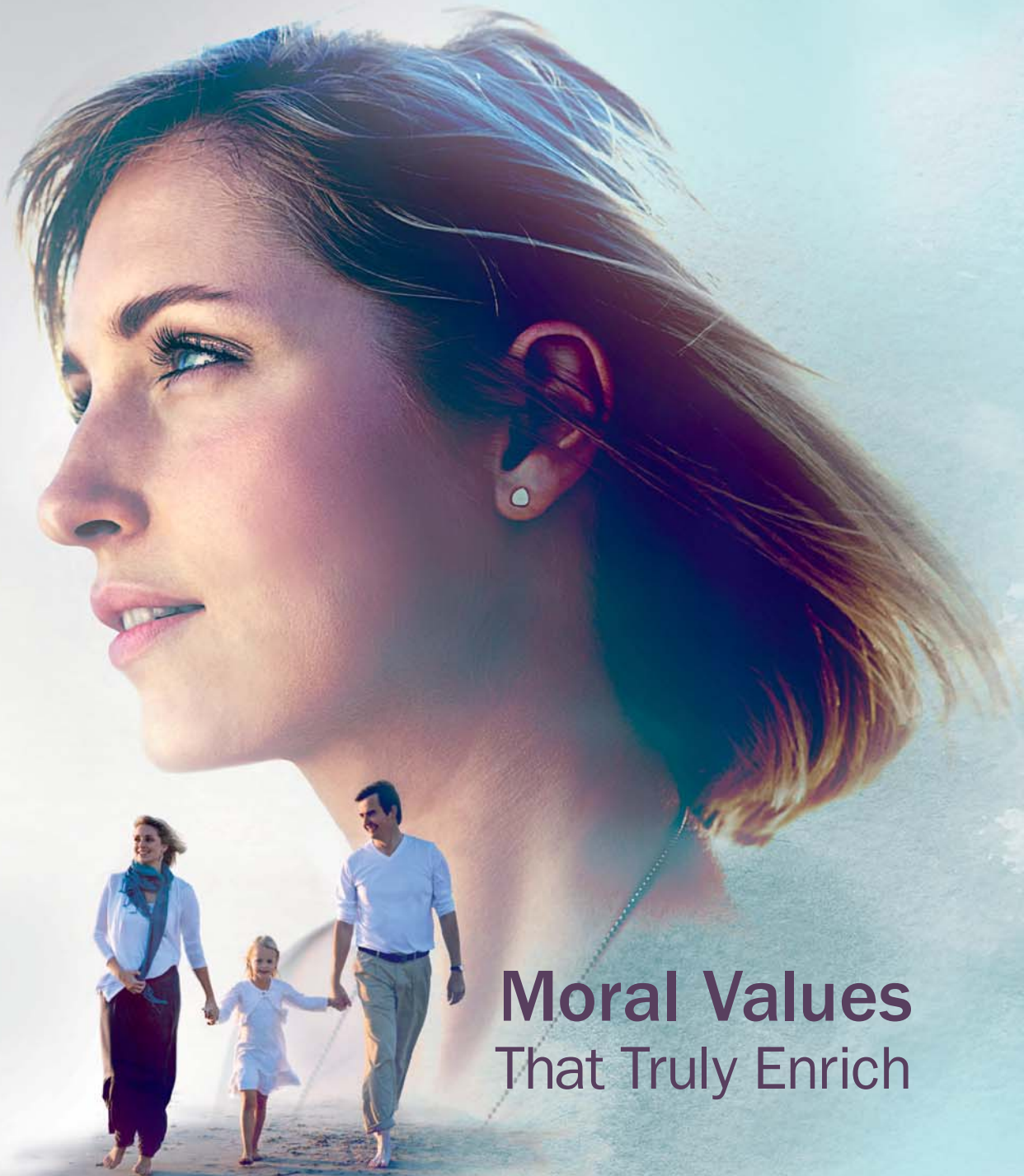


Awake!

NOVEMBER 2013



Moral Values
That Truly Enrich

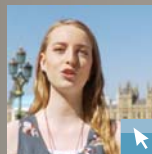


Moral Values That Truly Enrich

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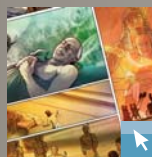
Find Bible-based answers to dozens of questions young people ask, including:

- “Am I Obsessed With My Appearance?”
- “What if I Have a Health Problem?”
- “Why Do I Cut Myself?”

