Proverbs for Abundant Living

Fr. Brian Cavanaugh, TOR

✧ In life we are to encourage and build up each other; not to discourage and tear down one another.

✧ In life we are to add, not subtract; to multiply, not divide.

✧ In life we are to leave an enduring impression; not a careless dent.

✧ In life we are to smooth out the rough roads along the journey; not create new potholes.

✧ In life we are to sing a joyful song; not just drone a groan.

✧ In life we are to add our harmonious strains to life’s symphony; not strain the symphony with clatter and clang.

✧ In life we are to soar on eagles’ wings. not to peck and cluck with our beaks in the dirt like chickens.

✧ In life we are to radiate light into unseen places; not permit unknown fears to dim our radiance.

✧ In life we are to leap in faith; not to limp with doubt.

✧ In life we are to give freely of our time, our love, our resources; not to cling on to them greedily.

✧ In life we are to lift up others; not push them down.

✧ In life we are to open our hands to those in need; not to clutch our hands in fists of distrust.
✧ In life we are to lend a helping hand to make loads lighter;
not use heavy hands to hold others back.

✧ In life we are to be messengers of peace, signs of joy;
not Chicken Little portents of gloom-n-doom.

✧ In life we are to enjoy, to savor, to remember, to reflect;
not to overlook, to forget, to ignore, to reject.

✧ In life we are to seek conscious awareness;
not doze in the doldrums of half-awake.

✧ In life we are to dare mighty things;
not to fear things gravely.

✧ In life we are to show up, stand up, step forward and speak up;
not to cringe in fear, choosing to sit down, or to step back,
allowing the voices of silence to speak so loudly.

✧ In life we are to exercise proper stewardship of earth’s resources;
not pillage the heritage of future generations.

✧ In life we are to move forward through forgiveness;
not grind to a halt mired in bitterness and resentment.

✧ In life we are to be wacky, weird, and wonderful
in our own unique God-given way;
not to be staid-n-proper lemmings, stuck on life’s treadmill.

✧ In life we are to reach, to stretch, and to soar;
not to slink in fear, held back by mistrust and doubt.

✧ In life we are to realize: “I am a remarkable Somebody!”;
not listen to other’s jabs:
“You’re a Nobody, an Everybody, an Anybody.”

✧ In life we are to comprehend, “I am worthwhile”;
not tremble with feelings of worthlessness.

✧ In life we are to create, to laugh, and to live life nobly;
not to despair, to moan, or to live life less.