

Wisdom from the Janitor Unpacked

Stanza 1 — Watching Who They Become

I've swept these floors when the lights burned low,
Watched young men train, then watched them go.
I've seen strong backs and spirits too,
And learned what fear and courage do.

Scripture:

"Man looks at the outward appearance, but the LORD looks at the heart." — 1 Samuel 16:7

Janitor's wisdom:

I've watched plenty of strong young men walk these halls. Some had talent written all over them. But strength alone never told the full story. God's been watching what I can't always see—what fear does to a heart, and whether courage grows quietly underneath it.

Stanza 2 — Truth Under the Bar

In weight rooms thick with iron and sound,
Some lift with focus, some mess around.
The bar tells truth—you can't pretend,
Measured strength learns when to bend.

Scripture:

"For the LORD disciplines the one He loves." — Hebrews 12:6

Janitor's wisdom:

That barbell never lies. You rush it, it pins you. You respect it, it teaches you. I've learned courage works the same way. Measured Courage doesn't show off—it submits to discipline and grows stronger over time.

Stanza 3 — How They Handle Loss

I mop the gym where tempers flare,
Where wins feel light and losses stare.
Some storm away, some stay and learn,
Measured Courage waits its turn.

Scripture:

“Better one who is slow to anger than a mighty warrior.” — Proverbs 16:32

Janitor’s wisdom:

I’ve cleaned up after wins and losses alike. Winning shows talent. Losing shows character. The young men who stayed, listened, and learned—that’s where courage started to take root. The loud ones burned hot and faded fast.

Stanza 4 — Quiet Choices in Empty Halls

I clean the halls where choices land,
Books left open, futures planned.
Some run from work, some face the test,
Measured Courage does the rest.

Scripture:

“Whatever you do, work at it with all your heart, as working for the Lord.” — Colossians 3:23

Janitor’s wisdom:

No crowds here. No cheers. Just books, desks, and decisions. Measured Courage shows up when no one’s watching—when a young man chooses effort over excuses and responsibility over comfort.

Stanza 5 — Words in the Locker Room

In locker rooms I’ve heard the talk,
The brave words spoken, the quiet walk.
I’ve seen regret and resolve meet,
Measured Courage stays on its feet.

Scripture:

“Let your ‘Yes’ be yes, and your ‘No,’ no.” — Matthew 5:37

Janitor’s wisdom:

I’ve heard big talk fade and quiet resolve stand firm. Some men talk brave. Others walk brave. Measured Courage doesn’t need an audience—it just needs integrity when the moment comes.

Stanza 6 — How Courage Really Grows

So hear an old man pushing a broom—
Fear shows up early, courage blooms.
Not loud or fast, not smooth or sure,
Measured Courage learns to endure.

Scripture:

“Be strong and courageous... for the LORD your God is with you wherever you go.” — Joshua 1:9

Janitor’s wisdom:

Fear shows up early—I’ve seen that in every generation. Courage comes later, trained slowly, choice by choice. Not flashy. Not fast. But faithful. That kind lasts long after the jerseys are gone.

Closing Wisdom Line

Measured Courage isn’t built on game day—it’s formed in the unseen moments when fear shows up and faith chooses to stay.