



## Podcast Show Notes

### **Watch Your Mouth - HONOR**

*Happy New Year! We kick off 2022 with stories of hope that will inspire us to greatness and goodwill.*

*In a society where division, strife and put-downs seem to rule the airwaves, news, and social media, it can appear that this world is hopeless. But this episode proves that if we pay attention, we will find honorable people honoring each other everywhere. This episode highlights a few of those awesome folks.*

*Our That Was Then segment gives the Biblical/historical account of King David who honored a 20+ year old promise to his deceased best friend by showing extraordinary kindness to his surviving son - honoring him in ways he couldn't have imagined.*

*Our This Is Now segment highlights noteworthy acts of kindness from several people (like WWE Wrestling Champion John Cena, Canadian high school students who gathered to show kindness to an elderly woman, a North Carolina high school principal who took a second job at Walmart for his disenfranchised students during COVID-19 and more).*

*We learn the positive effect we can have when we honor one another above ourselves!*

### **Opening & Overview (3½ minutes)**

### **THAT WAS THEN (15 minutes, 47 seconds)**

#### **[Lead into episode's content]: (2 minutes, 54 seconds)**

- **DEFINITION:** According to Merriam-Webster's Dictionary, **HONOR** means "to regard or treat (someone) with admiration and respect".
- **HAPPY NEW YEAR STUDIO AUDIENCE SOUND EFFECT:** by Sound-Ideas
- **APPROXIMATE # OCCURRENCES IN SCRIPTURE:** 220 times
- **BIBLICAL ACCOUNT TAKEN FROM:** 2Samuel chapter 9 in The New International Version from Bible.com read by Max McLean

- **FEATURED TEXT:** 2 Samuel 9:7 which says **"Don't be afraid," David said to him, "for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table."**

### **LeadIn by Dorma Guice**

- *[Happy New Year! Sound effect] Woohoooo! We've made it to 2022. And while I trust 2021 brought many of you a sigh of relief, a return to some semblance of normalcy, and a hart-warming, fuzzy-inducing, tear-jerking, hot-cider by a roaring-fireplace-worthy holiday season jam-packed with fond memories of family, and friends, I realize some of us turned up here sick, anxious, worried about family and loved ones, broken-hearted, grieving, depressed, lonely, frustrated, stressed, and just glad to have the year behind us. However you arrived to this New Year, my prayer for you is that The GOD of all comfort will meet you wherever you are and **honor** you with HIS Presence, HIS Peace, Goodness, Grace, Glory, Joy, and deliverance like never before!*
- *And while you're thriving, healing (or both) throughout this year, let's not forget to **honor** those who work tirelessly (in all facets of life – parents, teachers, ministry leaders, medical staff, military servicemen & women, law enforcement officers, public servants, and friends & neighbors everywhere) who make our lives just a little bit better. Also, let's **honor** the commitments we made to ourselves and others. Whether it's to stop doing something that's harmful or start something new. And that's a perfect segue into our topic...*
- **[Opening Music... Funky Mood Restaurant by SidcupPR]**
- *Today we feature the Verbal Activity **HONOR** which according to Merriam-Webster's Dictionary, means "to regard or treat (someone) with admiration and respect". This word pops up approximately 220 times in Scripture and today's Biblical example is taken from the book of Second Samuel chapter 9. For your convenience, I'll play this text for you using the New International Version from Bible.com and read by Max McLean. But first I want to zero in on our featured text in verse 7 which says **"Don't be afraid," David said to him, "for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table."** Awww... It's a little premature to grab the Kleenex, so let's put some context around this verse as we take a peek at David and his best friend Jonathan's friendship in 1Samuel chapter 20 verses 1-17: **(2 minutes, 54 seconds)***

### **1Samuel 20:1-17 (NIV)**

- *1 Then David fled from Naioth at Ramah and went to Jonathan and asked, "What have I done? What is my crime? How have I wronged your father, that he is trying to take my life?"*
- *2 "Never!" Jonathan replied. "You are not going to die! Look, my father doesn't do anything, great or small, without confiding in me. Why would he hide this from me? It's not so!"*