Also watch the video “What Your Peers Say—Procrastination.”

(Look under BIBLE TEACHINGS > TEENAGERS)

CHILDREN



Read illustrated Bible stories. Use the activity pages to help your children improve their knowledge of Bible characters and moral principles.

(Look under BIBLE TEACHINGS > CHILDREN)

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WORLD

A study of the world's religions revealed that people who profess "no religious affiliation," although not necessarily atheists, now number 1.1 billion. They were third in number after Christianity with 2.2 billion and Islam with 1.6 billion. Hinduism was fourth, with about 1 billion.

GERMANY

In 2012, one of Germany's highest courts ruled that people cannot formally quit a church with the status of a public corporation and still remain a member of that religious community. Catholics who formally quit their church, and thus pay no tax, yet continue practicing their faith may be barred from Communion, confession, positions of office, and possibly even a church burial.



ITALY

In one survey, Italians said that, on average, they played with their children for 15 minutes a day. "Only 1 parent in 5 thinks that playing is educational," says *La Repubblica*. Through play, parents help their children develop their imagination and a "sense of rules," says Andrea Angiolino, a professional designer of board games.



JAPAN

Japanese scientists have shown that receiving "praise activates reward-related areas of the brain," inducing a "feeling of happiness." The finding appears to validate the notion that giving praise is a good way to motivate people to improve.



BOLIVIA

In late 2012, Bolivia conducted a national census. So that the census would be accurate, Bolivians were required to remain at home on the day in question. Additionally, private traffic was forbidden, borders were closed, and alcohol consumption was banned.



How to Talk to Your Teen About Sexting



THE CHALLENGE

You have heard that sexting is common among young people. ‘Would *my* teenager do that?’ you may wonder.

You want to discuss the matter with your child—but how? Before answering, consider why some young people have become involved in sexting and why you should be concerned.*

* “Sexting” refers to the act of sending sexually explicit messages, photos, or videos via cell phone. For more information, go to the jw.org Web site and read the online article “Young People Ask—What Should I Know About Sexting?”—Look under BIBLE TEACHINGS > TEENAGERS.



WHY IT HAPPENS

- Some teenagers send sexually explicit messages **to flirt** with someone they like.
- In other cases, a girl sends an explicit photo of herself **because she is pressured** by a boy to do so.
- Sometimes a boy will mass forward an explicit photo of a girl either **to entertain** his friends or **to retaliate** after a breakup.

Whatever the cause, a teenager armed with a cell phone can get into a lot of trouble. “In the click of a button,” says the book *CyberSafe*, “lives are changed forever.”

Many people fail to realize that once a photo goes into cyberspace, the sender loses control over how the photo will be used. In one case, reports a bulletin from the U.S. Federal Bureau of Investigation (FBI), an 18-year-old girl “committed suicide after a nude photo she had transmitted via her cell phone to her boyfriend also was sent to hundreds of teenagers in her school. Other students, who apparently continued to forward the image, allegedly harassed the girl.”

Sexting also raises legal issues. In some places, for example, minors who have sent sexually explicit images to other minors have been charged with child-pornography offenses and have been required to register as sex offenders. As a parent, you too can be held liable if your name is on the cell-phone contract or if you fail to take measures to prevent your child from sexting.



WHAT YOU CAN DO

Set clear rules. Although you cannot fully control your teenager's cell-phone use, you *can* make sure that he or she knows your rules—as well as the consequences for breaking those rules. Remember, too, that as a parent, you have the right to monitor your teenager's cell phone.
—*Bible principle: Ephesians 6:1.*

Help your teenager to reason on the problem. You could say: “There are many opinions as to what constitutes sexting. How would you define the term?” “What kinds of photos do you think are inappropriate?” “In some places the law considers a minor who sends a nude photo of a minor to be guilty of a crime. Do you

Think beyond the send button

think it's that bad?” “Why would sexting be morally wrong?” Listen carefully to his or her reasoning, and help your teenager to think beyond the send button.
—*Bible principle: Hebrews 5:14.*

Present hypothetical scenarios. You could say to your daughter: “Suppose a girl is being pressured by a boy to ‘sex’ him. What should she do? Give in so that she does not lose the friendship? Refuse the request but flirt with him anyway? End the relationship? Tell an adult?” Help your daughter to reason on the matter. Of course, you can use a similar approach with a son.—*Bible principle: Galatians 6:7.*

Appeal to your teenager's sense of goodness. Ask questions such as these: How important to you is a good reputation? What traits do you want to be known for? How would you feel about yourself if you humiliated someone by forwarding an inappropriate picture? How would you feel if you took a stand for what is right? Help your teen to “hold a good conscience.”—1 Peter 3:16.

