

26 Days on  
**UNWHOLESOME SPEECH**



...could not **speak** a kind word to him.

Genesis 37:4b

**Day 1:** Read Ecclesiastes 3:7. Think of as many words as you can that deal with speech. Categorize them into negative and positive columns. Which of your words seem hostile, kind, beneficial, etc.? Which seem to strike a more personal chord?

**Day 2:** How do people use speech? Record your findings from these biblical passages:

Proverbs 31:8-9	Psalm 119:51
Ezekiel 3:18-19	Psalm 109:25
Psalm 119:172	Psalm 5:9
Hosea 6:5	Romans 9:20
Proverbs 26:24-25, 28	Hebrews 3:13
Proverbs 27:1-2	Romans 14:19
2 Timothy 4:2	Job 16:10

**Day 3:** Read Jesus' words in Matthew 12:33-37, Jeremiah 17:9 and Psalm 15:2. How much does one's heart play into wholesome or unwholesome speech?

**Day 4:** Learn the effects of speech in the following passages:

- Psalm 69:20
- 2 Corinthians 2:17
- Proverbs 29:8
- Proverbs 15:4
- Proverbs 18:21

**Day 5:** Summarize the story in 2 Samuel 10:2-8. Can you recall a time when your kind words were misinterpreted? What was the final outcome of this experience?

**Day 6:** Study these metaphors about speech. Do they draw accurate pictures? Can you think of others?

- Psalm 64:3-4
  
- Proverbs 10:11, 31
  
- Proverbs 12:18
  
- Proverbs 16:24
  
- Proverbs 20:15
  
- Proverbs 25:11
  
- Ecclesiastes 12:11
  
- Song of Solomon 4:11

**Day 7:** Read 1 Timothy 5:13. Using a thesaurus or dictionary, do a word study of the word ***gossip*** and ***busybody***. List synonyms / antonyms / definitions.

Reword these Biblical proverbs about gossip:

- Proverbs 11:12-13
  
- Proverbs 16:28
  
- Proverbs 18:8
  
- Proverbs 20:19
  
- Proverbs 26:20-22

**Day 8:** Using a thesaurus or dictionary, do a word study of the word *mockery*. List synonyms / antonyms / definitions.

Summarize these verses about mockery. How serious is mockery? Have you ever been mocked or been the mocker?

- 2 Chronicles 36:15-16
- Lamentations 3:61-63
- Mark 10:33-34
- Gal. 6:7-8
- 2 Kings 2:23-24

**Day 9:** What do these Biblical proverbs say about mockery?

- Proverbs 1:24-27
- Proverbs 9:7-8, 12
- Proverbs 14:9
- Proverbs 15:12
- Proverbs 21: 11; 22:10

**Day 10:** Read Matthew 26:57-67; 27:27-44 and retell the story in your own words. How many times in this account was Jesus mocked?

**Day 11:** Using a thesaurus or dictionary, do a word study of the word *scorn*. List synonyms / antonyms / definitions.

Rephrase these verses about scorn. What is the worse thing about scorn to you?

- Ezekiel 36:6-7
- Micah 6:16 (1Kings 16:21-26, 29-33)
- Song of Solomon 8:7 (Proverbs 6:35)
- Hebrews 12:2-3
- Proverbs 13:13
- Proverbs 30:17

**Day 12:** Read Psalm 89:38-52. Who is this Psalm talking about? Why does the writer end the prayer with praises.

**Day 13:** Read Leviticus 19:16. Using a thesaurus or dictionary, do a word study of the word *slander*. List synonyms / antonyms / definitions.

Express in another way these verses about slander. How and why is this type of speech so destructive?

- Psalm 15
- Psalm 140:9-11
- Titus 2:3

**Day 14:** How should you respond to slander as Christians? Read and rephrase each of these passages. Does these admonitions seem harsh?

- 1 Peter 3:13-16
- 1 Corinthians 4:13

- 1 Corinthians 5:9-13
- 1 Titus 6:1

**Day 15:** Read Psalm 31:18. Using a thesaurus or dictionary, do a word study of the word *lie*. List synonyms / antonyms / definitions.

Are there degrees of lying? Is there a difference between *õwhite liesõ* and *õbig liesõ*? Should fabrications be judged according to the circumstance?

Rephrase these verses about *lying*. What are your thoughts on each?

- Exodus 20:16
- 1 Kings 22:19-23
- Proverbs 12:22
- Proverbs 21:6

**Day 16:** Read the story of Samson and Delilah in Judges 16:4-22. Are Samson's *õliesõ* justified? How would you counsel him?

