

Shemirat ha-lashon

[Front Side]

cut and laminate

Guard your tongue!

Guarding your tongue, shemirat ha-lashon, leads to life (Prov. 18:21).

מִי־הָאִישׁ הַחֲפִיץ חַיִּים
אֲהֵב יָמִים לְרֹאוֹת טוֹב
נֹצֵר לְשׁוֹנָךְ מִרַע וּשְׂפָתֶיךָ מִדְּבַר מְרֵמָה

mee ha·eesh he·cha·fetz **chai'**·yeem
oh·heiv yah·meem leer·oht tohv
ne·tzohr le·shon·kha mei·ra oos·fah·**tey'**·kha mee·da·beir meer·mah

5"

3"

[Back Side]

cut and laminate

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“What man is there who desires life and loves many days, that he may see good? Keep your tongue from evil and your lips from speaking deceit.”

— Psalm 34:12-13; 1 Pet. 3:10

τίς ἐστὶν ἄνθρωπος ὁ θέλων ζῶην ἀγαπῶν ἡμέρας ἰδεῖν ἀγαθὰς παῦσον τὴν γλῶσσάν σου ἀπὸ κακοῦ καὶ χεῖλη σου τοῦ μὴ λαλῆσαι δόλον

5"

3"