Set the example yourself. The Bible says that godly wisdom is chaste and free from hypocrisy. (James 3:17) Do your values reflect those words? “We need to set good examples ourselves and not view images and Web sites that could be viewed as unsavory or illegal,” says the book *CyberSafe*. ■

KEY SCRIPTURES

“Children, be obedient to your parents.”—Ephesians 6:1.

“Mature people . . . have their perceptive powers trained to distinguish both right and wrong.”
—Hebrews 5:14.

“Whatever a man is sowing, this he will also reap.”—Galatians 6:7.

SUGGESTION

If talking about sexting will be awkward for you or your teen, you might try this approach:

First, have your teen talk about what *others* are doing. Then say: “I’ve heard a lot about sexting. Is this practice common?”

Next, find out how he or she feels about what others are doing. You could ask: “Do you think people grasp the consequences of sexting?”

Then, discuss what your teenager would do. Respond by saying: “Let’s talk about what you should do if you receive an explicit text.”

Tip: You could use a news report to start a discussion. For example: “I read about a girl whose explicit photo was forwarded all over her school. Does this kind of thing really happen?”



Moral Values That Truly Enrich

Christina could not believe her eyes! She had just found a black plastic bag containing a very large sum of money—the equivalent of her wages for more than 20 years! And she knew who lost it. What should she do? What would you do? Your answer will reflect your view of honesty and your commitment to this moral value.

What are values? They are moral or ethical principles that we view as good and important. They might include forgiveness, honesty, liberty, love, respect for life, and self-control. Our values, therefore, influence our behavior, priorities, and relationships, as well as the moral guidance we give to our children. Despite their importance, however, moral values are in decline.

AN EROSION OF VALUES

In 2008, researchers in the United States interviewed hundreds of young adults about their views on moral values. “What’s disheartening is how bad they are at thinking and talking about moral issues,” said David Brooks in *The New York Times*. Most felt that rape and murder were wrong, but “aside from those extreme cases, moral thinking didn’t enter the picture, even when [they were] considering things like drunken driving, cheating in school or cheating on a partner.” As one young person put it, “I don’t really deal with right and wrong that often.”

An Urgent Need for “a Global Ethic”

Humanity’s survival “may depend on the acceptance of a global ethic,” says the journal *Counseling and Values*. “Perhaps the most agreed-upon universal moral value is the Golden Rule.” What is that rule? Taught by Jesus Christ, it says: “Do for others what you want them to do for you.”—Matthew 7:12, *Good News Translation*.

Many viewed the matter this way: ‘If it feels right, do it. Go with your heart.’ Is that thinking wise?

The human heart, while capable of great love and compassion, can also be ‘treacherous and desperate.’ (Jeremiah 17:9) This sad reality is reflected in the world’s changing moral landscape—a trend the Bible foretold. “In the last days,” it said long ago, “people will be selfish, greedy, boastful, and conceited,” as well as “unkind [and] violent.” Also, “they will hate the good” and “love pleasure rather than God.”—2 Timothy 3:1-5, *Good News Translation*.

Those realities should move us to question our own heart, not blindly trust it! Indeed, the Bible frankly states: “He that is trusting in his own heart is stupid.” (Proverbs 28:26) Like a compass, our heart needs to be calibrated with sound values if it is to serve us well. Where can we find such values? Many look to the Bible itself, appreciating both its wisdom and its candor.

VALUES WE CAN TRUST!

Bible values give evidence that they were tailor-made for humankind. Consider just a few examples—the qualities of love, kindness, generosity, and honesty.

■ **Love for others.** “If you have learned to love, then happiness will surely knock on your door,” says the book *Engineering Happiness—A New Approach for Building a Joyful Life*. Clearly, as humans, we need love. Without it, we cannot be truly happy.

