

28 JOURNAL PROMPTS FOR TAMING THE TONGUE & PRACTICING PATIENCE

- DAY 1: Can taming the tongue & patience be a practical goal of mine by the end of this month? If I can envision myself achieving this goal, what specific relationships do I have in mind & why are they important to me?
- DAY 2: Who am I doing this activity for? What are my expectations of answering these questions? How is my attitude benefitting what I hope to improve about myself?
- DAY 3: What does patience mean to me? How can patience benefit me & others I care about? Outside of my family, how does being patient help me succeed?
- DAY 4: Are there barriers that I can think of that is going to slow my progress? Are there any temptations I can think of that will potentially get in the way of my efforts? What are they & why?
- DAY 5: What are 3 words or phrases that I really should eliminate from my vocabulary & why/how would they benefit my relationships? What words or phrases can I & should I say more often instead?
- DAY 6: If I made a habit of counting my blessings more often, what would I most likely be mentioning & why? What many good things can I say about this?
- DAY 7: Did today go as I expected? What do I think contributed to the outcome? Whatever the outcome was, in what ways is this benefitting me?
- DAY 8: Receiving genuine encouragement feels good to my soul because it shows that I'm cared for. Who needs my encouragement today/tomorrow? In what ways have they showed encouragement to me?
- DAY 9: It's easier to understand others when they communicate clearly & show self-control. Have I been more aware of this regarding myself or others? Did I/they hold back anything this past week that has shown to be a blessing? How/what happened?
- DAY 10: Thinking of tomorrow, what can I say to one person w/ intention & integrity? In what ways have they blessed me in the past?
- DAY 11: Do I consider myself a patient person? What could I learn to be more patient about? What am I patient w/ that others may not be about?
- DAY 12: What is a recent situation that made me feel impatient? How do I feel about how I handled it? What could I have alternatively said & done?
- DAY 13: Who do I look forward to meeting w/i the next week or two? How will I spend my time w/ this person? How are they important to me?

- DAY 14: When I lose my patience, who is usually hurt? How can I avoid/prevent this from happening again?
- DAY 15: When I speak/stand up for myself, I am very responsible for what comes out of my mouth. Every little effort counts. In what ways have I shown patience this past week?
- DAY 16: What is unwholesome talk/deceitful speech mean to me? If I ever sense anyone being negatively affected by how I behaved or communicated, do I ever bring it up to God? Why or why not?
- DAY 17: Did anything good happen today as a result of my patience? Have I benefitted in anyway because of someone's patience toward me?
- DAY 18: Matthew 15:11 says, "What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them." What reflections can make about this?
- DAY 19: Have I seen my impatience in anyone today or the past week? Have I seen my efforts rub off on anyone? If not, what can I work on towards being more intentional?
- DAY 20: If media has an influence on people's behavior and tone of language, what types of music & any other entertainment can I limit my time w/, so that my mind & heart stays on the path of righteousness?
- DAY 21: What do I think/how do I feel about my growth/spiritual walk? What would I tell my (younger) self if I was older, say 5-10 years from now?
- DAY 22: If I listened more than I talked, would this help me be more patient as well? Is there a situation that I could have listened more but didn't, & instead the situation just got worse? What happened?
- DAY 23: God is pleased w/ me when I use my words to build up others. What encouraging /motivating/uplifting things can I share w/ someone special this week? How would this encourage/bless me as well?
- DAY 24: If I knew I had one more week to live but for some reason didn't have the courage to tell them why, what would I say to the people closest to me?
- DAY 25: What specific (new) habits can I start applying this week could help me in my closest relationships (as a sibling, spouse, guardian/parent/employee/student...)?
- DAY 26: Wisdom will save me from regrets. What specific truths have I applied this past week that is helping me or what specific truths do I know but did not apply?
- DAY 27: Was there a conflict in the past few weeks that I was not proud of concerning how I handled the situation? What happened? Is there something that happened this past week that either made me feel good or strengthened my faith & hope? Are there any connections I can make w/ this regarding taming the tongue & practicing patience?
- DAY 28: I would like to be more considerate of others because it's simply the right thing to do. Where is my integrity built on?

Here's a few more questions. :P

Do you think these questions would help you understand yourself better?

Do you think they could benefit you & your relationships?

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