

Ruling Our Spirit and the Power of Our Words

“Loshon Hora”= evil talk. In general the term refers to various forms of speech prohibited by the Torah. More specifically, it refers to speech which is derogatory or harmful in nature.

“Shmiras Holoshon” - literally, guarding of the tongue, the quality of exercising caution in matters of speech so that one’s words are harmonious with the Torah’s commandments relating to speech.

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- “Like a city that is broken into and without walls is a man who has no control over his spirit.” Proverbs 25:28 (NASB)
- “He that *hath* no rule over his own spirit *is like* a city *that is* broken down, *and* without walls.” Proverbs 25:28 (KJV)
- “A city broken down without walls, Is a man without restraint over his spirit!” Proverbs 25:28 (Young’s Literal Translation)
- “He that hath no rule over his own spirit is [as] a city broken down, without walls” Proverbs 25:28 (Darby Bible Translation)

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- “For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:.... For the eyes of the Lord are over the righteous, and his ears are open unto their prayers: but the face of the Lord is against them that do evil.” I Peter 3:10;12 KJV
- “Whoso keepeth his mouth and his tongue keepeth his soul from troubles.” Proverbs 21:23 KJV
- “The heart of the wise teacheth his mouth, and addeth learning to his lips” Proverbs 16:23 (KJV)
- “Keep thy tongue from evil, and thy lips from speaking guile.” Psalms 34:13 (KJV)
- “A fool’s mouth *is* his destruction, and his lips *are* the snare of his soul.... A man’s stomach shall be satisfied from the fruit of his mouth; From the produce of his lips he shall be filled. Death and life are in the power of the tongue, And those who love it will eat its fruit.” Proverbs 18:7; 20-21(NKJV)
- “The heart of the righteous studies how to answer, But the mouth of the wicked pours forth evil.” Proverbs 15:28 NKJV

- “Counsel in the heart of man *is like* deep water,
But a man of understanding will draw it out.” Proverbs 20:5
- “The words of a man’s mouth *are* deep waters;
The wellspring of wisdom *is* a flowing brook.” Proverbs 18:4
- “²⁹ Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.” Ephesians 29:31