

21 DAY

# WATCH YOUR MOUTH

INTERACTIVE WORKBOOK

## SAMPLE

**IT TAKES 21 DAYS TO DEVELOP A HABIT**

Exercise yourself in the Word of God



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**SAMPLE**

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21 DAY

# WATCH YOUR MOUTH

## INTERACTIVE WORKBOOK

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# WATCH CLASS VIDEOS

These are also proverbs of Solomon, which the men of Hezekiah king of Judah copied out. (2) It is the glory of God to conceal a thing: but the honour of kings is to search out a matter. (3) The heaven is as high as the earth for depth, and the heart of kings is unsearchable. (4) Take away the dross from the silver, and there shall come forth a vessel for the finer. (5) Take away the wicked from before the king, and his throne shall be established in righteousness. (6) Put not forth thyself in the presence of the king, and stand not in the place of great men: (7) For better it is that thou should be put lower in the eyes of the king, than that thou should be seen. (8) God will not be grieved at the foolishness of the king, as he will be grieved at the wisdom of the poor. (9) Debate thy cause with thy neighbour himself; and discover not a secret to another. (10) Lest he that heareth it put thee to shame, and thine infamy turn not away. (11) A word fitly spoken is like apples of gold in pictures of silver. (12) As an earring of gold, or a needle of silver, so shall a faithful messenger upon an obedient ear. (13) As the cold of snow in the time of harvest, so shall a faithful messenger to them that send him.

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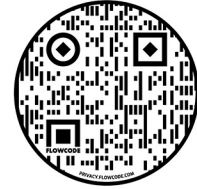
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## THE INTRO CLASS

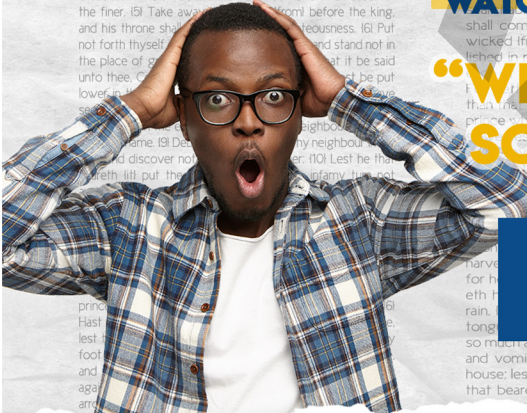


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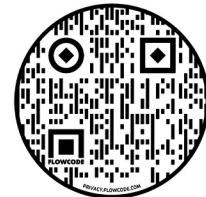
**"WHO DO YOU SOUND LIKE?"**



**CLASS #2**  
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These are also proverbs of Solomon, which the men of Hezekiah king of Judah copied out. (2) It is the glory of God to conceal a thing: but the honour of kings is to search out a matter. (3) The heaven is as high as the earth for depth, and the heart of kings is unsearchable. (4) Take away the dross from the silver, and there shall come forth a vessel for the finer. (5) Take away the wicked from before the king, and his throne shall be established in righteousness. (6) Put not forth thyself in the presence of the king, and stand not in the place of great men: (7) For better it is that thou should be put lower in the eyes of the king, than that thou should be seen. (8) God will not be grieved at the foolishness of the king, as he will be grieved at the wisdom of the poor. (9) Debate thy cause with thy neighbour himself; and discover not a secret to another. (10) Lest he that heareth it put thee to shame, and thine infamy turn not away. (11) A word fitly spoken is like apples of gold in pictures of silver. (12) As an earring of gold, or a needle of silver, so shall a faithful messenger upon an obedient ear. (13) As the cold of snow in the time of harvest, so shall a faithful messenger to them that send him.

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**CONFLICT & CONTENTION: CAUSES, EFFECTS, AND SOLUTIONS**



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# WHO DO YOU SOUND LIKE?

## Day 1 – Your Mouth Matters

### FOOD FOR THOUGHT

Your mouth matters to God. So often we say what we think or feel without much thought or consideration but the words of our mouth matter to God, and greatly impact those around us. The psalmist said, "I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me" (Psalm 39:1). We must resolve like David to consider and control what comes out of our mouths.

### FOCUS SCRIPTURES:

- Proverbs 13:3
- Proverbs 18:20-21
- Psalms 141:3
- Matthew 12:34-37

### FOCUS DEFINITIONS

Look for Key Words in the Passages, then look up their Definitions.

ENGLISH WORD	Strong's #	Hebrew Word / Greek Word	Number of times used in the Bible	DEFINITIONS

### STUDY NOTES

Study the Topic & Focus Scriptures. What did you learn from the Word of God?

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# REFLECTION QUESTIONS

Answer the Questions Below.

Why does your mouth matter?

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Which scripture stands out to you? Why?

