

OCTOBER 1, 2015

# THE WATCHTOWER

ANNOUNCING JEHOVAH'S KINGDOM

DOES IT DO ANY GOOD  
TO PRAY?



THIS MAGAZINE, *The Watchtower*, honors Jehovah God, the Ruler of the universe. It comforts people with the good news that God's heavenly Kingdom will soon end all wickedness and transform the earth into a paradise. It promotes faith in Jesus Christ, who died so that we might gain everlasting life and who is now ruling as King of God's Kingdom. This magazine has been published continuously since 1879 and is nonpolitical. It adheres to the Bible as its authority.

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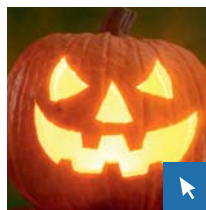
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# Why Do People Pray?

“I was a heavy gambler. I prayed to win a fortune. It never happened.”—Samuel,\* Kenya.

“In school all we had to do was recite the memorized prayers we were taught.”—Teresa, Philippines.

“I pray when I face problems. I pray for forgiveness of sins and to be a better Christian.”—Magdalene, Ghana.

The comments made by Samuel, Teresa, and Magdalene show that people pray for a wide range of reasons, some more noble than others. Some people’s prayers are heartfelt; others’ prayers are almost devoid of any personal touch. Nevertheless, whether they pray to pass examinations at school or pray for their favorite sports team to win, for God’s guidance in their family life, or for a multitude of other reasons, hundreds of millions feel the need to pray. In fact, surveys show that even some with no religious affiliation pray regularly.

Do you pray? If so, what do you pray for? Whether you are in the habit of praying or not, you may wonder: ‘Does it really do any good to pray? Is anyone listening?’ One writer expressed the view that prayer is just “a form of therapy . . . like talking to your pet fish.” Some medical authorities have a similar view, calling prayer a form of “alternative medicine.” Are people who pray just going through a meaningless exercise or, at best, getting some therapeutic benefit from the practice?

In contrast, the Bible presents prayer as much more than just a form of therapy. It tells us that someone really is listening to prayers that are made in the right way and for the right things. Is this true? Let us look at the evidence.

\* Some names have been changed.





# Is Anyone Listening?

Some people feel that prayer is just a waste of time, that no one is listening. Others have tried to pray but feel that they got no answer. One atheist conjured up an idea of what he imagined God to be and then prayed: “Just give me a little whisper.” But he said that God maintained “state-ly silence.”

Yet, the Bible assures us that there is a personal God and that he does hear prayers. The Bible records this statement to a people long ago: “He [God] will surely show you favor at the sound of your cry for help; he will answer you as soon as he hears it.” (Isaiah 30:19) Another Bible verse says: “The prayer of the upright is a pleasure to Him.”—Proverbs 15:8.

The Bible also recounts examples of those whose prayers were heard. One verse says that Jesus offered up “petitions . . . to the One who was able to save him” and that “he was favorably heard.” (Hebrews 5:7) Other examples can be found at Daniel 9:21 and 2 Chronicles 7:1.

Why, then, do some people feel that their prayers are not answered? To be heard, we must

pray only to the God of the Bible, Jehovah,\* not to any other god or to ancestors. God also requires that we “ask according to his will”—for things he approves of. God assures us that if we pray in this way, “he hears us.” (1 John 5:14) So, for our prayers to be heard, we need to get to know the God of the Bible and learn what his will is.

Many people believe that prayer is not just a religious exercise but that God does listen to prayers and answers them. Isaac, from Kenya, says: “I prayed for help to understand the Bible. Soon afterward, someone approached me and offered the help I needed.” In the Philippines, Hilda wanted to quit smoking. After repeated failures, her husband suggested, “Why not pray to God for help?” She applied the advice and says: “I was amazed at how He helped me. It was as if I began to lose my desire to smoke. I was able to stop.”

Might God be interested in helping you with your personal concerns that are in harmony with his will?

\* Jehovah is the name of God as revealed in the Bible.



Jesus prayed to his Father, “and he was favorably heard.”

—Hebrews 5:7

# Why God Invites Us to Pray

## God extends his hand of friendship.

Friends communicate with each other to cultivate a good relationship. Likewise, God invites us to talk to him, opening the way for a warm friendship. He says: “You will call me and come and pray to me, and I will listen to you.” (Jeremiah 29:12) As you speak to God, you will “draw close to [him], and he will draw close to you.” (James 4:8) The Bible assures us: “Jehovah is near to all those calling on him.” (Psalm 145:18) The more we pray to him, the more our friendship with God will flourish.

