Psalms and Wisdom Books

(Proverbs, Ecclesiastes, Wisdom, Sirach)

Love of God

- Be still, and know that I am God. (Ps 46:10)
- Know that the Lord is God! It is He that made us, and we are His. (Ps 100:3)
- For God alone my soul waits in silence, for my hope is from Him. He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my deliverance and my honor; my mighty rock, my refuge is God. Trust in Him at all times, O people; pour out your hearts to Him; God is a refuge for us. (Ps 62:6-8)
- The eyes of the Lord are upon those who love Him, a mighty protection and strong support...a guard against stumbling and a defense against falling. He lifts up the soul and gives light to the eyes; He grants healing, life, and blessing. (Sir 34:16-17)
- The Lord takes pleasure in those who fear Him, in those who hope in His steadfast love. (Ps 147:11)
- O taste and see that the Lord is good! (Ps 34:8)
- Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits. (Ps 103:1-2)
- Glory in His holy name; let the hearts of those who seek the Lord rejoice! Seek the Lord and His strength, and seek His presence continually! (Ps 105:3-4)
- How lovely is thy dwelling place, O Lord of hosts! My soul longs, yea faints for the courts of the Lord; my heart and flesh sing for joy to the living God. (Ps 84:1-2)
- As a hart longs for flowing streams, so longs my soul for Thee, O God. My soul is thirsting for the living God. (Ps 42:1-2)

Courage

- But I trust in Thee, O Lord, I say, "Thou art my God" ...Be strong, and let your heart take courage, all you who wait for the Lord! (Ps 31:14,24)
- He will deliver my soul in safety from the battle that I wage. (Ps 55:18)
- Because he cleaves to Me in love, I will deliver him. (Ps 91:14)
- For a righteous man falls 7 times, and rises again; but the wicked are overthrown by calamity. (Prv 24:16)

- Blessed are the men whose strength is in Thee...they go from strength to strength. (Ps 84:5-7)
- The wicked flee when no one pursues, but the righteous are as bold as a lion. (Prv 28:1)
- Do not consult with a coward about war... (Sir 37:11)
- He who fears the Lord will not be timid, nor play the coward, for He is his hope. (Sir 34:14)

Humility

- Those who fear the Lord will prepare their hearts, and will humble themselves before Him. (Sir 2:17)
- O Lord, Thou wilt hear the desire of the meek; Thou wilt strengthen their heart. (Ps 10:17)
- To the humble He shows favor. (Prv 3:34)
- The prayer of the humble pierces the clouds, and he will not be consoled until it reaches the Lord; he will not desist until the Most High visits him. (Sir 35:17)
- The greater you are, the more you must humble yourself; so you will find favor in the sight of the Lord. For great is the might of the Lord; He is glorified by the humble. (Sir 3:18-20)
- My son, glorify yourself with humility, and ascribe to yourself honor according to your worth. (Sir 10:28)
- The wisdom of a humble man will lift up his head, and will seat him among the great. (Sir 11:1)
- Lightning speeds before the thunder, and approval precedes a modest man. (Sir 32:10)
- Before falling ill, humble yourself, and when you are on the point of sinning, turn back. (Sir 18:21)
- The beginning of a man's pride is to depart from the Lord; his heart has forsaken his Maker. For the beginning of pride is sin, and the man who clings to it pours out abominations. (Sir 10:12-13)
- When pride comes, then comes disgrace; but with the humble is wisdom. (Prv 11:2)
- A man's pride will bring him low, but he who is lowly in spirit will obtain honor. (Prv 29:23)
- Be not righteous overmuch, and do not make yourself overwise; why should you destroy yourself? (Ecc 7:16)
- Do not exalt yourself lest you fall, and thus bring dishonor on yourself. (Sir 1:30)
- Accept whatever is brought upon you, and in changes that humble you be patient. For gold is tested in fire, and acceptable men in the furnace of humiliation. (Sir 2:4-5)
- Do not sin through proud speech. (Sir 32:12)
- Do not exalt yourself through your soul's counsel. (Sir 6:2)
- How can he who is dust and ashes be proud? (Sir 10:9)
- Let us fall into the hands of the Lord. (Sir 2:18)