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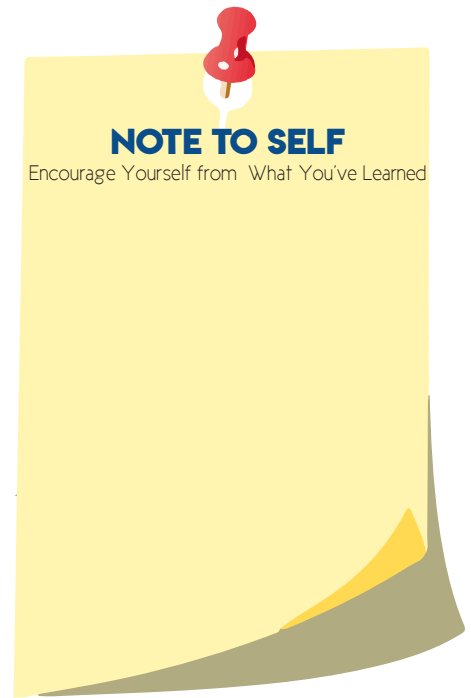
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## SELF EVALUATION ASSESSMENT

Let's evaluate the current state of your mouth. This is between you and God, and we'll do it again after this study. Below are some key areas to pay attention to and work on. For each, honestly assess how often that statement applies to you.

	Always	Often	Sometimes	Rarely	Never
I speak with wisdom.					
Those closest to me would say I speak with wisdom.					
I study God's word & rehearse what God requires for my mouth.					
I pray about what to say, how to say it, etc.					
I am slow to speak & swift to hear.					
I stop talking at the right time & shut my mouth when I should.					
I tell the truth and am honest.					
I use my mouth to edify & help others. People are blessed by hearing & talking to me.					
I leave conversations that don't please God, and avoid people who have them.					
I refuse to talebear, slander, and scorn.					
Gossip, tearing down others, etc. is not allowed from my mouth and in my presence.					
I glorify and praise God with my mouth.					
I leave off contention and cease from strife. I am able and willing to let things go.					
If necessary, I handle strife the Bible way, going to the person to resolve the issue.					

# WHO DO YOU SOUND LIKE?

## Day 2 – The Power of the Tongue

### FOOD FOR THOUGHT

Have you ever seen a fire? It may start with a small spark, but its heat and intensity can quickly spread, build, and explode. In James 3, the tongue is repeatedly compared to fire. Though the tongue is small, a wise man has to take heed and manage it appropriately or suffer the fiery consequences. Today let's explore what the scripture says about the tongue, its power, and the wisdom that comes from above.

### FOCUS SCRIPTURES:

☐ James 3:1-18

### FOCUS DEFINITIONS

Look for Key Words in the Passages, then look up their Definitions.

ENGLISH WORD	Strong's #	Hebrew Word / Greek Word	Number of times used in the Bible	DEFINITIONS

### STUDY NOTES

Study the Topic & Focus Scriptures. What did you learn from the Word of God?

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# REFLECTION QUESTIONS

Answer the Questions Below.

What does this chapter teach us about the mouth & wisdom? Which verse or point stands out to you?

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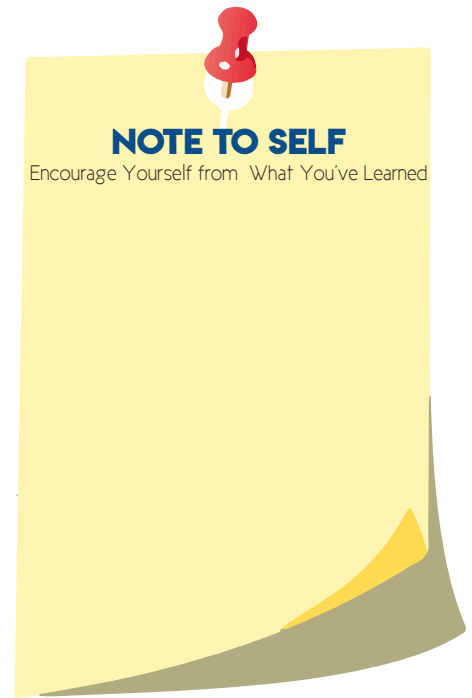
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Why is this so important and helpful to remember?

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How can this truth help you now as you deal with your mouth & seek wisdom from above?

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# WHO DO YOU SOUND LIKE?

## Day 3 - Do You Sound Wise?

### FOOD FOR THOUGHT

Do you sound wise? The words that come out of our mouths can be an indicator of where we are at. In Proverbs and Ecclesiastes the Bible lets us know what wise people do with their lips, and how their words sound and impact others. As we strive to grow in wisdom, the Word gives us a standard by which to measure ourselves, a mirror to honestly examine ourselves, and a yardstick to measure our progress.

