

Lord speak to us
That we may hear your word.

Too much honey is bad for you,
and so is trying to win too
much praise.

If you cannot control your
anger you are as helpless as a
city without walls, open to
attack.

Proverbs 25:27-28

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Something to think about:

- This proverb is about eating too much honey which may seem strange to us. What kind of things do we have too much of today, which may be bad for us?
- Do you ever get angry about things?
- Can you control your anger? What happens to those around us if we cannot do this?

The Lord, the Holy Spirit is
among us
and will help us every day.

Dear Lord,
Thank you that you want to help us to be self-controlled and that you sent your Holy Spirit to help us when we find this difficult. We pray that you will show us those things which we need to keep under control in our lives so that we can grow closer to you and be a blessing to those around us.

Amen