

# Proverbs 4:23

[Front Side]

 cut and laminate

## Guard Your Heart

“Above all else guard your heart,  
for from it flow the sources of life.” (Prov. 4:23)


מִכָּל-מִשְׁמַר נִצֹּר לִבְךָ  
כִּי-מִמֶּנּוּ תוֹצֵאוֹת חַיִּים

mee·kol-meesh·mar · ne·tzor · lee·be'·kha  
kee-mee·me'·noo · to·tze·oht · chai·yeem

3"

5"

[Back Side]

 cut and laminate

## Guard Your Heart

We are commanded to guard our hearts because from it  
are *totze'ot chaiyim* - the “issues” or courses of life.



“Above all else guard your  
heart, for from it flow  
the springs of life.”

(Prov. 4:23)

πάση φυλακῇ τήρει σὴν καρδίαν ἐκ γὰρ τούτων ἔξοδοι ζωῆς (LXX)

3"

5"

# Proverbs 4:23

## Hebrew Analysis:

*Guard your heart above all else...*

חַיִּים	תּוֹצְאוֹת	כִּי־מִמֶּנּוּ	לִבְךָ	נָצַר	מִכָּל־מִשְׁמָר
chai'-yeem'	to'-tze-oh't'	kee' – mee'-me'-noo	lee'-be'-kha	ne'-tzor'	mee'-kol' – meesh-mar'
חַיִּי - adj m "alive, living" חַיִּים - mpl. sfx "life" pl. n fr> חַיָּה - v "to live, exist"	תּוֹצְאָה - n "border, contour, stream, source, flow, issue" fem pl cstr fr> יָצָא - v "go out, exit"	כִּי - conj "for, because, that, since" מִן - prep "from" נָה - 3ms cstr sfx "from it"	לֵב - n ms cstr "heart, will, mind, inner life" ךָ - sfx 2ms	נָצַר - v "guard, keep, watch" qal imper 2ms נָצַר	מִן - prep "from" כָּל - n ms cstr "all" מִכָּל - "above all else" מִשְׁמָר - n ms abs "guarding, vigilance" fr> שָׁמַר - v "guard "
the outflows of life		for from it are	guard your heart	from all you guard	

מִכָּל־מִשְׁמָר נָצַר לִבְךָ כִּי־מִמֶּנּוּ תּוֹצְאוֹת חַיִּים

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כִּי־מִמֶּנּוּ תּוֹצְאוֹת חַיִּים

πάση φυλακῇ τήρει σὴν καρδίαν  
ἐκ γὰρ τούτων ἔξοδοι ζωῆς (LXX)