What the Bible says: “Clothe yourselves with love, for it is a perfect bond of union.” (Colossians 3:14) The same Bible writer also said: “If I . . . do not have love, I am nothing.”—1 Corinthians 13:2.

That love is neither sexual nor purely sentimental; it is governed by principle. It is the kind of love that moves us to help a stranger in difficulty, with no thought of a reward. At 1 Corinthians 13:4-7, we read: “Love is long-suffering and kind. [It] is not jealous, it does not brag, does not get puffed up, does not behave indecently, does not look for its own interests, does not become provoked. It does not keep account of the injury. It does not rejoice over unrighteousness, but rejoices with the truth. It bears all things, . . . endures all things.”

When families lack such love, everybody suffers, especially children. A woman named Monica wrote that as a child, she endured physical, emotional, and sexual abuse. “I was unloved and without any hope,” she said. Then, when she was 15 years of age, she moved in with her grandparents who are Jehovah’s Witnesses.

“In the two years I lived with them,” said Monica, “they taught this shy girl to be outgoing and loving and to care for others. They helped me to become a

respectable young woman.” Now, happily married, Monica along with her husband and three children shows love to others by sharing the Bible’s message with them.

A particularly subtle enemy of love is materialism—the belief that material well-being and pleasure are the highest values. Yet, secular studies repeatedly show that beyond a surprisingly modest threshold, more wealth does not bring more happiness. In fact, people who adopt materialistic values may actually be investing in unhappiness, a view that finds Biblical support. Ecclesiastes 5:10 tells us: “A mere lover of silver will not be satisfied with silver, neither any lover of wealth with income. This too is vanity.” The Bible also states: “Let your manner of life be free of the love of money.” —Hebrews 13:5.

■ **Kindness and generosity.** “Wouldn’t it be great if you could walk into a store and buy lifelong happiness?” said an article in the United States by The Greater Good Science Center at the University of California, Berkeley. “The idea’s not as fanciful as it sounds—as long as whatever you buy is meant for someone else.” The point? Giving makes us happier than receiving.

What the Bible says: “There is more happiness in giving than there is in receiving.”—Acts 20:35.

Often, the best form of giving—and the most rewarding—is giving of ourselves, in the form of our time and energy. For example, a woman named Karen saw three women—a mother and her two daughters—sitting in a car with its hood up. The mother and one of the girls had to catch a plane; but their car would not start, and the taxi was late. Karen offered to take them, even though the airport was 45 minutes away. They accepted the offer. On her way back, Karen saw the other

daughter still waiting in her car in the parking lot.

“My husband is on his way,” the woman said.

“Well, I’m glad you are OK,” replied Karen. “I’m going to do some gardening at my Kingdom Hall, or church.”

“Are you one of Jehovah’s Witnesses?” the woman asked.

“Yes,” said Karen, and a brief conversation ensued.

A few weeks later, Karen received a letter in the mail. In part, it read: “My mother and I haven’t forgotten your wonderful deed. We made our flights, thanks to you! My sister said that you are one of Jehovah’s Witnesses, which explains everything. My mom is a Witness, and I’m an inactive one. But I’m going to work on that soon!” Karen was elated that she had been able to help two fellow believers. “I cried,” she said.

Author Charles D. Warner wrote: “It is one of the beautiful compensations of . . .

Values That Elevate Us

“Love your neighbor as yourself.”
—Mark 12:31.

“Return evil for evil to no one.”
—Romans 12:17.

“Continue . . . forgiving one another freely if anyone has a cause for complaint against another.”
—Colossians 3:13.

“The love of money is a root of all sorts of injurious things.”
—1 Timothy 6:10.





life that no one can sincerely try to help another without helping himself.” That is so because God did not create humans to be selfish but, rather, to reflect his own precious qualities.—Genesis 1:27.

■ **Honesty.** This ethical value is fundamental to any civilized society. Dishonesty fosters fear, mistrust, and social decay.

What the Bible says: “Who will be a guest in [God’s] tent?” The answer? “He who is walking faultlessly and . . . speaking the truth *in his heart*.” (Psalm 15:1, 2) Yes, genuine honesty, like the other qualities we have considered, is a personality trait. It is not governed by circumstances or expediency.