Self Control

- Do not follow your inclination and strength, walking according to the desires of your heart. (Sir 5:2)

- Do not follow your base desires, but restrain your appetites. If you allow your soul to take pleasure in base desire, it will make you the laughing-stock of your enemies. (Sir 18:30-31)

- A man without self-control is like a city broken into and left without walls. (Prv 25:28)

Speech

- The mouth of the righteous is a fountain of life. (Prv 10:11)
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- He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding. (Prv 17:27)
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- Do not answer before you have heard, nor interrupt a speaker in the midst of his words. (Sir 11:8)
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- A wise man will be silent until the right moment, but a braggart and a fool goes beyond the right moment. (Sir 20:7)
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- A patient man will endure until the right moment, and then joy will burst forth for him. He will hide his words until the right moment, and the lips of many will tell of his good sense. (Sir 1:23-24)
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- Speak, young man, if there is need of you, but no more than twice, and only if asked. Speak concisely, say much in few words; be as one who knows and yet holds his tongue. Among the great do not act as their equal; and when another is speaking do not babble. (Sir 32:7-9)
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- Do not refrain from speaking at the crucial time, and do not hide your wisdom...but be mindful of your ignorance. (Sir 4:23-25)
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- The mind of the righteous man ponders how to answer. (Prv 15:28)
- Make balances and scales for your words, and make a door and a bolt for your mouth. (Sir 28:25)
- The words of the prudent will be weighed in the balance. The mind of fools is in their mouth, but the mouth of wise men is in their mind. (Sir 21:25-26)
- Prepare what to say, and thus you will be heard, bind together your instruction, and make your answer. (Sir 33:4)
- He who speaks wisely will advance himself, and a sensible man will please great men. (Sir 20:27)
- Blessed is the man who does not blunder with his lips and need not suffer grief for sin. (Sir 14:1)
- O that a guard were set over my mouth, and a seal of prudence upon my lips, that it may keep me from falling, so that my tongue may not destroy me! (Sir 22:27)
- From the fruit of his mouth a man is satisfied; he is satisfied by the yield of his lips. Death and life are in the power of the tongue. (Prv 18:20-21)

- Whoever uses too many words will be loathed, and whoever usurps the right to speak will be hated. (Sir 20:8)
- A fool's narration is like a burden on a journey, but delight will be found in the speech of the intelligent. (Sir 21:16)
- The talk of the godly man is always wise, but the fool changes like the moon.
- (Sir 27:11)
- When words are many, transgression is not lacking, but he who restrains his lips is prudent. (Prv 10:19)
- There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing. (Prv 12:18)
- A soft answer turns away wrath, but a harsh word stirs up anger. (Prv 15:1)
- A gentle tongue is a tree of life... (Prv 15:4)
- Pleasant speech increases persuasiveness...Pleasant words are like honey-comb, sweetness to the soul and health to the body. (Prv 16:21-24)
- He who forgives an offense seeks love, but he who repeats a matter alienates a friend. (Prv 17:9)
- Never repeat a conversation, and you will lose nothing at all. With friend or foe do not report it, and unless it would be a sin for you, do not disclose it; for some one has heard you and watched you, and when the time comes he will hate you. Have you heard a word? Let it die with you. Be brave! It will not make you burst! With such a word a fool will suffer pangs like a woman in labor with a child. Like an arrow stuck in the flesh of the thigh, so is a word inside a fool. (Sir 19:7-12)
- For a wound may be bandaged, and there is reconciliation after abuse, but whoever has betrayed secrets is without hope. (Sir 27:21)
- He who belittles his neighbor lacks sense, but a man of understanding remains silent. (Prv 11:12)
- The blow of a whip raises a welt, but a blow of the tongue crushes the bones. (Sir 28:17)
- A stallion is like a mocking friend, he neighs under every one who sits on him. (Sir 33:6)
- Like a madman who throws firebrands, arrows and death, is the man who deceives his neighbor and says, "I am only joking!" (Prv 26:19)
- Mockery and abuse issue from the proud man, but vengeance lies in wait for him like a lion. (Sir 27:28)
- It is not good to eat much honey, so be sparing with complimentary words. (Prv 25:27)
- Let another praise you, and not your own mouth... (Prv 27:2)
- Do not reveal your thoughts to everyone, lest you drive away your good luck. (Sir 8:19)
- One who trusts others too quickly is lightminded. (Sir 19:4)

