# Discipline in Speech: Guarding Our Words



Explore how to cultivate disciplined speech, honoring God through thoughtful, loving, and wise communication each day.





#### Table of contents

Introduction	3
Day 1: Power of Words	4
Day 2: Speaking with Wisdom	10
Day 3: Taming the Tongue	16
Day 4: Words That Build Up	22
Day 5: Speaking Truth in Love	28
Day 6: The Discipline of Silence	34
Day 7: 🕰 Guided by the Spirit	40







#### Introduction

Welcome to *Discipline in Speech*, a seven-day journey where we'll explore how the words we choose and how we express ourselves reflect our hearts and faith. Speech is a powerful tool—it can build up or tear down, encourage or discourage, heal or hurt. The Bible instructs us to use our tongues wisely, as unruly speech can lead to strife and destruction, but disciplined speech blesses and brings peace.

In this study, we'll journey through Scripture to understand how God calls us to exercise control over our words. You'll discover practical ways to tame your tongue, cultivate kindness and wisdom in conversation, and develop communication that reflects Christ's love. *Discipline in speech* is not about silence or restriction but about intentionally choosing words that honor God and bless others.

Each day, you'll dive into a carefully selected passage, supported by complementary verses that provide additional insight. Reflective questions and journaling prompts will help apply these truths personally, while prayers invite God's help in this vital area of character growth.

Remember, speech discipline is a journey, not a destination. It takes awareness, effort, and the Spirit's guidance. As we progress, embrace grace for yourself and rejoice in the transformational power of God working within you to align your speech with his perfect will. Let's begin this enriching pursuit of godly speech—ready to be transformed one word at a time.









# Day 1: Power of Words









Day 1: A The Power of Words

#### Your Verse

Proverbs 18:21 "The tongue has the power of life and death, and those who love it will eat its fruit."

#### **Supporting Scriptures**

- James 3:5 "Likewise, the tongue is a small part of the body, but it makes great boasts."
- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."







Day 1: A The Power of Words

# Devotional: Recognizing the Power Behind Our Words

Words shape reality. Proverbs 18:21 reminds us that the tongue holds incredible power; it can bring life or death, encourage or destroy. Though small, our words impact relationships deeply and influence our own character and community. James highlights the tongue's outsized influence despite its size, urging us to consider how we use this gift.

Many times, we speak without thinking, allowing bitterness, anger, or negativity to spill out. Yet, the Lord asks us to be intentional, as Ephesians counsels, ensuring our speech builds up rather than tears down. Disciplined speech means pausing and choosing words that reflect love and truth.

Reflect today on the immense power your words hold. How often do you consider the effects before speaking? Recognizing this is the first step towards discipline in speech. Ask God to guide your tongue, making it a conduit of life and blessing to those around you.







Day 1: 🚇 The Power of Words

### Reflect and Apply

	How have your words recently impacted others—positively or negatively?
2.	What motivates the words you speak most often?
	How can understanding the power of speech inspire changes in your daily communication?







Day 1: 💁 The Power of Words

### **Journaling Prompts**

1.	Write about a time when words you spoke brought healing or harm.
2.	List five encouraging words or phrases you want to use more regularly.
3.	Reflect on what it means for your speech to 'carry the power of life.'







Day 1: A The Power of Words

### **Prayer for Today**

**Dear Lord,** thank You for the gift of communication. Teach me to realize the power my words carry and help me use my tongue to bring life and encouragement. Guard my speech and guide my thoughts so that I may speak with wisdom and love. May my words build up rather than tear down, reflecting Your grace and truth each day. *In Jesus' name, Amen.* 









# Day 2: **?** Speaking with Wisdom









Day 2: 

Speaking with Wisdom

#### Your Verse

Proverbs 15:23 "A person finds joy in giving an apt reply—and how good is a timely word!"

#### **Supporting Scriptures**

- Colossians 4:6 "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."
- Ecclesiastes 3:7 "A time to be silent and a time to speak."







Day 2: 
Speaking with Wisdom

#### Devotional: Discovering the Wisdom of Timely Words

**Wisdom in speech means timing and grace.** Proverbs reveals the delight found in a well-said word, especially when given at the right moment. The ability to respond aptly is a beautiful form of discipline, requiring awareness, patience, and sensitivity to the Spirit's leading.

Paul encourages believers in Colossians to have conversations full of grace—language that is kind, truthful, and thoughtful. This seasoning with salt means making our words inviting and meaningful without being harsh or careless. At times, silence is the wisest response, reminding us Ecclesiastes teaches there is a season for speaking and a season for holding back.

Today, seek God's wisdom in knowing when and how to speak. Ask Him to help you discern the right words and the proper timing to glorify Him and love others effectively.







Day 2: 🖓 Speaking with Wisdom

### Reflect and Apply

1.	How do you discern when to speak and when to remain silent?
	Can you recall a time when a timely word changed a situation? What made it effective?
3.	In what ways can your speech demonstrate grace and wisdom this week?







