

Front Porch Wisdom – Will Keep You Healthy
ABT – July 25, 2010
Pastor Ed Holland

Text: Proverbs 4:20-22

1. Living wisely has healthy benefits

“It will be health to your flesh, and strength to your bones.” Proverbs 3:8

“Do not carouse with drunkards or feast with gluttons,” Proverbs 23:20 (NLT)

2. Living wisely will allow us to benefit from the healing power of words

The light of the eyes rejoices the heart, And a good report makes the bones healthy.” Proverbs 15:30

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

3. Living wisely allows us to bring health to others

“A wicked messenger falls into trouble, But a faithful ambassador brings health.”
Proverbs 13:17

“There is one who speaks like the piercings of a sword, But the tongue of the wise promotes health.” Proverbs 12:18