- 3 But David took an oath and said, "Your father knows very well that I have found favor in your eyes, and he has said to himself, 'Jonathan must not know this or he will be grieved.' Yet as surely as the LORD lives and as you live, there is only a step between me and death."
- 4 Jonathan said to David, "Whatever you want me to do, I'll do for you."
- 5 So David said, "Look, tomorrow is the New Moon festival, and I am supposed to dine with the king; but let me go and hide in the field until the evening of the day after tomorrow."
- 6 If your father misses me at all, tell him, 'David earnestly asked my permission to hurry to Bethlehem, his hometown, because an annual sacrifice is being made there for his whole clan.'
- 7 If he says, 'Very well,' then your servant is safe. But if he loses his temper, you can be sure that he is determined to harm me.
- 8 As for you, show kindness to your servant, for you have brought him into a covenant with you before the LORD. If I am guilty, then kill me yourself! Why hand me over to your father?"
- 9 "Never!" Jonathan said. "If I had the least inkling that my father was determined to harm you, wouldn't I tell you?"
- 10 David asked, "Who will tell me if your father answers you harshly?"
- 11 "Come," Jonathan said, "let's go out into the field." So they went there together.
- 12 Then Jonathan said to David: "By the LORD, the God of Israel, I will surely sound out my father by this time the day after tomorrow! If he is favorably disposed toward you, will I not send you word and let you know?"
- 13 But if my father is inclined to harm you, may the LORD deal with me, be it ever so severely, if I do not let you know and send you away safely. May the LORD be with you as he has been with my father.
- 14 But show me unfailing kindness like that of the LORD as long as I live, so that I may not be killed,
- 15 and do not ever cut off your kindness from my family--not even when the LORD has cut off every one of David's enemies from the face of the earth."
- 16 So Jonathan made a covenant with the house of David, saying, "May the LORD call David's enemies to account."
- 17 And Jonathan had David reaffirm his oath out of love for him, because he loved him as he loved himself.

### **Commentary by Dorma Guice**

- David and Jonathan's friendship was a bromance of Biblical proportions as their **honor** and loyalty to each other far exceeded conventional male bonding over sports, women, or other testosterone-centric interests. At this point in Biblical history, David had killed Goliath and was living in King Saul's palace for about 7 years, which places him in his early 20s.
- Saul, Israel's first king, who also happened to be Jonathan's father and the bane of David's existence, was on a tireless mission to kill David to keep him from succeeding him as king. So it's a bit unusual to see Jonathan risk his relationship with his father (and his own life) to conspire to spare David's. Their plan worked, but at the expense of their friendship as they knew it because this was the last time they would see each other. Verses 41 and 42 kick off David's life as a cave-dwelling fugitive on the run from Saul for about 8 years until he and his son Jonathan died in the same battle – freeing David to return home and assume the throne as Israel's next king. **"After the boy had gone, David got up from the south side [of the stone] and bowed down before Jonathan three times, with his face to the ground. Then they kissed each**

*other and wept together--but David wept the most. Jonathan said to David, "Go in peace, for we have sworn friendship with each other in the name of the LORD, saying, 'The LORD is witness between you and me, and between your descendants and my descendants forever.'" Then David left, and Jonathan went back to the town." 1 Samuel 20:41-42 (NIV)*

- Okay, now that you have that background, we can get to the beautiful story that unfolds in 2Samuel chapter 9. <https://www2.bible.com/bible/111/2SA.9.NIV>

**Full Biblical Account: 2 minutes, 16 seconds)**

### **2Samuel Chapter 9 (NIV)**

- 1 David asked, "Is there anyone still left of the house of Saul to whom I can show kindness for Jonathan's sake?"
- 2 Now there was a servant of Saul's household named Ziba. They called him to appear before David, and the king said to him, "Are you Ziba?" "Your servant," he replied.
- 3 The king asked, "Is there no one still left of the house of Saul to whom I can show God's kindness?" Ziba answered the king, "There is still a son of Jonathan; he is crippled in both feet."
- 4 "Where is he?" the king asked. Ziba answered, "He is at the house of Makir son of Ammiel in Lo Debar."
- 5 So King David had him brought from Lo Debar, from the house of Makir son of Ammiel.
- 6 When Mephibosheth son of Jonathan, the son of Saul, came to David, he bowed down to pay him honor. David said, "Mephibosheth!" "Your servant," he replied.
- 7 "Don't be afraid," David said to him, "for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table."
- 8 Mephibosheth bowed down and said, "What is your servant, that you should notice a dead dog like me?"
- 9 Then the king summoned Ziba, Saul's servant, and said to him, "I have given your master's grandson everything that belonged to Saul and his family.
- 10 You and your sons and your servants are to farm the land for him and bring in the crops, so that your master's grandson may be provided for. And Mephibosheth, grandson of your master, will always eat at my table." (Now Ziba had fifteen sons and twenty servants.)
- 11 Then Ziba said to the king, "Your servant will do whatever my lord the king commands his servant to do." So Mephibosheth ate at David's table like one of the king's sons.
- 12 Mephibosheth had a young son named Mica, and all the members of Ziba's household were servants of Mephibosheth.
- 13 And Mephibosheth lived in Jerusalem, because he always ate at the king's table, and he was crippled in both feet.

