



SEPTEMBER 14, 2025 – LESSON RECAP

Finding Hope Through the Psalms

Main Lesson: Hope from the Psalms – The Honey of Unity

The lesson came alive as we explored **Psalm 133**, using the beautiful imagery of **bees and honey** to reflect on the blessing and power of unity in the body of Christ.

Psalm 133 (Key Verses)

“Behold, how good and how pleasant it is for brethren (and sisters!) to dwell together in unity...”
“...For there the Lord commanded the blessing, even life forevermore.”

Takeaways

1. Unity Is Sweet Like Honey

- God's Word is described as being “**sweeter than honey**” (Psalm 19:10; Psalm 119:103).
- Just as bees work in harmony to produce honey, we must work in unity to reflect the sweetness of Christ to the world.

2. The Bee Colony: A Model of Community

Dr. Dye shared a powerful firsthand experience visiting a bee farm:

- Each **bee has a role**: guards, nurses, foragers, water carriers, undertakers, wax builders, and more.
- No competition. No fighting. Just perfect unity and order for the good of the whole.
- Each bee enters **through one door**, reminding us that **Jesus is the only way** (John 10:9).

Reflection: *Do you know your role in the body of Christ? Are you doing your part to build and maintain unity?*

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SEPTEMBER 14, 2025

HOPE FROM THE PSALMS, Part 2

Psalm 133

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3. Unity Starts at the Top

- Just like the **anointing oil on Aaron's head** flowed down to his garments (Psalm 133:2), the **Holy Spirit flows** from Christ (our Head) to the body.
- The fragrance of unity, like the **rich scent of anointing oil**, blesses everyone around us.

4. Unity Brings Refreshing

- The **dew of Mount Hermon** (Psalm 133:3) represents **freshness and life**.
- When we dwell together in unity, it creates an atmosphere of peace, fruitfulness, and spiritual overflow.

5. God Commands a Blessing in Unity

- Unity is not just a nice idea—it's where **God commands** His blessing.
- Like honey overflowing from the hive, **blessing flows in a united community**.

Scriptures to Meditate On

- Psalm 133:1–3
 - Psalm 19:7–10
 - Psalm 119:103
 - Ephesians 4:3–6
 - 1 Corinthians 12:12–14
 - John 17:10–11
 - Galatians 3:28
 - Philippians 4:7
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HOPE FROM THE PSALMS, Part 2
Psalms 133

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Final Encouragement:

“Unity opens the door to an overflow of God’s blessings. Work hard to keep the unity of the Spirit in the bond of peace. Start with your relationship with God, then let that love and sweetness overflow to others.”

Sisters, let’s be like the bees—**focused, faithful, fruitful**, and always working together for the good of the whole. Let the **sweetness of the Spirit** be our signature scent

Sisters Let’s Walk in unity—and watch the blessings flow.

Reflection Questions for the Week

1. Am I maintaining my vertical connection with God so I can walk in unity with others?
2. What “job” has God given me in His kingdom? Am I walking in it with diligence and humility?
3. Do I produce the “sweet fragrance” of unity, love, and peace in my community?
4. What do I need to let go of to keep the unity of the Spirit in the bond of peace?