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Preface

I have selected these quotes from the Torah, Talmud and commentaries as well as esteemed Rabbis past (z"l) and current and other Jewish thinkers.

The Torah is the written law containing the 613 Mitzvot (commandments). The Talmud contains the codification of the oral law given with the Torah and its further commentaries. Great Rabbis and thinkers from the past millennium also feature. Time does not appear to diminish wisdom so I hope you find them relevant today as they were when recorded.

They cover a variety of subjects and may you find something in them that speaks to you.

Peace and happiness

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Introduction to Judaism

Judaism is the oldest monotheistic religion. Its foundation lies in the original covenant made between Abraham and God, c1900 BCE, when Abraham was called to leave his home in Ur and travel to Canaan, a land that God promised to give to his descendants.

450 years later Moses led the Jews out of slavery in Egypt (the Exodus) back to the lands of Canaan. At Mt Sinai, God gave the Jewish people the Torah and the Oral Traditions marking the beginning of Judaism as a structured religion. The 613 Mitzvot contained in the Torah cover all aspects of Jewish life.

Around 100CE, the canon of the Hebrew Bible (Tanakh) was fixed. Between 200 and 700 CE, scholars compiled the *Mishnah*, the definitive code of Jewish law. The *Talmud* (written interpretation of the Oral Traditions) was com-



piled and the rules for the Jewish calendar were laid down. These scriptures and teachings were the basis of the religious worship that is still practiced around the world during the Jewish Diaspora (exile).

With the Destruction of the Second Temple in Jerusalem, the local synagogue became the heart of the Jewish community. All worshippers can approach God without an intermediary.

Judaism today is not hierarchical although there are multiple networks and associations between Synagogues and Communal organisations.

A Third Temple will be constructed by the Messiah and we pray to merit his coming.



360 Quotes of Judaism



- 1 If a people cannot help itself, it cannot be helped at all.

Theodor Herzl

- 2 What is hateful to thee, never do to thy fellow man: that is the entire Torah; all the rest is commentary.

Hillel in Talmud, Shabbat 31a

- 3 The best charity is good will.

Talmud, Ketubot

- 4 A rich man has many friends.

Proverbs (Mishle) 24:20



- 5 You shall not desire your neighbour's house, his field, or his manservant or his maidservant, his ox or his ass, or anything that is your neighbour's.

Deuteronomy (Devarim) 5:18

- 6 You don't put the cat in charge of the cream.

Yiddish Proverb

- 7 Anxiety kills even the most heroic of heroes.

Talmud, Sanhedrin



- 8 **B**etter to get from God by the spoonful than from Man by the bushel.

Yiddish Proverb

- 9 **I**f you do not pity your friend, nobody will pity you.

Tanchuma

- 10 **T**he side that breaks a truce during a war will lose.

Nachman of Bratslav



- 11 This nation is like the dust and like the stars: when it sinks, it sinks to the dust, and when it rises, it rises to the stars!

Talmud, Megillah

- 12 Where there are no men, try to be a man.

Sayings of the Fathers, 2:6

- 13 If you are jealous of your friend, he flourishes and you fall.

Abuhav



- 14 You don't have to pray loudly; just direct your heart to heaven.

Rabbi Chia

- 15 Once a man is appointed leader of a community, he must be deemed mightiest of the mighty.

Talmud, Rosh Hashanah

- 16 Honour your physician according to your need of him! For verily the Lord has created him; and from the Lord comes his wisdom.

Ben Sira 38:1



- 17 **O**ne must behave before men as one must before God.

Sheqalim

- 18 **T**he righteous are greater in death than in life.

Talmud, Hullin

- 19 **I**t is not your duty to complete the work, but neither are you excused from it.

Talmud, Pirke Avot



20 None of your honey, none of your sting!

Numbers (Bamidbar) R.

21 Whatever your host tells you, do.

Talmud, Pesachim

22 The merciful man does his own soul good.

Proverbs (Mishle) 11:17

23 It is hard to raise sons; and much harder to raise daughters.

Shalom Aleichem



24 Only the one who eats the dish knows how it tastes.

Midrash Deuteronomy R.

25 Who vexes himself more than is customary about the way of the world is a fool.

Rambam

26 There is no treasure like friends.

Mivchar Hapeninim



27 **I**ngathering of Exiles is as important as the day when heaven and earth were created.

Talmud, Pesachim

28 **Y**ou cannot make a dog into a lion.

