

Lesser known quotes by Epicurus.

Post by “wbernys” of July 1, 2026 at 7:00 PM

Please use this thread for any lesser known quotes (Outside his extant letters, [Principal Doctrines](#), Vatican Sayings) for any quotes of Epicurus you may find.

Please only do direct quotations to ensure accuracy. Some "quotes" like the famous "Worthless is the word of that Philosopher which does not heal any man, just as there is no worth in medicine if it does not heal the sickness of our bodies, so too there is no use in Philosophy if it does not heal the sickness in our souls" Is a great quote which Epicurus likely used, but not a direct quotation with confident attribution.

A un noble soul is made vain by prosperity, and struck down by misfortune - Epicurus. Maximus the Confessor, PG 91, section 316 middle bottom, Catholic Library website.

If an enemy makes a request, don't immediately reject it, just protect yourself, for they are like a dog - Epicurus Maximus the Confessor, PG 91, section 391 end, Catholic Library website.

Don't avoid doing small favors, for you will seem like this for bigger matters. - Epicurus. Maximus the Confessor. Could not find on website but accepted by all experts, see Usener 214, Pg. 3, on Attalus.org

He who needs tomorrow the least, enjoys it the most - Epicurus. Plutarch, On Peace of Mind, 16 p. 474C

The greatest fruit of Justice is peace of mind - Epicurus. Clement of Alexandria, Miscellanies, VI.2

Sustainability is the greatest of all riches. - Epicurus. Clement of Alexandria, Miscellanies, VI.2, p.226.38

Cherish men of noble character, and keep him within your sight, living as if he was watching you, and doing everything as he saw your actions" - Epicurus. Seneca, Letters to Lucilius, 11.8

If you shape your life according to nature, you will never be poor; if you do so according to opinion, you will never be rich. - Epicurus. Letters to Lucilius, 16.7

Do everything as if Epicurus were watching you - Seneca, Letters to Lucilius, 25.5

It is nobler, and more pleasant, to give help than to receive it. - Epicurus, Plutarch, Philosophers and Men in Power, 3, p.778E

The memory of a departed friend is pleasant in every way- Epicurus. Plutarch, That Epicurus actually makes a pleasant life impossible, 28, p.1105D.

[Epicurus](#) makes clear in his *First Appellations* both that the sage 'will experience rage' and (will experience it) "in moderation," Philodemus On Anger, Column 45

For in *On Lifecourses* Epicurus says that to pray is natural. On Piety, Column 26.

Let us sacrifice to the gods', he Epicurus says, 'devoutly and fittingly on the proper days, and let us fittingly perform all the acts of worship in accordance with the laws, in no way disturbing ourselves with opinions in matters concerning the most excellent and august of being. Moreover, let us sacrifice justly, on the view that I was giving. For in this way it is possible for mortal nature, by Zeus, to live like Zeus, as it seems.' Column 31.

And in his Symposium concerning the rites Epicurus says: 'Let us celebrate the festivals' and 'Make fine sacrifices to a god"

And (name missing, we will assume Epicurus) says 'Not only will the wise man sing praises of the sacrifices, but also, at the rites, of gods"