Recall Christina who found the bag of money? Well, her heart’s desire was, not to gain wealth, but to please God. So when the anxious owner returned, she told him that his money had been found. He was amazed at her honesty. So was her employer, for he later promoted Christina to general storekeeper, a position of

considerable trust. How true are the words at 1 Peter 3:10: “He that would love life and see good days, let him restrain his . . . lips from speaking deception.”

“WALK IN THE WAY OF GOOD PEOPLE”

The moral values found in the Bible reflect our Creator’s deep love for us, for those values enable us to “walk in the way of good people.” (Proverbs 2:20; Isaiah 48:17, 18) When we follow that guidance, we, in turn, show our love for God and reap many rewards. In fact, the Bible makes this promise: “Keep [God’s] way, and he will exalt you to take possession of the earth. When the wicked ones are cut off, you will see it.”—Psalm 37:34.

Yes, what a wonderful future awaits those who adhere to Bible standards—life in a peaceful earth free of wickedness! Surely the values taught in the Bible merit our consideration. ■



A Classical Pianist Explains His Faith

Eldar Nebolsin of Uzbekistan is an internationally acclaimed pianist. He has played as a soloist with orchestras in London, Moscow, St. Petersburg, New York, Paris, Rome, Sydney, Tokyo, and Vienna. Eldar grew up in the Soviet Union as an atheist. But later he concluded that humans are the work of a loving Creator. *Awake!* asked him about his music and his faith.

How did you become a musician?

My parents are both pianists. They began teaching me when I was five years old. Later, I studied at the advanced school of music in Tashkent.

Tell us about the challenges of playing with an orchestra.

No two orchestras are alike. They are like giant musical instruments that are “played” by their conductors. Perhaps the

main challenge for the soloist is to achieve balanced interaction with the conductor. It’s like a conversation between friends—rather than one always taking the lead, each should yield to the other. Usually, you have only one or two rehearsals in which to develop this rapport.

How much time do you spend practicing?

At least three hours a day—and that isn’t just to practice

difficult passages. I also study the structure of the piece I’m preparing—but without actually playing it. Another thing I do is listen to the composer’s other works, which gives me more insight into the present piece.

What would you say distinguishes a fine pianist?

His ability to make a piano “sing.” Let me explain. The piano is a kind of percussion instrument. After a note is struck, the sound can only decrease in volume—unlike that of wind instruments or the human voice, which can hold a note or even increase its volume. The challenge for pianists is to overcome the tendency of a note to fade. They do this by subtle movement of their fingers and wrists, along with the complex interaction of

The Bible is like a symphony with an elegant structure, a masterful arrangement, and a moving message for all mankind

the right pedal, which extends the duration of a note and varies its timbre. When pianists master these difficult techniques, they can make the piano sound like a flute, a horn, or even an orchestra. They can also make it resemble the finest musical instrument of all—the human voice.

It's obvious that you have a deep love for music.

For me, music is the language that most directly expresses and evokes feelings that are difficult, if not impossible, to communicate in words.

What aroused your interest in spiritual matters?

Our house was always full of books, which my father brought from Moscow. A book that especially interested me contained Bible stories about the dawn of history and the experiences of the Israelites. Another book I came across was *You Can Live Forever in Paradise on Earth*, published by Jehovah's Witnesses.* Its clear presentation of Bible teachings fascinated me. When I

moved to Spain in 1991 to study music, I took that book with me and read it several times. I discovered a faith based not merely on emotion but also on sound reasoning and convincing evidence.

A teaching that really intrigued me was the Bible's promise that humans can live forever on earth. That made so much sense! I might add that I still had not met Jehovah's Witnesses. But I resolved that when I did meet them, I would ask for Bible lessons.

How did you meet the Witnesses?

A few days after I made that mental resolution, I saw two ladies, each with a Bible in hand. 'They look like the people I've read about in my book,' I thought. 'They are preaching just as Christians did in Bible times.' Soon, I was studying the Bible with a Witness. Today, my greatest joy is helping others to learn about our Creator.

What convinced you, a former atheist, to believe in a Creator?

Music itself did. Almost everybody appreciates music, and

in a way that no animal can. Music can express joy, confidence, tenderness, and almost every other emotion. We naturally move to the rhythms in music. But is music necessary for our survival? Does it play a role in the "survival of the fittest," as evolutionists teach? I think not. In my view, it's unreasonable to conclude that the human brain, with its ability to create and appreciate music like that of Mozart and Beethoven, is the product of evolution. A far more reasonable explanation is that our brain is the product of a wise and loving Creator.

