

LESSON 3



GOD'S NAME IS HOLY

BEFORE YOU TEACH

God's Name

There is an extraordinary reverence for God's name throughout the Old Testament. No one knows for certain how His personal name was pronounced. In Hebrew, when God told the Israelites His name, it was written down as "YHWH," which has no vowels and is therefore unpronounceable.

Many regarded the personal name of God to be too sacred to say. Whenever Jewish religious leaders came upon this name, they avoided saying it and they substituted "YHWH" with the Hebrew word Adonai, which means "my Lord." In this way, the vowels of Adonai came to be pronounced with the consonants of God's name, YHWH, to produce something like the English term "Jehovah." Now, it is customary to write this name as "Yahweh."

In the New Testament, God's name is revealed as Jesus. This is actually the Greek version of the Hebrew name Joshua, which means "the Lord saves" or "the Lord gives victory." This name carries power. All the miracles and signs that the apostles performed were done by the name of the Lord Jesus.

Today, it is also a name full of power and it should be revered. Therefore, we should always include "Lord" when we pray to Him or do anything by His name. The word "Christ" means "the anointed one" in Greek, which is the equivalent of the Hebrew word "Messiah." This refers to the Lord Jesus' status as the chosen Savior of mankind, the King of Kings, and the Lord of Lords. It is not part of His name but identifies Him as the One promised from the Old Testament.

BIBLE TEXT

Exodus 3:14; 20:7

BIBLE TRUTH

God's name is holy and He will punish those who misuse it.

LESSON OBJECTIVES

1. To learn not to take or use God's name in vain.
2. To learn to be careful in our speech.

MEMORY VERSE

"Let your speech always be with grace, seasoned with salt."

(Colossians 4:6a)

PRAYER

In the name of the Lord Jesus, we pray. Thank You, Lord Jesus, for guiding us through another week. Today, we are going to learn about the holiness of Your name. Please help us keep Your name holy and let us always give praise to Your name. Also, help us in our speech so that our words will not hurt, but rather edify, everyone. May all the glory be Yours. Hallelujah! Amen.

UNDERSTANDING YOUR STUDENTS

"Oh, my God!" and "Jesus Christ!" are expressions used very frivolously today. They are often used to express shock or when swearing or complaining. Most people who use these expressions aren't even aware of their significance. So why do they say it anyway? They blurt it out because everyone else does. However, just because these are socially accepted and commonly used expressions does not make them acceptable to us as Christians.

God's name is special because it conveys His identity. The way people use His name shows how much respect they have for God. Remind your students that whenever they say God's name, they are expressing how they feel about Him. Misusing God's name is a sin because it breaks

the third commandment. God will also be hurt when He hears them using His name to curse or complain. Remind your students to use God's name appropriately and to say it in praise or worship.

Many times, your students will also say things without thinking about them. When they realize that their words have hurt someone else, they may apologize but it doesn't make the bad feelings go away immediately. Sometimes, they say hurtful things on purpose to get back at someone. Stress to them that even though it is not God's name that they are using in vain, it is still wrong. As long as they are hurting others, it is a sin. Encourage their speech to be "seasoned with salt."

VOCABULARY

holy: to be set apart from other things

vain: futile; useless

reverence: deep respect

anoint: to choose someone for a higher purpose by the act of rubbing oil on their head

season: to add things like salt, peppers, herbs, and other spices to make something taste more flavorful

REVIEW

Last week, we learned about the second commandment. What is it? (You shall not bow down to idols nor serve them.) God is the only true God. Idols are useless, manmade objects that cannot save people—only God can save people.

Jeroboam and Ahab were two kings who liked to worship idols. In the end, they were not blessed by God and both died terrible deaths. God punishes those who choose to worship idols.

However, God will protect those who choose to obey His words and follow His commandments. Shadrach, Meshach, and Abed-Nego were three friends who worshipped God. Even though they were about to be thrown into the fiery furnace, they remained faithful to the Lord. In the end, God delivered them from death.

We learned that there is only one God who can save us. We should never worship anything or anyone but Him.

BIBLE STORY

The Names of God

There are many different names used in the Bible to describe God. When Moses was talking with God, he wanted to know God's personal name in case the Israelites wanted to know who He was.

