

Inspirational Quotes and Proverbs

February 2020

February 01, 2020

“The human race is in one constant habitual state of fixing the mistake after they happen, and then giving glory to those that fix them something that should have never happened in the first place!”

Jeremiah 10:23 Yahweh, I know that the way of man is not in himself: it is not in man who walks to direct his steps.

1 Thessalonians 3:11 Now may our God and Father himself, and our Lord Jesus Christ, direct our way to you;

1 Kings 4:29 God gave Solomon wisdom and understanding exceeding much, and very great understanding, even as the sand that is on the seashore.

Job 12:13 "With God is wisdom and might. He has counsel and understanding.

Job 28:28 To man he said, 'Behold, the fear of the Lord, that is wisdom. To depart from evil is understanding.'"

Job 32:8 But there is a spirit in man, and the breath of the Almighty gives them understanding.

Facts: The painful reality is that love is just not enough. I'll admit that there are people who I love who I still need to better understand. I hope I'll continue *my work* to understand them. The willingness to understand is very important. It is not always easy, but healthy love is strengthened by the willingness to understand. Love without understanding will wilt like flowers without water. Parents help themselves and their children by realizing and understanding their emotional and developmental changes as they grow up. Some parents fail to ever really understand their children. And sadly, many parents are never understood by their children. In many cases, understanding of parents does not occur not until they are on their deathbed or have passed. Sadly, in other cases, this understanding never comes to fruition. We tend not to like those parts of others that we do not understand. For disconnected and frustrated parents and children, this may sound like, "I love him but I just don't like him." by **Jeffrey Bernstein, Ph.D.**

February 02, 2020

“Rules change like sin depending upon the mood of societies at the time!”

Daniel 7:25 He shall speak words against the Most High, and shall wear out the saints of the Most High; and he shall think to change the times and the law; and they shall be given into his hand until a time and times and half a time.

Psalms 55:19 God, who is enthroned forever, will hear, and answer them. Selah. They never change, who don't fear God.

James. 1:13 Let no man say when he is tempted, "I am tempted by God," for God can't be tempted by evil, and he himself tempts no one. 1:14 But each one is tempted, when he is drawn away by his own lust, and enticed. 1:15 Then the lust, when it has conceived, bears sin; and the sin, when it is full grown, brings forth death.

1:16 Don't be deceived, my beloved brothers. 1:17 Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom can be no variation, nor turning shadow.

1 Corinthians 14:33 for God is not a God of confusion, but of peace. As in all the assemblies of the saints.

Facts: Nearly 1.25 million people die in road crashes each year, on average 3,287 deaths a day. An additional 20-50 million are injured or disabled. More than half of all road traffic deaths occur among young adults ages 15-44.

According to the FBI, more than five times as many people were killed in 2018 by knives, clubs and other cutting instruments than with rifles.

The metrics show that there were a total of 1,515 deaths by knives or other cutting instruments last year. Compare that against 297 people killed by rifles.

It's a gap that widened significantly over 2017. In that year, the FBI said nearly four times as many people were stabbed to death as killed with rifles. During that year, the number of murders with rifles was around 400.

It gets better. More than 100 more people were killed with hammers and clubs in 2018 than were killed by rifles. There were 443 people killed with hammers, clubs, or other "blunt objects". By law enforcement today

February 03, 2020

“If we are to love our neighbor as ourselves wouldn't it seem obvious that it means we are not a busybody in our neighbor eating habits, their drinking habits, or anything else in their lives unless we we are invited to give them some advise? Moreover, are we going to become a police force to make sure that they took our advise and applied it? These ungodly intrusions are far more important than restricting a food, or something else in someones life.”

2Thess.3:10 For even when we were with you, we commanded you this: "If anyone will not work, neither let him eat." 3:11 For we hear of some who walk among you in rebellion, who don't work at all, but are busybodies. 3:12 Now those who are that way, we command and exhort in the Lord Jesus Christ, that with quietness they work, and eat their own bread.

1Tim.5:11 But refuse younger widows, for when they have grown wanton against Christ, they desire to marry; 5:12 having condemnation, because they have rejected their first pledge. 5:13 Besides, they also learn to be idle, going about from house to house. Not only idle, but also gossips and busybodies, saying things which they ought not.

1Pet. 4:15 For let none of you suffer as a murderer, or a thief, or an evil doer, or a meddler in other men's matters.