What led you to believe that the Bible is from God?

The Bible is a collection of 66 smaller books written over some 1,600 years by about 40 men. I asked myself, 'Who could have orchestrated the writing of this unified masterpiece?' The only reasonable answer is God. In my mind, the Bible is like a symphony with an elegant structure, a masterful arrangement, and a moving message for all mankind. ■

* Jehovah's Witnesses now use the Bible study aid *What Does the Bible Really Teach?* It can be accessed at www.jw.org.

Meeting the Challenges of Menopause



“Feelings of sadness overwhelmed me without reason or warning. I cried and wondered if I was going crazy.”—Rondro, 50 years of age.*

“You wake up in the morning and find your house is a mess. You cannot find personal things. What you had been doing with ease for years, now seems so difficult, and you don’t know why.”—Hanta, 55 years of age.

* Names have been changed.

THESE women were not ill. Rather, they were going through the menopause transition, a natural change in a woman’s life and the end of her fertility. If you are a woman, are you approaching that time of life? Are you going through it? Whatever the case may be, the more that you and your loved ones know about this transition, the better equipped you will be to meet the challenges associated with it.

The Menopause Transition

The menopause transition, also called perimenopause (around menopause), includes both the period leading up to menopause and menopause itself.* In

common usage, however, “menopause” often refers to the entire transition.

Most women start perimenopause in their 40’s, but some do so as late as their 60’s. In most cases, menstruation ceases gradually. Because of the erratic production of hormones, a woman may skip periods, bleed at odd times, or have extra-heavy periods. A small number of women stop menstruating abruptly, almost overnight, as it were.

“Each woman’s menopause experience is different,” says *Menopause Guidebook*. It also states: “The most common menopause-related discomfort is the hot flash (sometimes called a hot flush),” which may be followed by a cold chill. Those symptoms can disrupt sleep and sap energy. How long do the discomforts last?

* Menopause is considered by doctors to have occurred after a woman has not had a menstrual period for the preceding 12 months.

According to *The Menopause Book*, “some women get a few hot flashes for a year or two around the time of the menopause transition. Others suffer for many years, and a very small percentage report occasional hot flashes for the rest of their lives.”*

Because of fluctuating hormones, a woman may also experience depression and mood swings, resulting in weepiness, as well as poor concentration and lapses in memory. That said, “it’s highly unlikely that any one woman will get hit with everything,” says *The Menopause Book*. Indeed, some experience few, if any, problems and discomforts.

How to Cope

Simple lifestyle changes may reduce some discomforts. For example, smokers may decrease the number of hot flashes by giving up tobacco. Many women also benefit from dietary changes, such as limiting or even avoiding alcohol, caffeine, and spicy or sugary foods, which can trigger hot flashes. Of course, it is important to eat well, which means having a balanced and varied diet.

Exercise can also be a big help in reducing menopausal symptoms. For instance, it can reduce insomnia and foster significant improvements in mood, as well as in bone strength and general health.†

Communicate Openly

“There is no need to suffer in silence,” said Rondro, quoted earlier. “If you talk

* Certain medical conditions, including thyroid disease and infections as well as certain drug therapies, can also cause hot flashes. It would be wise to rule those factors out before assuming that hot flashes are menopause related.

† To help their patients cope better through the menopause transition, doctors may prescribe various products, such as hormones, dietary supplements, and antidepressants. *Awake!* does not endorse any product or therapy.

openly with loved ones, they will not worry too much when they notice what is happening to you.” In fact, they may be more patient and understanding. “Love is patient and kind,” says 1 Corinthians 13:4. —*Good News Translation*.

Many women also benefit from prayer, including those who are grieved by their loss of fertility. “[God] comforts us in all our troubles,” the Bible assures us. (2 Corinthians 1:4, *The New English Bible*) Also comforting is the knowledge that the menopause transition is temporary. Afterward, women who continue to take good care of their health may find renewed energy and enjoy many more years of quality life. ■





MARRIAGE

Is marriage just a social union?

“What God has yoked together let no man put apart.”—Matthew 19:6.

