

30 DAYS
TO
Taming
YOUR
Tongue
W O R K B O O K

Deborah Smith Pegues



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This is a supplemental workbook to *30 Days to Taming Your Tongue* by Deborah Smith Pegues, for those interested in practical individual or group study.

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Day 1

The Lying Tongue

Deception takes place when you intentionally try to get someone to believe something you know is not true. It occurs in numerous forms, depending upon the creativity and the desire of the deceiver. God has made it very clear that He has no tolerance for liars.

1. Begin this lesson by reading Day 1, “The Lying Tongue,” from your personal copy of *30 Days to Taming Your Tongue*. Note here at least one truth you found beneficial in your quest for a wholesome tongue.
2. List the three categories of lies discussed in this chapter.
 - 1.
 - 2.
 - 3.

- In which category do you find yourself most frequently tempted?

 - Which category do you disdain the most in others? Why?
-
-
-
-
-
-
-
-
-
-
3. List three reasons given in this chapter as to why people often resort to deceitfulness.
 - 1.
 - 2.
 - 3.

 4. In the story of Esau and Jacob (Genesis 27), what “benefit” motivated Jacob to trick his father into giving him the blessing of the firstborn?

 5. In light of God’s word to Rebekah that “the elder shall serve the younger” (Genesis 25:23), what do you think would have been the outcome of Jacob’s life had he and his mother not

deceived his father into giving him the blessing that belonged to his older brother, Esau? What lesson can you learn from trying to forcibly obtain your destiny through lies?

6. Do you feel there is ever a justifiable reason for lying?

- If you answered *yes* above, explain under what circumstance. Can you find a biblical reference for your rationale?
- How does your reason above reconcile with Revelation 21:8: “All liars shall have their part in the lake which burns with fire and brimstone, which is the second death” (NKJV)?

7. Recall the last time that you told a “half-truth.” What decision or conclusion do you think the hearer would have made had you told him the rest of the facts?

8. Who in your circle of interaction exaggerates frequently, and what judgments (if any) have you made about that person's character? Be reminded that you yourself may occasionally embellish your résumé, the details of an incident, or your contribution to a group solution for a problem. We are often quick to see the speck in someone else's eye but ignore the log in our own.

9. Proverbs 20:7 declares, "The godly walk with integrity; blessed are their children after them." Read the story of Gehazi, Elisha's dishonest servant, in 2 Kings 5:1-27. What impact did his lying have upon his future generations?

10. Highlight Psalm 120:2 in your Bible. Write it out below in the form of a personal prayer for deliverance from a deceitful tongue.

*Scriptures to Ponder
for the Lying Tongue*

*The LORD detests lying lips,
but he delights in men who are truthful.*

PROVERBS 12:22 NIV

*A man of perverse heart does not prosper;
he whose tongue is deceitful falls into trouble.*

PROVERBS 17:20 NIV

*Whoever would love life and see good days
must keep his tongue from evil and his lips from deceitful speech.*

1 PETER 3:10 NIV

*All liars shall have their part in the lake
which burns with fire and brimstone,
which is the second death.*

REVELATION 21:8 NKJV