James.1:27 Pure religion and undefiled before our God and Father is this: to visit the fatherless and widows in their affliction, and to keep oneself unstained by the world.

Facts: A busybody is a nosy, meddling person, who's very interested in what other people say and do. If you're a busybody, you can't help offering advice to friends, whether they want it or not. Busybodies

are known for trying to help with situations in which they're not necessarily welcome or needed.

A busybody is a person who meddles in the affairs of others. Sometimes this meddling is under the guise of “helping,” but usually the “help” is unwelcome and uninvited. Busybodies are often people who are dissatisfied with the level of drama in their own lives and gain satisfaction by becoming involved in the problems of other people. Gossip is usually a staple of every busybody, but it is usually camouflaged as a “prayer request” or given under the pretense of asking for advice.

February 04, 2020

“Why would a person move away from moral virtue while on social media, driving, talking, and texting in public place having no consideration for others in a crowded store? Its because they have no true wisdom which has the power of peace in it requiring us to have integrity in treating others as we want to be treated.”

Psalms 7:8 Yahweh administers judgment to the peoples. Judge me, Yahweh, according to my righteousness, and to my integrity that is in me.

Proverbs 2:7 He lays up sound wisdom for the upright. He is a shield to those who walk in integrity;

Proverbs 11:3 The integrity of the upright shall guide them, but the perverseness of the treacherous shall destroy them.

Proverbs 17:26 Also to punish the righteous is not good, nor to flog officials for their integrity.

Proverbs 29:10 The bloodthirsty hate a man of integrity; and they seek the life of the upright.

Titus 2:7 in all things showing yourself an example of good works; in your teaching showing integrity, seriousness, incorruptibility.

Facts: integrity; Let's admit it: There are infinite ways you can treat a romantic partner badly. Every day, in couples old and new, wealthy and poor, men and women get nasty with each other. At the most distorted end of the spectrum are the physical and sexual abusers; at the other end are the name-callers and angry, passive-aggressive types. (*Infidelity is a complex issue appropriate for separate analysis.*) No psychological study will ever reveal the percentage of relationships that include nasty, below-the-belt behavior. Yet there are couples out there who fight but not never unfairly, who argue but stop short of calling each other names. Those couples, which may have problems with each other but still manage to show a level of humanity and kindness, are composed of romantic partners who show integrity in everyday life. May we all watch and learn from them. By Seth Meyers Psy.D.

February 07, 2020

“Evil is evil, loyalty is integrity, to despise loyalty is like a broken down wall that protects no one, and encourage every form of evil to enter in!”

Psalms 78:8 and might not be as their fathers, a stubborn and rebellious generation, a generation that didn't make their hearts loyal, whose spirit was not steadfast with God.

Job 2:3 Yahweh said to Satan, "Have you considered my servant Job? For there is none like him in the earth, a blameless and an upright man, one who fears God, and turns away from evil. He still maintains his integrity, although you incited me against him, to ruin him without cause."

Psalms 25:21 Let integrity and uprightness preserve me, for I wait for you.

Proverbs 11:3 The integrity of the upright shall guide them, but the perverseness of the treacherous shall destroy them.

Proverbs 28:6 Better is the poor who walks in his integrity, than he who is perverse in his ways, and he is rich.

Proverbs 29:10 The bloodthirsty hate a man of integrity; and they seek the life of the upright.

Facts: Loyalty, that sense of where we consistently communicate and demonstrate our strong feelings of support, needs a foundation of reality and at the very least, acknowledgement, care, trust, and respect. On both sides.

Loyalty is something that happens over time and with experience. Like trust, it needs to be increased on the basis of supporting evidence, not increased to make up for the decrease in your sense of self or the decrease in their contribution to what should be a mutual relationship, romantic and otherwise. Just as meeting breaches of trust with more trust, is a recipe for pain, so is giving away loyalty without due diligence.

We cannot know what loyalty means if we have no affinity to it within us because in reality, if we would betray ourselves repeatedly in the name of 'loyalty', that's not about showing strong support for someone with a core thread of respect and mutuality; that's about codependency, being excessively emotionally reliant on that person and hoping that by giving in this way that it will create a tipping point of reciprocation. By
NATALIE

February 08, 2020

“The greatest thing about true wisdom is to look up, and not down!”