God answered Moses, saying, "I AM WHO I AM. This is what you are to say to the Israelites: 'I AM has sent me to you'" (Ex 3:14).

What do you think about this name? Can you say that you are who you are? No, because there are many other people like you, so you need a name that sets you apart from others.

This name shows the unique nature of our God. He is the only God and His existence is unique so there can be no explanation for it. In fact, He doesn't need a name to set Him apart—there are no other gods.

Even though God gave His people this name, they still thought it was important to know the name of their God.

In Hebrew, the name for God is Yahweh, meaning "He is." The Israelites took what God said about Himself and made it into His name. They had such great reverence for this name that they would not spell it out completely when they wrote it in the Scriptures. They just wrote "YHWH," leaving out the vowels.

Today, no one knows how to pronounce this word, but the most likely way is "Yahweh," which is what is used today. In the English Bible, Yahweh is translated to "Lord." But this name is not really the true name of God. It's a name that the people used to remember God and to call on God.

There were also other names in the Bible used to identify and describe God. Can you name a few of them? One name is Immanuel, which means "God with us." This name was a prophecy that God will be with His people, that He will send His son to the people to save them, and this prophecy was carried out when the Lord Jesus was born.

Some other common words used to describe God are Rock (Dt 32:4), shepherd (Ps 23:1), and Father (Ps 89:26). However, these are also not the real names of God. They mainly describe who He is and what He is like.

In Matthew 1:21, an angel appeared to Joseph to tell him that his wife Mary was going to give birth to a son. He told Joseph that this Son should be named Jesus because He will save His people from their sins.

The name Jesus means "the Lord saves." Did you know that this is actually the Greek version of the Hebrew name "Joshua"? We need to use this name with reverence because this is the name that God has chosen for Himself. In John 17:11-12, Jesus Himself said that this is God's name.

This name is a special name because it is the only name by which people can be saved (Acts 4:12). The Bible also says that at the name of Jesus, every knee will bow in heaven and on earth (Phil 2:10). Because this name has been set apart from other names, it is holy.

Not only is this name holy, this name also has power. Did you know that when the apostles healed the lame beggar, they used the name of Jesus? And did you know that when they performed other miracles, they always used this name? This name carries the power of God. So when we use this name to speak to God, to pray, or to do anything, we should say "Lord" before it to show our reverence for God. This is why we pray in the name of the Lord Jesus.

What about the word Christ? Is that also part of God's name? (Some children think that Jesus is God's first name and Christ is His last name.) Actually, Christ is another title like Immanuel. This describes Jesus' role. Christ is a Greek word that means "the anointed one." It refers to how Jesus is the one anointed or sent by God to save His people.

There were many prophecies in the Old Testament about Christ, but these prophecies did not say what the name of Christ would be. When Jesus came, God showed us that the name of Christ is Jesus. So that is why we always say the two words together. It's kind of like saying "President Obama," where Obama is his name and president is his title.

The Third Commandment

It is important to understand why God's name is so special. He is the one with the power and authority. He is the only one who can save us. That is why God doesn't want anyone to misuse His name.

The third commandment says, "You shall not take the name of the Lord Your God in vain." This means that no one should use the name of God irreverently. Anyone who uses His name must do so with respect. God will punish those who use His name inappropriately.

Small Words, Big Deal

Even though God gave this commandment, people still use His name, Jesus, to swear or complain. They like to say things like "Jesus Christ, why did that happen?" or "Jesus, what a stupid thing to do!" Sometimes, they even use God or Lord. One very common phrase is "Oh, my God!"

Even though they are not Jesus' personal names, it is still wrong to use them this way and with such attitudes. People who use these expressions do not think about what they are saying. They use them because everyone else around them is doing the same.

Do they really want to call to God and ask Him for help? Do they need God to give them comfort? If they do, it is certainly all right for them to use God's name. They can pray, "In the name of the Lord Jesus." However, when they shout God's name in anger or complaint or to curse others, it hurts and sometimes angers God to hear it and He will punish them for misusing it.

God's name is holy and sacred. It should only be used in praise and worship.

Tongues Like Fire

The reason why some people use God's name without thinking is because they have developed a bad habit of not watching what they say. In addition to hurting God when they misuse His name, they can also hurt others when they don't think about what they're saying.

Think about a time when you were angry with your parents. Did you say anything mean to your parents?

