



Gems of Wisdom – PART 1

A collection of poems, quotes, anecdotes, short stories, and lessons in life, gathered from talks given by Governing Body members and other brothers taking the lead.

Let Go . . . and Let God

As children bring toys and tears for us to mend,
I brought my broken dreams to God, because he was my friend.
But then, instead of leaving him, in peace to work alone,
I hung around and tried to help, with ways that were my own.
At last I snatched them back and cried, "How could you be so slow?"
"My child" he said, "What could I do - you never did let go!"

The above poem was given in a Public Talk by a visiting speaker to our cong - it really touches the heart! The brother applied it to how some of us might be approaching Jehovah in prayer with our problems. Do we "let go" of our problems, heartaches and anxieties of life, leaving them in Jehovah's hands, thus unburdening ourselves? Or, do we "take them back" again onto our own shoulders, not fully trusting and relying on him? Do we rely on our own devices to cope and try to find the solutions? Are we impatient, not allowing Jehovah enough TIME to work out an answer to our prayers?

Tell Her So!

Amid the cares of marriage life,
In spite of toil and business life,
If you value your dear wife,
Tell her so!

When days are dark and deeply blue,
She has her troubles, so have you.
Show her that your love is true,
Tell her so!

She'll return for each caress,
A hundred-fold of tenderness.
Hearts like her were made to bless,
Tell her so!

You are hers, and hers alone,
Well you know she's all your own.
Don't wait to carve it on a stone,
Tell her so!

Never let her heart grow cold,
Richer beauties will unfold.
She is worth her weight in gold,
Tell her so!

An Empty Box

(Marriage is a gift, a beautifully wrapped present - in an *empty* box.)

Some people get married believing that marriage is a beautiful box, full of all the things they have longed for - *companionship, intimacy, friendship*.

The truth is that marriage, at the start, is an *empty box*. You must put something in before you can take anything out. There's no love in marriage, love is in people, and people put it into marriage. There's no romance in marriage, people have to infuse it into their marriage. A couple must learn this art and form the habit of giving, loving serving, praising - keeping the box full. If you take out more than you put in, the box will be empty.

Older Folks Are Worth a Fortune

(Being positive despite being old)

Older folks are worth a fortune - *silver* in their hair, *gold* in their teeth, *lead* in their feet, and *gas* in their stomachs.

I've become a little older since I saw you last, and a few changes have come into my life. I have become a happy old man. I've five new friends:

When I awake in the morning, *Will*-power gets me out of bed, *Uncle Toby* helps me along, and *Billy* tea. Then I'm joined by *Arthur*-itis, who shows up and stays with me for the rest of the day, takes me from joint to joint. Then there's *Al*-zheimer. He gets acquainted with me too!

The minister came the other day and said I should in my age be thinking about the hereafter. I told him I do all the time. No matter where I am, whether I am in the kitchen or down stairs, I ask myself, "Now what am I here after?"

The Shape I'm In . . .

There's nothing really wrong with me -

I'm just as healthy as can be. . .
I have arthritis in both knees,
And when I talk, it's with a wheeze. . .
My pulse is weak, my blood is thin,
But I'm awfully well for the shape I'm in!

All my teeth have had to come out,
And my diet I hate to think about.
I'm overweight and I can't get thin,
But I'm awfully well for the shape I'm in!

Arch supports I need for my feet
Or I wouldn't be able to walk in the street.
Sleep is denied me night after night,
But every morning I find I'm all right.
My memory's failing, my head's in a spin,
But I'm awfully well for the shape I'm in!

Old age is golden, I've heard it said,
But sometimes I wonder, as I go to bed,
With my ears in a drawer, my teeth in a cup,
And my glasses on the table, until I get up.
And when sleep dims my eyes, I say to myself,
Is there anything else I should lay on the shelf?

The reason I know my youth has been spent,
Is my get-up-and-go has got up and went!
But I really don't mind, when I think with a grin
Of all the places my get-up has been!
I get up each morning and dust off my wits,
And pick up the paper and read the obits.
If my name is missing, I know I'm not dead,
So I eat a good breakfast and jump back into bed.