### **Commentary by Dorma Guice**

- Personally, I think this is one part of King David's life that hasn't gotten nearly enough religious press. Even non-religious people know him by two main events: killing Goliath and sleeping with Bathsheba. But David was a class act, and it was on full display in this account. You see up to this point, David had been king for a little over 15ish years and you'd just need to turn back one



chapter to 2Samuel 8 to see that he'd been quite busy hand-delivering comeuppance to all his enemies. Verse one starts with "in the course of time"... David defeated the Philistines.. defeated the Moabites... fought the king of Zobah... struck down the Arameans... And that's just the first 5 verses. But what you don't find here is David killing any of King Saul's relatives – and that's 100% due to him **honoring** the 20+ year old covenant he made with Jonathan. Just as unusual as Jonathan breaking ranks with his father to cover for David was David breaking from the tradition of killing every living member of the previous dynasty to safeguard against threats of revenge or worse-yet, assassination.

- So imagine Mephibosheth's fear when he was summoned out-of-the-blue by this fierce warrior king, sworn enemy of his grandfather who btw had no idea of his existence or whereabouts since his birth... In fact, that was by design. Have a listen to 2Samuel chapter 4 verse 4: "**(Jonathan son of Saul had a son who was lame in both feet. He was five years old when the news about Saul and Jonathan came from Jezreel. His nurse picked him up and fled, but as she hurried to leave, he fell and became crippled. His name was Mephibosheth.)**" To draw out the significance of this, when word spread that King Saul and Jonathan were dead, every surviving relative went into fast-forward looking for the most obscure places to hide. And Mephibosheth's nurse hid him in Lo Debar, which is a small town in Gilead, which is over 400 miles from Jerusalem where David lived. In other words, there was slim-to-no-chance of David ever finding a living relative of his predecessor.
- We now know why his fear was so evident in chapter 9 verse 6 **When Mephibosheth son of Jonathan, the son of Saul, came to David, he bowed down to pay him honor. David said, "Mephibosheth!" "Your servant," he replied.** The New King James version is more descriptive as it says "**he fell on his face and prostrated himself.**" (He probably thought he'd never get up). But instead David **honored** him in the following ways:
  - a. He told him "don't be afraid" and immediately sought to put him at ease;
  - b. He stated the clear distinction that he regarded Mephibosheth as his best friend's son – not his enemy's grandson;
  - c. While David was well within his right to hoard the wealth he inherited from Saul as "damages" for the pain and suffering he endured for over 15 years before becoming king, he gave it all to Mephibosheth – making him the sole heir of his grandfather's estate;
  - d. David used his authority as king to assign Ziba, his 15 sons and 20 servants to farm the land, bring in the crops and give the profits to Mephibosheth so he can continue to build wealth for his son Mica;
  - e. David moved him out of disregarded obscurity and into his palace – assigning him a seat at his table for the rest of his life;
  - f. Although scripture mentions 3 times that Mephibosheth was crippled in both feet, David never mentioned his disability or treated him as inferior; and
  - g. When he said "What is your servant, that you should notice a dead dog like me?", David gave no reply because he didn't see him as a dog – he saw him as a son.
- Again, what a class act! David could have given him a medal, a parade or some token gesture of kindness; but he **honored** Mephibosheth to the fullest extent. So as we head into this bustling season of celebrating, expressing gratitude, gift giving, embracing loved ones and **honoring** those less fortunate, there are so many queues we can take from this account. For example, most of us aren't able to give anything as extravagant as an inheritance and a royal lifestyle, but we can generously give the unspoken gifts David gave Mephibosheth: we can dole out heaping portions of dignity, respect, acceptance, forgiveness, restoration, **honor** and most importantly, GOD's kindness. These gifts cost us nothing but have the power to enrich even the poorest soul.