## God wants to help you.

Jesus said: “Which one of you, if his son asks for bread, will hand him a stone? Or if he asks for a fish, he will not hand him a serpent, will he? Therefore, if you . . . know how to give good gifts to your children, how much more so will your Father who is in the heavens give good things to those asking him!” (Matthew 7:9-11) Yes, God invites you to pray because “he cares for you” and wants to help you. (1 Peter 5:7) He even invites you to go to him with your problems. The Bible tells us: “Do not be anxious over anything, but in everything by prayer and supplication along with thanksgiving, let your petitions be made known to God.”—Philippians 4:6.

## Humans have a spiritual need.

Experts on human nature have observed that hundreds of millions of people feel a need to pray. Even some atheists and agnostics are included in this number.\* This attests to the fact that humans were created with a spiritual need. Jesus said: “Happy are those conscious of their spiritual need.” (Matthew 5:3) One way we can fill that need is by regularly communicating with God.

If we accept God’s invitation to pray to him, what benefits may we expect?

\* A 2012 Pew Research Center survey revealed that 11 percent of atheists/agnostics in the United States pray at least once a month.

## What Does Prayer Involve?

The Bible shows that prayer can embrace every facet of our life. Prayer may include the following:

**Confession** “I confessed my sin to you; I did not cover my error.”—Psalm 32:5.

**Thanks** “It is good to give thanks to Jehovah.”—Psalm 92:1.

**Praise** “I will praise Jehovah at all times; his praise will be on my lips constantly.”—Psalm 34:1.

**Requests for Guidance** “Guide me in the pathway of your commandments, for in it I take delight.”—Psalm 119:35.

**Request for Strength** “Turn to me and show me favor. Give your strength to your servant.”—Psalm 86:16.

“Jehovah is near to all those calling on him.”—Psalm 145:18



## PRAYER What It Can Do for You

Before you embark on any endeavor, you might naturally wonder, ‘What’s in it for me?’ Is it selfish, though, to ask this about prayer? Not necessarily. We naturally want to know whether it does any good. Even the good man Job once asked: “If I call out to him, will he answer me?”—Job 9:16.

In the preceding articles, we considered evidence that prayer is far more than a religious routine or a type of mental therapy. The true God really does listen to prayer. If we pray in the right way and for the proper things, he will pay attention. In fact, he urges us to draw close to him. (James 4:8) So, what can we expect if we make prayer a part of our life? Let us look at just some of the benefits.

### Peace of mind.

When problems and challenges arise in your life, do you feel overwhelmed with anxiety? The Bible encourages us to “pray constantly” at times like these and to let our “petitions be made known to God.” (1 Thessalonians 5:17; Philippians 4:6) The Bible assures us that if we turn to God in prayer, “the peace of God that surpasses all understanding will guard [our] hearts and [our] mental powers.” (Philippians 4:7) We can gain a measure of tranquillity by pouring out our concerns to our heavenly Father. In fact, he encourages us to do so. “Throw your burden on Jehovah, and he will sustain you,” says Psalm 55:22.

Countless people the world over have experienced this peace. Hee Ran, from South Korea,



Prayer can give us strength when facing trials

says: “Even though I have serious problems, once I pray about them, I feel relieved of the burden and I feel I have the power to endure.” Cecilia, in the Philippines, relates: “Being a mother, I worry a lot about my daughters and my mother, who is now unable to recognize me. But because of prayer, I am able to go about my daily life with fewer worries. I know that Jehovah will help me to take care of them.”

### Comfort and strength when facing trials.

Are you facing extreme stress, perhaps even life-threatening or tragic circumstances? Praying to “the God of all comfort” can bring immense relief. The Bible says that he “comforts us in all our trials.” (2 Corinthians 1:3, 4) For instance, on one

## Benefits of Prayer

**Peace of mind** “Do not be anxious over anything, but in everything by prayer and supplication along with thanksgiving, let your petitions be made known to God; and the peace of God that surpasses all understanding will guard your hearts and your mental powers by means of Christ Jesus.” —Philippians 4:6, 7.

**Comfort from God** “Praised be the God and Father of our Lord Jesus Christ, the Father of tender mercies and the God of all comfort, who comforts us in all our trials.”—2 Corinthians 1:3, 4.

