

# WISDOM

## CHEAT SHEETS

**This selection from the Book of Proverbs explores the theme of hope and despair. Notice the place of the heart as the seat of human emotions, both positive and negative ones. The wise person cares for their heart.**

Proverbs 10:25 When the storm has swept by, the wicked are gone, but the righteous stand firm forever.

Proverbs 10:24 What the wicked dread will overtake them; what the righteous desire will be granted.

Proverbs 10:29 The way of the Lord is a refuge for the blameless, but it is the ruin of those who do evil.

Proverbs 11:7 Hopes placed in mortals die with them; all the promise of their power comes to nothing.

Proverbs 12:25 Anxiety weighs down the heart, but a kind word cheers it up.

Proverbs 13:12 Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

Proverbs 14:13 Even in laughter the heart may ache, and rejoicing may end in grief.

Proverbs 15:30 Light in a messenger's eyes brings joy to the heart, and good news gives health to the bones.

Proverbs 16:4 The Lord works out everything to its proper end—even the wicked for a day of disaster.

Proverbs 17:22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 18:14 The human spirit can endure in sickness, but a crushed spirit who can bear?

Proverbs 18:10 The name of the Lord is a fortified tower; the righteous run to it and are safe.

Proverbs 19:1 Better the poor whose walk is blameless than a fool whose lips are perverse.

Proverbs 23:17 Do not let your heart envy sinners, but always be zealous for the fear of the Lord.

Proverbs 23:18 There is surely a future hope for you, and your hope will not be cut off.

Proverbs 24:13-14 Do not let your heart envy sinners, but always be zealous for the fear of the Lord.

Proverbs 25:19 Like a broken tooth or a lame foot is reliance on the unfaithful in a time of trouble.

Proverbs 25:20 Like one who takes away a garment on a cold day, or like vinegar poured on a wound, is one who sings songs to a heavy heart.

Proverbs 25:25 Like cold water to a weary soul is good news from a distant land.