

STRESS

KEYS TO MANAGING IT





STRESS

KEYS TO MANAGING IT

PAGES 4-7

3 WATCHING THE WORLD

8 HELP FOR THE FAMILY

How to Teach Teens Internet Safety

10 INTERVIEW

A Consultant Surgeon Explains His Faith

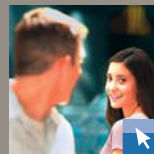
12 **The European Witch Hunts**

14 THE BIBLE'S VIEWPOINT

Meditation

16 **'Wisdom Is Calling Out'—Can You Hear It?**

TEENAGERS



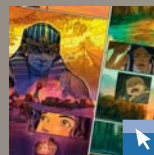
Find Bible-based answers to dozens of questions young people ask, including:

- “How Responsible Am I?”
- “Am I Ready to Date?”
- “What if My Parents Are Divorcing?”

Also watch the video *What Your Peers Say—Body Image*.

(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)

Vol. 95, No. 5 / Monthly / ENGLISH
Printing Each Issue: 44,748,000 in 99 Languages

This publication is not for sale. It is provided as part of a worldwide Bible educational work supported by voluntary donations. Unless otherwise indicated, Scripture quotations are from the modern-language *New World Translation of the Holy Scriptures*.

Awake! (ISSN 0005-237X) is published monthly by Watchtower Bible and Tract Society of New York, Inc.; L. Weaver, Jr., President; G. F. Simonis, Secretary-Treasurer; 25 Columbia Heights, Brooklyn, NY 11201-2483, and by Watch Tower Bible and Tract Society of Canada, PO Box 4100, Georgetown, ON L7G 4Y4. Periodicals Postage Paid at Brooklyn, N.Y., and at additional mailing offices.

POSTMASTER: Send address changes to *Awake!* 1000 Red Mills Road, Wallkill, NY 12589-3299.

© 2014 Watch Tower Bible and Tract Society of Pennsylvania. Printed in Canada.

Would you welcome more information or a free home Bible study?

Visit www.jw.org or send your request to one of the addresses below.

JEHOVAH'S WITNESSES: UNITED STATES: 25 Columbia Heights, Brooklyn, NY 11201-2483. CANADA: PO Box 4100, Georgetown, ON L7G 4Y4. For a complete list of worldwide addresses, see www.jw.org/en/contact.



WORLD

Despite huge investments in clean-energy technologies, such as wind and solar power, “the average unit of energy produced today is basically as dirty as it was 20 years ago,” says Maria van der Hoeven, executive director of the International Energy Agency.



ALASKA

Nearly all “Alaska Native villages” are located on coasts or near rivers, and 86 percent of these villages are affected by flooding and erosion. Reports indicate that rising temperatures are delaying the formation of protective shore ice, leaving villages more exposed to autumn storms.



SOUTHEAST ASIA

According to the World Wildlife Fund, between 1997 and 2011, many new species of plants and animals, including the ruby-eyed pit viper (*Trimeresurus rubeus*), were identified in the Greater Mekong, a region that spans Cambodia, Laos, Myanmar, Thailand, Vietnam, and the province of Yunnan, China. Of the species discovered in 2011 alone, there were 82 plants, 21 reptiles, 13 fish, 5 amphibians, and 5 mammals.

EUROPE

Human trafficking has become a serious problem in “the entire European Union,” says a report in *The Moscow Times*. People are sold for sexual exploitation, forced labor, and even “illegal trade in human organs.” Traffickers take advantage of poverty, unemployment, and gender inequality.



NEW ZEALAND

Researchers who investigated TV watching by children and adolescents concluded that excessive viewing is “associated with increased antisocial behavior in early adulthood.” Their findings, say the researchers, support the recommendation that children should watch “no more than 1 to 2 hours of quality programming per day.”



STRESS

KEYS TO MANAGING IT

“I felt like a mouse running on a treadmill and getting nowhere. I often worked 16-hour days with rarely a weekend off. I felt angry because I only ever saw my little girl asleep. Stress was making me sick.”—Kari, Finland.

