

Tuesday, August 4th

Day 1: Your Words Tell the Truth About Your Heart



Reading: Matthew 12:33-37; Luke 6:43-45

Devotional: Jesus makes a sobering connection between what we say and who we truly are. The mouth does not create the condition of the heart — it reveals it. Every word spoken under pressure, in frustration, or in unguarded moments is not an accident. It is a window. Before rushing to correct your speech, pause and ask the harder question: what is my tongue actually revealing about what lives inside me? Honest self-examination, guided by the Holy Spirit, is not condemnation — it is the beginning of genuine transformation. Let your words become a diagnostic, not just a habit to manage.

Reflection Question: What do your words in difficult moments reveal about the true condition of your heart?

Practical Application: For one full day, pay close attention to your words during moments of stress or frustration. Write down any patterns you notice and bring them honestly before God in prayer.

Wednesday, August 5th

Day 2: The Greatest Need Is a New Heart

Reading: Ezekiel 36:24-27; Jeremiah 31:31-34

Devotional: Long before the new covenant was established, God was already promising it. Through Ezekiel, He declared that He would remove hearts of stone and replace them with hearts of flesh, placing His Spirit within His people. This is not a self-improvement program. It is a miracle. No amount of willpower or discipline can permanently tame what lives in an unchanged heart. The good news of the new covenant is that God does not simply demand better behavior — He offers a new nature. If you are in Christ, that miracle has already been given to you. Build your life on that foundation.

Reflection Question: Are you trying to manage your speech through self-discipline, or are you drawing daily from the new heart God has already given you?

Practical Application: Read John 3:1-17 alongside today's Old Testament passages. Spend time in prayer thanking God specifically for the gift of the new heart and the indwelling Spirit that the new covenant provides.

Thursday, August 6th

Day 3: Repent of the Worship Behind Your Words

Reading: Luke 6:43-45; Romans 1:21-25; Colossians 3:5-10

Devotional: Sinful speech is rarely just a speech problem. Behind gossip often lives the idol of being in the know. Behind angry words often lives the idol of control. Behind boasting often lives the idol of human approval. Our words expose what we worship far more honestly than our Sunday morning behavior ever could. The path to lasting change requires going deeper than the surface of what was said and asking why it was said. True repentance is not merely sorrow over words spoken — it is a turning away from the false worship that produced them in the first place. Identify the idol. Repent fully.

Reflection Question: What idol or false worship might be driving the most persistent patterns of ungodly speech in your life?

Practical Application: Choose one recurring pattern of ungodly speech in your life — criticism, gossip, complaining, or anger — and prayerfully ask God to reveal the deeper worship issue behind it. Confess both the words and the root.

Friday, August 7th

Day 4: Saturate Your Heart With the Gospel

Reading: Ephesians 4:29-32; Romans 12:1-2; Colossians 3:16-17

Devotional: Paul's instruction to the Ephesian church on speech does not end with a list of rules. It ends with a reminder of the gospel — forgiving one another even as God in Christ forgave you. The gospel is not only the door through which we enter salvation. It is the daily fuel that sustains transformed living. When you remember what it cost to secure your forgiveness, humility comes quickly. When the cross is fresh in your mind, grace flows more naturally from your mouth. Saturating your heart with the gospel does not just change your words — it changes your motivation for speaking them in the first place.

Reflection Question: How often do you allow the reality of your own forgiveness to shape the way you speak to and about others?

Practical Application: Before your next difficult conversation, pause and spend two minutes meditating on what Christ endured to forgive you. Allow that reflection to shape your tone, your words, and your posture toward the other person.

Saturday, August 8th

Day 5: Yield to the Spirit and Learn to Respond

Reading: Ephesians 5:15-21; Galatians 5:16-25; Colossians 4:6

Devotional: The Spirit-filled life is not a one-time experience — it is an ongoing, present-tense surrender to the influence and control of the Holy Spirit. Just as alcohol eventually controls the one who consumes it, the Spirit is meant to be the controlling influence over the believer's entire life, including the tongue. When the Spirit leads, speech becomes fruit rather than performance. It becomes something produced from the inside rather than manufactured for appearances. Colossians 4:6 calls believers to speech that is gracious and well-seasoned — always measured, always purposeful. This is not natural. It is supernatural. It is the fruit of a life fully yielded to God.

Reflection Question: In what areas of your daily speech are you still relying on your own self-control rather than the active leadership of the Holy Spirit?

Practical Application: Begin each morning this week with a simple, intentional prayer surrendering your words for that day to the Holy Spirit. Ask Him specifically to lead you to speak truth, grace, and life in every conversation you encounter.