Table and Bed

- The righteous has enough to satisfy his appetite, but the belly of the wicked suffers want. (Prv 13:25)
- The Lord does not let the righteous go hungry, but He thwarts the craving of the wicked. (Prv 10:3)
- He who is sated loathes honey, but to one who is hungry everything bitter is sweet. (Prv 27:7)
- Be ashamed of selfish behavior at meals. (Sir 41:19)
- Are you seated at the table of a great man? Do not be greedy at it, and do not say, "There is certainly much upon it!" Remember that a greedy eye is a bad thing...Do not reach out your hand

for everything you see, and do not crowd your neighbor at the dish. Eat like a human being what is set before you, and do not chew greedily, lest you be hated. Be the first to stop eating, for the sake of good manners, and do not be insatiable, lest you give offense. If you are seated among many persons, do not reach out your hand before they do. How ample a little is for a well-disciplined man! He does not breathe heavily upon his bed. Healthy sleep depends on moderate eating; he rises early, and feels fit. The distress of sleeplessness and of nausea and colic are with the glutton. If you are overstuffed with food, get up in the middle of the meal, and you will soon have relief. Listen to me, my son, and do not disregard me, and in the end you will appreciate my words. In all your work be industrious, and no sickness will overtake you...Wine is like life to men, if you drink it in moderation. (Sir 31:13-27)

- Leave in good time and do not be the last; go home quickly and do not linger. (Sir 32:11)
- He who devotes himself to the study of the law of the Most High... will set his heart to rise early to seek the Lord who made him... (Sir 39:5)
- Those who rise early to seek Him will find favor. (Sir 32:14)
- O Lord, Father and God of my life, do not give me haughty eyes, and remove from me evil desire. Let neither gluttony nor lust overcome me, and do not surrender me to a shameless soul. (Sir 23:4-6)

Purity

- My son, if you came forward to serve the Lord, prepare yourself for temptation. (Sir 2:1)
- Turn away your eyes from a shapely woman, and do not look intently at beauty belonging to another; many have been misled by a woman's beauty, and by it passion is kindled like a fire. (Sir 9:7-8)
- When a sieve is shaken, the refuse remains; so a man's filth remains in his thoughts. (Sir 27:4)
- O evil imagination, why were you formed to cover the land with deceit? (Sir 37:3)
- So if a man fasts for his sins, and goes again and does the same things, who will listen to his prayer? And what has he gained by humbling himself? (Sir 34:26)
- To keep from wickedness is pleasing to the Lord, and to forsake unrighteousness is atonement. (Sir 35:3)
- Men of perverse mind are an abomination to the Lord, but those of blameless ways are his delight. (Prv 11:20)
- Perverse thoughts separate men from God...because wisdom will not enter a deceitful soul, nor dwell in a body enslaved to sin. For a holy and disciplined spirit will flee from deceit, and will rise and depart from foolish thoughts... (Wis 1:3-5)
- He who fears the Lord will accept His discipline, and those who rise early to seek Him will find favor. (Sir 32:14)
- Those who work with My help will not sin. (Sir 24:22)
- No balance can weigh the value of a chaste soul. (Sir 26:15)
- Blessed also is the eunuch whose hands have done no lawless deed, and who has not devised wicked things against the Lord; for special favor will be shown him for his faithfulness, and a place of great delight in the temple of the Lord. For the fruit of good labors is renowned. (Wis 3:14-15)

