**Title:** A delicious daily dish

**Pastor:** Christelle Myburgh

**Date:** 7 December 2014

**Time:** 9:00am

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**A wholesome dish leaves you**

- Satisfied
- Pleased
- Not wanting

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**A distasteful dish leaves you**

- Nauseous
- Dissapointed
- Wanting
Proverbs 18:20 A man’s belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled.

Proverbs 18:21 Death and Life are in the power of the tongue: and they that love it shall eat the fruit thereof.

If you were to eat your words, what kind of dish would it be?

Proverbs 17:27 He that hath knowledge spareth his words: [and] a man of understanding is of an excellent spirit.

Proverbs 15:1 A soft answer turneth away wrath: but grievous words stir up anger.

Hebrews 4:12 For the word of God [is] quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discerner of the thoughts and intents of the heart.

A Poem
Oh! Spirit of the living God
Control this tongue of mine
No knife is quite so sharp as words,
Yet words can be divine
A tongue not yielded to God’s will
Can stir up awful strife.
Lord use this tongue of mine today
To speak Thy words of life.
I want my tongue to sing God’s praise
To tell His love for me,
To speak God’s Holy name in prayer
And thanks for Calvary.
Lord help me that this tongue of mine
Shall speak Thy word in love,
That what I say will be Thy will
Directed from above
Oh! Holy Spirit, faithful guide
This tongue of mine inspire
That only words that please the Lord
Shall be my heart’s desire
So may I lead some soul to Christ
By spoken words or songs,
Then as God leads, do not forget
My tongue to Him belongs.
-- Edward L. Crane

Psalm 19:4 Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.