### FOCUS SCRIPTURES:

- Proverbs 10:19     Proverbs 12:18     Proverbs 14:3     Proverbs 15:2     Proverbs 15:7
- Proverbs 16:23     Ecclesiastes 9:17     Ecclesiastes 10:12     Ecclesiastes 12:11     Proverbs 31:26

### FOCUS DEFINITIONS

Look for Key Words in the Passages, then look up their Definitions.

ENGLISH WORD	Strong's #	Hebrew Word / Greek Word	Number of times used in the Bible	DEFINITIONS

### STUDY NOTES

Study the Topic & Focus Scriptures. What did you learn from the Word of God?

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# REFLECTION QUESTIONS

Fill in the table: How do wise people sound? What characteristics did you find in the verses?

Proverbs 10:19
Proverbs 12:18
Proverbs 14:3
Proverbs 15:2
Proverbs 15:7
Proverbs 16:23
Ecclesiastes 9:17
Ecclesiastes 10:12
Ecclesiastes 12:11
Proverbs 31:26

Which scripture stands out to you? Why?

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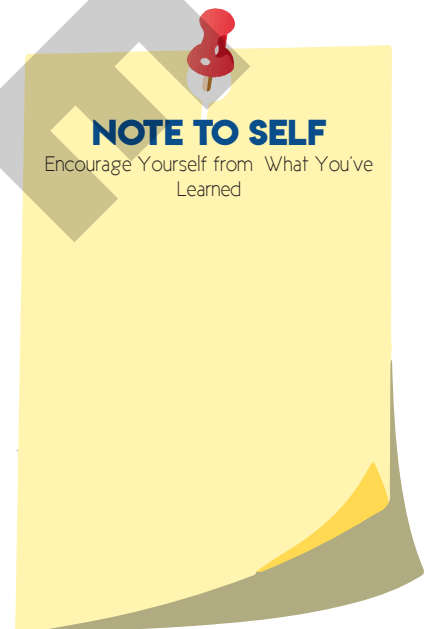
What should you work on or remember going forward?

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# FINAL EVALUATION

Go back to Day 14 and mark off the challenges you completed in the last week and write what you learned or experienced. Check it off when you're finished.

I completed Day 14, Put It Into Practice!

Think about the past week and evaluate what did or did not come out of your mouth this week. Honestly complete the ratings below. Be honest - it's between you and God.

DURING THE LAST SEVEN DAYS...	Always	Often	Sometimes	Rarely	Never
I spoke with wisdom.					
Those closest to me would say I spoke with wisdom.					
I studied God's word & rehearsed what God requires for my mouth.					
I prayed about what to say, how to say it, etc.					
I was slow to speak & swift to hear.					
I stopped talking at the right time & shut my mouth when I should have.					
I told the truth and was honest.					
I used my mouth to edify & help others. People were blessed by hearing & talking to me.					
I left conversations that didn't please God, and avoided people who have them.					
I refuse to talebear, slander, and scorn.					
Gossip, tearing down others, etc. were not allowed from my mouth and in my presence.					
I glorified and praised God with my mouth.					
I left off contention and ceased from strife. I was able and willing to let things go.					
When necessary, I handled strife the Bible way, going to the person to resolve the issue.					

## REFLECTION QUESTIONS

Read the question and answer them on the space provided.

Compare your results today to Day 1. Did you improve?  
What do you need to work on going forward?

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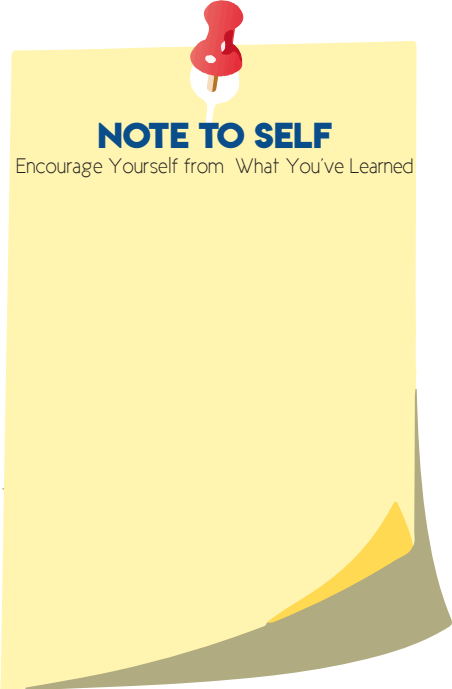
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What is the most important lesson you've learned from this study? What key point or scripture stands out?

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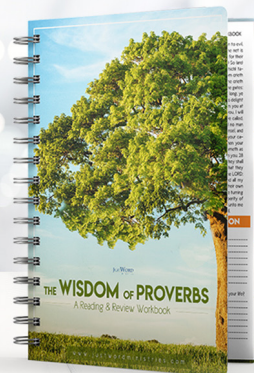
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