



Sweet Words Are Like Honeycomb

By Deborah Wassenberg

Introduction:

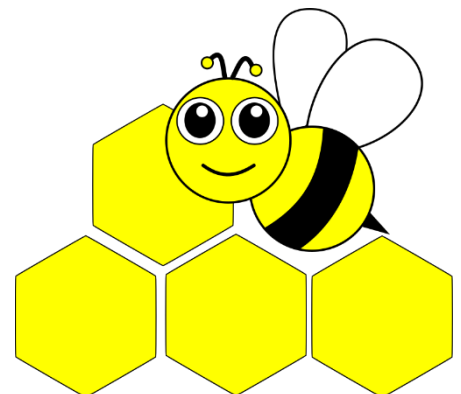
There is wonderful power in our words to bring blessing and pleasantness to others. Children learn that just like a honeycomb holds sweet honey, their hearts can hold sweet words.

Bible Lesson: Nabal and Abigail

Bible References: 1 Samuel 25:2-40; Proverbs 16:24

Visuals You Will Need:

1. Honeycomb (or hold up a piece of honeycomb)
2. Child eating honey
3. Scripture: Proverbs 16:24
4. Abigail
5. David and his men
6. David's messengers
7. Nabal
8. David and his men prepared to fight
9. Abigail on her donkey
10. Abigail talking to David
11. Nabal angry
12. Abigail and David married



Words:

1. Have you ever seen honeycomb?
Bees make honeycomb out of wax from their own bodies.
Each cell is a tiny storage pot for honey, pollen or baby bees.
The hexagon shape is super strong, so the honeycomb doesn't break even when it's full of honey.
You can eat honeycomb and the wax!
Honeycomb protects the honey, keeping it safe, clean and sweet.
2. Honeycomb is...
 - Sweet
 - Comforting
 - Good for you
 - Beautifully made
 - Full of goodness on the inside

3. The Bible tells us that sweet words are like honeycomb.
Proverbs 16:24 says...
(Read from your Bible)
'Pleasant words are like a honeycomb, sweet to the soul and healing to the bones.'
4. Our words can hold sweetness like the honeycomb holds honey.
Sweet words bring peace, help others feel loved and make hard situations better.
A lady named Abigail used sweet words to avoid an attack caused by her husband's bitter and dangerous words!
5. David and his men were living out in the wilderness.
They were tired, hungry, and far from home.
Nearby lived a very rich man named Nabal.
He had thousands of sheep and goats, and David's men had been protecting Nabal's shepherds from danger.
6. One day, David sent a few of his men to Nabal with a friendly message.
'Hello! We've been looking after your shepherds.
Could you please share some food with us?'
They spoke kindly and politely.
7. But Nabal was a foolish, selfish man.
When he heard the message, he snapped, 'Who is David?
Why should I give him anything?
Go away!'
His words were sharp and sour like vinegar.
8. When David heard what Nabal said, he became very angry.
He gathered his men and started marching toward Nabal's house.
It looked like a big fight was about to happen!
9. But Nabal's wife, Abigail, was nothing like her husband.
She was wise, gentle, and kind.
When she heard what Nabal had done, she acted quickly.
She packed lots of food – bread, cakes, meat, raisins – and rode out on her donkey to meet David before he reached their home.
10. When Abigail saw David, she got off her donkey and bowed respectfully.
She spoke sweet, gentle words to him:
'My Lord, please listen.
My husband was wrong.
Please forgive us.
Here is food for your men.
Please don't do something today that you will regret tomorrow.'
Abigail's words were calm.
Her voice was gentle.
Her attitude was humble.
And something amazing happened.

David's anger melted away.
He said, 'Praise God for sending you to me today.
You have stopped me from doing something wrong.'

11. When Abigail went home, Nabal was having a big party.
He didn't even know what danger he had been in.
The next morning, when he finally heard what had happened – how close he had come to disaster- he was shocked.
He became sick and died.
When David heard the news of Nabal's death, he remembered Abigail's wisdom and kindness.
He sent messengers to her and asked if she would become his wife.
Abigail agreed.
She became David's wife and remained known as a wise, gentle woman who brought peace wherever she went.
12. Nabal used bitter, harsh words and caused trouble.
David used angry words, and it almost led to a fight.
Abigail used sweet, gentle words and brought peace and safety to her family and household.
Sweet words are powerful!

