"A gentle answer turns away wrath, but a harsh word stirs up anger."

-Proverbs 15:1

"Create in me a pure heart,
O God, and renew a
steadfast spirit within me.

-Psalm 51:10

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

-Ephesians 4:29

"Trust in the Lord with all your heart, and lean not on you own understanding."

-Proverbs 3:5