



Wisdom in Words: Learning Discretion Through Scripture



Explore biblical wisdom on discretion in speech,
cultivating integrity and discernment through
Proverbs and related scriptures.

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Introduction

Welcome to this 3-day Bible study focused on learning to be discreet in our speech, inspired by the powerful wisdom of Proverbs 11:13. Proverbs, often called the book of wisdom, guides us to live with integrity, discernment, and thoughtfulness, especially in how we communicate. *Discretion in speech* refers to the ability to speak wisely, guarding our words and intentions.

Why is discretion so important? Words have the power to uplift or destroy, to clarify or confuse. Proverbs 11:13 reminds us, “*A gossip betrays a confidence, but a trustworthy person keeps a secret.*” This highlights that careful speech builds trust and strengthens relationships, while reckless talk can cause harm.

Throughout this study, we will explore scriptures that emphasize the importance of controlling our words, offering practical insights on how to cultivate discretion rooted in godly wisdom. You will be encouraged to reflect on your own speech patterns and embrace transformation guided by the Holy Spirit.

Join this journey of learning to speak thoughtfully, exercising self-control, and embodying integrity in your conversation. As you grow in discretion, you’ll experience deeper trust in your relationships and greater peace in your heart.





Day 1: The Power of Words



Your Verse

Proverbs 11:13 NIV – "A gossip betrays a confidence, but a trustworthy person keeps a secret."

Supporting Scriptures

- *James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry."*
- *Ephesians 4:29 – "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."*



Devotional: The Impact and Responsibility of Our Speech

Words are powerful instruments that can either build up or tear down. Proverbs 11:13 highlights two contrasting behaviors: a gossip who betrays trust and a trustworthy person who guards confidences. This verse challenges us to examine not only what we say but how our words affect others.

The wisdom of James reminds us to be *quick to listen and slow to speak*, emphasizing patience before expressing our thoughts. Ephesians encourages wholesome and uplifting speech — words that serve to encourage, heal, and unify rather than harm.

Reflect for a moment on your daily conversations. Are your words characterized by discretion, or have you sometimes allowed unguarded speech, gossip, or careless remarks to slip out? Learning to be discreet means choosing silence over harmful talk, protecting relationships, and honoring God with our communication.

Ask God today for the wisdom to be discerning in your words — to speak only what benefits and to remain silent when your words might cause damage.



Reflect and Apply

1. How have your words built trust or broken it with others recently?

2. What prevents you from being more cautious and discreet in conversations?

3. How can you apply James 1:19 in your daily interactions?



Day 1: 🗣️ The Power of Words

Journaling Prompts

1. Write about a time when your words positively influenced someone.

2. Reflect on a situation where careless speech caused hurt—what did you learn?

3. List practical ways you can guard your tongue this week.



Day 1: 🗣️ The Power of Words

Prayer for Today

Heavenly Father, thank You for the gift of words and the ability to communicate. Help me to recognize the power my speech holds. Teach me to be discreet, trustworthy, and slow to speak. Guard my tongue from gossip and harmful talk. Fill me with Your wisdom to build others up and reflect Your love in all I say. May my words honor You and bring peace to those around me. In Jesus' name, *Amen*. 🙏🕊️📖





Day 2: 🤐 Embracing Silence and Self-Control



Day 2: 🤫 Embracing Silence and Self-Control

Your Verse

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

Supporting Scriptures

- *Ecclesiastes 3:7 - "A time to be silent and a time to speak."*
- *Proverbs 21:23 - "Those who guard their mouths and their tongues keep themselves from calamity."*



Day 2: 😊 Embracing Silence and Self-Control

Devotional: The Strength Found in Silence and Restraint

Silence is often misunderstood as weakness, but it is a powerful spiritual discipline that displays wisdom and self-control. Proverbs 17:28 reveals that even fools gain respect by knowing when to hold their tongues. The ability to remain silent when appropriate demonstrates emotional and spiritual maturity.

Ecclesiastes teaches us there is a right time for silence and speech. This balance requires discernment, so we don't speak in haste or miss the opportunity to encourage. Proverbs 21:23 further underscores that guarding our speech protects us from trouble and conflict.

In a world filled with constant noise and instant opinions, choosing silence or thoughtful speech becomes countercultural. It's not about withholding truth forever but about discerning the right time and way to speak it. Practicing restraint honors God and respects others.

Today, consider areas where silence can serve you and others well. Ask God for the grace to control impulsive speech and the wisdom to speak life-transforming words when the moment is right.



Day 2: 😊 Embracing Silence and Self-Control

Reflect and Apply

1. When has silence brought peace in a difficult situation?

2. How do you discern the right time to speak or stay silent?

3. What benefits have you experienced from guarding your tongue?



Day 2: 😊 Embracing Silence and Self-Control

Journaling Prompts

1. Describe a recent situation where you practiced restraint in speech.

2. Write about how silence can be an act of faith and wisdom.

3. Plan ways to remind yourself to pause before speaking this week.



Day 2: 🧘 Embracing Silence and Self-Control

Prayer for Today

Lord, teach me the value of silence and the strength in self-control. Help me to choose my words wisely and to know when it is best to hold my peace. Guard my tongue from rashness and impulsiveness. May Your Spirit guide me to speak timely and life-giving words. Grant me patience and discernment in all my conversations. In Jesus' name, *Amen*. 🧘 🙏 🛡️





Day 3: 💬 Speaking Truth with Love




Your Verse

Proverbs 12:18 NIV – "The words of the reckless pierce like swords, but the tongue of the wise brings healing."

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."*
- *Proverbs 15:1 – "A gentle answer turns away wrath, but a harsh word stirs up anger."*



Day 3:  Speaking Truth with Love

Devotional: Healing Through Loving and Wise Words

Wisdom in speech is not just about silence or discretion; it also involves the *quality* and *spirit* behind what we say. Proverbs 12:18 contrasts reckless words that wound deeply with wise words that bring healing and restoration.

Paul's letter to the Colossians exhorts us to let our conversation be full of grace—kindness, patience, and truth seasoned thoughtfully. This approach helps us respond to others effectively, even in challenging conversations.

Furthermore, Proverbs 15:1 reminds us that gentle answers diffuse anger, while harsh words escalate conflict. Speaking truth in love requires sensitivity, humility, and a heart aligned with God's compassion.

Today, consider how your speech can be a source of healing and encouragement. Even difficult truths can be spoken with kindness, honoring God and edifying others. Let your words reflect the love of Christ, building bridges rather than walls.



Reflect and Apply

1. How can you speak truthfully without being harsh or hurtful?

2. In what ways have you experienced healing from someone's wise words?

3. How does grace influence the way you communicate?



Journaling Prompts

1. Recall a time your words brought healing to someone's life.

2. Write how you can incorporate grace and gentleness in your speech.

3. Set a goal to speak one encouraging or truthful word daily with love.



Day 3: 💬 Speaking Truth with Love

Prayer for Today

Gracious God, help me to speak with wisdom and love. Teach me to choose words that heal, encourage, and build up. Guard me from reckless speech that causes harm. Fill my heart with grace so my conversations reflect Your kindness and truth. May my tongue be an instrument of Your peace and restoration. In Jesus' name, *Amen*. 💖 💬 🙏





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