honey and locusts. (Matt 3:4)! Jesus even ate it with butter in his formative years. No one will ever deny the sweetness of honey – twice as sweet as sugar. When recipes call for sugar, only one-half the amount of honey is needed. And honeycomb contains four important ingredients: bee pollen, honey, bee propolis and royal jelly. It has had healing qualities throughout nations. Ever taken it with lemon or whiskey for a sore throat? Ever used local honey to combat allergies?

Bee pollen which collects on the bees’ legs has 96 nutrients! It is rich in zinc, calcium, magnesium, and iron. It can energize you, give you a sense of wellbeing, increase your intellectual capacity, and close any nutritional gaps in your diet. Propolis, a resin which is rather waxy, used by the bees for several purposes, is rich in vitamin B, fights viruses and stimulates the thymus gland to produce white blood cells. Royal jelly is secreted by the “nurse” bees in the

hives and is the exclusive food for the queen bee. Because of this miraculous food she lives 40 times longer than the worker bees and produces twice her body weight in eggs every day.

God said honey was healthful and precious. It is sweet to your taste, enlivens your eyes, energizes your body and helps your overall health. Your words should do the same. They should cause others to rejoice and be glad when they hear you speak! Your words should build others up in helpful ways, be gracious and always kind. My mantra with my children was “If you cannot say something kind, BE QUIET!”

Words of harshness or a biting tongue can be harmful and sometimes like poison. The repercussions of hurtful words can have long lasting effects on those who receive them. Jesus’ words were often like honey. His kind and gracious words were often healing and supportive. There is great power in your tongue, your choice of words, and your gracious delivery.

Do you promote good health, a sense of wellbeing and energize others when you speak to them? Kind and gracious words are always dessert at any table. They go into the ears and soul with sweet pleasure. Are you able to conjure the right words at the right time? Do you heal others by kind encouragement, wise counsel, and gentle comfort? There is great power in the tongue. This Lenten season, 2021, brings new and exciting opportunities for us to pray and practice our many ways to speak, communicate, love and heal one another through thought, word and deed. May you use your words as “honeycomb, sweet to the soul, and healthy to the bones.” Amen.

Challenge to Prayer and the Exercise of the Privilege of Generosity

As you pray and sacrifice through fasting throughout this Lenten Journey, will you take this opportunity to pay forward in generosity a gift of at least \$1 per day throughout the 40 days for the Children? It is a privilege and a blessing to give as we all look forward to Easter and the Resurrection.

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Contributor

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