The moral of this as the tale unfolds,
Is that for you and me, who are growing old,
It is better to say "I'm fine" with a grin,
Than to let people know the shape we are in!

I'm Fine

There's nothing whatever the matter with me,
I'm just as healthy as can be.
I have arthritis in both my knees,
And when I speak, I speak with a wheeze.
My pulse is weak and my blood is thin,
But I'm awfully well for the shape I'm in!

I think my liver's out of whack,
And I have a terrible pain in my back.
My hearing is poor and my eyes are dim,
Most everything seems to be out of trim.
The way I stagger is sure a crime,

I'm likely to fall almost any time.
But all things considered, I'm feeling fine.

Arch supports I have for both feet,
Or I wouldn't be able to walk down the street.
My fingers are ugly, stiff in the joints,
My nails are impossible to keep in points.
Complexion is bad, due to bad dry skin.
But I'm awfully well for the shape I'm in!

Dentures drive me crazy, and I'm restless at night,
And in the morning I'm sure a sight.
Memory's failing, head's in a spin,
I'm practically living on aspirin.
But I'm awfully well for the shape I'm in!

Now the moral is as this tale we unfold,
That for you and me, who are growing old
It's better to say, "I'm fine!" with a grin,
Than to tell everyone the shape I'm in!

Religious Truths

Taoism - Things happen.

Confucianism - Confucius say "things happen."

Zen Buddhism - What is the sound of things happening?

Hinduism - This thing happened before.

Islam - If things happen, It's the will of Allah.

Protestantism - If things happen, you deserve it.

Judaism - Why do things always happen to us?

Atheism - Things happen for no apparent reason.

Agnostics - We can't prove things happen.

Jehovah's Witnesses - Let us in, and we'll tell you *why* things happen.

Christian Science - How things happen.

Hare Krishna - Things happen, things happen, things happen, things, things.

Evangelism - Send me \$8 million, or things will happen to you!

RELIGION - Quotes

Christmas is when we celebrate the birth of the Prince of Peace by giving our kids toy rockets, machine guns, and tanks.

A man goes through three stages in his lifetime: First, he believes in Santa; second, he doesn't believe in Santa; and third, he *is* Santa!

I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph. - Shirley Temple

One's religion is whatever he is most interested in. - James M. Barrie

You have not converted a man because you have silenced him. - John Morley

A fanatic is one who can't change his mind and won't change the subject.

People in general are equally horrified at hearing the Christian religion doubted, and at seeing it practiced. - Samuel Butler

A Christian is a man who feels repentance on a *Sunday* for what he did on *Saturday* and is going to do on *Monday*. - Thomas R. Ybarra

I'm one of those cliff-hanging Catholics. I don't believe in God, but I do believe that Mary was his mother. - Martin Sheen (1940-, American Actor)

The safest road to Hell is the gradual one - the gentle slope, soft underfoot, without sudden turning, without milestones, without signposts. - C.S. Lewis

The Devil's boots don't creak. - Scottish proverb

Man is certainly stark mad. He cannot make a worm, and yet he will be making gods by the dozens. - Montaigne (1553-1592)

The savage bows down to idols of wood and stone, the civilized man to idols of flesh and blood. - George Bernard Shaw

A man who can see will move forward more surely than a blind man with a trustworthy guide, just as a person following an enlightened understanding will tread more surely than one following an obedience to custom.

I fear God, and next to God I chiefly fear him who fears Him not. - Saadi

Two men please God - who serves Him with all his heart because he knows Him; who seeks Him with all his heart because he knows Him not. - Nikita Ivanovich Panin (5th-7th Century BC, Indian Grammarian)

Call on God, but row away from the rocks. - Indian proverb

God, as some cynic has said, is always on the side which has the best football coach. - Heywood Broun

While traveling near Tampa, Florida I passed the Jehovah's Witness Assembly Hall and was struck by the fact that that must be where they make them. - Gene Spafford

God put me on earth to accomplish a certain number of things. Right now I am so far behind, I will live forever.

