



'Again I looked and saw all the oppression that was taking place under the sun:

I saw the tears of the oppressed – and they have no comforter; power was on the side of their oppressors – and they have no comforter.' (Ecc. 4:1)

'And I saw that all toil and all achievement spring from one person's envy of another. This too is meaningless, a chasing after the wind.'
(Ecc. 4:4)

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

Whoever oppresses the poor shows contempt for their Maker,
but whoever is kind to the needy honours God.' (Proverbs 14:30-31)

Life is not found in me, me, me

'Two are better than one, because they have a good return for their labour: if either of them falls down, one can help the other up...

Though one may be overpowered, two can defend themselves.

A cord of three strands is not quickly broken.' (Ecc. 4:9-11)

'Fools fold their hands
and ruin themselves.

Better one handful with tranquillity
than two handfuls with toil
and chasing after the wind.'

(Ecc. 4:5-6)



'I saw that all who lived and walked under the sun followed the youth, the king's successor. There was no end to all the people who were before them. But those who came later were not pleased with the successor. This too is meaningless, a chasing after the wind.' (Ecc. 4:15-16)

'The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favour.' (Luke 4:18-19)