Deuteronomy (Devarim) R.

29 **A**t five, your son is your master; at ten, your slave; at fifteen, your double; and after that, he is your friend or foe—depending on how you raised him.

Proverbs (Mishle) 13:24



30 The sun needs no candle.

Avraham Ben Ezra

31 Happiness will give you courage.

Mishle Yehoshua

32 Death does not knock at the door.

Yiddish Proverb

33 Let your friends be many but your
confidant only one in a thousand!

Ben Sira 6:6



34 **T**o hold the rope at both ends...
[Playing both ends against the
middle]

Genesis (Bereshit) R.

35 **H**umiliate yourself so that God
may raise you up!

Mivchar Hapeninim

36 **L**et us crown ourselves with rose-
buds before they wither! [Gather ye
rosebuds while ye may!]

Wisdom of Solomon 2:8



37 The one who causes a good deed to be performed is as meritorious as the one who performs it.

Talmud, Sanhedrin

38 Bnei Israel will not be redeemed until they are united all into a single grouping.

Tanchuma

39 So great is peace that, even if Israel worship idols yet peace reigns among them, God says: I cannot, as it were, wield power over them, because peace prevails there.

Genesis (Bereshit) R.



- 40 He who studies but does not repeat his lessons is as one who plants but does not enjoy the fruit.

Talmud, Sanhedrin 90

- 41 Answer a fool according to his folly!

Proverbs (Mishle) 26:5

- 42 Who circumcises his son is as though he offered all the sacrifices to the Lord.

Zohar, Genesis



- 43 He who stiffens his neck against many reproofs will suddenly be broken beyond repair.

Proverbs (Mishle) 29:2

- 44 I wish we could feel what we understand and understand what we feel.

Shim'oni

- 45 A gate once widened stays wide.

Talmud, Bava Batra



46 **H**e who teaches a child is as if he had created it.

Talmud, Sanhedrin 19b

47 **O**ne should respect one's father-in-law like one's own father.

Midrash Tehillim

48 **F**lee from a sin as from a snake, for if you draw nigh it will bite you!

Ben Sira 21:2



49 **A** man will soon forget his sin if he does not make it public.

Mishle Agur

50 **W**hen the soul is at peace, so will the body be.

Arama

51 **W**hat grows never grows old.

Noah Benshea



52 **O**ne does not wage war, whether profane or holy, before one offers peace, as it is written [Deuteronomy (Devarim) 20:10]—When you come near a city to fight against it, then proclaim peace unto it!

Rambam

53 **R**espect your doctor until you need him!

Exodus (Shmot) R.

54 **F**or there is not a righteous man upon the earth, that does good and sins not.

Ecclesiastes (Kohélet) 7:15



55 **B**efore trouble comes, obtain advice; after it comes, advice is useless.

Ibn Zabara

56 **A** young tree bends, an old tree breaks.

Yiddish Proverb

57 **B**etter overt war than covert peace.

Shlomo Rubin



58 **W**hen you teach your son, use a carefully edited text.

Talmud, Pesachim

59 **T**he man who cannot survive bad times will not see good times.

Hasidic Proverb

60 **B**e ever decorous when you enter and when you leave.

Talmud, Pirke Ben Azzai



61 Who tells his friend's secret sheds blood.

Midrash Gadol Ugdula

62 Hospitality to strangers shows reverence for the name of the Lord.

Talmud, Shabbat 127a

63 The word is the shadow of the deed.

Leone Da Modena



- 64 **W**ith faith, there are no questions; without faith there are no answers.

The Chofetz Chaim

- 65 **I**f a man break a light precept (commandment), he will end by breaking a grave one.

Sifre

- 66 **N**one should stand up to pray save in sober mood; the pious men of old used to wait an hour before they said their prayer, that they might direct their heart toward God.

Berakhot 5:1



- 67 **W**hat does usury resemble? A man bitten by a snake who does not feel the bite until the swelling starts.

Exodus (Shmot) R.

- 68 **M**usic evokes the spirit of prophecy.

Nachman of Bratslav

- 69 **A** man should never stand in a place of danger and expect a miracle to happen to him.

Talmud, Shabbat



70 Charm is deceitful and beauty
vain.

Proverbs (Mishle) 31:30

71 Greet all men with a smiling face!

Avot 1:15,16

72 When a man's ways please Him,
the Lord causes even his enemies to
make peace with him.

Proverbs (Mishle) 16:7

73 The humble shall inherit the earth.

Psalms (Tehillim) 37:11



74 **I**dleness wreaks much mischief.