1Cor.1:30 But of him, you are in Christ Jesus, who was made to us wisdom from God, and righteousness and sanctification, and redemption:

Philippians.2:1 If there is therefore any exhortation in Christ, if any consolation of love, if any fellowship of the Spirit, if any tender mercies and compassion, 2:2 make my joy full, by being like-minded, having the same love, being of one accord, of one mind;

2:3 doing nothing through rivalry or through conceit, but in humility, each counting others better than himself; 2:4 each of you not just looking to his own things, but each of you also to the things of others.

Philippians. 2:5 Have this in your mind, which was also in Christ Jesus, 2:6 who, existing in the form of God, didn't consider equality with God a thing to be grasped, 2:7 but emptied himself, taking the form of a servant, being made in the likeness of men.

2:8 And being found in human form, he humbled himself, becoming obedient to death, yes, the death of the cross.

Facts: Humility is an asset for self-improvement. By living a **humble** life, you recognize the areas of your life that need work. ... We also need **humility** for inner well-being. Becoming frustrated and angry at losses come with any struggle in life, so it's **important** we understand **humility** to become a better person. Mar 26, 2019

One of the most important characteristics of any human being is humility. Yet, most of us fail to show much humility in life. In fact, we're quite the opposite. We brag and we boast. We take pictures and we do things all so that we can display a public persona to the

world. However, what most people don't realize is that many can see right through this facade.

The truth is that we could all endeavor to show more humility in life. We can all toil to be more transparent, and display that fragile inner self, the one that we hide so desperately in fear of it being shattered into a million little pieces, like a giant mirror crashing and cascading violently to the floor. By Wanderlust Woker

February 09, 2020

Christian's must remember if we don't obey God out of love, it becomes a religion we obey for fear of punishment.

Romans 8:15 For you didn't receive the spirit of bondage again to fear, but you received the Spirit of adoption, by whom we cry, "Abba {Abba is an Aramaic word for father or daddy, often used affectionately and respectfully in prayer to our Father in heaven.}! Father!"

2 Timothy 1:7 For God didn't give us a spirit of fear, but of power, love, and self-control.

1 Peter 3:14 But even if you should suffer for righteousness' sake, you are blessed. "Don't fear what they fear, neither be troubled." {Isaiah 8:12}

1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love.

Facts: Mastigophobia, or painophobia, is a fear of punishment. The fear is commonly encountered in children who get punished frequently by parents or other adults. People observing cruel actions in others or warnings received can cause fear.

“If people are good only because they fear punishment, and hope for reward, then we are a sorry lot indeed.”

Albert Einstein

A once common example of both physical and emotional punishment is washing out a child's mouth with soap because the child has used bad language. While the procedure is only uncomfortable, rather than painful, the degradation the child experiences is great. Without consciously knowing it the child responds not only to the obvious message that he said something bad but also to the implicit message that the parent views his insides as dirty and bad—that the child himself is vile. In the end the parent's goal—to eliminate bad language from the child's vocabulary—is rarely achieved. Instead, the punishment serves to convince the child that although the parent is very much concerned with overt behavior, he is completely uninterested in whatever annoyance compelled the child to use bad language. It convinces him that the parent is interested only in what he wants, and not in what the child wants. If this is so, the child in his inner being reasons, then why shouldn't he too be interested only in what he wants, and ignore the wishes of his parent?

February 11, 2020

“Justification does not come by judgment of the flesh or restricting ourselves from a food, or thought, or anything else found in our flesh good or bad by laws. It comes by grace not by works of law good or bad in our flesh. Grace is our clean conscious maintained by the Spirit and not the laws of our flesh, which are dead in Christ, and that is what we are to put real faith in!”

Rom. 8:2 For the law of the Spirit of life in Christ Jesus made me free from the law of sin and of death. 8:3 For what the law couldn't do, in that it was weak through the flesh, God did, sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh; 8:4 that the ordinance of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit. 8:5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. 8:6 For the mind of the flesh is death, but the mind of the Spirit is life and peace; 8:7 because the mind of the flesh is hostile towards God; for it is not subject to God's law, neither indeed can it be. 8:8 Those who are in the flesh can't please God. 8:9 But you are not in the flesh but in the Spirit, if it is so that the Spirit of God dwells in you. But if any man doesn't have the Spirit of Christ, he is not his.

John 3:6 That which is born of the flesh is flesh. That which is born of the Spirit is spirit.

John 4:24 God is spirit, and those who worship him must worship in spirit and truth."

John 6:63 It is the spirit who gives life. The flesh profits nothing. The words that I speak to you are spirit, and are life.

