



# Judaism

## 360

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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 Better to get from God by the spoonful than from Man by the bushel.

Yiddish Proverb

- 9 If you do not pity your friend, nobody will pity you.

Tanchuma

- 10 The side that breaks a truce during a war will lose.

Nachman of Bratslav



- 11 **T**his 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 **W**here there are no men, try to be a man.

Sayings of the Fathers, 2:6

- 13 **I**f you are jealous of your friend, he flourishes and you fall.

Abuhav



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

Rabbi Chia

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

Talmud, Rosh Hashanah

- 16 **H**onour 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 One must behave before men as one must before God.

Sheqalim

- 18 The righteous are greater in death than in life.

Talmud, Hullin

- 19 It 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

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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 **T**he sun needs no candle.

Avraham Ben Ezra

31 **H**appiness will give you courage.

Mishle Yehoshua

32 **D**eath does not knock at the door.

Yiddish Proverb

33 **L**et 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 **H**e who studies but does not repeat his lessons is as one who plants but does not enjoy the fruit.

Talmud, Sanhedrin 90

- 41 **A**nswer a fool according to his folly!

Proverbs (Mishle) 26:5

- 42 **W**ho 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 (Kohelet) 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 **W**ho tells his friend's secret sheds blood.

Midrash Gadol Ugdula

62 **H**ospitality to strangers shows reverence for the name of the Lord.

Talmud, Shabbat 127a

63 **T**he 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

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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 **T**he dish of two partners is neither hot nor cold. [Too many cooks spoil the broth. A shared kettle never boils.]

Talmud, Eiruvim

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

Traditional Proverb

- 82 **T**orah 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.

Middrash, 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 **T**he heart of the intelligent seeks understanding.

Proverbs (Mishle) 15:14

93 **A** prosecutor cannot become counsel for the defense.

Talmud, Berakhot

94 **G**ood 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 **T**ruth needs no ally.

Rashba

105 **B**y three things is the world sustained: justice, truth and peace.

Avot 1:17

106 **B**enevolence is kindlier than charity.

Talmud Yerushalmi, Peah

107 **T**he Law is illumination.

Proverbs (Mishle) 6:23



**108** **K**now whence you came and  
whither you go!

Avot 3:1

**109** **B**efore 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 **T**he Sabbath was given for the study of the Torah.

Talmud, Pesikta R. 22

125 **E**verything can be imitated, except truth; for imitated truth is no longer truth.

The Kotzker Rabbi

126 **G**et 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 **W**ho accepts alms he needs not will end by truly needing alms before he leaves this world.

Talmud, Ketubot

- 131 **Y**ou shall rise before the aged and show deference to the old.

Leviticus (Vayikra) 19:32

- 132 **T**he 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 **H**e who cannot accept reproof cannot become great.

Nachman of Bratslav

143 **N**ever promise something to a child and not give it to him, because in that way he learns to lie.

Talmud, Sukkah

144 **I**n a war stay where you are, in famine shift your ground!

Sifre



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

Tanchuma

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

Talmud, Shabbat

**147** Immorality in a home is like a worm  
in fruit.

Talmud, Sota 3b

**148** Who belittles his friend lacks wit.

Proverbs (Mishle) 11:12

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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 **T**he wife of a scholar is accounted one, too.

Talmud, Avoda Zara

156 **E**nvy not a wicked man, for you know not what his end will be!

Ben Sira 9:11

157 **W**ho respects the wicked is as bad as an idolater.

Tosefta

158 **O**ne 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

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169 **T**o 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 **G**od 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

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

Proverbs (Mishle) 24:24

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

Traditional Proverb

- 183** Who 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** One must not rely on miracles happening.

Talmud, Pesachim

**201** Jewellery 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** There is no greater worry than debt.

No'am Hamiddot

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

Talmud, Ketubot

**210** This 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 **T**he darkest hour of night heralds  
break of dawn.

Ladino Proverb

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

Genesis (Bereshit) 2:24

219 **W**hoever 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** To earn a living is as hard as the parting of the Red Sea.

Talmud, Pesachim

**222** Neither good nor peace comes of quarrelling; Cain killed his brother in a quarrel.

Exodus (Shmot) R.



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

Rabbi Joel Ben Abraham Shemariah

224 **T**here is no beginning without an end.

Zror Hamor

225 **W**hen 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 There 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 Dive 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 **F**ear of the Lord is the beginning of wisdom.

Proverbs (Mishle) 111:10

245 **R**evere 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 **T**he prosperity of a country can be seen simply in how it treats its old people.

Nachman of Bratslav

257 **N**ature is saturated with melody; heaven and earth are full of song.

Nachman of Bratslav

258 **O**ne 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 **W**here there's music, pour not out  
talk.

Apocrypha: Ben Sira

263 **W**ho is a hero? The man that turns  
an enemy into a friend.

Avot Derabbi Nathan

264 **H**ate 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

**Judaism 360**





269 Medicaments have multiplied just  
as diseases have.

Achad Ha'am

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

Ecclesiastes (Kohélet) 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 **H**e that gathers little by little will multiply his means.

Proverbs (Mishle) 13:11

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

Proverbs (Mishle) 14:29

277 **M**any 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 **T**he more schooling, the more wisdom.

Avot 2:7

282 **T**he fool always jumps in front.

Talmud, Megillah

283 **W**hen God is with you, fear not foe!

Ladino Proverb

284 **F**ish 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** Because 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** The truth alone will overcome the many.

Minchat Qenaot

**299** Who loves money will never be content with it.

Ecclesiastes (Kohelet)

**300** This 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 (Kohélet) 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

**Judaism 360**





**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** Much have I learned from my teachers, more from my colleagues, but most from my students.

Talmud, Ta'anit 7b

- 319** Just 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** Men 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** **S**hame not the old: we shall all be numbered among them.

Ben Sira 8:6

**330** **I**f 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

**Judaism 360**





**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** Keep your tongue from evil, and your lips from speaking deceit!

Psalms (Tehillim) 34:13

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

Psalms (Tehillim) 39:6

**345** If 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 (Kohélet) 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



Handwriting practice lines consisting of ten horizontal dotted lines for tracing or writing.





A series of ten horizontal lines for handwriting practice, each consisting of a solid top line, a dashed middle line, and a solid bottom line.





A series of ten horizontal lines for handwriting practice, each consisting of a solid top line, a dashed middle line, and a solid bottom line.





A series of ten horizontal lines for handwriting practice, each consisting of a solid top line, a dashed middle line, and a solid bottom line.





Handwriting practice lines consisting of ten horizontal dotted lines for writing on a white background.





A series of ten horizontal lines for handwriting practice, each consisting of a solid top line, a dashed middle line, and a solid bottom line.





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First Edition : 2017 September