

30 Days on  
**WHOLESOME SPEECH**



*...and faithful instruction is on her tongue.*

Proverbs 31:26

**Day 1:** Read Ecclesiastes 3:7b. List times when speech is appropriate and when it is not. Use these verses to help give you some ideas.

- Psalm 32:8
- Proverbs 10:19, 17:28, 26:28
- Matthew 27:12-14
- James 5:16
- Luke 17: 3-4
- 1 Corinthians 14:3
- Matthew 7:6

**Day 2:** Consider your own life. Are you one to speak your mind, or keep your mouth shut? Do you wish you had a better handle on your tongue?

Read Proverbs 12:13-19 and chart the contrasts of wise and unwise speech. How much difference would edifying speech make to an individual?

**Day 3:** Rewrite these negative speech patterns to positive ones.

- Ecclesiastes 10:12-14
- Psalm 52:4
- Isaiah 59:1-4
- Psalm 10:7
- Proverbs 4:24

- Proverbs 18:7
- Proverbs 7:21

**Day 4:** Read the following verses. Discover the meanings of names given to people in the Bible. How does each name depict his personality and speech?

- Acts 4:36; Acts 11:22-24
- Mark 3:17
- Isaiah 9:6
- John 14:26
- Genesis 25:26, 27:36 (a figure of speech meaning deceiver)

**Day 5:** Using a thesaurus or dictionary, do a word study of the word *rebuke* or *admonish*. List any synonyms / antonyms / definitions. How do you handle personal rebuke? Is rebuke positive or negative? Reflect on these words of Solomon.

- Proverbs 15:5, 7
- Proverbs 17:10
- Proverbs 19:20, 25
- Proverbs 27:5
- Proverbs 29:1
- Ecclesiastes 7:5

**Day 6:** How is the best course to give rebuke? Write your ideas, then add any additional ways suggested from this Biblical list.

- 2 Timothy 2:25; 4:2
- Galatians 6:6
- Psalm 34:11-14
- Titus 2:7

- Psalm 37:30

**Day 7:** Analyze how three friends of Job counseled him in his weakest moments. How would you rate their words of instruction? How could they have responded more effectively?

- Job 4:1-5
- Job 5:7-9
- Job 8:1-2
- Job 11:1-3
- Job 15:1-6
- Job 18: 1-4
- Job 20:1-3
- Job 32:1-5

**Day 8:** Read 1 Samuel 12:16-25 when Samuel admonished the Israelites for asking for a king. What is the tone of his rebuke? What can you learn from his delivery?

**Day 9:** Reword these passages to learn about God's rebuke. Are these verse fearful or encouraging to you?

- Lamentations 3:39
- Matthew 12:32
- Hebrews 4:12-13, 12:5
- Revelation 3:19
- Isaiah 48:17
- Psalm 25:8
- Job 21:22

**Day 10:** Read Solomon's words and learn how to answer harsh words of accusations or misunderstanding.

- Proverbs 12:25
- Proverbs 15:1-2, 23
- Proverbs 16:20-23
- Proverbs 25:15
- Proverbs 26:24-28
- Proverbs 31:26
- Ecclesiastes 5:1-2

**Day 11:** Read the admonitions given by James to the Jewish Christians scattered throughout the known world. Why was it so important that they watch their speech carefully? Are these guidelines relevant for today?

- James 1:19-21
- James 1:26
- James 3:8
- James 4:11-12
- James 5:9

**Day 12:** Outline James's prayer of faith in James 5:13-20. Are his words applicable to today? How?

**Day 13:** Reading 1 Thessalonians 5:12-22 make a list of Paul's final instructions to the church in Thessalonica in this letter. How important is wholesome speech to a body of believers?

**Day 14:** Read the words written by Paul in his letters. What is the one underlying theme that rings from these verses?

- Ephesians 4:29

- Ephesians 5:19-20
- Colossians 3:8-10, 16-17
- 1 Corinthians 13:1

**Day 15:** Using a thesaurus or dictionary, do a word study of the word *teach* or *instruct*. List any synonyms / antonyms / definitions.

Read Matthew 13:47-52. Think of the best teacher(s) you ever had. Why were they good? How were harsh and gentle words used? How did you feel in their classes? Did their instruction make you want to be a better person?

**Day 16:** How do you teach in your daily life as a parent? As a manager or worker? As a friend? Read these words for ðteachersö.

- Proverbs 9:9
- Proverbs 22:17
- 1 Timothy 1:3-5
- 1 Timothy 6:3
- 2 Timothy 2:2, 24
- Psalm 78:2
- Ephesians 6:4
- 1 Thessalonians 2:11-12

**Day 17:** How would you define Jesus' teaching? Study these passages to give you some ideas:

- Matthew 5:2; 7:28-29
- Matthew 13:13-17
- Mark 11:27-33
- John 12:47-50

**Day 18:** Study the autobiographical words of three prophets who tell of God's calling on their lives. How are they to tell a rebellious nation of God's judgment? How much courage would be required? Can you relate to any part of their story?