Facts: Simply put, probiotics are live bacteria that when consumed, may provide a health benefit. A common misconception is that all bacteria are harmful "germs," but not all bacteria are bad. In actuality, bacteria can be broken down into two categories: good bacteria and bad bacteria. Good bacteria help your body digest food and produce nutrients, and we always want a healthy number of good bacteria in our bodies at all times.

They help maintain the delicate balance between the good and bad bacteria in your [gut microbiome](#), which is made up of trillions of

bacteria and is considered a key to overall health. The good bacteria form a mutually advantageous (or “symbiotic”) relationship with your body. For instance, some probiotics help break down the food we eat and provide digestive support

Hundreds of papers have been published about the various health benefits associated with probiotics. And over the past few years the pace of publication has been increasing. Some probiotic strains have been shown in studies to have immune benefits (for example, Bifidobacterium lactis HN019 and Lactobacillus casei DN114001 (4C)) and others have data to support digestive benefits (for example, [Bifidobacterium 35624™](#)). By Align Probiotic

January 12, 2020

“It does not take much to offend a fool just a word!”

Proverbs 12:25 Anxiety in a man's heart weighs it down, but a kind word makes it glad.

Proverbs 10:8 The wise in heart accept commandments, but a chattering fool will fall.

Proverbs 12:15 The way of a fool is right in his own eyes, but he who is wise listens to counsel.

Proverbs 12:16 A fool shows his annoyance the same day, but one who overlooks an insult is prudent.

Proverbs 17:10 A rebuke enters deeper into one who has understanding than a hundred lashes into a fool.

Proverbs 18:2 A fool has no delight in understanding, but only in revealing his own opinion.

Facts: The numbers illustrating the dangers of cell phone use while driving are downright startling. In fact, at any given time throughout the day, approximately 660,000 drivers are attempting to use their phones while behind the wheel of an automobile.

The National Safety Council reports that cell phone use while driving leads to 1.6 million crashes each year.

- Nearly 390,000 injuries occur each year from accidents caused by texting while driving.
- 1 out of every 4 car accidents in the United States is caused by texting and driving.
- Texting while driving is 6x more likely to cause an accident than driving drunk.
- Answering a text takes away your attention for about five seconds. Traveling at 55 mph, that's enough time to travel the length of a football field.
- Texting while driving causes a 400 percent increase in time spent with eyes off the road.
- Of all cell phone related tasks, texting is by far the most dangerous activity.
- 94 percent of drivers support a ban on texting while driving.
- 74 percent of drivers support a ban on hand-held cell phone use.

Posted on Edgar Snyder & Associates

February 13, 2020

“There is a kindness that is cruel, and a trap set by the evil, than there is a kindness full of good fruit and mercy that is born of humility with no gullibility.”

Deuteronomy 32:33 Their wine is the poison of serpents, The cruel venom of asps.

Proverbs 11:17 The merciful man does good to his own soul, but he who is cruel troubles his own flesh.

Proverbs 27:4 Wrath is cruel, and anger is overwhelming; but who is able to stand before jealousy?

1 Thessalonians 2:5 For neither were we at any time found using words of flattery, as you know, nor a cloak of covetousness (God is witness).

Facts: [Social comparison theory](#) argues that people naturally make comparisons to other people. And these comparisons often make us feel worse about ourselves or better about ourselves. As we generally prefer to feel good, we are prone to making downward comparisons, or comparisons that enable us to look down on other people. Moreover, research based on this theory also supports the notion that people are more negative towards others when they have been insulted or belittled, and that this can make people feel better about themselves (it can help restore self-esteem). In one study, when people were told they were unattractive (using fake feedback), compared to being told they were attractive, they rated

others not only as less attractive but also less intelligent and less kind. Put succinctly, being insulted made people more likely to demean others.

February 15, 2020

“When propagandist make us believe that one cannot correct our children, than the converse happens we handed over our children to corrupt governments, dead to God, and morality whom worshiped diversity!”

Proverbs 19:26 He who robs his father and drives away his mother, is a son who causes shame and brings reproach.

Proverbs 20:20 Whoever curses his father or his mother, his lamp shall be put out in blackness of darkness.

Proverbs 23:22 Listen to your father who gave you life, and don't despise your mother when she is old.

Proverbs 28:24 Whoever robs his father or his mother, and says, "It's not wrong." He is a partner with a destroyer.