KARI'S experience is not unusual. According to a mental-health charity in the United Kingdom, 1 in 5 British workers said that stress had made them physically ill during their career, and unmanageable pressure had caused 1 in 4 to cry while at work. Prescriptions for antidepressants saw an unprecedented rise during one recent year of economic recession.

What has caused you stress?

- Insecurity—financial or otherwise
- A demanding routine
- Interpersonal conflicts
- A traumatic experience

How has stress affected you?

- Health disorders
 - Emotional exhaustion
 - Sleep problems
 - Depression
 - Deteriorating relationships
-



“The Best Start” to Relieving Stress

“Making certain lifestyle changes is the best start” to relieving stress, says the National Institutes of Health (NIH) in the United States. “Start with eating a well-balanced, healthy diet as well as getting enough sleep and exercise. Also, limit caffeine and alcohol intake and don’t use nicotine, cocaine, or other street drugs.” The NIH also suggests taking breaks from work, spending time with family or friends, learning to make things with your hands, or learning to play a musical instrument.

Stress activates an amazing system in your body—your emergency response system. Hormones are released to increase your breathing, heart rate, and blood pressure. In addition, reserves of blood cells and glucose flood into your bloodstream. This cascade of reactions prepares you to deal with the stressor, the stimulus causing the stress. After the stressor has passed, your body may return to normal. But when a stressor remains, it can leave you chronically anxious or tense, like a motor that stays revved up. So learning how to deal with stress is important to both your physical and your mental well-being.

Managing Stress

Stress in itself is not necessarily harmful. The American Psychological Association has noted: “Stress is to the human condition what tension is to the violin string; too little and the music is dull and raspy; too much and the music is shrill or

the string snaps. Stress can be the kiss of death or the spice of life. The issue, really, is how to manage it.”

Adding another dimension, people vary in temperament and general health. So what stresses one person may not stress another. That said, you are likely overstressed if your regular routine makes you so tense that you cannot relax or deal with the occasional emergency.

To help them “cope” with chronic stress, some people turn to alcohol, drugs, or tobacco. Others begin abnormal eating patterns or sit passively in front of a TV or computer—habits that do not address the underlying problem but may, in fact, exacerbate it. How, then, can we learn to manage stress effectively?

Many people have been able to manage life’s stresses by applying the practical advice found in the Bible. Could its tried-and-tested wisdom help you? Consider that question in the light of four common causes of stress.



1 INSECURITY

Not one of us has total security. As the Bible states, “time and unexpected events overtake [us] all.” (Ecclesiastes 9:11) How can you cope with feelings of insecurity? Try these suggestions.

- Confide in a trusted family member or friend. Studies show that the support of loved ones *consistently* confers protection against stress-related disorders. Yes, “a true friend shows love at all times, and is a brother who is born for times of distress.”—Proverbs 17:17.
- Do not continually focus on worst-case scenarios. Such thinking does little more than drain emotional reserves. And what you fear may not happen! For good reason, the Bible says: “Never be anxious about the next day, for the next day will have its own anxieties.”—Matthew 6:34.
- Tap into the power of prayer. “Throw all your anxiety on [God], because he cares for you,” says 1 Peter 5:7. God shows his care by giving us inner peace and by assuring us that he “will never abandon” those who sincerely turn to him for comfort and support in times of need. —Hebrews 13:5; Philippians 4:6, 7.

2 DEMANDING ROUTINE

A relentless routine of commuting, working, studying, or caring for children or elderly parents can keep stress levels high. Moreover, stopping some of these activities may be out of the question. (1 Timothy 5:8) What, then, can you do to cope?

- Try to give yourself some downtime, and get adequate rest. The Bible says: “Better is a handful of rest than two handfuls of hard work and chasing after the wind.”—Ecclesiastes 4:6.
- Set sound priorities, and adopt a modest lifestyle. (Philippians 1:10) Consider simplifying your life, perhaps by reducing expenses or time spent at work. —Luke 21:34, 35.

