Here is a sample application. Notice inclusion of a) verse, b) insights, and c) thoughtful and measurable, short-range action plan. Used by permission of Lileta Burton.

Application #5
Old Testament II
By Lileta Burton

Verse

Proverbs 18:21
The tongue has the power of life and death, and those who love it will eat of its fruit.

Insights

This scripture has alerted me to the principal of the power of tongue. In my perception, the thought life influences whether or not an individual makes positive or negative remarks. If I have negative thoughts, there will be negative language, thus leading to negative behavior. I do not want to contaminate some one else’s life spiritual remarks because of my negative thoughts. How I verbally relate to individuals may deeply impact their spiritual life, therefore I want my speech and thoughts to be in line with God’s scripture. Positive speech is a powerful tool used to encourage others. Speaking favorably to others can lead to others emotional and spiritual growth. I have come to respect the power of the tongue and have decided not to take its influence too lightly.

Application

In order for me to apply the wisdom from this scripture into my life, I must recognize the power that rests in my thoughts and feelings. As a result of keeping abreast of my thoughts, I wish to process them through the filter of scripture. I will for one week actively process my thoughts in order to check them for any negativity, I will write down any negative thoughts or statements I have made earlier in the day. This will occur during my evening prayer and devotion time. Each morning for one week, I will meditate on Prov 18:21, so the scripture will speak to me inwardly. I am hoping this application will make me more alert to my speech and its potential influence on others. I will also attempt to increase positive communication with my family, friends and co-workers.