

FACING THE HOLIDAYS WITH WISDOM
Selected Proverbs

1. Focus on giving rather than getting

*He who has a generous eye will be blessed,
For he gives of his bread to the poor. 22:9*

2. Look for opportunities to help others

*A friend loves at all times,
And a brother is born for adversity. 17:17*

3. Make love the best dish

*Better is a dinner of herbs where love is,
Than a fatted calf with hatred. 15:17*

4. Be the positive one

*A merry heart does good, like medicine,
But a broken spirit dries the bones. 17:22*

5. Be careful with your mouth

*A soft answer turns away wrath,
But a harsh word stirs up anger. 15:1*

6. Don't eat or drink too much

*Wine is a mocker,
Strong drink is a brawler,
And whoever is led astray by it is not wise. 20:1*

*Do not mix with winebibbers,
Or with gluttonous eaters of meat; 23:20*