I'm as baffled as Adam on Mothers Day!

Adam's Rib

There are a lot of women out there who joke about how big a man's belly gets. To put it quite simply, ladies, it is all your fault! When God chose to create a woman, he took a rib from Adam's body. Unfortunately, the rib that God extracted was the rib that was supposed to hold Adam's stomach in place.

The rest is all history!!!

An experience

There was a blind brother who had a seeing eye dog. He regularly took his dog with him to the meetings on Tuesdays, Thursdays and Sundays. When this brother died, the dog came to belong to someone else, this time a non-Witness. Every Tuesday, Thursday and Sunday the dog was raring to go. This puzzled the new owner so one day he followed the dog and, to his surprise, he found himself at the Kingdom Hall. As he listened to the program, he was very impressed by the warm atmosphere at that meeting. Sometimes Jehovah might use his animal creation to introduce someone to the truth. Also, if a dog knows where he should be on Tuesdays, Thursdays and Sundays, surely we should too.

The Hair Cut

A young boy had just gotten his driving permit. He asked his father, who was a minister, if they could discuss his use of the car.

His father said to him, "I'll make a deal with you. You bring your grades up, study your Bible a little, and get your hair cut, then we will talk about it."

A month later the boy came back and again asked his father if they could discuss his use of the car.

His father said, "Son, I'm real proud of you. You have brought your grades up, you've studied your Bible diligently, but you didn't get a hair cut!"

The young man waited a moment and replied, "You know dad, I've been thinking about that. You know Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair."

His father replied, "Yes son, and they walked everywhere they went!"

Bible Characters

Q. Who was the greatest financier in the Bible?

A. Noah - he was floating his stock while everyone else was in liquidation.

Q. Who was the greatest female financier in the Bible?

A. Pharaoh's daughter - she went down to the Bank of the Nile and drew out a little prophet.

Q. What kind of man was Boaz before he got married?

A. Ruth-less.

Q. Which servant of Jehovah was the most proficient lawbreaker in the Bible?

A. Moses - he broke all ten commandments at once.

Q. Where is the first tennis match in the Bible?

A. Joseph served in Pharaoh's court.

Q. Which Bible character had no parents?

A. Joshua - he was the son of Nun.

Q. Why didn't Noah go fishing?

A. He only had two worms!

Q. How do we know they didn't play cards in the ark?

A. Because Noah sat on the deck.

Q. Where did Noah keep his bees in the ark?

A. In the archives.

Husband Shopping Center

A brand new Husband Shopping Center opened, where a sister could go to choose from among many single brothers to be her husband. It was laid out in five floors, with the brother's positive attributes increasing as you ascended up the floors.

The only rule was, that once you opened the door to any floor, you had to choose a brother from that floor, and once you went up to the next floor, you couldn't go back down a floor. Hmmm.

So, a couple of single sisters go to the place to find a brother as a prospective theocratic husband.

The door at the first floor has a sign standing: "Don't open this door unless you want a brother who goes to meetings, goes out in service monthly, has a job, and loves kids."

The sisters read the sign and say: "Well that's better than someone irregular or inactive. It's good that they have jobs and love kids."

But they wondered what could possibly be further up. So up they go to the next floor !

The second floor reads: "These brothers go to meetings, go out in service monthly, have HIGH PAYING jobs, they love kids, AND THEY ARE EXTREMELY GOOD LOOKING !"

Hmmm - the sisters wonder, but what's on the next floor?

Third floor: "These brothers go to meetings, go out in service monthly, have high paying jobs, love kids, are extremely good looking, AND THEY HELP WITH THE HOUSEWORK !"

Wow ! think the sisters - very tempting. But there are two more floors further up. So up they go.

Fourth floor: "These brothers go to meetings, go out in service monthly, have high paying jobs, love kids, are extremely good looking, help with the housework, HAVE A STRONG ROMANTIC STREAK AND ARE PLANNING TO PIONEER SOON !"

The sisters are just about drooling by this point, but after discussing it a bit decide that since there is yet another floor: "What can we lose by going up one more floor ?"

