

Dear Heavenly Father,

Praise

You said, “The LORD does not let the righteous go hungry, but he thwarts the craving of the wicked” (Prov 10:3). What a contrast of *desire*! The wicked are obsessed with satisfying the flesh, but the righteous desire a closer relationship with you. As Jesus said, “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied” (Matt 5:6). I worship you today as the God who satisfies those who fear Him. Praise the LORD!

Today in Your Word

Today you told me more of Solomon’s proverbs. Many of them prompted me to think about what I say to others, and one that stood out to me was, “When words are many, transgression is not lacking, but whoever restrains his lips is prudent” (Prov 10:19). This teaches me that words are like sheep: the more there are, the more likely it is that some will go astray. If I’m wise, I will learn to hold my tongue. Holding my tongue means self-restraint. It means less talking and more listening. It means thinking before I speak and not blurting out the first thing that pops into my head. It means resisting the urge to always have the best story or the best joke. It means considering others as more important than myself (cf. Phil 2:3). If I bridle my tongue, my words can be like “choice silver” (Prov 10:20). They can bring wisdom, encouragement and hope. Truly, “the lips of the righteous know what is acceptable, but the mouth of the wicked, what is perverse” (Prov 10:32).

Reflection

I usually think of kindness and cruelty as different ways of treating *other people*. But you said, “A man who is kind benefits *himself*, but a cruel man hurts *himself*” (Prov 11:17). Your point is that what goes around, comes around. I can’t be unkind to my neighbor without causing trouble for myself. If I’m wise, I will recognize this truth and act accordingly.

Request

Father, you said that there is “one who gives freely, yet grows all the richer; another withholds what he should give, and only suffers want” (Prov 11:24). Teach me to be generous with what you have given me, and help me to use your blessings to encourage others.

Thanksgiving

Thank you for the reminder that whatever happens in this life, the one who sows righteousness will get a sure reward (Prov 11:18).

In Jesus’ name, Amen.

Suggested Hymn: “[The Little Deeds of Kindness](#)” – J. W. Van De Venter.

Meditation Verse: Proverbs 10:17.