

Words that heal the bones

Proverbs 16:16-24

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does this passage say gracious words do, and what does it value above gold?

2. What does it show me about people — and about myself?

Whose health have your words damaged, and whose have they built up?

3. What will I obey this week? (a concrete step, with a day)

What gracious word will you speak this week, to whom, and on what day?

4. Who will I tell?

Who around you is starved of a kind word?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

Pray

God, you say gracious words are honey — sweet to the soul and health to the bones. Guard our mouths, because what we say lands in someone's body.



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