Wisdom

- There is one who is wise, greatly to be feared, sitting upon his throne. The fear of the Lord is glory and exultation, and gladness and a crown of rejoicing. The fear of the Lord delights the heart, and gives gladness and joy and long life. With him who fears the Lord it will go well at the end; on the day of his death he will be blessed. To fear the Lord is the beginning of wisdom...to fear the Lord is the root of wisdom... (Sir 1:8-20)
- Happy is the man who finds wisdom... (Prv 3:13)
- God loves nothing so much as the man who lives with wisdom. (Wis 7:28)
- The beginning of wisdom is this: Get wisdom, and whatever you get, get insight. (Prv 4:7)
- Pursue wisdom like a hunter, and lie in wait on her paths. (Sir14-22)
- The knowledge of a wise man will increase like a flood, and his counsel like a flowing spring. (Sir21:13)
- Do nothing without deliberation, and when you have acted, do not regret it. (Sir 32:19)
- Keep the king's command, and because of your sacred oath be not dismayed, go from his presence, do not delay when the matter is unpleasant, for he does whatever he pleases. For the word of the king is supreme, and who may say to him, "What are you doing?" He who obeys a command will meet no harm, and the mind of a wise man will know the time and the way. (Ecc 8:2-5)
- Chastising and discipline are wisdom at all times. (Sir 22:6)
- My son, do not despise the Lord's discipline or be weary of his reproof, for the Lord reproves him whom he loves, as a father the son in whom he delights. (Prv 3:11-12)
- Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones. (Prv 3:7-8)
- By insolence the heedless make strife, but with those who take advice is wisdom. (Prv 13:10)
- Excel in all that you do, bring no stain upon your honor. (Sir 33:22)
- Hear, my son, and be wise, and direct your mind in the way. (Prv 23:19)
- A wise man's heart inclines him toward the right, but a fool's heart toward the left. (Ecc 10:2)
- Wise conduct is pleasure to a man of understanding. (Prv 10:23)
- Let your eyes look directly forward, and your gaze be straight before you. Take heed to the path of your feet, then all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil. (Prv 4:25-27)
- Do not be overconfident on a smooth way, and give good heed to your paths. Guard yourself in every act, for this is the keeping of the commandments. (Sir 32:21-23)
- Remember your father and mother when you sit among great men; lest you be forgetful in their presence, and be deemed a fool on account of your habits... (Sir 23:14)
- A man is known by his appearance, and a sensible man is known by his face, when you meet him. A man's attire and open-mouthed laughter, and a man's manner of walking, show what he is. (Sir 19:29-30)
- A fool raises his voice when he laughs, but a clever man smiles quietly. (Sir 21:20)
- A fool takes no pleasure in understanding, but only in expressing his opinion. (Prv 18:2)
- He who tells a story to a fool tells it to a drowsy man; and at the end he will say, "What is it?" (Sir 22:8)
- A man of quick temper acts foolishly, but a man of discretion is patient. (Prv 14:17)
- A wooden beam firmly bonded into a building will not be torn loose by an earthquake; so the mind firmly fixed on a reasonable counsel will not be afraid in a crisis. (Sir 22:16)
- Like snow in summer or rain in harvest, so honor is not fitting for a fool. (Prv 26:1)

- Do you see a man who is wise in his own eyes? There is more hope for a fool than for him. (Prv 26:12)