Ben Sira 33:26

75 **A** man cannot live without a woman or a woman live without a man.

Talmud Yerushalmi, Berakhot

76 **A** lack of accomplishment is the greatest suffering.

The Chofetz Chaim



77 **W**ho professes to reform religion is in my eyes as if he sought to cool fire.

Achad Ha'am

78 **T**he fruit of boasting is hatred.

Mivchar Hapeninim

79 **D**on't worry about tomorrow: who knows, what may befall you this day?

Talmud, Yebamot 63b



- 80 The dish of two partners is neither hot nor cold. [Too many cooks spoil the broth. A shared kettle never boils.]

Talmud, Eiruvim

- 81 There is no book that has not something bad in it, none that has not something good.

Traditional Proverb

- 82 Torah can be acquired only through friendship.

Talmud, Berakhot 63b



83 Blessed are they that observe justice and do righteousness at all times!

Psalms (Tehillim) 106:3

84 The highest level of charity is to help others help themselves.

Maimonides

85 One sinner destroys much good.

Ecclesiastes (Kohelet) 9:17



- 86 A passage from Scripture can yield many meanings, just as a hammer splits one rock into many fragments.

Talmud, Sanhedrin 34a

- 87 Who so is patient will be master.

Ma'alat Hamiddot

- 88 Whoever lives by Torah, good deeds, humility, and the fear of Heaven, will be saved from doom.

Midrash, Pesikta R. 198a



- 89 **W**hat is hateful to thee, never do to thy fellow man: that is the entire Torah; all the rest is commentary.

Hillel in Talmud, Shabbat 31a

- 90 **T**he best charity is good will.

Talmud, Ketubot

- 91 **T**he tongue is the heart's pen and the mind's messenger.

Joseph Ibn Pakuda Bachya



92 The heart of the intelligent seeks understanding.

Proverbs (Mishle) 15:14

93 A prosecutor cannot become counsel for the defense.

Talmud, Berakhot

94 Good manners mean more than learning.

Tanna Deve Eliyahu R.



- 95 If a word be worth one shekel, silence is worth two.

Talmud, Megillah 18a

- 96 From a man's words you may know if he likes you or hates you.

Midrash Mishle

- 97 From a man's blessings one may know if he be a scholar or not.

Talmud, Berakhot



- 98 On six days work may be done, but on the seventh day you shall have a Sabbath of complete rest, holy to the Lord.

Exodus (Shmot) 35:2

- 99 As men age, their opinions change.

Talmud, Shabbat

- 100 Happy the generation where the big listen to the little!

Talmud, Rosh Hashana



101 If others speak ill of you, let the worst they say seem a trifle; if you speak ill of others, let the trivial seem enormous.

Sifre 89b

102 Man dies of idleness — and boredom.

Avot Derabbi Nathan, 11

103 A father suffers for the troubles of his son.

Midrash Sekhel Tov



104 Truth needs no ally.

Rashba

105 By three things is the world sustained: justice, truth and peace.

Avot 1:17

106 Benevolence is kindlier than charity.

Talmud Yerushalmi, Peah

107 The Law is illumination.

Proverbs (Mishle) 6:23



108 Know whence you came and
whither you go!

Avot 3:1

109 Before a thief steals, he has learned
to lie.

Imre Binah

110 A man should eat slowly, properly,
even if he eats alone.

Nachman of Bratslav



111 I will sing unto the Lord as long as I live.

Psalms (Tehillim) 104:33

112 It is better to eat herbs and fear no creditors, than eat meat and have to hide from them.

Talmud Pesachim 114a

113 Cursed be he whose wife is faithful and himself is not!

Talmud Yerushalmi, Demai



114 **A** man who hates men is hated by them.

Ibn Gabirol

115 **A**ll that you do, do only out of love!

Sifre

116 **W**hen a sharp sword is at his throat, a man does not listen to sense or logic.

Achad Ha'am



117 **W**isdom begets humility.

Abraham Ibn Ezra

118 **E**ven a child makes himself known by his acts.

Proverbs (Mishle) 20:11

119 **W**ho has not savored sin has not been qualified for saintliness.

Jacob Klatzkin

120 **A** woman's shame is greater than a man's.

