

Appendix A

Daily Tongue Evaluation Checklist

To measure your progress in taming your tongue, ask yourself the following questions at the end of each day. On a separate sheet, note the number of Yes's.

- Did I engage in any form of lying?
- Did I flatter someone?
- Did I manipulate someone for my gain or advantage?
- Did I speak too hastily?
- Did my words cause division?
- Was I argumentative or contentious?
- Did I boast or speak with pride?
- Did I engage in a self put-down?
- Did I slander someone?
- Did I gossip?
- Did I meddle in anybody's affairs?
- Did I betray someone's trust?
- Did I belittle someone?
- Was I cynical, scornful, or sarcastic?
- Did I speak as a Know-It-All?
- Did I use harsh or abusive words?
- Did I fail to speak with tact or diplomacy?
- Did I attempt to intimidate with my words?
- Was I rude?
- Was I critical or judgmental?
- Was I self-absorbed in my conversations?
- Did I use profanity?
- Did I complain?
- Did I retaliate?
- Did I accuse someone?
- Was I discouraging?
- Did I express doubt and unbelief ?
- Did I simply talk too much?
- Was I indiscreet in my discussions?
- Did I keep silent when I should have communicated?

If you answered no to all of the questions above, rejoice—but do not relax. Quietly ask the Holy Spirit to show you your next focus area of spiritual development. Know that you will reach perfection only when you get to heaven.

Appendix B

Alternative Uses of the Tongue

Having refrained from negative speaking, see how many positive ways you can engage your tongue in a single day. Use the list below for starters.

- Pray.
- Share your faith.
- Express gratitude.
- Tell the truth.
- Admit a mistake.
- Apologize.
- Confess your faults or weaknesses.
- Applaud someone's achievement.
- Ask for help.
- Offer to assist.
- Comfort someone who is hurting.
- Communicate your expectations.
- Give a sincere compliment.
- Confront an interpersonal conflict.
- Discourage gossip.
- Express appreciation.
- Offer constructive feedback.
- Share your knowledge.
- Keep a secret.
- Protest evil.
- Put forth a new idea.
- Recite Scripture.
- Reconcile parties in conflict.
- Relate a meaningful story.
- Tell a clean joke.
- Express hope or optimism.
- Encourage someone to persevere.
- Express concern for another.
- Say "Please."
- Sing a song.

Appendix C

Arsenal of Tongue Scriptures

I will bless the LORD at all times: his praise shall continually be in my mouth.

Psalm 34:1 KJV

Let your speech be always with grace, seasoned with salt,
that ye may know how ye ought to answer every man.

Colossians 4:6 KJV

My mouth will speak words of wisdom;
the utterance from my heart will give understanding.

Psalm 49:3

Do all things without complaining and disputing.

Philippians 2:14 NKJV

Listen, for I have worthy things to say; I open my lips to speak what is right.

My mouth speaks what is true, for my lips detest wickedness.

Proverbs 8:6-7

For there is not a word in my tongue, but, lo, O LORD, thou knowest it altogether.

Psalm 139:4 KJV

Let my mouth be filled with thy praise and with thy honor all the day.

Psalm 71:8 KJV

The mouth of a righteous man is a well of life: but violence covereth the mouth of the
wicked.

Proverbs 10:11 KJV

The Lord God has given me the tongue of the learned,
that I should know how to speak a word in season to him who is weary.
He awakens me morning by morning, He awakens my ear to hear as the learned.

Isaiah 50:4 NKJV

Appendix C

I said, "I will guard my ways, lest I sin with my tongue;
I will restrain my mouth with a muzzle, while the wicked are before me."

Psalm 39:1 NKJV

Like apples of gold in settings of silver is a word spoken in right circumstances.

Proverbs 25:11 NASB

You will also declare a thing, and it will be established for you;
so light will shine on your ways.

Job 22:28 NKJV

My tongue will speak of your righteousness and of your praises all day long.

Psalm 35:28