Kari, mentioned earlier, took a fresh look at his life. “I realized that I was pursuing a selfish lifestyle,” he wrote. He sold his business and took on work that gave him more time at home. “Our standard of living has dropped a little,” he admits, “but my wife and I are now free of constant stress, and we have more time to spend with family and friends. I would not trade the inner peace I now have for any business opportunity.”





3 INTERPERSONAL CONFLICTS

Conflicts with others, especially in the workplace, can be very stressful. If you experience such difficulties, you have a number of options that might help.

- When someone upsets you, try to stay calm. Do not add fuel to the fire. “A mild answer turns away rage, but a harsh word stirs up anger,” says Proverbs 15:1.
- Try to settle differences privately and respectfully, thus dignifying the other person.—Matthew 5:23-25.
- Try to gain insight into his or her feelings and viewpoint. Such insight “slows down [our] anger” because it puts us in the other person’s shoes. (Proverbs 19:11) It can also help us to see ourselves through the other person’s eyes.
- Try to forgive. Forgiveness is not only beautiful. It is also good medicine. As reported in a 2001 study, “unforgiving thoughts” resulted in “significantly higher” blood pressure and heart rate, whereas a forgiving attitude reduced stress.—Colossians 3:13.

“Better is a handful of rest than two handfuls of hard work”

4 TRAUMATIC EVENTS

Nieng, who lives in Cambodia, suffered a string of tragedies. In 1974, she was injured when a bomb exploded at an airport. The following year, her two children, her mother, and her husband all died. In the year 2000, her home and other belongings were destroyed by fire, and three years later, her second husband died. At that point, she wanted to end her life.

Yet, Nieng found a way to cope. Like Kari, she examined the Bible and benefited so much from what she learned that she, in turn, devoted time to helping others enjoy the same benefits. Her story calls to mind a 2008 study by British researchers. One way to develop “resilience in the face of stress,” they found, was to “give in some way . . . to others”—advice that has long been espoused in the Bible.—Acts 20:35.

Additionally, Nieng gained a sure hope for a better future, one in which all the problems that plague mankind will be gone. Instead, “peace will abound” earth wide.—Psalm 72:7, 8.

A genuine hope and the wisdom to cope with life’s many stresses are both priceless, and both can be found in the pages of the Bible. Millions have already benefited from this remarkable and unique book. You can too. ■



How to Teach Teens Internet Safety



THE CHALLENGE

News reports give you the impression that the Internet is a haven for cyberbullies, sexual predators, and identity thieves. You are concerned for good reason: Your teenager is often online and seems oblivious to the dangers.

You *can* teach your teenager Internet safety. First, though, consider some things you should know about life online.



WHAT YOU SHOULD KNOW

Teens can access the Internet on mobile devices.

The rule that the computer should be placed in a common area of the house still has merit. But with a tablet or smartphone connected to the Internet, your teenager may have more access to the online world than ever—and *without* your supervision.

Some teens spend excessive time online. “I turn on the computer intending to check my e-mail for five minutes and end up watching videos for hours,” admits a 19-year-old girl. “I need a lot of self-control.”

Teens might reveal online more than they should.

Shady people can piece together a teenager’s online comments and photos to find out such information as where he or she lives and goes to school and at what times no one in the family will be at home.

Some teens do not understand the repercussions of what they post. What is posted online *stays* online. Sometimes embarrassing comments and photos are discovered later—for example, by a prospective employer doing a background check on a job applicant.

Despite such concerns, remember this: *The Internet is not your enemy.* Rather, what leads to trouble is *unwise* use of the Internet.

