

# Proverbs 21:23

Authorized King James Version (KJV)

Whoso keepeth his mouth and his tongue keepeth his soul  
from troubles.

## Analysis

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Guarding mouth and tongue preserves one from troubles. Careless speech brings self-inflicted calamity—gossip, lying, harsh words all create problems for the speaker. James 3's teaching on the tongue's power to bless or curse expands this wisdom.

## Historical Context

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In communities where reputation was everything, unguarded speech could destroy one's standing and relationships. The wise exercised verbal restraint as self-preservation.

## Related Passages

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**Genesis 1:1** — Creation of heavens and earth

**Psalms 19:1** — Heavens declare God's glory

## Study Questions

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1. What troubles have you brought on yourself through unguarded speech?
2. How can you better guard your tongue to keep yourself from calamity?

## Interlinear Text

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שֶׁמֶר	פִּי	וּלְשׁוֹנוֹ	שֶׁמֶר	מִצָּרֹת	נַפְשׁוֹ:
Whoso keepeth	his mouth	and his tongue	Whoso keepeth	from troubles	his soul
H8104	H6310	H3956	H8104	H6869	H5315

## Additional Cross-References

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**Proverbs 13:3** (Parallel theme): He that keepeth his mouth keepeth his life: but he that openeth wide his lips shall have destruction.

**James 1:26** (Parallel theme): If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain.

**Proverbs 12:13** (Parallel theme): The wicked is snared by the transgression of his lips: but the just shall come out of trouble.

**Proverbs 10:19** (Parallel theme): In the multitude of words there wanteth not sin: but he that refraineth his lips is wise.

**Proverbs 18:21** (Parallel theme): Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.