Ministry to the Children:

Even when we *want* to use sweet words, sometimes our hearts feel bitter or angry inside. Sometimes we say things we shouldn't. Sometimes we hurt others. Sometimes we choose to do or say what is wrong. That's called sin — and we all do it. And just like David needed Abigail to step in and bring peace, we need Someone to step in and save us, too. Jesus came to bring peace between God and us. He didn't come with angry words. He didn't come with harsh words. He came with love, kindness, and truth. He chose to die on the Cross to take away our sin. He rose again to give us new life. When we ask Him for forgiveness and turn away from our sinful lives, He makes our hearts clean and new so we can speak sweet, gentle, loving words. Jesus gives us the sweetest gift of all — forgiveness. And when we belong to Him, His Holy Spirit helps us: choose sweet words, calm anger, show kindness, and bring peace.

If you want Jesus to forgive your sin... If you want Him to make your heart clean... If you want Him to help you speak sweet words that bring peace... You can ask Him right now.

Prayer (repeat after me):

'Jesus, I believe You love me. I believe You died for my sin and rose again. I repent (turn away from my sinful ways.) Please forgive me and make my heart clean. Come into my life and be my Saviour. Help me speak sweet words that bring peace. Thank You for saving me. Amen.'

Memory Verse: Proverbs 16:24

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

Honeycomb Word Tiles

What to do:

- Give each child (or team) hexagon tiles with one or two words from the verse.
- They race to assemble the honeycomb in the correct order.
- When finished, everyone says the verse together.

Variation: Hide the tiles around the room for a “Honey Hunt”.

Morning Tea: Honey Joys!

Ingredients:

- 90g butter
- 1/3 cup sugar
- 1 tablespoon honey
- 4 cups Corn Flakes

Directions:

1. Preheat oven to 150°C.
2. Line 24 muffin tin with patty pan paper cases.
3. Melt butter, sugar and honey together in a saucepan until frothy.
4. Add Corn Flakes and mix well.
5. Working quickly, spoon into paper patty cases.
6. Bake in a slow oven at 150°C for 10 minutes.
7. Cool.

Game 1: Buzz, Buzz, Bee!

A variation of ‘Duck, Duck, Goose’. Children sit in a circle, and one child (‘it’) walks around tapping heads, saying ‘buzz’ for each until declaring ‘bee!’ The ‘bee’ chases ‘it’ around the circle; if ‘it’ sits in the empty spot first, the ‘bee’ becomes ‘it,’ otherwise, ‘it’ repeats.

Game 2: Stuck in the Honey!

A variation of ‘Stuck in the Mud’. Stuck in the Honey is a high-energy, classic tag game for 4 or more children, where tagged ‘runners’ become stuck in place (legs apart, arms out) until a free child crawls through their legs to release them. Taggers aim to get all players stuck, while others work as a team to stay free.

Game 3: Busy Bee Tag!

Tag is a simple chasing game where one child, designated as 'It', tries to tag or touch another child, who then becomes the new 'It'. It requires at least two players, a defined playing area, and no equipment. The goal is to avoid being tagged or, depending on the variation, to be the last one remaining.

Craft 1: Bubble Wrap Honeycomb Printing

You will need:

- Bubble wrap
- Paint: Washable tempera or poster paint
- Paper honeycomb: Thick paper works best. Cut paper into hexagons.
- Paintbrushes or rollers
- Paper plates or trays for paint

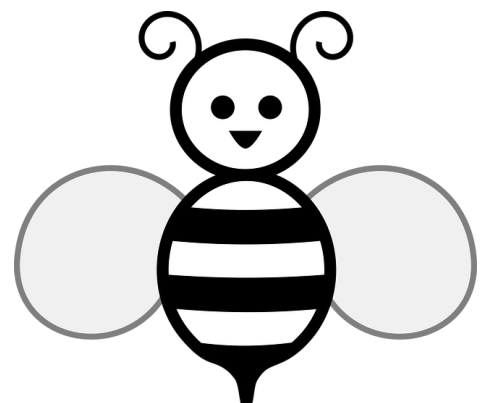
What to do:

- Prepare the Surface: Lay down newspaper to protect your workspace.
- Paint the Bubble Wrap: Lay the bubble wrap flat with the bubbles facing up. Apply paint directly to the bubbles using a brush or roller. (Don't use too much paint, or the textures will blend.)
- Create the Print: Carefully flip the painted bubble wrap over (bubbles down) onto your paper or canvas.
- Press and Lift: Press down firmly all over to transfer the paint, then lift it carefully to reveal the pattern.

Craft 2: Bee Stick Puppet

You will need:

- Bee picture for every child photocopied onto white cardboard (80 gsm)
- Paddle pop sticks
- Glue or sticky tape
- Felt pens or crayons
- Pipe cleaners (optional)
- Foil glitter (optional)



What to do:

- Cut out the bee shape. (The antennae can be tricky — you may prefer to trim them off and replace them with a short piece of pipe cleaner or use cardboard scraps. Tape the pipe cleaner to the back of the bee's head.)
- Colour the bee and glue or tape onto paddle pop stick.