James chapter 3 teaches us that though the tongue is small, it can do a great deal of harm, just like how a small spark can set an entire forest on fire. God not only wants everyone to hold His name in holiness, He also wants us to watch our speech and be careful of the words that we use.

CHECK FOR UNDERSTANDING

1. **In the Old Testament, what name did God tell His people to use for Him?** "YHWH" or "I AM WHO I AM"
2. **What are some other titles that have been used to describe God?** Rock, Immanuel, shepherd, Father, etc.
3. **What is God's name?** God's name is "Jesus."
4. **What does "Jesus" mean?** It means "the Lord saves."
5. **What are some ways to misuse God's name?** Saying things such as "Oh, my God!" when we are surprised or irritated, or using His name to express frustration or anger are ways to misuse His name.
6. **Why is it wrong to misuse God's name?** His name is holy; it is the only name by which we can be saved. It is also a name with power, by which many miracles and signs have been and can be performed.

MEMORY VERSE PRACTICE

This may be a good time to introduce the memory verse for this week. Tell the students that the Lord wants us to be careful not only with how we use His name, but also with everything that we say.

"Let your speech always be with grace, seasoned with salt." (Colossians 4:6a)

SPIRITUAL TEACHING & LIFE APPLICATION

1. "Let your speech always be with grace, seasoned with salt" (Col 4:6)

Have you ever cooked or watched your parents cook? If so, you will know that salt is a key ingredient. Has your mom ever forgotten to put salt into a dish? What did it taste like? Did you like it? [Let students answer.] What are some other ingredients that your parents use when cooking? [Have the students go up to the board to write the ingredients.]

Just as seasoning plays an important role in making our food taste good, the words that come out of our mouth play an important role in making what we say pleasing to God. God hears every word and every thought that we have. If we have bad thoughts, speak bad words, or use harsh words that hurt others, God will be very disappointed. It is as if we presented Him with a poorly flavored dish. On the contrary, if the words we speak are used to help and comfort others, our speech will be pleasing and "tasteful" to God.

Imagine that, one day, you fell down the stairs at school when many people were around. One of them, standing at a distance, saw what happened to you, laughed loudly, and said, "That was the funniest fall I've ever seen!" How would you feel? [Ask your students to share their answers.] Is this person's speech seasoned with salt? No, his words are hurtful, not tasteful. In the same way, we shouldn't say things that will hurt people. Think of this situation as a plate of noodles: instead of being seasoned with salt, it is mixed with a whole bottle of hot sauce. Do you think anyone would like the noodles? No, whoever

eats it might even get mad at the cook! Certainly, this is not the right seasoning God wants in our speech because it creates a bad situation. The Bible says, "A soft answer turns away wrath, but a harsh word stirs up anger" (Prov 15:1). Just as salt enhances the flavor of our foods, our speech should also bring the best out of every situation. Any words that hurt others or stir up anger are not seasoned with salt.

Now, there is another type of word that God considers "distasteful." In fact, these words are very nasty! This type of word has several names, for example, "profanity," "foul language," and "swear word." For example, the "F" four-letter word, "S" four-letter word, and the "D" four-letter word are all this type of word. They are nothing but rude, offensive, and absolutely unnecessary.

In many cases, those who use bad words are probably considered the "cool" people at school. But regardless of whatever people think, we as Christians should always first consider what God thinks. So, how do you think God views these words? [Let students answer.] To Him, not only are these words not seasoned with salt, they are rotten. They "taste" nasty to God.

Ephesians 4:29 says, "Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers." Here, we can see clearly that God wants us to edify others using our mouth, saying words that give grace. Does swearing do that? [Let

students answer.] Absolutely not. Then, since God doesn't approve of these words, by saying any of them, we sin against God. Many people nowadays use foul language too casually in their speech. Not only are they not aware that some people may be hurt by them, they also do not realize how much God is hurt when He hears them speaking those words. God keeps telling us not to sin. We can only keep ourselves holy before the Lord if we stay away from profanity in our speech. Let me share a story with you!

