

### Proverbs 21:23

He who guards his mouth and his tongue keeps himself from calamity

### Proverbs 18:7

A fool's mouth is his undoing and his lips are a snare to his soul.

### Proverbs 15:4

The tongue that brings healing is a tree of life but a deceitful tongue crushes the spirit.

# WISDOM FOR MY MOUTH

### Proverbs 13:3

He who guards his lips guards his life but he who speaks rashly will come to ruin.

### Proverbs 12:18

Reckless words pierce like a sword but the tongue of the wise brings healing.

### Proverbs 10:21

The lips of the righteous nourish many but fools die for lack of judgment.