**Readings from Proverbs: Sunday 28th January 2018**

**Chapter 4:**

20 My son, pay attention to what I say; listen closely to my words. 21 Do not let them out of your sight, keep them within your heart; 22 for they are life to those who find them and health to a man's whole body. 23 Above all else, guard your heart, for it is the wellspring of life. 24 Put away perversity from your mouth; keep corrupt talk far from your lips. 25 Let your eyes look straight ahead, fix your gaze directly before you. 26 Make level paths for your feet and take only ways that are firm. 27 Do not swerve to the right or the left; keep your foot from evil.

**Chapter 13:**

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

**Chapter 14:**

10 Each heart knows its own bitterness, and no-one else can share its joy.

13 Even in laughter the heart may ache, and joy may end in grief.

30 A heart at peace gives life to the body, but envy rots the bones.

**Chapter 15:**

13 A happy heart makes the face cheerful, but heartache crushes the spirit. 14 The discerning heart seeks knowledge, but the mouth of a fool feeds on folly.

28 The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil.

**Chapter 16:**

2 All a man's ways seem innocent to him, but motives are weighed by the LORD.

**Chapter 17:**

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

**Chapter 19:**

3 A man's own folly ruins his life, yet his heart rages against the LORD.

**Chapter 20:**

5 The purposes of a man's heart are deep waters, but a man of understanding draws them out.

9 Who can say, "I have kept my heart pure; I am clean and without sin"?

**Chapter 25:**

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

**Chapter 26:**

24 A malicious man disguises himself with his lips, but in his heart he harbours deceit. 25 Though his speech is charming, do not believe him, for seven abominations fill his heart. 26 His malice may be concealed by deception, but his wickedness will be exposed in the assembly.

**Chapter 27:**

19 As water reflects a face, so a man's heart reflects the man.

**Chapter 28:**

26 He who trusts in himself is a fool, but he who walks in wisdom is kept safe.