Since elementary school, Ella and Sally have always been best friends. Even though they attend different middle schools now, they still remain best friends and meet up with each other every other day. Usually, Sally would call Ella to make plans for their play date. Lately, however, Sally hasn't been calling Ella at all. One day, Ella decided to call Sally. She asked Sally when their next play date was going to be. Sally said to Ella, "Mmmmm... I don't know. I have so much homework nowadays. I'll let you know when I have more free time!" So, Ella waited another few days and called Sally again. Surprisingly, Sally's answer was the same. This time, Ella started to feel that something was not right with Sally. Ella and Sally had never gone more than four days without seeing each other. There always told each other everything.

Ella thought that Sally might be hiding something from her, so she decided to call Sally again:

Ella: "Hi, Sally. You said you've been very busy with homework lately... Is that [a bad word] true? Is there something you're not telling me about? We're best friends!"

Sally: "Well... Yes, Ella, sorry that I haven't been telling you the truth but..."

Ella: "[Another bad word] it! You were lying to me!"

Sally: "Ella, please listen. I'm sorry, but it is just that I don't know how to tell you how I feel. Actually, ever since we started attending middle school, I noticed that your language has been changing... Your words have become very rude, just like those bad words you just used; they really make me feel very uncomfortable around you. I know you don't mean them, but they really hurt me. This is why I haven't felt so eager to hang out with you now. I'm starting to realize that many people in my school also use these words, but I try to stay as far away from them as I can. Ella, I don't want this to happen between you and me! Please, if you can stop using these words, I will be so happy!"

Ella: "Oh, no... Sally, I'm really sorry that I never realized my words have hurt you so much. I didn't say them to hurt you. As you said, so many people around us use them. I can't help saying them sometimes! They slip out of my mouth so naturally. But you're right.

These words are very rude. I really shouldn't say them as a Christian. I will pray about this... Please pray for me, too!"

Sally: "Of course! I'm so happy that you are willing to change. I will surely pray for you."

From that day on, Ella prayed every day that God could give her the strength to remove these foul words from her mouth. She was so remorseful that she had picked up these words, so she repented and asked God for forgiveness. At the beginning, it wasn't easy for Ella to make the change, but with prayer and encouragement from Sally, Ella finally learned how to control her speech. Thank God, after all this, Ella and Sally have remained best friends. Now they always remind each other to season their words with salt!

What can you learn from Sally in this story? [Let students answer.] If there is anyone around you (a friend, a relative, or even a close family member) who uses foul language all the time, there is something we can do to help. God wants us to love and care for others. If we see that someone is sinning against God by using words that they shouldn't use, we should speak up. With love and respect, tell them that swear words are not seasoned with salt. They don't please God. Let us learn from this story and strive to keep foul language far from us!

Let's now practice some ways to season our speech with grace. [Give each student one of the scenarios below and have them fill in the blanks.]

1. "Your feet must hurt, let me _____ you carry these things."
2. "My father just lost his job. What can I do to _____?"
3. "Don't worry, I will _____ for you and your family."
4. "Lord, even though it is a rainy day, we still _____ You for protecting us and guiding us."

Did you notice that speech that is seasoned with grace is motivated by love and thanksgiving? Speech that is pleasing to God comes from a heart of love for Him and for others. We can pray for God to help us be more loving to Him and to others so that our speech can be pleasing to Him. Let me share a story with you:

Angelina has been baptized for almost a year now. Thinking back, she is so thankful for the love, care, and support that the other members have been showing her since she first came to True Jesus Church as a truth-seeker. Angelina has quite a sorrowful background. When she was still in elementary school, her mom passed away from lung cancer. Not long after, her father became addicted to alcohol, abusing it as a way to cope with his negative emotions. Because of this, he

often neglected Angelina, his only child. Growing up, Angelina didn't have the same love and care that many of her friends received from their parents. Oftentimes, she felt bitter and unhappy because of the situation with her dad.

Angelina came to True Jesus Church for the first time when she was about to go to college. She remembered being welcomed warmly, greeted by many smiles, and introduced to new friends. She even thought of it as the "happiest day of her life." Ever since that day, Angelina came to church every week. Over time, she eventually opened up about her dad during conversations with a few members. At first, Angelina was worried that she would be judged because of her background, so she didn't mention much. However, she was surprised to hear how they responded to her situation. Angelina said, "Every word they said to me touched my heart; so loving, caring and kind. I had never felt that before. Their words lifted me up and encouraged me to think positively. They would call me to make sure I was all right, spend time listening to me, and keep me in their prayers. At first, I took all this for granted and didn't think much about why they were so kind to me. But as I knew more about God, I realized that He is love and that He had sent these members to me so that I was able to experience Him through their words of love and kindness. When Christ lives in us, our heart is filled with

love. Everything we say will then become full of love. These members did it, and this is what I strive to do as I have now put on Christ."