**Day 17:** Read Proverbs 26:18-19 and Psalm 17:1. Using a thesaurus or dictionary, do a word study of the word *deceit*. List any synonyms / antonyms / definitions.

How deceptive are harmless acts, such as half-truths or only using words the listener wants to hear? What about silence, as suggested in the adage *õWhat he doesn't know won't hurt himõ*?

**Day 18:** Look at these verses about deceitful speech. How often are you confronted with some form of deception?

- 2 Corinthians 11:3-4

- Proverbs 24:28-29
- Ephesians 5:6-7
- Titus 1:7-16

**Day 19:** Read the story in Joshua 9:1-27. Why were the actions of the Gibeons rebuked? Why would such ruses be considered deception? Is it okay to use deception during wartime?

**Day 20:** Using a thesaurus or dictionary, do a word study of the word *grumble* / *complaint*. List any synonyms / antonyms / definitions. How many times a day do you hear someone complaining about their situation? How do you respond to outside troubles or inconveniences? How big does a problem have to be before you start to grumble?

Read these Biblical instances. Record any personal comments.

- Numbers 11:1-3
- John 6:41-44
- Job 7:11
- Isaiah 40:27
- 1 Peter 4:8-9

**Day 21:** Outline the events of Exodus 17:1-7. What causes grumbling as suggested in verse 7?

**Day 22:** Read Exodus 20:7. How does one misuse God's name? List as many names of God as you can think of.

Using a thesaurus or dictionary, do a word study of the word *curse*. List any synonyms / antonyms / definitions.

Consider the might in God's name in these verses:

- Psalm 23:3
- Psalm 79: 9
- Psalm 106:8
- Jeremiah 14:21
- 3 John 1:5-8
- Hebrews 1:3
- Deuteronomy 18:19-20

Do you think exclamatory expressions like "Oh my God!" fall under this third commandment?

**Day 23:** Review of the previous day's study, how serious is cursing? Have any of your viewpoints changed as a result of the study?

Study these verses about cursing.

- Job 2:9-10; 3:1
- James 3:9-11
- 2 Samuel 19:21
- Jeremiah 24:9-10

Have you ever considered the graveness of making an oath? What does Jesus say about this in Matthew 5:33-37?

**Day 24:** Read Psalm 78:35-37. How does one flatter and lie at the same time?

Using a thesaurus or dictionary, do a word study of the word *flattery*. List any synonyms / antonyms / definitions.

When do you flatter someone? What was your motivation? What was the result?

Read Proverbs 29:5 and Isaiah 41:7. Do you think flattery and boosting someone's self-esteem are the same? Where is the line that separates these two uses of speech?

**Day 25:** Study these verses about flattery. Do you think they paint a correct picture? How would you refute or debate any of the writers?

- Jude 1:16
  
- Psalm 12:2-4
  
- Proverbs 28:23
  
- Psalm 36:1-3
  
- Job 32:18-22
  
- Romans 16:17-18

**Day 26:** How much does speech reveal a person's spiritual condition? What is your position about someone who has no fear of God? Do you agree with the explanation in Romans 3:9-18? Explain your answer.

*More Thoughts On...*  
***Unwholesome speech***

*“Handle them carefully, for words have more power than atom bombs”* -Pearl Strachan

***“Speech is the mirror of the soul; as a man speaks, so he is.”*** -Publilius Syrus

*“Wise men talk because they have something to say; fools, because they have to say something.”* - Plato

***“By swallowing evil words unsaid, no one has ever harmed his stomach.”***  
- Winston Churchill

*“If you wouldn't write it and sign it, don't say it.”* - Earl Wilson

***“When you have spoken the word, it reigns over you. When it is unspoken, you reign over it.”*** -Arabian Proverb

*“Slander is worse than cannibalism.”* - John Chrysostom

***“Notice we never pray for folks we gossip about, and we never gossip about the folk for whom we pray! For prayer is a great deterrent.”*** - Leonard Ravenhill

*“God has given us two ears, but one tongue, to show that we should be swift to hear, but slow to speak. God has set a double fence before the tongue, the teeth and lips, to teach us to be wary that we offend not with our tongue.”* - Thomas Watson.

***“If I can enjoy a joke at the expense of another, if I can in any way slight another in conversation, or even in thought, then I know nothing of Calvary's love.”***  
-Amy Carmichael