▶ The fact that some people have auto accidents does not make it wrong to drive a car. The same principle applies to the use of the Internet. Your teenager needs to learn to “drive” it cautiously



WHAT YOU CAN DO

Teach your teen priorities and time-management skills. Part of becoming a responsible adult involves learning to put first things first. Family communication, homework, and chores are more important than casual Internet use. If the amount of time your teen spends online is a concern, set limits—even using a timer if necessary.—*Bible principle: Philippians 1:10.*

Teach your teen to think before posting. Help your teenager to ask such questions as: Could the comment I am about to post hurt someone? How will this photo affect my reputation? Would I feel embarrassed if my parents or other adults saw this photo or comment? What would they conclude about me if they saw it? What would I think of someone who posted such a comment or photo?—*Bible principle: Proverbs 10:23.*

**“Kids know more about technology.
Parents know more about life”**

Teach your teen to live by values—not just rules.

You cannot look over your teenager’s shoulder every moment of the day. Besides, your goal as a parent is not to control your children but to help them “have their powers of discernment trained to distinguish both right and wrong.” (Hebrews 5:14) So, instead of emphasizing rules and punishment as the *primary* factor, appeal to your teenager’s moral sense. What type of reputation does he want to have? For what type of character traits does she want to be known? Your goal is to help your teenager make wise decisions, whether you are there or not.—*Bible principle: Proverbs 3:21.*

Navigating the Internet, like driving a car, requires good judgment—not just technological ability. Your guidance as a parent, therefore, is crucial. After all, it is as Internet-safety expert Parry Aftab observes: “Kids know more about technology. Parents know more about life.” ■

KEY SCRIPTURES

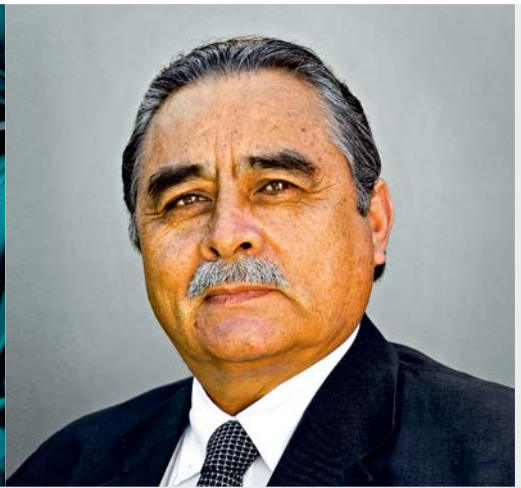
“Make sure of the more important things.”—Philippians 1:10.

“Engaging in shameful conduct is like a game to the stupid one, but wisdom is for the man of discernment.”—Proverbs 10:23.

“Safeguard practical wisdom and thinking ability.”—Proverbs 3:21.

“Before your child enters the online world, he should be consistently demonstrating the admirable character traits you’re striving to cultivate—such as kindness, restraint, tolerance, inclusiveness—because they will get tested.”

—*Letting Go With Love and Confidence*, by Kenneth Ginsburg and Susan FitzGerald.



A Consultant Surgeon Explains His Faith

Dr. Guillermo Perez recently retired as head of surgery at a 700-bed hospital in South Africa. For many years he believed in evolution. But later he became convinced that the human body was designed by God. *Awake!* asked him about his faith.

Please tell us why you once believed in evolution.

Although I was raised as a Catholic, I had doubts about God. For example, I could not believe in a God who burns people in hell. So when my university professors taught me that living things evolved and were not created by God, I accepted that view, assuming it was supported by evidence. My church, by the way, did not reject evolution but held that it was directed by God.

What aroused your interest in the Bible?

My wife, Susana, began studying the Bible with Jehovah's Witnesses, who showed her from the Bible that God does not torture people in a fiery hell.¹ They also showed her God's promise to make our planet into a paradise home.² At last we found teachings that made sense! In 1989, a Witness named Nick began visiting me. During a discussion about the human body and its origin, I was impressed with the simple logic of the

words found in the Bible at Hebrews 3:4, which says that "every house is constructed by someone, but the one who constructed all things is God."