Mark 10:19 You know the commandments: 'Do not murder,' 'Do not commit adultery,' 'Do not steal,' 'Do not give false testimony,' 'Do not defraud,' 'Honor your father and mother.'"{Exodus 20:12-16; Deuteronomy 5:16-20}

Ephesians 6:2 "Honor your father and mother," which is the first commandment with a promise:

Facts: The number of children who grow up without a father in the home in the United States has reached concerning levels. There exists a considerable research base that suggests that children raised in households lacking a father experience psychosocial problems

with greater frequency than children with a father in the home (Allen & Daly, 2007). These problems have been found to extend into adolescence and adulthood and include an increased risk of substance use, depression, suicide, poor school performance, and contact with the criminal justice system (Allen & Daly, 2007).

Lack of paternal involvement has also been associated with a higher likelihood of being bullied and experiencing abuse (Allen & Daly, 2007). Educating uninvolved fathers and helping them play a more active role in their child's life could benefit both families and communities. To bring this into focus, the present article aims to highlight ten adverse outcomes that may result from the absence of a father in a child's life: (1) Perceived abandonment, (2) attachment issues, (3) child abuse, (4) childhood obesity, (5) criminal justice involvement, (6) gang involvement, (7) mental health issues, (8) poor school performance, (9) poverty and homelessness; and (10) substance use. By Jerrod Brwon MA,MS

February 17, 2020

“How can we measure ourselves against anyone if we worship in Spirit and truth?”

2 Corinthians 5:16 Therefore we know no one after the flesh from now on. Even though we have known Christ after the flesh, yet now we know him so no more.

Ephesians 6:12 For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world's rulers of the darkness of this age, and against the spiritual forces of wickedness in the heavenly places.

2 Corinthians 10:12 For we are not bold to number or compare ourselves with some of those who commend themselves. But they

themselves, measuring themselves by themselves, and comparing themselves with themselves, are without understanding.

John 8:15 You judge according to the flesh. I judge no one.

Facts: **Propaganda** is a form of communication to distribute information. It is always **biased**. The information is **designed** to make people feel a certain way or to believe a certain thing. The information is often **political**.

It is hard to tell whether the information is true or false. Very often, the information is confusing and unfair. Propaganda does tend to make **disputes** last longer, and be more difficult to resolve.

The word 'propaganda' comes from **Latin**. At first, it meant 'ideas to be spread around'. But in the **First World War**, it came to mean 'political ideas that are supposed to be misleading'.

Propaganda is like **advertising** in some ways. For example, it uses the **mass media** to spread its ideas. But advertising is usually trying to sell something, whereas propaganda is about ideas. It is often political, and used by states or political parties, not private companies.

Propaganda is often used during wars. There it can be very useful. It can take the form of **posters**, **TV** advertisements, and **radio** announcements. Sometimes it keeps the people of a country happy - telling them that their country is fighting well and telling them how important it is that the **enemy** is defeated. Sometimes it tries to make people hate the enemy. The information could tell people that the enemy is **evil** or make them seem not human. Sometimes a **government** gives propaganda to the enemy - telling them that the war is going badly for them and that they should stop fighting. By

[KidzSearch](#) Safe Wikipedia for Kids

February 19, 2020

“If one thinks they are flawless they must control everything so the flaws don’t expose the lie!”

Job 12:22 He uncovers deep things out of darkness, and brings out to light the shadow of death.

Psalms 36:9 For with you is the spring of life. In your light shall we see light.

Proverbs 20:9 Who can say, "I have made my heart pure. I am clean and without sin?"

Proverbs 30:12 There is a generation that is pure in their own eyes, yet are not washed from their filthiness.

Luke.18:9 He spoke also this parable to certain people who were convinced of their own righteousness, and who despised all others. 18:10 "Two men went up into the temple to pray; one was a Pharisee, and the other was a tax collector. 18:11 The Pharisee stood and prayed to himself like this: 'God, I thank you, that I am not like the rest of men, extortioners, unrighteous, adulterers, or even like this tax collector. 18:12 I fast twice a week. I give tithes of all that I get.' 18:13 But the tax collector, standing far away, wouldn't even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' 18:14 I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."

Facts: Most of the time, **arrogance** can indicate an excessive need for **self-importance** and wanting to be the center of attention. In its extreme form, it can turn into narcissism. It could be the root of

many problems, from anxiety to depression to the inability to sustain healthy and fulfilling relationships. Oct 3, 201

In a [Psychology Today article](#) entitled “*Foolish Arrogance: When High Self-Esteem Blinds You to Risk*,” developmental psychologist Stephen Greenspan, Ph.D. argues that “excessive self-regard” or “arrogance” leads people to disregard important facts and make decisions that are destructive to themselves and others. He also states, “people with violent, criminal or racist tendencies tend to have overly high self-esteem.”

