

TORAH-BASED ACCOUNTABILITY PLAN FOR CLEAN SPEECH

1. DAILY DEDICATION (First Fruits of the Tongue)

Action: Begin each morning by dedicating your tongue to YAHUAH.

Psalm 19:14

“Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O YAHUAH.”

Prayer:

“YAHUAH, I give You my speech today. Let no unclean thing proceed from my lips.”

2. CUT OFF THE ROOT (Environmental Sanctification)

Action: Identify and remove all sources of vulgar or profane speech in your environment.

Checklist:

- Ungodly music (curse-laden lyrics)
- Movies or media with foul talk
- Friends who speak profanely
- Social media that glorifies mockery or vulgarity

Proverbs 4:24

“Put away from you a crooked mouth, and put perverse lips far from you.”

3. SET A WATCH (Speech Triggers Log)

Action: Keep a daily journal:

- Note moments of temptation to curse
- Identify the trigger (anger, stress, sarcasm)
- Write what you said instead or wished to say

Psalm 141:3

“Set a guard, O YAHUAH, over my mouth; Keep watch over the door of my lips.”

4. REPLACE CORRUPTION WITH TORAH SPEECH

Action: Memorize and use these phrases:

- “Baruk YAHUAH!”
- “Help me, YAHUSHA.”
- “Have mercy, O ABBA.”
- “Todah YAH!”

Ephesians 4:29

“Let no corrupt word proceed out of your mouth, but what is good for necessary edification.”

5. ACCOUNTABILITY PARTNER (Witness Before YAHUAH)

Action: Choose a Torah-keeping partner to:

- Pray with you weekly
- Review your journal
- Lovingly correct and restore you

Ecclesiastes 4:9-10

“Two are better than one... if one falls, the other helps him up.”

6. WEEKLY SCRIPTURE IMMERSION ON THE TONGUE

Action: Every Shabbat, review:

- Proverbs 10:19
- James 3:2–12
- Psalm 39:1
- Sirach 28 (Ecclesiasticus)

Sirach 28:17

“The blow of a whip raises a welt, but the blow of the tongue crushes the bones.”

7. DECLARE VICTORY ALOUD

Action: Speak this daily:

“I was once enslaved to foul speech, but now my tongue is set-apart for YAHUAH. His Word is in my mouth. His Spirit teaches me truth. I am a vessel of honor—not shame. Baruk be the Name of YAHUAH forever!”

Romans 6:13

“Do not present your members as instruments of unrighteousness to sin, but present yourselves to Elohim.”

Use this guide daily to purge your lips and honor YAHUAH with a clean tongue.

Baruk Yahuah

Qav Yareyah Ben Qahal

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