**Guidance to make wise decisions** “If any one of you is lacking in wisdom, let him keep asking God, for he gives generously to all and without reproaching, and it will be given him.”—James 1:5.

**Help to avoid temptation** “Carry on prayer so that you do not enter into temptation.”—Luke 22:40.

**Forgiveness of sins** “If my people on whom my name has been called humble themselves and pray and seek my face and turn away from their evil ways, then I will hear from the heavens and forgive their sin.”—2 Chronicles 7:14.

**A way to help others** “A righteous man’s supplication has a powerful effect.”—James 5:16.

**Encouragement when prayers are answered** “Jehovah said to him [Solomon]: ‘I have heard your prayer and your request for favor that you made before me.’”—1 Kings 9:3.

“Throw your burden on Jehovah,  
and he will sustain you.”

—Psalm 55:22



occasion when Jesus was greatly distressed, “he bent his knees and began to pray.” The result? “An angel from heaven appeared to him and strengthened him.” (Luke 22:41, 43) Another faithful man, Nehemiah, suffered threats from evil people who tried to stop him from doing God’s work. He prayed: “Now, I pray, strengthen my hands.” The subsequent events show that God really did help him to rise above his fears and to succeed in his work. (Nehemiah 6:9-16) Reginald, in Ghana, describes his experience with prayer: “When I pray, especially in times of overwhelming difficulties, I get a feeling of having told my problem to someone who has the means to help me and who assures me that there is no cause for alarm.” Yes, God can comfort us when we pray to him.

### Wisdom from God.

Some decisions we make can permanently affect us and our loved ones. How can we make wise choices? The Bible says: “If any one of you is lacking in wisdom [especially in dealing with trials], let him keep asking God, for he gives generously to all and without reproaching, and it will be given

him.” (James 1:5) If we pray for wisdom, God can use his holy spirit to guide us to make wise decisions. In fact, we can specifically ask for holy spirit because Jesus assures us that “the Father in heaven [will] give holy spirit to those asking him!” —Luke 11:13.

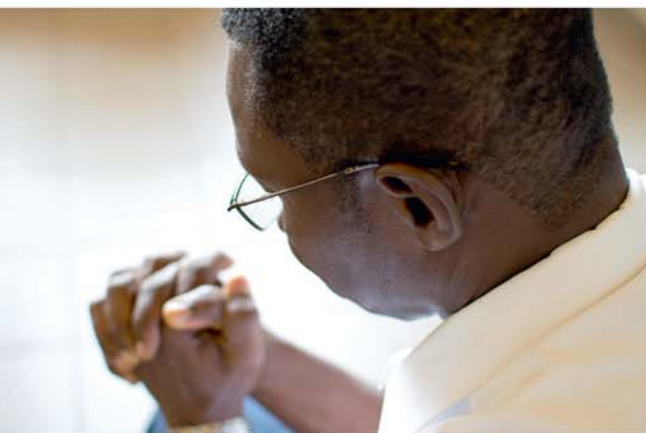
Even Jesus felt the need to ask his Father for help when making important decisions. The Bible tells us that when he wanted to select the 12 men who would serve as his apostles, “he spent the whole night in prayer to God.”—Luke 6:12.

Like Jesus, many today have been reassured when they have seen how God has responded to their requests for help in making wise decisions. Regina, in the Philippines, tells of the various problems she has faced, such as supporting herself and her family after the death of her husband, losing a job, and experiencing difficulty in raising children. What has helped her to make wise decisions? She says, “I depend on Jehovah’s help through prayer.” Kwabena, in Ghana, tells why he asked for God’s help, “I lost my well-paying job in construction.” About considering his options, he says, “I consistently prayed to Jehovah for guidance in making the right decision.” He adds, “I feel strongly that Jehovah helped me to choose a career that enables me to care for my spiritual and physical needs.” You too can experience God’s guidance by praying about matters that could affect your relationship with him.

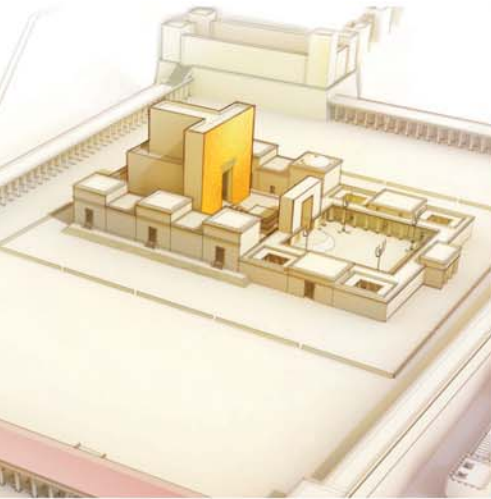
We have mentioned just a few things that prayer can do for you. (For more examples, see the box “Benefits of Prayer.”) But for you to get these benefits, you need first to get to know God and his will. If that is what you want, we encourage you to ask Jehovah’s Witnesses to help you study the Bible.\* This can be your first step in drawing closer to the “Hearer of prayer.”—Psalm 65:2. ■

\* For more information, contact Jehovah’s Witnesses locally or visit our website, [www.jw.org](http://www.jw.org).

“I consistently prayed to Jehovah for guidance in making the right decision.”—Kwabena, Ghana







## What challenges did Herod face in rebuilding the temple in Jerusalem?

Originally, Solomon erected Jerusalem's temple on a hill and had retaining walls built on the east and west sides of the hill in order to create level terraces around the sacred structure. Herod wanted a temple more magnificent than Solomon's, so he set about remodeling and enlarging the existing one.

Herod's engineers enlarged the flat area north of the temple in order to expand the terraces there. Toward the south, the platform was extended 105 feet (32 m). To accomplish this, a series of stonework vaults and a thick retaining wall were constructed. At some points, this wall stood 165 feet (50 m) high.

Herod tried not to offend Jewish sensibilities or disrupt the temple's services and sacrifices. Jewish historian Josephus says that Herod even trained Jewish priests as stonemasons and carpenters so that no unauthorized worker would enter the holy areas.

Herod did not live to complete the project. By 30 C.E., the rebuilding had been under way for 46 years. (John 2:20) The work was completed by Herod's great-grandson, Agrippa II, in the middle of the first century C.E. ■

## Why did the people of Malta think that the apostle Paul was a murderer?

Some of the people of Malta may have been influenced by concepts of Greek religion. Consider what occurred after Paul's shipwreck on Malta, as reported in the book of Acts. When the apostle laid a bundle of sticks on the fire that had been lit to keep his shipwrecked traveling companions warm, a viper attached itself to his hand. At that, the islanders said: "Surely this man is a murderer, and although he made it to safety from the sea, Justice did not permit him to keep on living."—Acts 28:4.

The Greek term for "Justice" here is "*di'ke*." The word can mean justice in an abstract sense. In Greek mythology, however, Dike was the name of the goddess of justice. It was thought that she oversaw human affairs and reported undisclosed injustices to Zeus, so that the guilty would be punished. Thus, according to one source, the residents of Malta may have been thinking: "Though Paul has escaped the sea, he is a marked man who is now overtaken by the goddess *Dike* . . . through the viper." The people changed their minds when it became clear that Paul was unharmed. ■



THE GODDESS OF JUSTICE (LEFT)  
BEATING THE GODDESS OF INJUSTICE

KHM-Museumsverband



AS TOLD BY **JULIO CORIO**

YEAR BORN

**1981**

COUNTRY OF ORIGIN

**GUATEMALA**

HISTORY

**TRAGIC CHILDHOOD**



With the brother whose family took me in

## I now feel that I can help others

**MY PAST:** I was born in Acul, an isolated town in the western highlands of Guatemala. My family belongs to the Ixil people, an ethnic group of Maya descent. In addition to the Spanish language, I grew up speaking our indigenous language. My first years of life coincided with a savage period of Guatemala's 36-year-long civil war. During this time many Ixil died.

When I was four years old, my seven-year-old brother was playing with a hand grenade that accidentally exploded. I lost my sight as a result of that accident; sad to say, my brother lost his life. Thereafter, my childhood was spent at an institute for blind children in Guatemala City, where I learned Braille. There, for reasons I did not fully understand, the staff prohibited me from conversing with other children and my fellow students avoided me. I was always lonely and longed for the two months each year when I could be at home with my mother, who was always kind and compassionate. Sadly, she died when I was ten years old. Feeling that I had lost the only person in the world who loved me, I was devastated.

At age 11, I returned to my hometown and started living with my half brother and his family. They cared for my physical needs, but no one could help me emotionally. At times, I would cry out to God: "Why did my mother die? Why do I have to be blind?" People told me that these tragedies were the will of God. I concluded that God must be insensitive and unfair. The only reason I did not commit suicide was that I did not have a means to do so.

Being blind left me physically and emotionally vulnerable. As a boy, I was sexually abused on several occasions. I never reported those crimes—I didn't think anyone would care. People rarely spoke to me, and I did not converse with anyone. I was reclusive and depressed, and I did not trust anyone.

**HOW THE BIBLE CHANGED MY LIFE:** In my early teens, two of Jehovah's Witnesses (a married couple) approached me during a school recreation period. One of the teachers at my school, who sympathized with my situation, had asked them to visit

me. They told me about the Bible's promise that the dead will be resurrected and that one day the blind will see again. (Isaiah 35:5; John 5: 28, 29) I liked what they taught me, but it was hard for me to converse with them, since I was not used to speaking. However, despite my being very withdrawn, they kindly and patiently persisted in visiting me in order to teach me about the Bible. This couple walked more than six miles (10 km) and over a mountain to reach my town.

My half brother described them to me as neatly dressed but of little means materially. Yet, they always showed personal interest in me, bringing me small gifts. I felt that only true Christians would show such self-sacrifice.

I studied the Bible with the help of Braille publications. Although intellectually I understood what I was learning, emotionally some things were difficult for me to accept. For example, I struggled to believe that God really cared about me as a person and that others could share God's feelings toward me. I understood why Jehovah temporarily permits wickedness, but I had a hard time seeing him as a truly loving Father.\*

Gradually, what I learned from the Scriptures helped me to change my viewpoint. For example, I learned that God feels deep empathy for those who suffer. Regarding his worshippers who were being mistreated, God said: "I have certainly seen the affliction of my people . . . I well know the pains they suffer." (Exodus 3:7) When I came to appreciate Jehovah's tender qualities, I was moved to dedicate my life to him. In 1998, I was baptized as one of Jehovah's Witnesses.

About a year after I was baptized, I attended a course for the blind near the city of Escuintla. An elder in the local congregation found out about the challenges I was facing to attend the meetings while living in my hometown. You see, the nearest

\* For information regarding why God allows wickedness, see chapter 11 of the book *What Does the Bible Really Teach?* published by Jehovah's Witnesses.



Giving a talk using my Braille Bible

congregation was over that same mountain range that the Witness couple had navigated to study with me, and it was difficult for me to make the trip. To help me, the elder located a Witness family in Escuintla who were willing to take me into their home and help me to attend congregation meetings. To this day, they care for me as if I were a member of their own family.

I could relate many more examples of the genuine love that members of the congregation have shown me. Collectively, these experiences convince me that as one of Jehovah's Witnesses, I am among true Christians.—John 13:34, 35.

**HOW I HAVE BENEFITED:** I no longer feel worthless and without hope. Now my life is full of purpose. As a full-time minister in the Bible education work of Jehovah's Witnesses, I focus on teaching others precious Bible truths instead of focusing on my disability. Also, I have the privilege of serving as a congregation elder and giving Bible discourses for the public in local congregations. I have even had the privilege of giving Bible-based talks at regional conventions where thousands of people are in attendance.

In 2010, I graduated from the Ministerial Training School (now called the School for Kingdom Evangelizers) held in El Salvador. This school prepared me to fulfill my responsibilities in the congregation better. Receiving this training made me feel deeply valued and loved by Jehovah God, who can qualify anyone for his work.

Jesus said: "There is more happiness in giving than there is in receiving." (Acts 20:35) Today, I can truly say that I am happy, and although previously I never imagined it possible, I now feel that I can help others. ■





# Can We Really Find God?

“God is incomprehensible.”

—Philo of Alexandria, first-century philosopher.

“[God] is not far off from each one of us.”

—Saul of Tarsus, addressing first-century philosophers in Athens.

**A**S YOU read those two statements, which one describes your view? Many find the words of Saul of Tarsus, also called the apostle Paul, comforting and appealing. (Acts 17:26, 27) And the Bible contains other assurances like that one. For example, Jesus offered a prayer that contains a warm assurance that his followers can come to know God and receive his blessing.—John 17:3.

However, philosophers such as Philo took a different view. They implied that we could never know God at all because he is completely incomprehensible. Where does the truth lie?

The Bible frankly acknowledges that there are some things about God that are difficult for humans to understand. For example, the length of the Creator’s existence, the brilliance of his mind, and the depth of his wisdom cannot be measured, quantified, or fathomed. They simply exceed human comprehension. However, those aspects of God present no obstacle to our getting to know him. In fact, meditating on those very things can help us to “draw close to God.” (James 4:8) Let us consider a few examples of such incomprehensible things. Then we will look at aspects of God we really *can* grasp.



The length of the Creator's existence, the brilliance of his mind, and the depth of his wisdom cannot be measured, quantified, or fathomed

## What Aspects Are Incomprehensible?

**GOD'S ETERNAL EXISTENCE:** The Bible teaches that God exists "from everlasting to everlasting." (Psalm 90:2) In other words, God had no beginning and will have no end. From a human point of view, "the number of his years is beyond comprehension."—Job 36:26.

**How you benefit:** God promises you everlasting life if you truly come to know him. (John 17:3) How reliable would such a promise be if God himself did not live forever? Only "the King of eternity" could fulfill such a promise.—1 Timothy 1:17.

**GOD'S MIND:** The Bible teaches that God's "understanding is unsearchable" because his thoughts are so much higher than ours. (Isaiah 40:28; 55:9) Appropriately, the Bible asks the rhetorical question: "Who has understood the mind of the Lord so as to instruct him?"—1 Corinthians 2:16, *English Standard Version*.

**How you benefit:** God is able to listen to millions of prayers at the same time. (Psalm 65:2) He even notices every sparrow that falls to the ground. Will God's mind ever be overloaded, preventing him from noticing you and listening to your prayers? No, because his mind is not limited. What is more, "you are worth more than many sparrows" to him.—Matthew 10:29, 31.

**GOD'S WAYS:** The Bible teaches that man can "never find out the work that the true God has made from start to finish." (Ecclesiastes 3:11) Hence we will never know *everything* about God. The wisdom behind God's ways is "beyond tracing out." (Romans 11:33) However, God is willing to

reveal his ways to those who want to please him.—Amos 3:7.

**How you benefit:** If you read and study the Bible, you will never cease to learn new things about God and his ways. This means that we can draw ever closer to our heavenly Father for all eternity.

## What You Can Know

Just because we cannot fully comprehend certain aspects of God does not mean that we cannot get to know him at all. The Bible contains plenty of information that helps us to get to know God better. Consider some examples:

**GOD'S NAME:** The Bible teaches us that God has given himself a name. He says: "I am Jehovah. That is my name." God's name appears some 7,000 times in the Bible, more than any other name.—Isaiah 42:8.

**How you benefit:** Jesus said in his model prayer: "Our Father in the heavens, let your name be sanctified." (Matthew 6:9) Could you also use God's name in your prayers? Jehovah is willing to save everyone who shows proper respect for his name.—Romans 10:13.

**GOD'S DWELLING:** The Bible teaches that there are two "realms"—a spirit realm where spirit creatures with spirit bodies exist and a physical realm consisting of our earth and the universe. (John 8:23; 1 Corinthians 15:44) In the Bible, the word "heavens" often refers to the spirit realm. The Creator's "dwelling place" is in those "heavens."—1 Kings 8:43.

**How you benefit:** You get a clearer picture of God. The Creator is not an obscure force that

is everywhere and in everything. Jehovah is a real Person who lives in a real place. Still, “there is not a creation that is hidden from his sight.” —Hebrews 4:13.

**GOD’S PERSONALITY:** The Bible teaches that Jehovah has endearing qualities. “God is love.” (1 John 4:8) He never lies. (Titus 1:2) He is impartial, merciful, compassionate, and slow to anger. (Exodus 34:6; Acts 10:34) It may come as a surprise to many that the Creator desires to have a “close friendship” with those who respect him. —Psalm 25:14.

**How you benefit:** You can become Jehovah’s friend. (James 2:23) Then, as you come to know Jehovah’s personality, you can better understand Bible accounts.

#### “SEARCH FOR HIM”

The Bible portrays a clear picture of Jehovah God. He is far from being incomprehensible. In fact, the Creator wants you to get to know him. His Word, the Bible, promises: “If you search for him, he will let himself be found by you.”

(1 Chronicles 28:9) Why not get to know God by reading and meditating on Bible accounts? If you do so, the Bible promises that God “will draw close to you.” —James 4:8.

You might wonder, ‘Since I cannot comprehend everything about the Creator, how can I ever be his friend?’ Consider this: Does the best friend of a surgeon need to have a degree in medicine? Not at all! The surgeon’s friend might have a completely different profession. Still, a close friendship is possible. What really counts is that the surgeon’s friend knows the surgeon’s personality as well as what he likes and what he dislikes. Similarly, you can learn from the Bible what kind of person Jehovah is—exactly what you need to know in order to forge a friendship with him.

Far from providing a faint outline of the Creator, the Bible contains the kind of information that we need in order to get to know God. Would you like to learn more about Jehovah God? Jehovah’s Witnesses offer a free home Bible study program. We invite you to contact the Witnesses in your area or to visit our website, [www.jw.org](http://www.jw.org). ■

If you read and study the Bible, you will never cease to learn new things about God and his ways



# Forgive Freely

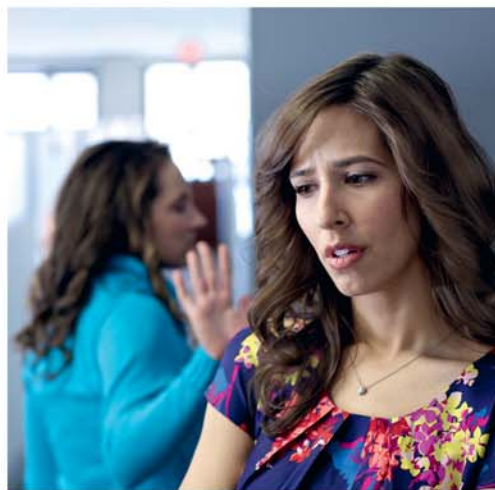
**BIBLE PRINCIPLE:** “Continue . . . forgiving one another freely even if anyone has a cause for complaint against another. Just as Jehovah freely forgave you, you must also do the same.”—Colossians 3:13.

**What does it mean?** In the Bible, sin is likened to debt and forgiveness is compared to the cancellation of a debt. (Luke 11:4) One reference work says that in the Scriptures the Greek word translated “forgive” means “to let go [of] a debt, by not demanding it.” Thus, when we choose to forgive someone who has wronged us, we let go of any need for reparations from the offender. Our willingness to forgive does *not* mean that we approve of the wrong behavior or minimize the hurt that it has caused us. Rather, we simply decide to let go of resentment, even though we may have a legitimate “cause for complaint.”

**Is it practical today?** As imperfect humans, we all sin. (Romans 3:23) Hence we are wise to be inclined to forgive others, for sooner or later we will need to have others forgive us. Moreover, when we choose to forgive, we also benefit ourselves. How so?

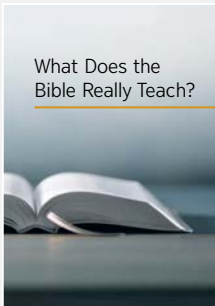
When we harbor anger and resentment—and withhold forgiveness—we hurt ourselves. Such negative emotions can rob us of happiness, restrict our life, and make us miserable. They can also pose a serious health risk. A report in the *Journal of the American College of Cardiology*, by Dr. Yoichi Chida and Professor of Psychology Andrew Steptoe, concluded: “The current findings suggest a harmful association between anger and hostility and CHD [coronary heart disease].”

On the positive side, consider the benefits of forgiveness. When we freely forgive others, we preserve unity and peace, thereby safeguarding relationships. More important, we prove ourselves imitators of God, who freely forgives repentant sinners and who expects us to do the same.—Mark 11:25; Ephesians 4:32; 5:1.





HOW WILL GOD BRING ABOUT A WORLD WITHOUT POVERTY?—MATTHEW 6:9, 10.



What Does the Bible Really Teach?

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For more information, see page 2

## Is a world without poverty possible?

Extreme poverty kills millions every year through malnutrition and disease. Although parts of the world are prosperous, a large portion of mankind still live in extreme poverty. The Bible indicates that poverty has been an ongoing problem among humans.—**Read John 12:8.**

It would take a world government to end poverty. Such a government would have to have the power both to distribute the world's resources fairly and to end wars, which are a major cause of poverty. God has promised such a world government.—**Read Daniel 2:44.**

## Who can eliminate poverty?

God has appointed his Son, Jesus, to rule over all mankind. (Psalm 2:4-8) Jesus will rescue the poor and bring an end to oppression and violence.—**Read Psalm 72:8, 12-14.**

As the foretold “Prince of Peace,” Jesus will establish world peace and security. Then all on earth will live in their own home, enjoy satisfying work, and have plenty to eat.—**Read Isaiah 9:6, 7; 65:21-23.**

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