February 21, 2020

“God can’t reveal truth to a closed mind, why? Because God is love and he refuses to deny himself the truth of love!”

1Cor.2:9 But as it is written, "Things which an eye didn't see, and an ear didn't hear, which didn't enter into the heart of man, these God has prepared for those who love him." {Isaiah 64:4}

2:10 But to us, God revealed them through the Spirit. For the Spirit searches all things, yes, the deep things of God.

Matt.10:11 Into whatever city or village you enter, find out who in it is worthy; and stay there until you go on.

10:12 As you enter into the household, greet it.

10:13 If the household is worthy, let your peace come on it, but if it isn't worthy, let your peace return to you.

10:14 Whoever doesn't receive you, nor hear your words, as you go out of that house or that city, shake off the dust from your feet.

Isaiah 32:18 My people will abide in a peaceful habitation, in safe dwellings, and in quiet resting places.

1 Thessalonians 4:11 and that you make it your ambition to lead a quiet life, and to do your own business, and to work with your own hands, even as we instructed you;

Facts: Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics. Help Guide.org

When you're constantly doing things, caught up in the whirlwind of the moment, you may tend to forget or ignore what's important. By involving yourself in too many activities, taking on too much or spending time on unnecessary and time-wasting projects and tasks, you're losing sight of what matters most. You need quiet time to rediscover what you've neglected and to discover what is [most important to you](#) if you've never done so.

All the negatives attendant in everyday life can overshadow the good and positive that co-exist. You need quiet time to allow grace to suffuse you and your spirit to renew itself in those golden moments of quiet introspection. Savor the silence. Allow your thoughts to wander where they will and then draw back your attention to your center. This is the core of [mindfulness meditation](#).

By Suzanne Kane

February 22, 2020

“Why does everything work when we are happy? It because happiness comes from giving to others, so we add nothing by thinking about how unfair life is for us!”

Psalms 146:5 Happy is he who has the God of Jacob for his help, whose hope is in Yahweh, his God:

Malachi 3:15 Now we call the proud happy; yes, those who work wickedness are built up; yes, they tempt God, and escape.'

Romans 14:22 Do you have faith? Have it to yourself before God. Happy is he who doesn't judge himself in that which he approves.

Matthew 5:42 Give to him who asks you, and don't turn away him who desires to borrow from you.

Matthew 10:8 Heal the sick, cleanse the lepers{TR adds ", raise the dead"}, and cast out demons. Freely you received, so freely give.

Matthew 16:26 For what will it profit a man, if he gains the whole world, and forfeits his life? Or what will a man give in exchange for his life?

Facts: Having the power to improve the lives of others is, to many people, a privilege, and one that comes with its own sense of obligation. Acting on these powerful feelings of responsibility is a great way to reinforce our own personal values and feel like we're living in a way that is true to our own ethical beliefs.

February 23, 2020

“Offending others is not what a kind hearted person wants to do that is why they are kind, but pleasing everyone makes us not kind, but evil!”

Proverbs 17:27 He who spares his words has knowledge. He who is even tempered is a man of understanding.

Proverbs 9:13 The foolish woman is loud, Undisciplined, and knows nothing.

Proverbs 11:29 He who troubles his own house shall inherit the wind. The foolish shall be servant to the wise of heart.

Luke 6:35 But love your enemies, and do good, and lend, expecting nothing back; and your reward will be great, and you will be children of the Most High; for he is kind toward the unthankful and evil.

Ephesians 4:32 And be kind to one another, tenderhearted, forgiving each other, just as God also in Christ forgave you.

Facts: However, as much as kindness is heralded as a thoughtful, caring, and generous behavior, it also tends to get a bad rap: Some people think it's a sign of weakness. There seems to be a perception that a kind person is soft and emotionally frail, while an individual who is rude and curt — even one who disparages kind efforts — more often than not is someone who is tough, socially intriguing, and even admirable.

Resist the urge to explain yourself. Breur advises that you continue being kind without feeling obligated to justify your behavior. “Simply demonstrate who you are and let your actions of kindness versus words define you,” she says. By Jennifer Lea Reynolds

February 24, 2020

“In one day more relationships are ruined on social media than in the history of mankind, yet this plague goes unchecked and justified by all societies!”