Did your study of the human body help you to accept creation?

Yes. For example, the way our body repairs itself was carefully designed. Wound healing, for instance, involves four overlapping phases, all of which reminded me that as a surgeon, I merely worked with the body's built-in repair system.

Tell us, what happens when our body is wounded?

Within seconds, the first phase of a series of processes designed to stop bleeding goes into action. These processes are extremely complex

When I see how the body repairs itself, I'm left in awe

and efficient. I might add that our circulatory system, which has some 60,000 miles (100,000 km) of blood vessels, must be the envy of plumbing engineers, for it has the means to plug leaks and repair itself.

What is involved in the second phase of repair?

The bleeding stops within hours and inflammation starts. Inflammation involves an amazing sequence of events. First, blood vessels that had initially constricted to *reduce* blood loss now do the opposite. They dilate to *increase* blood flow in the wounded region. Next, protein-rich fluid makes the whole injured area swell. This fluid is vital for fighting infection, diluting poisons, and removing damaged tissue. Each step requires the production of millions of specialized molecules and cells in a cascade of events. Some of these events, by the way, serve as stimulants for the following phase, after which they shut down.

How does healing continue?

Within a couple of days, our body starts generating repair materials, a process that marks the beginning of phase

three and that reaches a peak in about two weeks. Cells that form fibers across the wound migrate to the injured area and multiply. Also, tiny blood vessels sprout and grow toward the injured area, where they remove waste and supply extra nutrients during demolition and repair. In another complex series of events, special cells are generated that draw the edges of the wound together.

That's a lot of activity! How long before repair is complete?

The final stage, remodeling, can take months. Broken bones are restored to their original strength, and the fibers that were initially laid across a soft-tissue wound are replaced with stronger materials. Altogether, wound repair is an amazing example of highly programmed coordination.

Can you recall a case that especially impressed you?

Yes. I remember treating a 16-year-old victim of a terrible car accident. The girl was in critical condition with a lacerated spleen and internal bleeding. Years ago, we would have operated to repair or remove the spleen. Today, doc-

tors rely more on the body's power to repair itself. I merely treated her infection, fluid loss, anemia, and pain. A few weeks later, a scan showed that her spleen had healed! When I see how the body repairs itself, I'm left in awe. And I'm even more convinced that we were designed by God.

What drew you to Jehovah's Witnesses?

I found them to be friendly, and they always answered my questions from the Bible. I also admired the courageous way they shared their beliefs and helped others to learn about God.

Did becoming one of Jehovah's Witnesses help you in your work?

Yes. For one thing, it helped me to cope with compassion fatigue, a form of emotional burnout that often affects doctors and nurses who constantly deal with people who are diseased or injured. Also, when patients wanted to talk, I was able to explain our Creator's promise to end sickness and suffering³ and bring about a world in which no one will say, "I am sick."⁴ ■

1. Ecclesiastes 9:5.

2. Isaiah 11:6-9.

3. Revelation 21:3, 4.

4. Isaiah 33:24.

The European Witch Hunts



Suspects were weighed because it was thought that witches had little or no weight

A FEW centuries ago in Europe, the fear of witchcraft led to witch hunts and executions. These occurred largely in France, Germany, northern Italy, Switzerland, and the Low Countries—Belgium, Luxembourg, and the Netherlands. “Tens of thousands of people in Europe and European colonies died,” and “millions of others suffered torture, arrest, interrogation, hate, guilt, or fear,” says the book *Witch Hunts in the Western World*.^{*} How did this paranoia begin? What fed it?

The Inquisition and *The Hammer of Witches*

Looming large in this story is the Inquisition. It was created by the Roman Catholic Church in the 13th century “to convert apostates and prevent others from falling away,” explains the book *Der Hexenwahn* (The Witch Mania). The Inquisition functioned as a police force for the church.

