



WEEK 1

“For ‘whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech. He must turn from evil and do good; he must seek peace and pursue it.’”

1 PETER 3:10-11

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WEEK 2

“May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.”

PSALM 19:14

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WEEK 3

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”

EPHESIANS 4:22-24

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WEEK 4

“He who loves a quarrel loves sin; he who builds a high gate invites destruction.”

PROVERBS 17:19

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WEEK 5

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

EPHESIANS 4:29

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WEEK 6

“The Sovereign Lord has given me an instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being taught.”

ISAIAH 50:4

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WEEK 7

“From the fruit of his mouth a man’s stomach is filled; with the harvest from his lips he is satisfied.”

PROVERBS 18:20

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