James.3:3 Indeed, we put bits into the horses' mouths so that they may obey us, and we guide their whole body.

3:4 Behold, the ships also, though they are so big and are driven by fierce winds, are yet guided by a very small rudder, wherever the pilot desires. 3:5 So the tongue is also a little member, and boasts great things. See how a small fire can spread to a large forest!

3:6 And the tongue is a fire. The world of iniquity among our members is the tongue, which defiles the whole body, and sets on fire the course of nature, and is set on fire by Gehenna.{or, Hell}

3:7 For every kind of animal, bird, creeping thing, and thing in the sea, is tamed, and has been tamed by mankind.

3:8 But nobody can tame the tongue. It is a restless evil, full of deadly poison. 3:9 With it we bless our God and Father, and with it we curse men, who are made in the image of God.

3:10 Out of the same mouth comes forth blessing and cursing. My brothers, these things ought not to be so.

3:11 Does a spring send out from the same opening fresh and bitter water? 3:12 Can a fig tree, my brothers, yield olives, or a vine figs? Thus no spring yields both salt water and fresh water.

3:13 Who is wise and understanding among you? Let him show by his good conduct that his deeds are done in gentleness of wisdom.

3:14 But if you have bitter jealousy and selfish ambition in your heart, don't boast and don't lie against the truth.

3:15 This wisdom is not that which comes down from above, but is but is earthly, sensual, and demonic.

Matthew 12:36 I tell you that every idle word that men speak, they will give account of it in the day of judgment.

Facts: Texting creates—and, by nature, almost encourages—poor grammar habits. It also makes communication much less formal and can even make genuine statements seem insincere. Here are some of the problems with texting:

Because text messaging cannot accurately convey tone, emotion, facial expressions, gestures, body language, eye contact, oral speech, or face-to-face conversation, it is likely messages will be misinterpreted or misunderstood. The real meaning of your message gets lost through the medium.

All too often, relationships go sour due to miscommunication via email and text messages. To keep this from happening, simply avoid using these mediums to have important conversations. Instead, request the kind of communication you prefer, whether that's face-to-face or over the phone. By Scribendi

February 25, 2020

“God does not reveal “himself” to us by knowledge, God reveals himself to us by love, and then, and only then, we have pure knowledge of God who is love.”

1 John 4:12 No one has seen God at any time. If we love one another, God remains in us, and his love has been perfected in us.

1 John 4:16 We know and have believed the love which God has for us. God is love, and he who remains in love remains in God, and God remains in him.

1 John 4:9 By this God's love was revealed in us, that God has sent his one and only Son into the world that we might live through him.

1 John 4:8 He who doesn't love doesn't know God, for God is love.

Facts: Some evidence suggests that the ability to form a stable relationship starts to form in infancy, in a child's earliest experiences with a [caregiver](#) who reliably meets the infant's needs for food, care, warmth, protection, stimulation, and social contact. Such relationships are not destiny, but they are theorized to establish deeply ingrained patterns of relating to others.

Failed relationships happen for many reasons, and the failure of a relationship is often a source of great psychological anguish. Most people have to work consciously to master the skills necessary to make relationships endure and flourish. By Psychology Today

Love is a complex set of [emotions](#), behaviors, and beliefs associated with strong feelings of affection, protectiveness, warmth, and respect for another person. Love can also be used to apply to non-human animals, to principles, and to religious beliefs. For example, a person might say he or she loves his or her dog, loves freedom, or loves God.

WHAT IS LOVE?

Love has been a favored topic of philosophers, poets, writers, and scientists for generations, and different people and groups have often fought about its definition. While most people agree that love implies strong feelings of affection, there are many disagreements about its precise meaning, and one person's "I love you" might mean something quite different than another's. Some possible definitions of love include: By Good Therapy

February 26, 2020

“Panic is not a solution; hasty reactions never solves a problem, those easily controlled by propaganda live with constantly being wrong, none of which adds to human dignity!”

Zechariah 14:13 It will happen in that day, that a great panic from Yahweh will be among them; and they will lay hold everyone on the hand of his neighbor, and his hand will rise up against the hand of his neighbor.

Proverbs 21:5 The plans of the diligent surely lead to profit; and everyone who is hasty surely rushes to poverty.

Proverbs 25:8 Don't be hasty in bringing charges to court. What will you do in the end when your neighbor shames you?

