

Proverbs 25:16

Authorized King James Version (KJV)

Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it.

Analysis

Found honey? Eat only enough; lest you be full and vomit it. The Hebrew 'devash' (honey) and 'sava' (satisfied/full to excess) warns against overindulgence. Even good things become harmful in excess. Honey represents pleasure and sweetness - desirable but dangerous if overdone. This verse teaches moderation: enjoy good gifts without gluttony. Temperance applies to all pleasures, even legitimate ones. Self-control honors God; indulgence dishonors both gift and Giver.

Historical Context

Proverbs 25:27 similarly warns: 'It is not good to eat much honey.' Honey was rare sweetness in ancient diet, making overindulgence tempting when available. Modern abundance makes temperance harder - constant access to pleasures our ancestors rarely experienced. First Corinthians 6:12 applies this broadly: 'All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.'

Related Passages

John 15:13 — Greatest form of love

1 John 4:8 — God is love

Study Questions

1. What legitimate pleasures are you enjoying to excess, causing harm rather than good?
2. How can you practice moderation and self-control regarding food, entertainment, leisure?
3. What does it reveal about idolatry when good gifts are pursued beyond appropriate limits?

Interlinear Text

לְבָשׂ תְּאַתָּה אָכְלָה כִּי כַּאֲתָה שׁוֹמֵן
honey Hast thou found eat so much as is sufficient H6435

H1706 H4672 H398 H1767

תְּשַׁבַּע אֲתָּה וְנִקְרָאתָ
for thee lest thou be filled therewith and vomit

H7646 H6958

Additional Cross-References

Proverbs 25:27 (Parallel theme): It is not good to eat much honey: so for men to search their own glory is not glory.

Ephesians 5:18 (Parallel theme): And be not drunk with wine, wherein is excess; but be filled with the Spirit;