



Kind Words Keep You Healthy !

Proverbs 16:24 Pleasant words *are like* a honeycomb, **Sweetness to the soul and health to the bones.**

Proverbs 18:21 Death and life *are in the power of the tongue,* And, those who love it will eat its fruit

ONE KIND WORD
can change someone's entire day

A Self-Paced & “Fun Bible Study”

Step 1: Using the verses above, fill out the form below to help us learn, how to apply these verses in our life!

Step 2: Make a list of kind words to say to family, friends or yourself. “Look for the good in others”

.... Examples of Good Things To Say To Others..... Be Truthful & Sincere

- * You just made my day * Did you know kind words bring health? * Wow, the Lord just showed me how kind words helps me stay healthy!
- * You're such a good mom * I am so proud of you * I really liked that * Your kindness hit me * That was so sweet * Please forgive me
- * I really appreciate all you do for our family! * You have such a big heart for others * You have the greatest smile * You're a hoot
- * It's been awhile, but I really do love you * You made a big difference in my life * Your words bring life to everyone * Let's go to church today!

Step 3: Practice looking for the good to say to others after making your own list that fits your personality.

Do It Alone or In A Group & Practice “Seeing Good” In Each Other. Get Extra Copies to Give Away

What words do you say to yourself or meditate on often?		
What words bring life to you and others?		
Give an example of an act of kindness?		
What words hurt the most?		
What was said or done to help bring you out of your last difficult situation?		
If Jesus lovingly asked you --- “How does a person qualify for heaven”, what do you say?		
What words would you like to hear from Jesus, yourself or from others?		
Pick a few people and make a list of the good things to say to them F2F. Use examples, or other good qualities you see in them.		
Name:	Name:	Name: