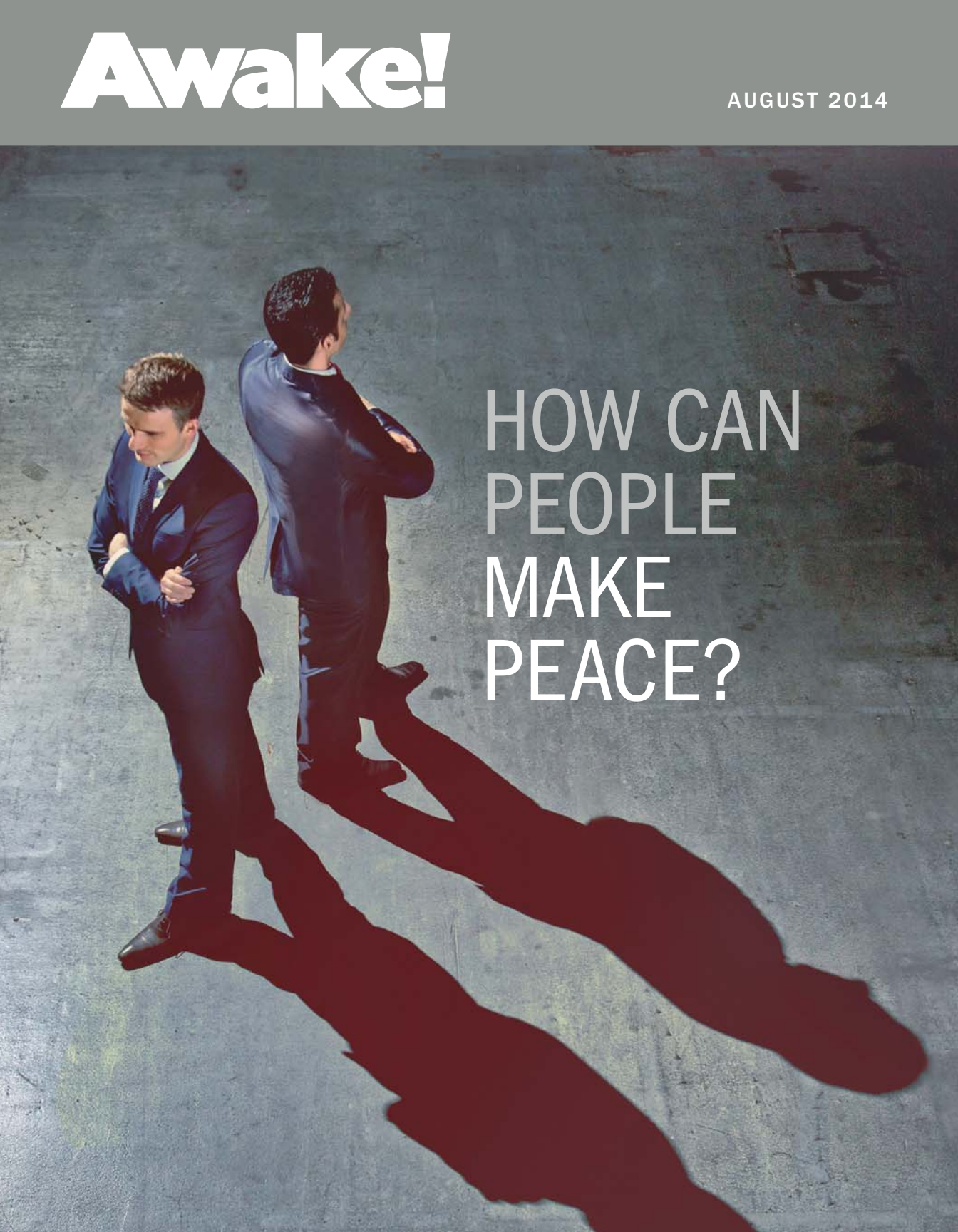


# Awake!

AUGUST 2014

A high-angle photograph of two men in dark blue suits standing on a dark, textured floor. The man on the left is looking down, while the man on the right is looking away. Both have their arms crossed. Long, dark shadows are cast from them across the floor towards the bottom right. The overall mood is contemplative and serious.

## HOW CAN PEOPLE MAKE PEACE?

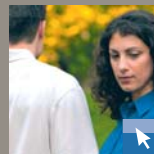


## How Can People Make Peace?

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## TEENAGERS



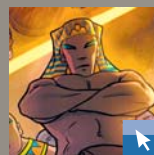
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(Look under BIBLE TEACHINGS > TEENAGERS)

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(Look under BIBLE TEACHINGS > CHILDREN)

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# How Can People Make Peace?

Frank and Jerry were good neighbors—that is, until Jerry held a late-night party.\* When Frank complained about the noise, Jerry took offense at his manner. They argued. After that, they avoided each other.

\* Names have been changed.

FRANK and Jerry faced a common problem. When two people have a difference, both often go away angry, perhaps blaming each other. If they maintain this stance, estrangement may develop.

Perhaps you have experienced a similar situation. If so, you likely took no pleasure in it! Indeed, most of us want to live in peace and harmony with our friends and neighbors. How, though, can we do so de-

spite occasional upsets? Can we rise above negative attitudes and hurt feelings? Can we settle our differences amicably?

Consider Frank and Jerry's predicament. Basically, their friendship began to unravel when they took several wrong steps: (1) Jerry was inconsiderate, (2) Frank expressed his annoyance in a way that upset Jerry, (3) both lost their temper, and (4) both refused to yield.

In time, however, reason prevailed. The two men put their differences behind them and made peace. What helped them to succeed? They applied some practical principles that have helped many friendships not only to survive rocky times but also to grow even stronger afterward.

The principles involved can be found in the world's most widely distributed book—the Bible. It encourages us to cultivate qualities that promote peace and heal emotional wounds—qualities such as discernment, insight, kindness, love, and patience.—Proverbs 14:29; 1 Corinthians 13:4, 5.

Frank and Jerry are just two examples of the Bible's power to change lives for



the better. There are many other examples, including people who overcame deeply entrenched negative traits. For instance, Robert, who lives in Australia, overcame deep-seated anger. Nelson, in Timor-Leste, cast aside long-standing

animosity and made a close friend of a former enemy. How did the Bible help Robert and Nelson? *Awake!* interviewed them to find out.

Robert grew up angry and violent and even spent time in prison

### **ROBERT, tell us a little about your background.**

I grew up in an unhappy home. My father, for example, had a violent temper and often beat me. At times, he even left me bloodied and unconscious. As a result, I became increasingly angry and violent. During my teens, I spent two years in a reform school. Later, I committed a brutal assault that landed me in a maximum-security prison. When I was finally released, I moved to Australia, hoping for a fresh start.

### **Did the move help you to change your ways?**

It was not so much the move that changed me but the Bible, which I studied with Jehovah's Witnesses. That said, I still struggled to control my temper and often felt frustrated and worthless. Then one day I reflected on Proverbs 19:11, which says: "The



insight of a man certainly slows down his anger, and it is beauty on his part to overlook an offense." Eager to develop that insight, I began to think about what lies behind our feelings, words, and deeds. As a result, I gradually became more understanding, patient, and forgiving.

### **Would you give us an example?**

I once upset a friend unintentionally, and he angrily rebuked me in front of others. I was humiliated, to say the least! However, I recalled the Bible's advice to "return evil for evil to no one," and I quickly apologized. (Romans 12:17) When my friend cooled down, I approached him privately

and learned that he was struggling with family problems. We made peace, and later he gave me a beautiful coat as a gift. I shudder to think what might have happened had I been my old self when I was humiliated.

### **How do you deal with family problems?**

My wife and I have a 20-year-old son, and like other families, we have our disagreements. But I've learned a lot from the Bible, including the importance of saying, "I'm sorry." It's amazing how those words, when sincerely expressed, can prevent or defuse a conflict.

As a young man, Nelson joined an opposition political group

**NELSON, you have a warm smile and a friendly manner. At one time, though, you burned with hatred. Correct?**

Yes! As a young man, I joined a political group in opposition to the government. I also hated a rival political party that was vying for control of my district. To become a better fighter, I learned martial arts, and then I beat up anyone who upset me.

**What motivated you to change?**

I began to study the Bible and to apply its teachings, two of which especially touched my heart. The first states: “All things . . . that you want men to do to you, you also must do to them.” (Matthew 7:12) The second reads: “You must love your neighbor as yourself.” (Matthew 22:39) I observed that the Witnesses, who taught me the Bible, displayed that kind of love, regardless of their racial or ethnic background. I wanted to be like them. Evidently, I succeeded, for my old acquaintances



were amazed and soon no longer feared me.

**Did you ever have a relapse?**

Not in public. But sometimes I struggled to control my temper at home. In fact, I once got angry and hit my wife, which I deeply regret. She kindly forgave me, though, and this made me even more determined to master my emotions.

**You said that people stopped fearing you. Can you give us an example?**

Yes. One day I encountered a prominent member of the rival political group that I men-

tioned earlier, a man named Augusto. At first, he was very cautious. But I greeted him warmly, suggested that we forget our differences, and invited him to my home. He accepted my offer and was amazed at the changes I had made—so much so that he too began to study the Bible. Now Augusto and I are not just close friends but also spiritual brothers.

### “Be Peaceable With All Men”

The causes of conflict are complex and varied, and not everyone is eager to respond to overtures of peace. Hence, the Bible offers this realistic advice: “If possible, *as far as it depends on you*, be peaceable with all men.”—Romans 12:18.

The people mentioned in this article are living proof that the wisdom found in the Bible really works—that it has the power to overturn even “strongly entrenched” negative attitudes when we let it. (2 Corinthians 10:4) Concerning that wisdom, Proverbs 3:17, 18 says: “Its ways are pleasant, and all its paths are peaceful. It is a tree of life to those who take hold of it, and those who keep firm hold of it will be called happy.”

Do you want to become more happy and peaceable? Do you long for friendships that will not unravel when put to the test? If so, you will not be disappointed if you allow the Bible to show you the way. ■

## Bible Principles That Promote Peace

Think before you speak or act.  
—James 1:19.

When provoked, do not retaliate.  
—Proverbs 26:20.

If anger wells up, “take your leave.”—Proverbs 17:14.

Be willing to apologize.  
—Matthew 5:23, 24.

Forgive freely.—Ephesians 4:32.

### LOVE—A Key to Peace

“Love is patient and kind. Love 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 bears all things, . . . endures all things. Love never fails.”  
—1 Corinthians 13:4-8.



Nelson and Augusto are now good friends



## WORLD

“Every year, nearly 3 million babies die within the first month of life, most from preventable causes. More than a third of these babies die on their first day of life.”—Save the Children International.

## BRITAIN

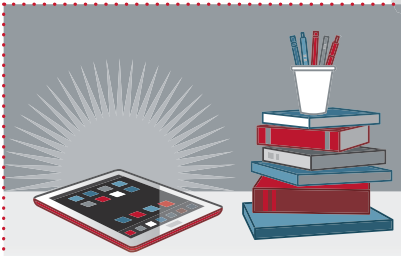
In 2011, according to Public Health England, in 15 London boroughs, there was an increase in deaths from particulate-matter air pollution. Ironically, diesel has been promoted as green because it is more fuel efficient and emits less carbon dioxide. However, 91 percent of particulate-matter air pollution in that area comes from diesel vehicles.



## RUSSIA

According to a 2013 survey conducted by Russia's Public Opinion Foundation, about 52 percent of Russians who identified themselves as Orthodox Christians said that they have never read even a part of the Bible, and 28 percent said that they rarely prayed.

© Petterik Wiggers/Panos Pictures



## UNITED STATES

A number of schools and universities are replacing textbooks with electronic tablets that are loaded with the necessary reading material, software, apps, and other media. Whether this is more cost-effective, however, has been questioned.

## AFRICA

Confusion over who owns farmland is hindering agricultural production and perpetuating poverty, notes a World Bank report. Half the world's uncultivated usable land—some 500 million acres (202 million ha)—is in Africa, where agricultural productivity is said to be at a quarter of its potential.







# How to Say No



## THE CHALLENGE

Your child simply will not take no for an answer. Whenever you say the word, his\* unruly response tests your patience to the limit. Nothing you do or say calms him, and eventually you feel that you have no choice but to give in. Once again, your resolute no turns into an exasperated, reluctant yes.

You *can* stop that tiresome pattern. First, though, consider some factors about saying no.

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\* For simplicity, we refer to the child in the masculine gender. However, the principles discussed apply to both boys and girls.

## WHAT YOU SHOULD KNOW

**Saying no is not cruel.** Some parents would disagree, perhaps saying that you should reason with your child, explain yourself, or even negotiate. But avoid saying no, they urge, for fear that it will make your child feel resentful.

True, the word “no” might initially disappoint your child. Nevertheless, it teaches him a vital lesson—that in the real world, there are limits by which people must abide. By giving in, on the other hand, you weaken your authority and teach your child to manipulate you by whining every time he wants something. Over time, your response could make him resentful. After all, how much can a child respect an easily manipulated parent?

**Your saying no prepares a child for adolescence and adulthood.** It teaches him the benefits of self-denial. A child who learns that valuable lesson is less likely to give in during adolescence when he faces pressure to take drugs or to have premarital sex.

Your saying no also trains a child for adulthood. “The truth is, we [adults] don’t always get what we want,” writes Dr. David Walsh. “We’re not doing our kids any favors when we teach them that the world will always serve up whatever they want on a silver platter.”\*

---

\* From the book *No: Why Kids—of All Ages—Need to Hear It and Ways Parents Can Say It*.





## WHAT YOU CAN DO

**Focus on your goal.** You want your child to become a competent, emotionally mature, successful adult. But you work against that objective if you give him everything he asks for. The Bible says that if someone “is pampered from his youth, he will become thankless later on.” (Proverbs 29:21) Saying no, therefore, is part of effective discipline. Such training will help your child, not hurt him.—*Bible principle: Proverbs 19:18.*

**When you say no, be decisive.** Your child is not your equal. So there is no need to debate your no as if you need him to approve it. Of course, as children grow, they need to have their “powers of discernment trained to distinguish both right and wrong.” (Hebrews 5:14) So it

## Do not say no just to flex your parental muscle

is not wrong to reason with a child. Nevertheless, do not get entangled in endless disputes with younger children about *why* you said no. The more you dispute with your child, the more your no will sound like a question rather than a decision.—*Bible principle: Ephesians 6:1.*

**Stick to your decision.** Your child might test your resolve with whining or pleading. If that happens at home, what can you do? “Separate yourself from the child,” recommends the book *Loving Without Spoiling*. “Say, ‘If you’re in a whiny mood, that’s OK, but I don’t want to hear it. You need to go to your room. You can whine there until you are ready to stop.’” At first, such a firm stance might be difficult for you to take—and for your child to accept. But his resistance is likely to lessen as he realizes that you mean what you say.—*Bible principle: James 5:12.*

**Be reasonable.** Do not say no just to flex your parental muscle. Instead, “let your reasonableness become known.” (Philippians 4:5) There are times when you can say yes to your child—as long as you are not giving in to mere whining and your child’s request is legitimate.—*Bible principle: Colossians 3:21.* ■

## KEY SCRIPTURES

“Discipline your son while there is hope.”—Proverbs 19:18.

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

“Let your ‘Yes’ mean yes and your ‘No,’ no.”—James 5:12.

“Do not be exasperating your children, so that they do not become downhearted.”  
—Colossians 3:21.

## THE VALUE OF SAYING NO

“It’s human nature for us to want to keep our kids smiling and cheerful. But you know what? If our kids never get mad at us, or get frustrated or become disappointed, that might be a warning sign that we aren’t doing our job as parents. How will your kids learn to deal with frustration and disappointment if they never have any practice? How will your kids learn self-discipline if you don’t teach them? It is your job to teach these important life lessons by saying no.”—Dr. David Walsh.

# “Observe Intently the Birds”

**B**IRDS inhabit all parts of the earth, and they are among the easiest creatures to observe. What is more, their variety in form, color, song, antics, and habits can make bird-watching, or birding, an entertaining and rewarding pastime.

You may even be able to observe a bird's daily routine from your kitchen window: a European blackbird digging for worms, a tyrant flycatcher hawking for insects, a dove courting its mate, a swallow tirelessly constructing its nest, or a goldfinch feeding its hungry brood.

Some birds will impress you—such as eagles, falcons, and hawks—as they patrol the skies. Others may amuse you: sparrows squabbling over a tidbit, a male pigeon puffing out its breast to impress a seemingly indifferent female, or a group of squawking rose-pink and gray galahs hanging upside down on a swaying power line as a result of losing their balance. And some sightings will thrill you, such as the overhead passage of migrating storks, cranes, or geese. Indeed, such migrations have been observed for thousands of

Helmeted guinea fowl



Masked weaver



Bohemian waxwing



“Your  
heavenly  
Father feeds  
them. Are  
you not  
worth more  
than they  
are?”

—Matthew 6:26

years, leaving viewers in awe of the ability of birds to navigate great distances with clocklike precision. In fact, the Creator himself said: “The stork in the sky knows its seasons; the turtledove and the swift and the thrush keep to the time of their return.”—Jeremiah 8:7.

### Observing the Birds in Bible Times

The Bible makes many references to birds, often to teach valuable lessons. For example, concerning the ostrich and its incredible speed, God said to a man named Job: “When she rises up and flaps her wings, she laughs at the horse and at its rider.”\* (Job 39:13, 18) God also asked Job: “Is it by your understanding that the falcon soars, . . . or is it at your order that an eagle flies upward?” (Job 39:26, 27) The lesson? Birds perform their feats without any help from us. Their abilities testify to God’s wisdom, not ours.

King Solomon wrote of “the song of the turtledove,” which heralds the arrival of spring. (Song of Solomon 2:12) A psalmist mentioned the swallow when he was writing about his yearning to serve in God’s temple. With a touch of envy, he said: “Even the bird finds a home there and the swallow a nest for herself, where she cares for her young near your grand altar, O Jehovah.”—Psalm 84:1-3.

Some of the most beautiful references to birds were made by Jesus Christ. Consider these words found at Matthew 6:26: “Observe intently the birds of heav-

en; they do not sow seed or reap or gather into storehouses, yet your heavenly Father feeds them. Are you not worth more than they are?” That touching illustration reassures Jesus’ followers that they are precious to God and need never be anxious about obtaining life’s necessities. —Matthew 6:31-33.

Today, bird-watching is a popular recreational activity—and understandably so, for birds amaze us with their antics, beauty, courtship rituals, and songs. What is more, they can also teach the thoughtful observer valuable lessons about life. Will you “observe intently the birds”? ■

Great spotted woodpecker



### Do You Want to Attract Birds to Your Garden?

Birds look for the following things:

- **Cover** Trees and bushes provide places where birds can safely rest and preen themselves.
- **Food** Trees and shrubs, especially native varieties, provide food. Feeders also attract birds.
- **Water** Birds drink regularly, and many like a bath.
- **Nesting sites** Trees, shrubs, and suitable nesting boxes attract woodland species.

\* The ostrich is the largest living bird, and it is the fastest runner, able to reach speeds of about 45 miles an hour (72 km/h) for short bursts.





# WILLIAM WHISTON

William Whiston was a scientist, mathematician, clergyman, prolific writer, and colleague of English physicist and mathematician Sir Isaac Newton. In the year 1702, Whiston succeeded Newton as Lucasian Professor of Mathematics at the University of Cambridge, England. This chair, or professorship, has been held by some of the greatest minds in science and technology.

## QUICK FACTS

- ▶ William Whiston (1667-1752) belonged to Sir Isaac Newton's circle of acquaintances. Whiston and Newton shared many religious beliefs.
- ▶ For a time, Newton generously supported Whiston in his career. Later, however, Newton ostracized him.
- ▶ Whiston was charged with heresy but was never convicted.
- ▶ "One of Whiston's outstanding qualities was his complete honesty."—*English Versions of the Bible*.

**W**HISTON is also known, especially to Bible students, for his translation into English of the writings of first-century Jewish historian Flavius Josephus. *The Works of Josephus* shed considerable light on Jewish history and the world of the early Christians.

## WHISTON'S BELIEFS

Whiston applied his keen intellect to many topics, especially science and religion. He believed that the Bible's account of creation is accurate and that the design, elegance, and order evident in nature point to a divine Architect.

Moreover, Whiston believed that the churches of Christendom had fragmented into many denominations because the clergy had strayed from the Bible, preferring the non-Biblical teachings and traditions of church councils and so-called Church Fathers.

Because Whiston recognized the Bible as a book of spiritual truth, he rejected the notion of eternal torment in hellfire. He viewed it as absurd and cruel, as well as an insult to God. What especially pitted him against church authorities, though, was his rejection of the Trinity, which doctrine defines God as three coequal and coeternal persons—Father, Son, and Holy Spirit. Yet, it is claimed that there are not three gods, but one god.

Because he refused to compromise his beliefs, Whiston “went from renowned academic to outcast”

## “FROM RENOWNED ACADEMIC TO OUTCAST”

After careful research, Whiston concluded that the Trinity was not taught by early Christians but was later adopted when pagan philosophy infiltrated Christianity.\* His friends warned him about the perils of publishing his findings, but Whiston could not ignore what he perceived to be a perversion of Jesus’ true nature as the Son of God and a created being.

The University of Cambridge barred from office any who taught ideas contrary to Anglican doctrine, which meant that Whiston could lose his chair. Nevertheless, he did not keep silent—unlike Newton, who also considered the Trinity to be a false teaching but was covert in expressing his views. Whiston wrote: “No worldly motives whatever . . . shall dissuade me.”

In 1710, Whiston was expelled from Cambridge. Because he refused to compromise his beliefs, he “went from renowned academic to outcast.” Even then, he was not cowed. In fact, while being accused of heresy, he wrote a series of essays called *Primitive Christianity Revived*—“primitive” meaning original Christianity, that practiced by Jesus’ early followers. Later, Whiston founded the Society for Promoting Primitive Christianity, which met in his London home.

Although losing his professorship and suffering financially for a time, Whiston continued to write and to lecture in coffeehouses in London. In 1737, as a contribution to the understanding of early Christianity’s historical context, he published his translation of Josephus’ writings. It has been in print ever since.

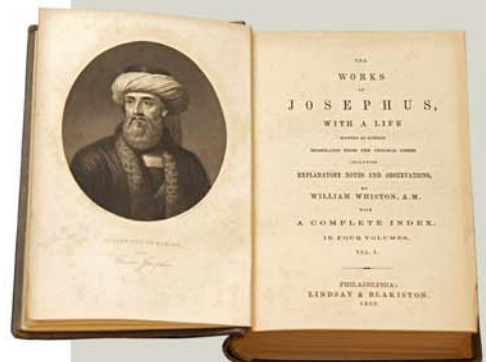
Because of his courageous but unpopular stand, Whiston is viewed by many today as “an eccentric figure,” says author James E. Force. Others, however, admire him as a Bible scholar, as a sincere searcher for religious truth, and as a man determined to live by his beliefs. ■

\* The Bible is clear on the nature of God. For more information, visit [jw.org](http://jw.org). Look under BIBLE TEACHINGS > BIBLE QUESTIONS ANSWERED.

## A Thinker Who Did Not Follow the Crowd

“If his contemporaries found him overeager to sacrifice his career for the sake of principle, Whiston found his contemporaries far too ready to sacrifice any and all principle for the sake of preferment [personal advancement].”—*William Whiston—Honest Newtonian*.

“Whiston used his scientific skills to research, ponder and draw conclusions in the world of religion. His beliefs against Trinitarianism and his belief in Primitive Christianity came from extensive reading and thinking.”—Robert Bruen, PhD.





## DREAMS FROM GOD

### Has God used dreams to communicate with humans?

*“[God’s prophet] Daniel saw a dream . . . as he lay on his bed. Then he wrote down the dream; he recorded a complete account of the matters.”*  
—Daniel 7:1.