"Pleasant words are like a honeycomb, sweetness to the soul and health to the bones" (Prov 16:24). Let us strive always to season our speech with salt so that others can experience God through our loving and kind words!

It is easy to remember the teaching to be gracious in our speech when we are in a good mood or when things are going well. However, it is when things do not go well that we must be more careful not to say something we know is not nice, because we will regret it later. Think through the following scenarios and talk about what your first reactions would be, and what you think should be your correct response (if the initial reaction was not ideal behavior):

1. Your little sister accidentally tore up a picture you drew, and of course, you are very angry.
2. A school friend commented that your home-cooked lunch looks yucky and smells funny; you feel annoyed.
3. Your mother mistakenly accuses you of breaking something, but it was your sibling that did it. You are hurt and feel the need to defend yourself.

2. Do not take the name of the Lord your God in vain.

How many of you have heard your friends, teachers, or people on TV say "Oh, my God" or "Jesus!" for no good reason? [Most of the students will probably raise their hands.] How many of you have said these phrases yourself?

Imagine that one of your friends constantly calls your name when around you, but he doesn't really mean to speak to you at all. Moreover, every time you respond to him, he doesn't even have an explanation for why he called your name! How would you feel? [Let students answer.] Well, this is probably how God feels when we use His name in vain. When we say phrases like, "Oh, my God," to express our frustrations, we are not talking to God. But God is present everywhere we go. When we say a phrase that addresses Him without really meaning to address Him, God feels very disrespected. This is called taking God's name in vain, and it is against the commandments of God!

Now, let's come up with alternatives to taking the Lord's name in vain so that we can avoid breaking the third commandment.

[Give each student one of the statements below and have them come up with alternatives for the italicized words. If

there are more students than there are phrases, divide them into groups. Encourage them to be creative in coming up with funny or unique phrases that will not offend God.]

1. "*My God*, she broke my toy!"
2. "*For God's sake*, clean up your room!"
3. "*Oh, God!* My mom is going to be mad!"
4. "*Jesus Christ!* That was a loud burp!"
5. "*Oh, my God*, I can't believe I lost my homework."

As we can see, there are many different ways we can express our surprise or frustration without offending God. But the examples we just looked at are not the only ways we take God's name in vain. Has anyone here ever said the phrase, "I swear to God"? Or maybe, "I'm a Christian, so I wouldn't lie to you." Both of these are also ways that we take God's name in vain. As Christians, we should never use God as a "guarantee" of our honesty. God's name is only to be used in a holy manner, with honor and respect.

3. God will judge our words.

Remember how we talked about God as our Judge in Lesson 1? And today, we learned about seasoning our words with salt, and not using God's name in vain but with respect. Now, let's connect the two together. We now know that the words that come out of our mouth can please God if they are loving and kind, but they can also disappoint God if they are harsh. In addition, God feels disrespected when we use His name in vain. If we intentionally say things that we know God doesn't like, He will not be happy and might punish us. On the contrary, if we always seek to please God in our speech, letting others feel the love of Christ through us, God will bless and reward us in His time. God is our Judge and He is carefully recording every word we say so that He can use them to judge us in due time. Having said that, we must be mindful of what we say at all times. God will judge our every word according to what He has taught us to do, and that includes everything we learned today!

Now, let's hear a conversation between two brothers. Pay attention to the difference between their use of words. We will have a short discussion afterwards. [Read the dialogue, using a different voice for each brother. Alternately, ask three students to take one role each and read or role-play the dialogue.]

Andy: "Oh, my God! Our little brother was eating candies while playing games on our computer. Now the keyboard is all sticky! I'm going to yell at him now!"

Jack: "Wait a second! This is not a big deal. He has never done this before... I'm sure he didn't do it intentionally. I will tell him nicely to be careful next time. Now, let me help you clean the keyboard!"

Jimmy, Andy and Jack's little brother, walks into the room...