- *I'll close out this segment with a thought from Matthew Henry which says: "Amidst our numerous affairs we are apt to forget the gratitude we owe, and the engagements we are under [or covenants we've entered], not only to our friends, [and loved ones,] but to GOD himself. Yet persons of real godliness will have no rest till they have discharged them. And the most proper objects of kindness and charity, frequently will not be found without inquiry." In other words, we (like David) have to deliberately decide to press pause and ask "is there anyone I can show kindness to"?*

### **Segue [Music... Lo-Fi Kitchen by SineSonicSound]**

- *I hope you got something from our "That was Then" segment. For my contemporary listeners, as always, thanks for hanging in with me. As King Solomon often said, "there's nothing new under the sun", let's fast-forward a few thousand years to explore an account of the same Verbal Activity – **HONOR** in our "This Is Now" segment. (20 seconds)*

### **THIS IS NOW (13 minutes, 5 seconds)**

### **Segue (WWE announcing John Cena & record scratch sound effect <https://www.wwe.com/superstars/john-cena> )**

- *Sorry for the interruption wrestling fans, but the awesome introduction of this really cool guy is for reasons other than you think. We're all familiar with the tough guy entertainer, but did you know he has a heart as big as his muscles? John Cena, Make-A-Wish Foundation's most requested person has granted over 650 wishes to terminally ill children and their families – even throughout the pandemic! This selfless expression of kindness is totally worthy of celebration and he's the perfect one to kickoff this segment on **honoring** others by showing GOD's kindness to those who need it most... [John Cena SportsCenter interview - <https://www.youtube.com/watch?v=QMCufr9FvUc> ]*
- *The extraordinary feats pulled off by Make-A-Wish Foundation are none short of inspiring, but you don't have to have fame or fortune to express kindness and **honor** someone. In fact, the smallest gesture (like a wave) can have a huge impact. [Canadian woman waving to high school students - <https://littletings.com/family-and-parenting/tinney-window-final-goodbye> ]*
- *And for those of us who might think, "well I'm just one person – what good can I do all by myself?" You could just be the spark that ignites a flame of goodwill. [James Robertson - <https://www.youtube.com/watch?v=2a7yn1kTy4E> ]*
- *I'm soooo encouraged to report that when I was researching examples of people who honored others, there were plenty of cases to choose from. Contrary to what we hear on the news and on social media, people are still making concerted efforts to love and **honor** other people. And some are doing it to a sacrificial degree. [Walmart Principal - <https://www.youtube.com/watch?v=ecZRySUQNRM> ]*

### **WHO SAID THAT?!!! (22 seconds)**

- ... And I will second that amen as we move on to our “Who Said That?!” Segment. Today’s quote comes from the Apostle Paul who said in a letter to the Church in Rome - (that would be Romans chapter 12 verse ten)... “Be devoted to one another in brotherly love. **Honor one another above yourselves.**”

**Segue (music... Blues Jazz Piano Licks Ident 15 by Red Octopus)**

## **WHAT DID YOU SAY?!!! & Closing (3 minutes, 5 seconds)**

**Outro: “What Did You Say?”:**

- Let that marinate as we enter our final segment: “What Did You Say?”, where we examine our choice of words and decide to eliminate unhelpful and hurtful speech from our dialogue. The fastest way to decide what to say is to know “WHAT NOT TO SAY”. And the best way to determine what not to say is to see what the Bible says about what we say.

Honestly, I don’t think I can say anything better from a Biblical or modern-day perspective than what has already been said. So with that, I’ll be brief: **Honoring** others is not difficult and requires little to no effort or skill. We just have to deliberately decide to place someone else’s needs above ours. A simple phone call or visit could make a person’s entire week. Asking at least one of the following questions can catapult any relationship to new levels: How can I **honor** you and make you feel special? How can I say thank you? or How can I serve you? Or best yet – ask yourself “Is there anyone I can show kindness to?”

**Affirmation & Closing:**

- Until we get together again, ponder and recite this AFFIRMATION: ... “I strive to treat everyone with the **honor** they deserve, realizing it starts with my speech.”

**Closing remarks:**

- Thanks for listening to this podcast. If you enjoyed it, feel free to share it with everyone and check out the corresponding blogpost at [watchyourmouth.blog](http://watchyourmouth.blog) for more insight. Feel free to download the show notes from our [Podcast](#) page to get links and references to the information shared in this episode. You can also join our [Member](#) Community by subscribing and we’ll make sure you never miss one. Members can also share comments, stories and keep the conversation going in our [Discussion](#) Forum. Additionally, please consider supporting this podcast by donating any amount on our [Donate](#) page. Your generosity enables us to keep delivering fresh content and reach more people. Lastly, like us on [Facebook](#), follow us on [Twitter](#), [Instagram](#) and [Pinterest](#). Until next time ... be well and watch your mouth!

**Sources and Links:**

[www.watchyourmouth.blog](http://www.watchyourmouth.blog)

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