Talmud, Ketubot



121 The poor of your own town should be preferred to those of another.

Talmud, Bava Metzia

122 The door which is not opened for a beggar will open for a doctor.

Pesikta Rabati

123 The latter troubles make us forget the first.

Talmud, Berakhot



124 The Sabbath was given for the study of the Torah.

Talmud, Pesikta R. 22

125 Everything can be imitated, except truth; for imitated truth is no longer truth.

The Kotzker Rabbi

126 Get wisdom, acquire understanding!

Proverbs (Mishle) 5:4



127 **T**he man who has confidence in himself gains the confidence of others.

Hasidic Proverb

128 **I**f you are a man of the sword, you can't claim to be a man of the book; and if you are a man of the book, you will not be a man of the sword.

Talmud, Avodah Zarah 17b

129 **B**oys should be given bread, old men—oil, babies—honey.

Talmud, Yoma



- 130 Who accepts alms he needs not will end by truly needing alms before he leaves this world.

Talmud, Ketubot

- 131 You shall rise before the aged and show deference to the old.

Leviticus (Vayikra) 19:32

- 132 The cautious man will reach his goal.

Immanuel Ben Shlomo



133 No leader should be set over the community without first consulting it.

Talmud, Berakhot

134 A teacher should give his pupil opportunity for independent practice without suggestions from himself, and thus set upon him the stamp of indelible memory in its purest form.

Philo

135 The simplest and clearest truth is the most difficult of wide acceptance.

Achad Ha'am



136 Better an easy death than a hard life.

Yiddish Proverb

137 Better not to agree with your wife, and love her, than to agree with her and not.

Reuven Alcalay

138 Who performs one precept gains one advocate for himself.

Avot 4:11



139 Rejoice not at thine enemy's fall -
but don't rush to pick him up either.

Traditional Proverb

140 Constant dripping wears away a
stone.

Job (Iyov) 14:19

141 Where God is blasphemed, no
respect is due to the Rabbi.

Talmud, Berakhot



142 He who cannot accept reproof cannot become great.

Nachman of Bratslav

143 Never promise something to a child and not give it to him, because in that way he learns to lie.

Talmud, Sukkah

144 In a war stay where you are, in famine shift your ground!

Sifre



145 **B**etween careless shepherd and wolf, the lamb is lost.

Tanchuma

146 **A** town without schoolchildren is doomed to destruction.

Talmud, Shabbat

147 **I**mmorality in a home is like a worm in fruit.

Talmud, Sota 3b

148 **W**ho belittles his friend lacks wit.

Proverbs (Mishle) 11:12



149 **H**appiness comes to a man when he dwells beneath his own roof-tree.

Talmud Yerushalmi, Mo'ed Katan

150 **T**he name of the wicked will rot.

Proverbs (Mishle) 10:7

151 **I**f your wife be chaste, why should you watch her? If she be not, you will watch her in vain.

Mishle Yehoshua



152 **P**overty in a home is worse than fifty plagues.

Talmud, Bava Batra 116a

153 **W**hen the going seems rough, look at the jewels you're carrying.

The Chofetz Chaim

154 **M**an was given two ears and one tongue, so that he may listen more than speak.

Hasdai, Ben ha-Melekh ve-ha-Nazir



155 The wife of a scholar is accounted one, too.

Talmud, Avoda Zara

156 Envy not a wicked man, for you know not what his end will be!

Ben Sira 9:11

157 Who respects the wicked is as bad as an idolater.

Tosefta

158 One misfortune invites another.

Rashi



159 **W**ho answers Amen is greater than the suppliant.

Talmud, Berakhot

160 **T**he first man knew it not perfectly, neither will the last search it thoroughly; for its understanding is wider than the sea and its counsel deeper than the abyss. [Torah]

Ben Sira 24: 28,29

161 **A** dog knows exactly when its master is angry.

Chaim Nachman Bialik



162 Love thy neighbour as thyself!

Leviticus (Vayikra) 18:19

163 There can be lunacy without love,
but is there any great love without a
little lunacy?

Yochanan Tversky

164 Do not take by force what will be
given you willingly!

Chaim Nachman Bialik



165 The only free man is he who engages in the study of Torah.

Sayings of the Fathers 4:9

166 When you make a vow to God, tarry not in its discharge!

Ecclesiastes (Kohelet) 5:3

167 There is no finer heritage than morality.

Shlomo Molcho

168 Idleness causes boredom.

Ketubot 5:5



169 To boast of the help you gave a brother in need is to cancel the good of your deed.

Samuel Ha-Nagid

170 A house without a wife is an orphan.

Yochanan Tversky

171 God created the Evil Impulse, but He also created its antidote, the Torah.

Talmud, Kiddushin 30 b



172 **W**hatever has not happened in a thousand years may happen the next moment.

