

“How sweet your words taste to me; they are sweeter than honey.” Psalms 119:103 NLT

### [lectio] // PSALM 119:97-104

Such simple, yet profound truths. I'm not an expert in ancient sweeteners, but I would guess that refined sugars weren't a part of their diet in the Psalmist's day. What did they use for natural additives? 🍯 And, it's not too far of a stretch to remember that bees had to be carefully cultivated and their honey harvested. Sweet things have always been and will always be a treat! Here, the Psalmist compares God's word to a favorite sweetener and in that captures his natural love for both honey and what it's like to read, meditate and process God's commands on a regular basis. He sees it like a dessert, like I see Hagan Das double chocolate chip ice cream. A couple of verses later he compare God's word to a flashlight - that works too.

### [oratio]

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

Your word has always been a treat for me since I started reading it at fifteen. It has always led me, corrected me, given me comfort, peace and joy. You have done all your best work in me through your words and I love them more than ice cream!

### [contemplatio]

rest in the presence of God, allowing the words revealed to take root