On December 5, 1484, Pope Innocent VIII issued a papal bull, or document, that condemned witchcraft. He also authorized two inquisitors—Jakob Sprenger and Heinrich Kramer (also known by his Latin name, Henricus Institoris)—to combat the problem. The two men produced a book entitled *Malleus Maleficarum*, that is, *The Hammer of Witches*. Both Catholics and Protestants accepted it as the authority on witchcraft. The work contained imaginative stories about witches based on folklore, presented theological and legal arguments against witchcraft, and provided guidelines on how to identify and eliminate witches. *The Hammer of Witches* has been described as “the most vicious

^{*} The European colonies included the Americas.

The Hammer of Witches has been described as “the most vicious and . . . the most damaging book in all of world literature”

and . . . the most damaging book in all of world literature.”

Accusations of witchcraft required no evidence of guilt. The book *Hexen und Hexenprozesse* (Witches and Witch Trials) states that trials were “intended only to produce a confession by the accused, by means of persuasion, pressure, or force.” Torture was common.

In response to *The Hammer of Witches* and the papal bull issued by Pope Innocent VIII, major witch hunts broke out in Europe. Moreover, these were aided by a new technology, the printing press, which helped to spread the mania, even across the Atlantic to America.

Who Were the Accused?

Well over 70 percent of the accused were women, especially widows, who often had no one to defend them. Victims included the poor, the elderly, and women who dispensed herbal remedies, especially if these failed. No one was truly safe—rich or poor, male or female, lowly or prominent.

People thought to be witches were blamed for all manner of evils. They allegedly “caused frost and brought forth plagues of snails and caterpillars to destroy the seed and fruits of the earth,” says the German magazine *Damals*. If hail struck a crop, if a cow failed to give milk, if a man was impotent or a woman barren, witches were surely to blame!

How were witches identified? Some suspects were bound and put into a “blessed” body of cold water. If they sank, they were deemed innocent and pulled out. If they floated, they were considered witches and executed on the spot or handed over to be tried. Other suspects

were weighed because it was thought that witches had little or no weight.

Another test involved searching for “the Devil’s mark,” which was “a tangible sign left by the Devil of his compact with the witch,” says *Witch Hunts in the Western World*. Officials would search for the mark “by shaving all hair off the accused and examining every nook and cranny of the body”—in public! They would then stick a needle into any spots they found, such as birthmarks, warts, and scars. If the prick did not hurt or bleed, the spot was considered a mark of Satan.

Both Catholic and Protestant governments promoted witch hunts, and in some regions Protestant rulers were more severe than their Catholic counterparts. In time, however, reason began to prevail. In 1631, for example, Friedrich Spee, a Jesuit priest who had accompanied many people judged to be witches to the stake to be burned alive, wrote that in his view none were guilty. And if witch hunting continued unabated, he warned, the land would become empty! Meanwhile, physicians began to recognize that such things as seizures could be linked to health and not demon possession. During the 17th century, the number of trials sharply decreased, and by the end of that century, they had all but ended.

What does that ugly era teach us? One key lesson is this: When professed Christians began to substitute religious lies and superstition for the pure teachings of Jesus Christ, they opened the door to enormous evil. Foretelling the reproach that would be brought on true Christianity by such unfaithful men, the Bible warned: “The way of the truth will be spoken of abusively.”—2 Peter 2:1, 2. ■



MEDITATION

What is meditation?

“I will meditate on all your activity and ponder over your dealings.”—Psalm 77:12.

WHAT PEOPLE SAY Meditation takes many forms, a number of which have roots in ancient Eastern religions. “The mind has to be empty to see clearly,” said one writer on the subject. His words reflect the view that emptying the mind while focusing on certain words or images promotes inner peace, mental clarity, and spiritual enlightenment.