Ladino Proverb

173 **G**od loves those who do not insist upon their privileges.

Talmud, Pesachim 113a

174 **W**hoso gains wealth, but not of right, will lose it in his prime.

Jeremiah (Yirmeyahu) 17:11



175 Can there be a banquet without preparations?

Talmud, Shabbat

176 To promote peace, we support the poor of the heathen, visit their sick and bury their dead, along with the poor, the sick, and the dead of Israel.

Talmud: Gittin

177 Let your neighbor's honor be as dear to you as your own!

Avot 2:12



178 If you see what needs to be repaired and how to repair it, then you have found a piece of the world that God has left for you to complete. But if you only see what is wrong and how ugly it is, then it is yourself that needs repair.

Rebbe Menachem Schneerson

179 New troubles make us forget the old.

Talmud, Berakhot

180 The beginning of wisdom is to desire it.

Ibn Gabirol



- 181 **W**ho says to the wicked: You are innocent will be cursed by peoples, abhorred by nations.

Proverbs (Mishle) 24:24

- 182 **D**on't open a shop unless you know how to smile.

Traditional Proverb

- 183 **W**ho mocks the poor insults his Maker; he who rejoices at their calamity will not go unpunished.

Proverbs (Mishle) 17:5



184 Give every man the benefit of the doubt.

Sayings of the Fathers, 1:7

185 A fool's tongue is his tragedy.

Proverbs (Mishle) 18:7

186 The man who can't accept criticism can't become great.

Nachman of Bratslav



187 Honour your father --- even if you have to go begging from door to door.

Talmud Yerushalmi, Peah

188 The work of righteousness shall be peace.

Isaiah (Yesha'yahu) 32:17

189 Hope for a miracle — but don't depend on one.

Talmud, Megillah 7b



- 190 **A** man should always be happy in his lot, then will he be pleasant and so all his deeds.

Midrash Le'Olam

- 191 **T**o partake of a meal at which a great scholar is present is to feast upon the refulgence of the Divine Presence.

Talmud, Berakot 64a

- 192 **A** false oath is desecration of the Holy Name.

Torat Kohanim



193 Shutting one's eye from charity is like worshipping idols.

Talmud Yerushalmi , Peah

194 Consider three things and you will not fall into error: know what is above you, a seeing eye and a listening ear, and your deeds written in a scroll.

Avot 2:1

195 Even the Divine Presence is unimportant to an angry man.

Talmud, Nedarim



196 Learn to do good; seek justice, school oppression; defend the fatherless, plead for the widow!

Isaiah (Yesha'yahu)

197 There is a future for the man of peace.

Psalms (Tehillim) 37:37

198 It is better that you should not vow than that you should vow and then not pay.

Ecclesiastes (Kohelet) 5:4



199 **A** small hole may mean the sinking of a big ship.

Mishle Agur

200 **O**ne must not rely on miracles happening.

Talmud, Pesachim

201 **J**ewellery is only elegant if the wearer is.

Talmud Yerushalmi, Nedarim



202 If you see your fellow's ox or sheep straying, do not ignore it; you must take it back to your fellow.

Deuteronomy (Devarim) 22:1

203 You shall not take vengeance!

Leviticus (Vayikra) 19:18

204 Three things drain a man's health: worry, travel and sin.

Talmud, Gittin 70a



205 He who reproves men will get more thanks in the end than he who flatters them.

Proverbs (Mishle) 28:23

206 Like snow in summer or rain in harvest, so honour is unfitting for fools.

Proverbs (Mishle) 26:1

207 If the wicked do a favour, it is never complete.

Tanchuma



208 **T**here is no greater worry than debt.

No'am Hamiddot

209 **Y**ou cannot liken the self-taught man to the schooled.

Talmud, Ketubot

210 **T**his book of the Law shall not depart out of your mouth, but you shall meditate on it day and night.

Joshua (Yehoshua) 1:8



211 H eaven is wonderful, but getting there is most of the fun.

The Chofetz Chaim

212 I f you do not suffer the toil of study, you will suffer the toil of ignorance.

Moshe Ben Ezra

213 T he eye of the needle is not too narrow for two friends and the vastness of the world not enough for two enemies.

Mivchar Hapeninim



214 **W**hen the president enters, all rise and none sits until he says: Be seated!

