



30-Day No-Yelling Challenge



Reflection for Days 25-30



Consistency

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” — Galatians 6:9

As you move into the final phase of this challenge, the focus shifts from individual moments to long-term patterns.

This week is about consistency.

Not perfection.

Not getting everything right.

Just continuing to practice:

- awareness
- slowing down
- responsibility
- repair
- and intentional responses over time

Real change is not built in one perfect day. It is built through many small choices repeated consistently.

And every time you return to these practices, you are strengthening a new pattern.



Day 25 – Becoming

“Be transformed by the renewing of your mind.” — Romans 12:2

Real change happens as your thinking and responses are reshaped over time.

- Where have I grown over the last few weeks?
- What feels different in how I respond?

What has changed in me?

You are becoming someone new.

Day 26 – Consistency

*“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” —
Galatians 6:9*

Consistency over time produces lasting change.

- Where have I been consistent?
- What small changes am I repeating?

What am I building through repetition?

Small steps matter.

Day 27 – Keep Going

“Though the righteous fall seven times, they rise again.” — Proverbs 24:16

Growth is not about never falling—it’s about continuing forward.

- What didn’t go well today?
- What did I do afterward?
- What would it look like to keep going instead of restarting?

Did I continue forward?

Progress doesn’t reset.



Day 28 – New Normal

“Put off your old self... and put on the new self.” — Ephesians 4:22–24

You are building a new way of responding that becomes your new pattern.

- What feels more natural now?
- Where am I returning to these practices more easily?

What is becoming normal for me?



You are building a new pattern.

Day 29 – You Know What to Do

“If anyone hears these words of mine and puts them into practice, they are like a wise man who built his house on the rock.” — Matthew 7:24

You already have what you need—what matters is continuing to practice it.

- What has been most helpful for me?
- What do I want to keep practicing?

What tools am I using?

You already have what you need.



Day 30 – Moving Forward

“He who began a good work in you will carry it on to completion.” — Philippians 1:6

This work doesn't end here—God continues it as you keep walking it out.

- What has changed over the last 30 days?
- What do I want to continue?
- What matters most moving forward?

What am I taking with me?

This is the beginning of something better.

Over the last 30 days, you have practiced:

- noticing what is happening inside you
- slowing down before reacting
- taking responsibility for your response
- repairing after hard moments
- and continuing forward even when things were imperfect

That is meaningful work.

You may still have difficult days. You may still have moments where old patterns show up.

But now you have greater awareness, stronger tools, and a clearer path forward.

You are not starting from scratch anymore.

You are building a new way of responding—one choice at a time.

“He who began a good work in you will carry it on to completion.” — Philippians 1:6

Lord,

Thank You for walking with me through this process of growth and change.

Help me continue practicing these habits with patience, humility, and consistency. When I feel discouraged or tired, remind me that lasting change is built over time through many small choices.

Give me wisdom in difficult moments, gentleness in my responses, and courage to keep growing even when I am imperfect.

Continue shaping my heart, my thoughts, and my relationships so that I reflect Your love more clearly in the way I respond to others.

Amen.