Peace

- It is an honor of a man to keep aloof from strife, but every fool will be quarreling. (Prv 20:3)
- As charcoal to hot embers and wood to fire, so is a quarrelsome man for kindling strife. (Prv 26:21)
- The beginning of strife is like letting out water, so quit before the quarrel breaks out. (Prv 17:14)
- Scoffers set a city aflame, but wise men turn away wrath. (Prv 29:8)
- Refrain from strife, and you will lessen sins, for a man given to anger will kindle strife, and a sinful man will disturb friends and inject enmity among those who are at peace. In proportion to the fuel for the fire, so will be the burning, and in proportion to the obstinacy of strife will be the burning. (Sir 28:8-10)
- Unrighteous anger cannot be justified, for a man's anger tips the scale to his ruin. (Sir 1:22)
- Anger and wrath, these also are abominations, and the sinful man will possess them. (Sir 27:30)
- Refrain from anger, and forsake wrath! Fret not yourself, it tends only to evil. (Ps 37:8)
- Be not quick to anger, for anger lodges in the bosom of fools. (Ecc 7:9)
- How much better it is to reprove than to stay angry! (Sir 20:2)
- Better is open rebuke than hidden love. Faithful are the wounds of a friend, profuse are the kisses of an enemy. (Prv 27:6)
- Hatred stirs up strife, but love covers all offenses. (Prv 10:12)
- The vexation of a fool is known at once, but the prudent man ignores an insult. (Prv 12:16)
- Even if you have drawn your sword against a friend, do not despair, for a renewal of friendship is possible. If you have opened your mouth against your friend, do not worry, for reconciliation is possible; but as for reviling, arrogance, disclosure of secrets, or a treacherous blow---in these cases any friend will flee. (Sir 22:21-22)
- He that takes vengeance will suffer vengeance from the Lord, and he will firmly establish his sins. Forgive your neighbor the wrong he has done, and then your sins will be pardoned when your pray. Does a man harbor anger against another, and yet seek for healing from the Lord? Does he have no mercy toward a man like himself, and yet pray for his own sins? Remember the end of your life, and cease from enmity, remember destruction and death, and be true to the commandments. Remember the commandments, and do not be angry with your neighbor; remember the covenant of the Most High, and overlook ignorance. (Sir 28:1-7)
- Jealousy and anger shorten life, and anxiety brings on old age too soon. (Sir 30:24)
- Anxiety in a man's heart weighs him down, but a good word makes him glad. (Prv 12:25)
- A tranquil mind gives life to the flesh. (Prv 14:30)
- Whoever pays heed to slander will not find rest, nor will he settle down in peace. (Sir 28:16)
- The heart of a fool is like a cart-wheel, and his thoughts like a turning axle. (Sir 33:5)
- Better is a handful of quietness than two hands full of toil and a striving after wind. (Ecc 4:6)
- Sorrow of heart saps one's strength... Do not give your heart to sorrow, drive it away, remembering the end of life. Do not forget, there is no coming back, you do the dead no good, and you injure yourself. (Sir 38:18-21)
- Blessed is he whose heart does not condemn him, and who has not given up his hope. (Sir 14:2)

- A glad heart makes a cheerful countenance, but by sorrow of heart the spirit is broken. (Prv 15:13)
- Gladness of heart is the life of man, and the rejoicing of a man is length of days. Delight your soul and comfort your heart, and remove sorrow far from you, for sorrow has destroyed many, and there is no profit in it. (Sir 30:22-23)
- All the days of the afflicted are evil, but a cheerful heart has a continual feast. (Prv 15:15)
- A man's heart changes his countenance, either for good or for evil. The mark of a happy heart is a cheerful face. (Sir 13:25-26)
- A cheerful heart is a good medicine, but a downcast spirit dries up the bones. (Prv 17:22)

Death

- With him who fears the Lord it will go well at the end; on the day of his death he will be blessed. (Sir 1:13)
- For mercy and wrath are with the Lord; he is mighty to forgive, and he pours out wrath. As great as his mercy, so great is also his reproof; he judges a man according to his deeds... He will make room for every act of mercy... (Sir 16:11-14)
- In all you do, remember the end of your life, and then you will never sin. (Sir 7:36)
- The end of the matter; all has been heard. Fear God, and keep His commandments; for this is the whole duty of man. For God will bring every deed into judgment, with every secret thing, whether good or evil. (Ecc 12:13-14)