Talmud, Horayot

215 **N**o day is without its curse.

Zohar

216 **W**eep for the mourners and not for the dead, for he is gone to his rest and we are left to lament.

Talmud, Mo'ed Qatan



217 The darkest hour of night heralds
break of dawn.

Ladino Proverb

218 Therefore a man leaves his father
and his mother, and cleaves to his
wife: and they become one flesh.

Genesis (Bereshit) 2:24

219 Whoever causes the loss of a
single soul is as though he caused
the loss of a world entire, and
whoever saves one is as though he
saved a universe.

Talmud, Sanhedrin



220 **A** generation is only redeemed by grace of the righteous women in it.

Yalkut Shimoni

221 **T**o earn a living is as hard as the parting of the Red Sea.

Talmud, Pesachim

222 **N**either good nor peace comes of quarrelling; Cain killed his brother in a quarrel.

Exodus (Shmot) R.



223 The first focus in life here on earth is to be at peace with all men.

Rabbi Joel Ben Abraham Shemariah

224 There is no beginning without an end.

Zror Hamor

225 When a man is able to take abuse with a smile, he is worthy to become a leader.

Nachman of Bratslav



226 The simpleton believes everything.

Proverbs (Mishle) 14:15

227 The begger is hungry and does not know it.

Talmud, Megillah

228 Wretched the creatures that see and know not what they see.

Talmud, Chagigah

229 There is no wealth like health.

Mivchar Hapeninim



230 **T**here used to be a very good custom in Jerusalem: a table-cloth was spread at the door --- so long as it was in place, guests would enter the house. When it was removed, they would not.

Talmud, Bava Batra

231 **D**ive into the sea of thought, and find there pearls beyond price.

Moses Ibn Ezra

232 **A** man's character is revealed in three things: in his cup, in his purse, and in his anger.

Talmud, Eirubin



233 Punishment of the sinner is not to be treated as revenge.

Chaim of Valozhin

234 Any time of the day is good for confession.

Talmud Yerushalmi, Yoma

235 Whose way is straight is an abomination to the wicked.

Proverbs (Mishle) 29:27

236 Almsgiving delivers from death.

Proverbs (Mishle) 10:2



237 To ransom prisoners is a splendid act of piety.

Talmud, Bava Batra

238 The man who divorces is not in the same situation as a woman divorced.

Talmud, Yevamot

239 Welcome everyone—with joy.

Sayings of the Fathers 1:15



240 Good sense makes a man slow to anger.

Proverbs 19:11

241 Blessed is the son who studies with his father, and blessed is the father who teaches his son.

Talmud

242 The recompense of virtue is virtue, and sin's reward is sin.

Avot 4:2



243 A man is lucky if his wife, his studies and his livelihood all come from his own town.

Midrash Mishle

244 Fear of the Lord is the beginning of wisdom.

Proverbs (Mishle) 111:10

245 Revere your teacher as you would heaven.

Avot 4:12



246 **A**ccustom not your lips to use obscene speech!

Ben Sira 23:13

247 **E**ven the mundane talk of scholars needs study.

Talmud, Avoda Zara

248 **J**erusalem was destroyed just because school-children were kept from their classrooms.

Talmud, Shabbat



249 **E**ven if all of a slander is not believed, half of it is.

Midrash Genesis R. 56:4

250 **W**hether you do little or much, let it be out of good intentions.

Talmud, Shavuot

251 **W**hat matters in Man's life is the eternal life in the world to come.

Chaim Vital

252 **A** wifeless man is not a man.