Andy: [Yelling] "Hey, Jimmy! Did you know that you made our computer keyboard all sticky with your candies? Why are you always so careless and messy? Go clean it up!"

Jimmy: [Trembling with tears] "I'm sorry... I didn't know. I'll try to be more careful next time..."

Jack: "It's all right, don't cry. I know you didn't do this on purpose, right? If you knew the keyboard was sticky, you would have cleaned it up."

Jimmy: "Yeah, I didn't know... I'm sorry, Andy..."

Andy: "Well, I don't care if you knew or not. This just proves that you're always so careless. Jesus! Can't you learn from your other ridiculous mistakes?"

Jimmy: "I..." [crying]

Jack: "Andy, that's enough. Jimmy is younger than both of us. It makes sense that he is not as careful as we are sometimes. What you said is hurtful, and I don't think it

helps this situation at all! Jimmy, let's go. I'll clean the keyboard with you. Don't be upset because of what Andy said, OK?"

Reflection Questions

- 1. Between Andy and Jack, whose words are seasoned with salt?** Jack's. While Andy was yelling at Jimmy with hurtful words, Jack tried to make the situation better by trying to understand Jimmy's actions and comforting him.
- 2. How did Andy use God's name in vain?** He said "Oh, my God" and "Jesus" to express his frustrations, disrespecting God in the process.
- 3. What things did Andy say that hurt Jimmy?** He said, "Why are you always so careless and messy," "I don't care," "You're always so careless," "Your other ridiculous mistakes," etc. These words do not carry any love and understanding for his little brother.
- 4. What did Jack say to help the situation?** Before Jimmy walked into the room, he tried to stop Andy from going to yell at Jimmy and even offered to talk to him nicely and clean the keyboard. Later, when Jimmy was trembling with tears because of what Andy had said to him, Jack stood up for him by making it known to Andy that Jimmy did not make the keyboard dirty intentionally. He was constantly comforting Jimmy as Andy yelled at him. At the end, Jack stopped Andy from hurting their little brother even more.

Students, we are God's children and everything that comes out of our mouth reflects Him, our heavenly Father. We know without a doubt that God is a loving Father; do our words reflect the way He is, and the way He loves people? The Bible teaches us to imitate Christ so that we can let others see Jesus in us. Is this something you do with the words you speak? What changes can you make so that you will shine the light of Jesus through your speech? [Ask students to name three ways in which they can use their words to shine the light of Jesus.]

ACTIVITY

Remember the Commandments / *Optional*

Objective: To use classroom decorations to remind the students of the commandments they have learned.

Instructions

Since this quarter's lessons focus on the Ten Commandments, it would be nice to decorate the classroom with each commandment. These decorations will also serve to remind the students how to obey God.

Have the students write out the commandment that they learned in this lesson on a piece of construction paper and decorate it to make it meaningful. After the students are done, the teacher can put the commandment on a classroom wall for all the students to see.

This lesson's commandment is: "**3. You shall not take the name of the Lord your God in vain.**"

HOMWORK ANSWER KEY

1. vain
2. punish
3. True
4. False; our speech should always be with grace.
5. True
6. We need to speak in a way that glorifies God. We need to ask for wisdom to know what to say in each situation. This includes asking Him how we should use His name.
7. Answers may vary.

E1 Year 3 Book 1 Lesson 3—God's Name Is Holy

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Bible Truth: God's name is holy and He will punish those who misuse it.

Lesson Objectives: To learn not to take or use God's name in vain, and to learn to be careful in our speech.

Bible Reading: Please put a check mark in the space when you complete the reading each day.

Prayer: Please put a check mark in the space provided on the days you prayed to God.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bible Reading							
Prayer							

Memory Verse

Please write down this week's memory verse.

(Colossians 4:6a)

What I Learned from the Bible This Week

1. _____
2. _____
3. _____

Homework Assignment

Understanding What You Have Learned

Fill In the Blank

1. We should not use God's name in _____.
2. God will _____ those who misuse His name.

True or False

3. It's okay to use God's name in worship or when we give praise. _____
4. It's okay to say other bad or hurtful words, as long as we don't use God's name. _____
5. God wants us to be careful of what we say. _____

Short Answer

6. What does it mean when it says that our words should always be "seasoned with salt"?

7. What are some ways that you can make your speech more pleasing to God?