- Isaiah 50:4; 51:16
- Jeremiah 1:9-10
- Ezekiel 2:1-7

**Day 19:** How do people respond to preaching and teaching? How does their reaction cause you to counter, by responding or retaliating? Reflect on these examples:

- Ezekiel 33:31-32
- 2 Corinthians 9:12-15
- Matthew 21:6
- John 4:39-42
- John 7:45-52
- John 8:48-59

**Day 20:** Summarize Act 4:1-22. What was the response of the two disciples? Why did the words of Peter and John bring cause such a ruckus? When have your words of testimony raised sharp rebuke?

**Day 21:** Paul mentored and trained two young men to carry on the work as pastors in newly planted churches. Reword his words to Titus and Timothy.

- 1 Timothy 4:12
- 2 Timothy 4:2-4
- Titus 2:11-15
- Titus 3:2

**Day 22:** Using a thesaurus or dictionary, do a word study of the word *encouragement*. List any synonyms / antonyms / definitions.

Read Philippians 1:14. Who have been great encouragers in your life? What made them such good motivators?

Do you consider yourself an encourager? If no, what would it take to öprogramö this into your speech habits?

**Day 23:** Look at these verses on ways to encourage others. Which are ones you are already practicing, and which are ones you can begin to use in your daily interaction with others?

- Deuteronomy 1:37-38
- Psalm 10:17
- Psalm 64:5-6
- Isaiah 1:17
- Ezekiel 13:22-23

**Day 24:** Read Paul's farewell to the Ephesian elders in Act 20:17-38. List all the verbs concerning speech and how they were used to encourage these men.

**Day 25:** Read Psalm 119:76. Using a thesaurus or dictionary, do a word study of the word *comfort*. List any synonyms / antonyms / definitions.

List ways to actively comfort people through words, service, listening, silence, etc.

**Day 26:** Who needs comfort? Who can give comfort? Use these Biblical examples and add other ideas to your answers

- 1 Chronicles 7:20-23
- John 11:19
- 2 Corinthians 1:3-7; 7:6
- Isaiah 12:1; 66:13
- Zechariah 1:13

**Day 27:** What are some purposeful ways to use words? As Daniel purposed in his heart not to defile himself with the wrong kinds of food (Daniel 1:8), so can you purpose to make your speech wholesome. Consider these Biblical examples.

- Psalm 32:5
- Psalm 49:3
- Psalm 52:9
- Psalm 71:8, 24
- Proverbs 8:7

**Day 28:** Personalize these prayers written Psalms.

- Psalm 19:14
- Psalm 69:6-7
- Psalm 119:22
- Ps 120:2
- Psalm 141:3

**Day 29:** Read David's prayer in Psalm 39. Notice how many times he mentions speech. Write a psalm voicing your prayer.

**Day 30:** Look over this Bible study speech. How has it affected your communication? Have you had to make conscious changes in your talk? In your choice of words? In the motivations behind those words? Journal your reflections.

*More Thoughts On...*  
**Wholesome speech**

*“Kind words can be short and easy to speak, but their echoes are truly endless.”*  
- Mother Teresa

**“Encouragement is awesome. It (can) actually change the course of another person’s day, week, or life.”**  
- Chuck Swindoll

*“Remember that the tongue speaks only what is in the heart.”*  
- Theodore Epp

**“When the heart full of God’s love can draw on the mind full of God’s word, timely blessings flow from the mouth.”**  
- John Piper

*“Somewhere we know that without silence words lose their meaning, that without listening, speaking no longer heals, that without distance, closeness cannot cure.”*  
-Henri J.M. Nouwen

**“Kind words do not cost much. Yet they accomplish much.”**  
- Blaise Pascal

*“A Christian reveals true humility by showing the gentleness of Christ, by being always ready to help others, by speaking kind words and performing unselfish acts, which elevate and ennoble the most sacred message that has come to our world.”*  
-Ellen G. White

**“Words are like leaves; and where they most abound, much fruit of sense beneath is seldom found.”**  
– Alexander Pope

*“Words mean more than what is set down on paper. It takes the human voice to infuse them with deeper meaning.”*  
- Maya Angelou

*Further Readings On...*  
***Wholesome speech***

*Conversation Peace: The Power of Transformed Speech* by Mary Kassian

*Finding the Way of Life: A Study of Proverbs* by Walter Phelps

*The Power of a Woman's Words* by Sharon Jaynes