Talmud, Yevamot



253 We must always hold the reins of the animal within us.

The Chofetz Chaim

254 Just as the reward is great, so is the punishment.

Tanchuma

255 May my death atone for all my sins!

Talmud, Berakhot



256 The prosperity of a country can be seen simply in how it treats its old people.

Nachman of Bratslav

257 Nature is saturated with melody; heaven and earth are full of song.

Nachman of Bratslav

258 One does not try to placate an angry man.

Talmud, Berakhot



259 There is no peace, says the Lord,
unto the wicked.

Isaiah (Yesha'yahu) 48:22

260 There is hope of healing every
hatred, save his that hates you out
of envy.

Mivchar Hapeninim

261 Not the expounding of the Law is
the important matter but the doing
of it.

Avot 1:17



262 Where there's music, pour not out talk.

Apocrypha: Ben Sira

263 Who is a hero? The man that turns an enemy into a friend.

Avot Derabbi Nathan

264 Hate is like a channel made by water: it widens continually.

Talmud, Sanhedrin 7a



265 If you do not respect your parents,
your children will not respect you.

Guide of the Perplexed

266 Anger and wrath are angels of
destruction.

Talmud Yerushalmi, Ta'anit

267 Baseless hatred is a grave disease.

Kad Hakemach

268 Good deeds bring a man immor-
tality.

The Sassovor Rabbi



269 Medicaments have multiplied just as diseases have.

Achad Ha'am

270 A time to keep silent and a time to speak out.

Ecclesiastes (Kohelet) 3:7

271 It is better to be humble with the lowly than to share spoils with the proud.

Proverbs (Mishle) 16:19



272 **E**ven if a man is a rabbi, when his father enters, the son must rise [in the presence of his pupils].

Talmud, Horayot 13b

273 **N**o pupil will attend to his lessons properly unless he respects his teacher.

Achad Ha'am

274 **M**any have drunk from this cup of mourning and many will drink.

Talmud, Ketubot



275 He that gathers little by little will multiply his means.

Proverbs (Mishle) 13:11

276 Who is slow to anger has great understanding, who has a hasty temper exalts folly.

Proverbs (Mishle) 14:29

277 Many pens are broken, and seas of ink consumed, to describe things that never happened.

Midrash Tanchuma



278 Set me as a seal upon your heart,
as a signet upon your arm!

Song of Songs (Shir HaShirim) 8:6

279 It is not the place that honors its
man, but the man that honors his
place.

Talmud, Ta'anit

280 Even the wisest of kings' needs
advice.

Meiri



281 The more schooling, the more wisdom.

Avot 2:7

282 The fool always jumps in front.

Talmud, Megillah

283 When God is with you, fear not foe!

Ladino Proverb

284 Fish die out of water; men die without law and order.

Talmud, Avoda Zara 4a



285 The wheel always comes full circle.

Talmud, Shabbat

286 Shun a bad neighbour!

Avot 1:7

287 If you talk too much, you'll say what you didn't intend to.

Proverbs (Mishle)

288 Slander is in the same category with murder.

Talmud Yerushalmi, Pe'ah I



289 **B**ecause of charity the world abides.

Rashi

290 **I** am responsible for any damage caused by my charge.

Bava Qamma 1:2

291 **I** can retract what I did not say, but I cannot retract what I already have said.

Solomon Ibn Gabriol



292 Little children won't let you sleep;
big children won't let you live.

Talmud, Nedarim

293 On what day is all the world
equal? When rain falls!

Midrash Tehillim

294 Don't criticize a wicked man who
abandons his wickedness—and re-
pents.

Midrash, Proverbs 6:30



295 **W**oe unto them that call evil good
and good evil!

Isaiah (Yesha'yahu) 5:20

296 **T**he wicked are like the tossing sea,
for it cannot rest, and its waters
cast up mire and dirt. There is no
peace, says God, for the wicked.

Isaiah (Yesha'yahu) 57:20,21

297 **A**nger in a home is like rotteness
in fruit.

Talmud, Sota 3b



298 **T**he truth alone will overcome the many.

Minchat Qenaot

299 **W**ho loves money will never be content with it.

Ecclesiastes (Kohelet)

300 **T**his world is like an anteroom of the world to come.

Avot 4:16



301 Both a boaster and a fool miss the fitting time for silence.

Ben Sira, Ecclesiasticus 20:6

302 Even God will not scorn a bruised and broken heart.

Achad Ha'am

303 Beloved is Man who was created in the Divine image.

Avot 3:14



304 The intention is the foundation of the deed.

Moses Ibn Ezra

305 His name is the very soul of a man.

Chaim of Valozhin

306 The dreams of one's youth are pleasant, and one does not easily surrender them.

Achad Ha'am

307 The more Torah, the more life.

Hillel in Sayings of the Fathers 2:7



308 A soft answer turns away wrath.

Proverbs (Mishle) 15:1

309 In your town, your reputation counts; in another, your clothes do.

Talmud, Shabbat

310 Who closes his ears to the cry of the poor will himself cry out and not be heard.

Proverbs (Kohelet) 21:13



311 Who is honoured? He that honours mankind.

Avot 4:1

312 Your enemy's enemy is your friend.

Ladino Proverb

313 If you do not aspire to great things, you will not achieve even little ones.

Imre Binah

314 Who shames his friend in public is as one that sheds blood.

Talmud, Bava Metzia



315 He that can't endure the bad, will not live to see the good.

Traditional Proverb

316 The man who intends to lie will look for witnesses from afar.

Judah Asheri

317 A corpse does not feel the knife.

Talmud, Shabbat



318 **M**uch have I learned from my teachers, more from my colleagues, but most from my students.