WHAT THE BIBLE SAYS In God's eyes, marriage is much more than a mere social arrangement. It is a sacred union between a man and a woman. The Bible says: “From the beginning of creation ‘[God] made them male and female. On this account a man will leave his father and mother, and the two will be one flesh’ . . . Therefore *what God yoked together* let no man put apart.”*—Mark 10:6-9; Genesis 2:24.

The words, “what God yoked [or, joined] together,” do not mean that marriages are made in heaven. Rather, by pointing to our Creator as the Originator of the marriage arrangement, the Bible emphasizes the seriousness of this union. Couples who see their marriage in that light treat it as a sacred, permanent bond, thus strengthening their determination to make their marriage a success. They further increase their prospects for success when they turn to the Bible for guidance in fulfilling their respective roles as husband and wife.

* The Bible allows for divorce on the grounds of sexual infidelity.—Matthew 19:9.



What is the man's role?

WHAT THE BIBLE SAYS For a family to function well, someone has to make final decisions on matters. The Bible assigns that responsibility to the husband. But that does not entitle him to be an autocrat or a bully. Nor does it allow him to shirk his responsibilities, thus eroding his wife's respect for him and imposing a needless burden upon her. Rather, God expects him to work hard to care for his wife and to assign her honor as his most intimate and trusted companion. (1 Timothy 5:8; 1 Peter 3:7) "Husbands ought to be loving their wives as their own bodies," says Ephesians 5:28.

"A husband is head of his wife."—Ephesians 5:23.

A husband who truly loves his wife values her abilities and talents and respectfully considers her views, especially on matters that may affect the family. He should not insist on his way simply because he is the family head. When the godly man Abraham rejected his wife's sound advice on a family matter, Jehovah God said to him: "Listen to her voice." (Genesis 21:9-12) Abraham humbly complied, and his family enjoyed peace and unity, as well as God's blessing.

What is the woman's role?

WHAT THE BIBLE SAYS Just before creating a wife for the first man, God said: "It is not good for the man to continue by himself. I am going to make a helper for him, as a *complement* of him." (Genesis 2:18) A complement is something that completes or makes perfect. Thus, God created the woman, not to be the same as the man or to compete with him, but to be his counterpart. Together, they could fulfill their divine commission to have children and fill the earth with their own kind.—Genesis 1:28.

*"Wives, be in subjection to your own husbands."
—1 Peter 3:1.*

To enable the woman to fulfill her role, God gave her the ideal physical, mental, and emotional attributes. When she uses these wisely and lovingly, she contributes immeasurably to the success of her marriage and helps her husband feel content and emotionally secure. In God's eyes, such a fine woman is worthy of praise.*—Proverbs 31:28, 31. ■

* Couples will find many helpful suggestions on marriage and family life in the regular *Awake!* feature "Help for the Family."



Do You Have “a Feast Constantly”?

“All the days of the afflicted one are bad; but the one that is good at heart has a feast constantly.”—Proverbs 15:15.

WHAT do those words mean? They refer to one’s mental and emotional state. “The afflicted one” dwells on the negative—an outlook that makes his days “bad,” or dismal. By contrast, the one who “is good at heart” tries to focus on the positive—an attitude that fosters inner joy, giving him “a feast constantly.”

We all have problems that can rob us of a measure of happiness. Yet, we may be able to do certain things that help us to retain our joy through difficult times. Consider what the Bible says.

- Do not let anxieties over tomorrow weigh you down today. Jesus Christ said: “Do not worry about tomorrow; it will have enough worries of its own. There is no need to add to the troubles each day brings.”—Matthew 6:34, *Good News Translation*.
- Try to focus on the good things that have happened to you. In fact, when you feel down, why not make a list of those good things and reflect on them? Also, do not dwell on past mistakes or bad deeds. Learn from them, and move on. Be like a driver who *glances* into his rearview mirror but does not *focus* on it. Keep in mind, too, that “there is the true forgiveness with [God].”—Psalm 130:4.
- When anxieties weigh you down, confide in someone who may be able to cheer you up. “Anxious care” causes our heart “to bow down, but *the good word* is what makes it rejoice,” says Proverbs 12:25. That “good word” may come from a family member or a trusted friend—someone who is not cynical or pessimistic but “is loving all the time.”—Proverbs 17:17.

The wise sayings found in the Bible have helped many to find more joy in life, even through trying times. May those precious sayings help you too. ■

