



THE FORGOTTEN WAY

THE DAILY SPEECH EXAMEN

The Daily Speech Examen is based on one powerful truth: Governing your speech is a sure path to holiness. We've designed this simple, repeatable process to help you reflect on the incredible power of your speech.

Once you experience The Daily Speech Examen, you will discover it is a game changer for your inner life, your outer life, and the way you speak about yourself, others, and God.



THE FORGOTTEN WAY

THE DAILY SPEECH EXAMEN

Step 1: Gratitude

Begin by thanking God in a personal dialogue for whatever you are most grateful for today. Speak the words aloud.

Step 2: Petition

Before reviewing your day, ask God for the light to know Him and to know yourself as He sees you.

Step 3: Reflect

Think over the last 24 hours and reflect on the ways that your speech led you closer or further away from who God is calling you to be. Carefully consider the following list of questions designed to guide your reflection. If you are pressed for time, simply use the shorter version below.

Full List

1. Do I believe that governing my speech is a path to holiness?
2. How would I describe the quality of my self-talk today?
3. In what ways did I uplift or encourage other people with my speech today?
4. Where might my words have torn down or discouraged others?
5. Did I complain today? If so, what did I complain about?
6. How much time did I spend in the classroom of silence, conversing with God today?
7. In what ways did I use my speech to honor or praise God today?

THE FORGOTTEN WAY

THE DAILY SPEECH EXAMEN

full list continued

8. Did I listen deeply to others, or was I more focused on what I wanted to say?
9. Did I consume content (television, movies, podcasts, music, etc.) that used vulgar or degrading language today?
10. Were any of my words today vulgar, suggestive, or obscene?
11. Have I gossiped, spread rumors, or spoken negatively about others behind their backs recently?
12. Did I lie, deceive, or withhold the truth in any way today?
13. Have I recently broken a promise or made one I cannot keep—to myself, to others, or to God?
14. How did anger or frustration show up in my speech today?
15. Did I dialogue with temptation today?
16. Am I avoiding any crucial conversations right now?
17. Did I choose an inappropriate place, time, or tone in any of my conversations today?
18. Did I fail to speak up or use my voice today?
19. How did my speech shift—positively or negatively—depending on who I was with today?
20. What patterns—positive or negative—do I see emerging in my speech at this time in my life?
21. On a scale of 1-10, how would I rate my self-control in speech today?

THE FORGOTTEN WAY

THE DAILY SPEECH EXAMEN

Short List

1. Do I believe that governing my speech is a path to holiness?
2. How would I describe the quality of my self-talk today?
3. In what ways did I uplift or encourage other people with my speech today?
4. Where might my words have torn down or discouraged others?
5. In what ways did I use my speech to honor or praise God today?
6. How did anger or frustration show up in my speech today?
7. Have I gossiped, spread rumors, or spoken negatively about others behind their backs recently?
8. Did I lie, deceive, or withhold the truth in any way today?
9. What patterns do I see emerging in my speech—positive or negative—at this time in my life?
10. On a scale of 1-10, how would I rate my self-control in speech today?

Step 4: Response

In light of reviewing my speech today, how did it draw me closer to or further away from God and the-best-version-of-myself?

Step 5: Resolution

What is one way I resolve to do better tomorrow?