**WHAT THE BIBLE SAYS** God has conveyed important messages to people in a variety of ways. In Bible times, he occasionally used dreams. But these were not everyday vague, illogical dreams. Dreams from God were vivid and coherent, and they had a definite message. For example, in a dream, the prophet Daniel saw a series of beasts that symbolize political empires from Babylon down to our time. (Daniel 7:1-3, 17) By means of a dream, God told Joseph of Nazareth, the adoptive father of Jesus, to flee to Egypt with his wife and child. As a result, Jesus escaped death at the hands of vicious King Herod. When Herod died, God disclosed his death to Joseph by means of a dream, at the same time instructing him to return with his family to their homeland.—Matthew 2:13-15, 19-23.

The dreams recorded in the Bible were vivid and coherent, and they had a definite message





## Does God use dreams to communicate with us today?

---

**WHAT THE BIBLE SAYS** The dreams recorded in the Bible form part of God's written revelation to mankind. Concerning that revelation, 2 Timothy 3:16, 17 states: "All Scripture is inspired of God and beneficial for teaching, for reproving, for setting things straight, for disciplining in righteousness, so that the man of God may be *fully competent, completely equipped* for every good work."

*"Do not go beyond the things that are written."*  
—1 Corinthians 4:6.

The Bible 'completely equips' us in that it reveals all that we need to know about God, his qualities, his moral standards, and our place in his purpose for the earth. Hence, God no longer uses dreams to convey messages to humans. If we want to learn about the future and God's will for us, we need "not go beyond the things that are written"—that is, written in the Bible. Moreover, virtually all mankind can access this book and study its many revelations from God, including dreams.

## Why can you trust the dreams and visions recorded in the Bible?

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**WHAT THE BIBLE SAYS** Many of the dreams and visions recorded in the Bible were prophetic—that is, they foretold future events. By recording these prophecies, the Bible writers put their credibility—and that of the Scriptures—on the line. Did their writings prove to be accurate? Consider an example—the vision found at Daniel 8:1-7, recorded toward the end of the Babylonian Empire.

Using symbolism, the prophecy involved a ram and a male goat that overthrew the ram, trampling it down. Daniel did not have to guess at the meaning of the vision. An angelic messenger of God declared: "The two-horned ram . . . stands for the kings of Media and Persia. The hairy male goat stands for the king of Greece." (Daniel 8:20, 21) History confirms that Medo-Persia succeeded Babylon as a world power. Then, some two hundred years later, Medo-Persia fell to Alexander the Great of Greece. Such amazing accuracy characterizes Bible prophecy, including prophetic dreams. This fact alone sets the Bible apart from all other sacred books, making it worthy of our confidence. ■

*"Men spoke from God as they were moved by holy spirit."*—2 Peter 1:21.



# The Light-Absorbing Butterfly Wing



Scales on the butterfly's wing have honeycomblike holes

Butterfly: Jerrold E+/Getty Images; wing scale: Mr. Stephen Karl/CSUF Microscopy Technician

**I**N ORDER to reduce mankind's dependence on fossil fuels, scientists are eager to improve the light-harvesting efficiency of solar collectors. "The solution to this problem," said a scientist, "may have been . . . fluttering right in front of our eyes."

**Consider:** To keep themselves warm during cold weather, butterflies spread their wings in the sun. The wings of some species of swallowtail are remarkably efficient at trapping and absorbing sunlight. The insects' secret lies not just in their dark pigment but also in the structure of microscopic, overlapping scales coating their wings. The scales, in turn, contain rows of honeycomblike holes separated by inverse V-shaped ridges that funnel light into the holes. This ingenious structure traps incoming sunlight, making the wings extremely black and warming the butterfly with amazing efficiency.

"Butterfly wings may rank among the most delicate structures in nature," says *Science Daily*, "but they have given researchers powerful inspiration for new technology that doubles the production of hydrogen gas—a green fuel of the future—from water and sunlight." Other promising applications include optical instruments and solar cells.

**What do you think?** Did the light-absorbing architecture of the butterfly wing come about by evolution? Or was it designed? ■

