

# "Mmm, Mmm, GOOD!"

Kids love sweets! No matter how much good bread and meat they have, kids always seem to have room for desserts and sweets! How does a thick slice of chocolate layer cake covered with rich frosting sound? Or a heaping scoop of your favorite ice cream with all the mix-ins? Just thinking about a big juicy slice of sweet watermelon is enough to make your mouth water. Yes, the Christian life consists of bread, milk, and meat (Hebrews 5:13-14), but kids as well as adults can also enjoy the "sweets" God promises His faithful children.

<u>"SWEET"</u>	<u>BIBLE VERSE</u>
Judgments	(Psalm 19:9-10)
Meditations	(Psalm 104:34)
Light	(Ecclesiastes 11:7)
Sleep	(Proverbs 3:24)
Friend	(Proverbs 27:9)
Pleasant Words	(Proverbs 16:24)
Melody	(Ephesians 5:19)
Job Well Done	(Proverbs 13:19)



**BRIGHT IDEA:** \*Copy and cut out the illustrations for each "sweet." Display on a bulletin board or distribute to children to help them remember the lesson.

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God's JUDGMENTS are sweet. **"The judgments of the Lord are true and righteous altogether. More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb (Psalms 19:9,10)."** It is sweet to know God's Word and follow it. Any problems or trials in life will seem less important and less fierce when you are confident in your heart that you are doing God's will.

*\*FOOD FOR THOUGHT: How can you use God's Word to find His will for you?*



Daily MEDITATIONS and fellowship with the Lord are sweet to God's child. **"My meditation of Him shall be sweet: I will be glad in the Lord (Psalm 104:34)."** Choose a quiet time alone with the Lord every day. Study God's Word and pray. Keep your thoughts in step with Him for the opportunities and responsibilities of the day. This closeness makes walking every day with the Lord "sweet."

*\*FOOD FOR THOUGHT: Do you read your Bible and pray every day?*



LIGHT is sweet to a dedicated Christian - not only the light of the Gospel, but also the very light of day. **Ecclesiastes 11:7 says, "Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun."** The dawn of a new day means another day to live for the Lord, another day to witness to others and serve Him. Look for God's blessings and see what great things He can do! You can look forward with excitement to every day that is sweet and filled with joy, contentment, and purpose.

*\*FOOD FOR THOUGHT: Think of at least one blessing from God today and thank Him.*



**SLEEP**, sweet sleep. Don't you feel wonderful when you have had a good night of rest? As God's child, there are no more restless nights rolling and tossing, carrying the weight of sin, trying to solve problems, fearing the night and dreading the day. When your head hits the pillow at night, "**...thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet (Proverbs 3:24).**"

*\*FOOD FOR THOUGHT: What is a good verse to say or song to sing before bedtime?*



A Christian **FRIEND** is a great blessing, and that friendship is sweet. "**Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend by hearty counsel (Proverbs 27:9).**" One of the most important tasks for a Christian boy or girl is choosing the right kind of friends. A bad companion will make you sad, but spending time with strong Christian friends makes your heart glad and makes your life a little sweeter. Look for the right kind of friends. Sometimes you might have to wait for them to find you!

*\*FOOD FOR THOUGHT: What makes you a good friend?*



"**PLEASANT WORDS** are as an honeycomb, sweet to the soul, and health to the bones (Proverbs 16:24)". It is important to speak words of kindness, encouragement, thoughtfulness, praise, or appreciation to others. Have you ever seen someone taste a delicious treat and their eyes light up? Let the Lord use your words to lift someone's mood and make their day a little sweeter!

*\*FOOD FOR THOUGHT: What are some other ways you can encourage someone?*



"Make sweet **MELODY**, sing many songs...(Isaiah 23:16)." A person whose heart is right with God, who has given their body, time, and talents to the Lord, knows a happiness greater than any pleasure of the world. As a result, a happy joyful heart often expresses itself with the sweetness of a song. "**Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord (Eph. 5:19).**"

*\*FOOD FOR THOUGHT: What is your favorite song to sing when you are happy?*



Finally, a special "sweet" is a **JOB WELL DONE** for the Lord. "**The desire accomplished is sweet to the soul (Prov. 13:19).**" Learn to tackle a job and finish it! Then God can call on His servant to do any job and trust it will be carried through to the end. This is the kind of servant who does God's will throughout his life and who at last will hear, "Well done, thou good and faithful servant: thou has been faithful over a few things. I will make thee ruler over many things: enter thou into the joy of thy Lord (Matt. 25:21)." What words could be sweeter?

*\*FOOD FOR THOUGHT: How can you be a faithful servant at home or school?*



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