Proverbs 29:20 Do you see a man who is hasty in his words? There is more hope for a fool than for him.

Ecclesiastes 7:9 Don't be hasty in your spirit to be angry, for anger rests in the bosom of fools.

Facts: Stay humble

Emphasize that you're offering your opinion, not "gospel truth," says Grenny. "It may be a well-informed, well-researched opinion, but it's still an opinion, [so] talk tentatively and slightly understate your confidence." Instead of saying something like, "If we set an end-of-quarter deadline, we'll never make it," say, "This is just my opinion, but I don't see how we will make that deadline." Weeks suggests adding a lot of "guiding phrases" like "I'm thinking aloud here." This will leave room for dialogue. Having asserted your position (as a position, not as a fact), "demonstrate equal curiosity about other views," says Grenny. Remind the person that this is your point of view, and then invite critique. Weeks suggests trying something like, "Tell me where I'm wrong with this." Be genuinely open to hearing other opinions. By [Amy Gallo](#) March 17, 2016

February 28, 2020

“Anonymity is the truth of our own heart, the true character of who we are!”

1 Peter 3:4 but in the hidden person of the heart, in the incorruptible adornment of a gentle and quiet spirit, which is in the sight of God very precious.

Matt.6:1 "Be careful that you don't do your charitable giving before men, to be seen by them, or else you have no reward from your Father who is in heaven.

Matt.6:2 Therefore when you do merciful deeds, don't sound a trumpet before yourself, as the hypocrites do in the synagogues and in the streets, that they may get glory from men. Most certainly I tell you, they have received their reward.

Matt.6:3 But when you do merciful deeds, don't let your left hand know what your right hand does, 6:4 so that your merciful deeds may be in secret, then your Father who sees in secret will reward you openly.

Matt.6:5 "When you pray, you shall not be as the hypocrites, for they love to stand and pray in the synagogues and in the corners of the streets, that they may be seen by men. Most certainly, I tell you, they have received their reward.

Matt. 6:6 But you, when you pray, enter into your inner chamber, and having shut your door, pray to your Father who is in secret, and your Father who sees in secret will reward you openly.

Facts: Almost no one likes a show-off but almost everyone likes to show off, at least a little. Some showing off happens by accident and some in a deliberate attempt to manipulate others. In either case, though, you run the risk of looking a bit too satisfied with yourself if not downright conceited.

The best way to brag about yourself to others is probably not to brag at all. Let other people do the bragging for you. However, because our feelings of [self-esteem and self-confidence](#) rest on being able to take pride in our achievements, it's not only okay, but healthy, to brag about yourself to yourself. Giving yourself a mental pat on the back for a job well done can help boost your feelings of [self-efficacy](#), prepare you for future successes, and even avoid the experience of [depression](#). You don't have to hide your light completely under a bushel, though. Later I'll show you how to claim your bragging rights without looking too boastful. By Susan Krauss Whitbourne Ph.D.

February 29, 2020

“Can anything be built without appreciation that will last? So why are we educating people to be so unappreciative of what others have worked so hard for and sacrificed their lives for? Without appreciation can this really last and what of their own sacrifices, who will care?”

Matt.7:12 Therefore whatever you desire for men to do to you, you shall also do to them; for this is the law and the prophets.

Matt.7:2 For with whatever judgment you judge, you will be judged; and with whatever measure you measure, it will be measured to you.

Galatians 6:8 For he who sows to his own flesh will from the flesh reap corruption. But he who sows to the Spirit will from the Spirit reap eternal life.

Facts: Another reason you could be ungrateful is if you don't believe in free will. A [2014 study](#) found that people with less belief in free will felt less grateful for events in their past as well as for favors from others. One way of thinking about this: if you don't believe someone's doing you a favor out of free will, you might not appreciate that favor as much! By Neil Peterson

But perhaps the most popular form of seeking happiness is through the accumulation of “things.” Materialism, though, is bought at a cost. A society that feels entitled to what it receives does not adequately express

gratitude. Seen through the lens of buying and selling, relationships as well as things are viewed as disposable, and gratitude cannot survive this materialistic onslaught. The lack of gratitude is contagious, and is passed from one generation to the next.

Research has proven that gratitude is essential for happiness, but modern times have regressed gratitude into a mere feeling instead of retaining its historic value, a virtue that leads to action. Robert Emmons University of California, Davis

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by: Daniel a Slave of Christ Jesus