Talmud, Ta'anit 7b

319 **J**ust as you listen to the poor man, listen to the rich man, for it is written, You shall not favor persons in judgment.

Avot Derabbi Nathan 20:22a

320 **M**en worry over the loss of their possessions, not over the loss of their years—which never return.

Traditional Proverb



321 The real success is success of the soul.

Joseph Albo

322 Make sure to be in with your equals if you're going to fall out with your superiors.

Traditional Proverb

323 If a wolf comes to kill you, you are not bound to pat its back.

Samuel Joseph Agnon



324 A generation in which human ideals do not improve must perish.

The Koretser Rabbi

325 Virtue bears its fruits.

Midrash Tehillim

326 Study leads to action.

Talmud, Kiddushin

327 If you do not sow, how will you harvest?

Safra



328 A man with no sense deserves no pity.

Talmud, Sanhedrin

329 Shame not the old: we shall all be numbered among them.

Ben Sira 8:6

330 If you do not know what there is on earth, do you expect to know what there is in heaven?

Talmud, Sanhedrin



331 A door not open to good deeds is open to the doctor.

Song of Songs R.

332 Who looks for a faultless friend will have none.

Judah Leib Lazerov

333 No wisdom, no understanding, no counsel can avail against the Lord.

Proverbs (Mishle) 21:30



334 If a sin waylays a man and he rejects it, that is deemed a great virtue.

Song of Songs R.

335 The talk of the child in the street is that of his father or mother at home.

Talmud, Sotah

336 Man can never be happy if he does not nourish his soul as he does his body.

Rebbe Manachen Schneerson



337 The world goes on because of those who close their lips when they meet hostility from others.

Nachman of Bratslav

338 It is better not to give alms than to give it in public, with embarrassment for the recipient.

Talmud, Hagiga

339 Better an hour of repentance and good deeds in this world than a lifetime in the world to come.

Avot 4:17



340 **R**espect an old man who has lost his learning: remember that the fragments of the Tablets broken by Moses were preserved alongside the new.

Talmud: Berakot 8b

341 **T**he more distant and loftier the ideal, the greater its power to uplift the soul.

Achad Ha'am

342 **A** faultless man is possible only in a faultless world.

Hasdai



343 **K**ee your tongue from evil, and
your lips from speaking deceit!

Psalms (Tehillim) 34:13

344 **H**e piles up riches and knows not
who will gather them.

Psalms (Tehillim) 39:6

345 **I**f it be as clear to you as the light
of morn, say it! If it be not, say it
not!

Talmud, Sanhedrin



346 It is bounden duty to perform the will of a dying man.

Talmud, Ta'anit

347 Modesty is the noblest of all ornaments.

Eleazar Rokeach

348 Death is no respecter of the great.

Beth Middot

349 Where men truly wish to go, there their feet will manage to take them.

Talmud Sukkah 53a



350 Don't run too far; you will have to return the same distance.

Midrash Ecclesiastes R. 11:9

351 Jealousy has a thousand eyes, yet none sees properly.

Mishle Yehoshua

352 For many afflictions, silence is the best remedy.

Talmud, Megilah 18a



353 Visiting is like rain: prayed for when absent, but tiresome when overdone.

Ibn Gabirol

354 A generation goes and a generation comes, but the earth stands for ever.

Ecclesiastes (Kohelet) 1:4

355 Who tells a secret will forfeit trust, and find no true friend.

Ben Sira 27:16



356 Only God can give us credit for the angry words we did not speak.

Rabbi Harold Kushner

357 Whoever performs one good action gains an advocate, whoever commits a sin procures an accuser.

Sayings of the Fathers, 4:15

358 My friend is he who will tell me my faults, in private.

Ibn Gabirol



359 God will accept repentance for all sins except one: giving another man a bad name.

Zohar

360 The sleep of the wicked is a benefit to them and a boon to the world.

Talmud, Sanhedrin 8:5



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