Day 2: 🖓 Speaking with Wisdom

### **Journaling Prompts**

	Describe a recent conversation where you wish you had spoken differently.
2.	Write about the importance of timing in your communication.
3.	List ways you can 'season' your words with grace in daily life.







Day 2: 🖓 Speaking with Wisdom

#### Prayer for Today

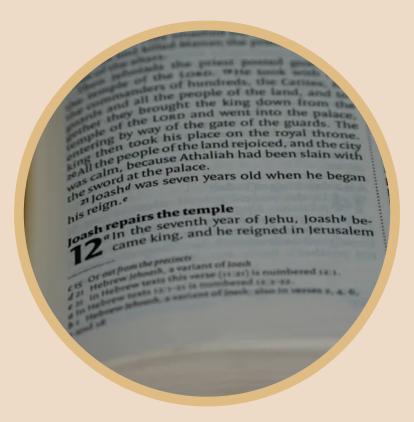
**Lord,** grant me wisdom to speak words that bring joy and encouragement. Help me to sense the right moments to share and to choose words full of grace. Teach me when silence honors You best and when my voice can uplift others. May my conversations reflect Your love and wisdom today. *Thank You for guiding my tongue.*  $\bigwedge$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 

















#### Your Verse

James 3:8 "But no human being can tame the tongue. It is a restless evil, full of deadly poison."

#### **Supporting Scriptures**

- Proverbs 21:23 "Those who guard their mouths and their tongues keep themselves from calamity."
- Psalm 141:3 "Set a guard over my mouth, LORD; keep watch over the door of my lips."







#### Devotional: Recognizing Our Need to Control Speech

The tongue's unruly nature challenges us. James warns us of the difficulty in taming our tongues because they are restless and can harm deeply. This is a sobering truth reminding us of our continual need for God's help in disciplining our speech.

Proverbs reveals the blessing of guarding our mouths, showing that self-control shields us from trouble. David's prayer in Psalm 141 shows a humble heart seeking divine protection over his words. We, too, must ask God to set a guard to prevent careless or harmful speech.

Today, reflect on areas where your tongue tends to rush ahead. Pray for God's strength to discipline your speech and transform your heart so your words bring peace, not poison.







### Reflect and Apply

	What patterns do you notice in your speech that require God's intervention?
2.	Why is it so difficult to tame the tongue?
	How can inviting God to guard your lips transform your daily conversations?







### **Journaling Prompts**

1.	Write about a time when uncontrolled speech led to regret.
2.	List ways you can pause before speaking to exercise control.
3.	Pray for God's help in areas where your speech lacks discipline.







#### Prayer for Today

**Father God,** I admit my tongue is often unruly and causes harm. Please set a guard over my mouth and watch over my lips. Help me to slow down, think, and speak words that honor You and bless others. Teach me daily to exercise control and to rely on the Holy Spirit to tame my speech. *Thank You for Your patient help and grace.* 

















#### Your Verse

Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."

#### **Supporting Scriptures**

- Proverbs 16:24 "Gracious words are a honeycomb, sweet to the soul and healing to the bones."
- 1 Thessalonians 5:11 "Encourage one another and build each other up."







# Devotional: Harnessing Speech to Encourage and Heal

Our speech can be a source of healing and encouragement. Ephesians calls believers to use words that build others up, avoiding any unwholesome talk. Our words have the potential to minister hope, comfort, and strength to those around us.

Proverbs beautifully depicts gracious words as sweet honey, soothing the soul and promoting health internally. Meanwhile, 1 Thessalonians motivates us to \*actively\* encourage each other, making kindness and edification intentional parts of our daily interactions.

Today, focus on speaking words that nurture and uplift. Consider what you can say to bring healing to someone's heart and make it your goal to be a voice of encouragement in your circles.







### Reflect and Apply

1.	Who in your life needs words of encouragement from you?
2.	How do gracious words affect your own spirit and others'?
3.	What practical steps can you take to speak more uplifting words daily?







### **Journaling Prompts**

1.	Write a letter or note of encouragement to someone.
2.	Recall a time when someone's words brought you healing.
3.	List phrases or verses you can share to build others up.







#### Prayer for Today

**Lord Jesus,** teach me to speak words that build up and encourage others. May my speech bring healing and sweetness, like honey to the soul. Help me to intentionally bless those around me with kindness and grace. Empower me through Your Spirit to be an instrument of encouragement every day. *Thank You for Your love that guides my tongue.* 

















#### Your Verse

Ephesians 4:15 "Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the Head, that is, Christ."

#### **Supporting Scriptures**

- Proverbs 27:6 "Wounds from a friend can be trusted, but an enemy multiplies kisses."
- John 8:32 "Then you will know the truth, and the truth will set you free."