WHAT THE BIBLE SAYS The Bible puts a high value on meditation. (1 Timothy 4:15, footnote) The kind of meditation that it encourages, however, does not entail emptying the mind or repeating a certain word or phrase, sometimes called a mantra. Rather, Biblical meditation involves purposeful thinking on wholesome topics, such as God’s qualities, standards, and creations. “I meditate on all your activity; I eagerly ponder over the work of your hands,” prayed a faithful man of God. (Psalm 143:5) He also said: “I remember you while upon my bed; I meditate on you during the watches of the night.”—Psalm 63:6.



How can meditation benefit you?

WHAT THE BIBLE SAYS Wholesome meditation gives us inner depth, quiet reserve, and moral strength—all of which add insight and understanding to our speech and behavior. (Proverbs 16:23) Such meditation, therefore, also contributes to a happy and rewarding life. Concerning the person who regularly meditates on God, Psalm 1:3 states: “He will be like a tree planted by streams of water, a tree that produces fruit in its season, the foliage of which does not wither. And everything he does will succeed.”

“The heart of the righteous one meditates before answering.”—Proverbs 15:28.

Meditation also helps us to improve our comprehension and memory. To illustrate, when we study an aspect of creation or a certain Bible topic, we learn many interesting facts. But when we meditate on those facts, we see how they relate to one another and to what we have learned in the past. Thus, just as a carpenter turns raw materials into an attractive building, meditation enables us to “assemble” facts into a coherent pattern or structure.

Should meditation be properly directed?

WHAT THE BIBLE SAYS “From inside, out of the heart of men, come injurious reasonings, sexual immorality, thefts, murders, acts of adultery, greed, acts of wickedness, deceit, brazen conduct, an envious eye, . . . and unreasonableness.” (Mark 7:21, 22) Yes, like a fire, meditation must be controlled! Otherwise, improper thoughts could nurture hurtful desires that might race out of control and lead to evil deeds.—James 1:14, 15.

Accordingly, the Bible encourages us to meditate on ‘things that are true, righteous, pure, lovable, well-spoken-of, virtuous, and praiseworthy.’ (Philippians 4:8, 9; footnote) When we take in such fine thoughts and “sow” them in our mind, we will reap in the form of beautiful qualities, gracious speech, and warm relationships with others.—Colossians 4:6. ■

“The heart is more treacherous than anything else and is desperate. Who can know it?”—Jeremiah 17:9.



‘WISDOM IS CALLING OUT’

CAN YOU HEAR IT?

“Is not wisdom calling out?
Is not discernment raising its voice?
On the heights along the road, it takes
its position at the crossroads. . . .
At the entrances of the doorways,
it keeps crying out loudly.”

—PROVERBS 8:1-3.

WISDOM is invaluable. Without it we would make one foolish mistake after another. But where can true wisdom be found? The writer of the book of Proverbs had in mind the unmatched wisdom of our Creator. Moreover, His wisdom is available to virtually all mankind by means of a very special book, the Bible. Consider the following:

- The Bible is “the most widely distributed book in history,” says *The World Book Encyclopedia*. “It has been translated more times, and into more languages, than any other book.” In whole or in part, the Bible is now available in nearly 2,600 languages, making it accessible to over 90 percent of the human family.
- Wisdom also “keeps crying out loudly” in a more literal sense. At Matthew 24:14, we read: “This good news of the King-

dom will be preached in all the inhabited earth for a witness to all the nations, and then the end [of the present world] will come.”

That “good news” is true wisdom because it points to God’s wise solution to mankind’s problems—His Kingdom. That Kingdom is a government by God that will rule over the entire earth—one world, one government. (Daniel 2:44; 7:13, 14) Hence, Jesus Christ prayed: “Let your Kingdom come. Let your will take place, as in heaven, also on earth.”—Matthew 6:9, 10.

Jehovah’s Witnesses count it a privilege to announce God’s Kingdom in 239 lands! Yes, wisdom—divine wisdom—really is “crying out,” even “at the entrances of the doorways.” Can you hear it? ■



Free downloads
of this magazine
and past issues



Bible available
online in about
50 languages

Visit www.jw.org,
or scan code



914 05-E
140130