

## UPBUILDING - PLEASANT WORDS ARE A HEALING

~ **Men** ... **Righteous** ... **Upbuilding** - Pleasant sayings are a place where good spiritual food resides, sweet to the soul and a healing to the bones' (**Proverbs 16:24**) <sup>[12]</sup> - [References](#)

**Proverbs 16:24**· Pleasant sayings are a honeycomb, sweet to the soul and a healing to the bones.

<sup>[12]</sup> - [References](#)

- They are more to be desired than gold, yes, than much refined gold, and sweeter than honey and the flowing honey of the combs. (**Psalms 19:10**)
- How smooth to my palate your **sayings** have been, more so than honey to my mouth! (**Psalms 119:103**)
- May it become a **healing** to your navel and a refreshment to your **bones**. (**Proverbs 3:8**)
- For they are life to those finding them and health to all their flesh. (**Proverbs 4:22**)
- There exists the one speaking thoughtlessly as with the stabs of a sword, but the tongue of the wise ones is a **healing**. (**Proverbs 12:18**)
- A heart that is joyful does good as a curer, but a spirit that is stricken makes the **bones** dry. (**Proverbs 17:22**)
- Anxious care in the heart of a man is what will cause it to bow down, but the good word is what makes it rejoice. (**Proverbs 12:25**)
- The calmness of the tongue is a tree of life, but distortion in it means a breaking down in the spirit. (**Proverbs 15:4**)
- The brightness of the eyes makes the heart rejoice, a report that is good makes the **bones** fat. (**Proverbs 15:30**)
- Oil and incense are what make the heart rejoice, also the sweetness of one's companion due to the counsel of the **soul**. (**Proverbs 27:9**)

- The congregator sought to find the delightful words and the writing of correct words of truth. (**Ecclesiastes 12:10**)
- With comb honey your lips keep dripping, O my bride. Honey and milk are under your tongue, and the fragrance of your garments is like the fragrance of Lebanon. (**Song of Solomon 4:11**)