#### Devotional: Balancing Honesty and Love in Speech

**Discipline in speech requires balancing truthfulness and love.** Ephesians reminds us that truthful communication, when delivered lovingly, fosters growth and maturity both in ourselves and the body of Christ.

Proverbs highlights that sometimes truth involves difficult words given in friendship, which are valuable and trustworthy. Jesus taught that truth liberates us, setting us free. Speaking truth in love means avoiding harshness or deception and instead conveying honesty with compassion.

Today, seek God's help to speak truth courageously but lovingly. Reflect on how your words can be instruments of freedom and growth for yourself and others.







## Reflect and Apply

1.	How can you ensure your truthful words are also loving?
2.	When have you received truth that helped you grow, even if it was difficult?
3.	In what situations do you find it challenging to speak truth in love?







### **Journaling Prompts**

1.	Write about a lesson you learned from truth spoken with love.
2.	Reflect on times you struggled to communicate honestly and lovingly.
3.	Plan how to approach an honest conversation with grace this week.







#### **Prayer for Today**

**Gracious God,** help me balance truth and love in all I say. Teach me to communicate honestly without hurting, and to offer loving correction where needed. May my words promote growth and freedom in Your body. Fill me with Your Spirit to speak with courage, kindness, and wisdom. *Thank You for guiding my speech to reflect Christ.* 









# Day 6: The Discipline of Silence









Day 6: (a) The Discipline of Silence

#### Your Verse

Proverbs 17:28 "Even fools are thought wise if they keep silent, and discerning if they hold their tongues."

#### **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Ecclesiastes 10:12 "Words from the mouth of the wise are gracious."







Day 6: (a) The Discipline of Silence

#### Devotional: Embracing Silence as Godly Discipline

Sometimes, discipline in speech means choosing silence. Proverbs warns that silence can bring wisdom and discernment, even to those who might lack understanding otherwise. Choosing not to speak hastily can prevent strife and foster peace.

Psalm 46 encourages stillness before God, a form of silent worship and trust. When we cultivate inner peace and pause to reflect, our words become more gracious and meaningful, as Ecclesiastes affirms.

Today, practice the discipline of silence—listen more, think deeply, and resist impulsive responses. Let quietness bring clarity and strengthen your capacity to speak well when the time is right.







Day 6: (4) The Discipline of Silence

## Reflect and Apply

1.	How does silence contribute to wise speech?
2.	What situations call for you to hold your tongue instead of speaking?
3.	How can being still before God influence your communication?







Day 6: (a) The Discipline of Silence

### **Journaling Prompts**

1.	Journal about a moment when silence prevented conflict.
2.	Reflect on how you respond to situations where silence might be better.
3.	List ways to cultivate stillness before speaking throughout your day.







Day 6: (4) The Discipline of Silence

#### Prayer for Today

**Lord,** teach me the discipline of silence and the wisdom that it brings. Help me to pause before speaking and to listen more carefully to You and others. May my moments of stillness strengthen my speech and reflect trust in Your sovereignty. Guide my words to be gracious and timely. *Thank You for Your peace that guards my heart.*

















#### Your Verse

Galatians 5:22–23 "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

#### **Supporting Scriptures**

- John 14:26 "The Advocate, the Holy Spirit... will teach you all things and will remind you of everything I have said to you."
- Proverbs 25:11 "A word fitly spoken is like apples of gold in settings of silver."







#### Devotional: Letting the Holy Spirit Shape Our Speech

**True discipline in speech is empowered by the Holy Spirit.** Galatians describes self-control and other fruits of the Spirit that shape our character, including our words. It is not by our strength alone but by the Spirit working within us that we can tame our tongues and speak life.

Jesus promised the Spirit as our helper and teacher, guiding us in all truth. When we allow Him to lead, our words become timely, wise, and precious, like apples of gold set in silver.

Today, surrender your speech fully to the Spirit's guidance. Invite Him to produce His fruit in your words so that everywhere you go, your speech reflects God's love and brings glory to His name.







### Reflect and Apply

1.	How can cultivating the fruit of the Spirit influence your speech?
2.	In what ways do you experience the Spirit's guidance when you speak?
	What steps can you take to rely more on the Holy Spirit for self-control in speech?







### **Journaling Prompts**

1.	. Write about how the Holy Spirit has helped you communicate better.
2.	. Identify areas where you need more self-control in speech.
3.	. Pray for the Spirit to fill your words with love and wisdom.







#### **Prayer for Today**

Holy Spirit, fill me anew with Your fruit—especially self-control, kindness, and love. Guide my words and teach me to speak what honors God and blesses others. Help me rely on Your strength rather than my own ability to discipline my speech. May my tongue become a tool for life and peace, shining with Your grace. Thank You for being my Helper and Teacher.









### Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- **2 100k+ Bible Study Plans** on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

#### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.