So up they go to the fifth and final floor, with their hearts beating in eager anticipation.

The sign on the fifth floor door reads: "PLEASE EXIT NOW ! - This floor is just to prove that some sisters are impossible to please."

(Sorry sisters, but just I couldn't resist putting this one up!!)

SCARS

Some years ago on a hot summer day in south Florida, a little boy decided to go for a swim in the old swimming hole behind his house. In a hurry to dive into the cool water, he ran out the back door, leaving behind shoes, socks, and shirt as he went.

He flew into the water, not realizing that as he swam toward the middle of the lake, an alligator was swimming toward the shore.

His mother in the house was looking out the window, saw the two as they got closer and closer together. In utter fear, she ran toward the water, yelling to her son as loudly as she could. Hearing her voice, the little boy became alarmed and made a U-turn to swim to his mother. It was too late!

Just as he reached her, the alligator reached him. From the dock, the mother grabbed her little boy by the arms just as the alligator snatched his legs. That began an incredible tug-of-war between the two. The alligator was much stronger than the mother, but the mother was much too passionate to let go. A farmer happened to drive by, heard her screams, raced from his truck, took aim and shot the alligator.

Remarkably, after weeks and weeks in the hospital, the little boy survived. His legs were extremely scarred by the vicious attack of the animal, and, on his arms, were deep scratches where his mother's fingernails dug into his flesh in her effort to hang on to the son she loved. The newspaper reporter who interviewed the boy after the trauma, asked if he would show him his scars. The boy lifted his pant legs. And then, with obvious pride, he said to the reporter, "But look at my arms because my Mom wouldn't let go!"

You and I can identify with that little boy. We have scars, too. No, not from an alligator, or anything quite so dramatic. But the scars of a painful past. Some of those scars are unsightly and have caused us deep regret. But some wounds, my friend, are because God has refused to let go. In the midst of your struggle, He's been there holding on to you. The Scriptures teach that God loves you. You are a child of God. He wants to protect you and provide for you in every way. But sometimes we foolishly wade into dangerous situations.

The swimming hole of life is filled with peril and we forget that the enemy is waiting to attack. That's when the tug-of-war begins. And if you have the scars of His love on your arms, be very, very grateful. He did not and will not let you go. You just never know where a person is in his or her life and what they are going through.

SATAN'S CONVENTION

Satan called a worldwide convention. In his opening address to his evil angels, he said, "We can't keep the Christians from going to meetings. We can't keep them from reading their Bibles and knowing the truth. We can't even keep them from conservative values. But we can do something else. We can keep them from forming an intimate, abiding relationship experience in Jehovah and his son Jesus. If they gain that connection with God, our power over them is broken. So let them go to Kingdom Halls, let them have their conservative lifestyles, but steal their time, so they can't gain that experience in Christ. This is what I want you to do, Angels. Distract them from gaining hold of their Savior and maintaining that vital connection throughout their day!"

"How shall we do this?", shouted his angels.

"Keep them busy in the non-essentials of life and invent un-numbered schemes to occupy their minds," he answered.

"Tempt them to spend, spend, spend, then, borrow, borrow, borrow. Convince the wives to go to work for long hours and the husbands to work 6 or 7 days a week, 10-12 hrs. a day, so they can afford their lifestyles. Keep them from spending time with their children. As their family fragments, soon, their homes will offer no escape from the pressures of work."

"Over stimulate their minds so that they cannot hear that still small voice. Entice them to play the radio or cassette player whenever they drive, to keep the TV, VCR, CDs and their PCs going constantly in their homes. And see to it that every store and restaurant in the world plays non-biblical music constantly. This will jam their minds and break that union with Jehovah God."

"Fill their coffee tables with magazines and newspapers. Pound their minds with the news 24 hrs. a day. Invade their driving moments with billboards. Flood their mailboxes with junk mail, sweepstakes, mail order catalogues, and every kind of newsletter and promotional offering, free products, services, and false hopes."

"Even in their recreation, let them be excessive. Have them return from their recreation exhausted, disquieted and unprepared for the coming week. Don't let them go out in nature to reflect on God's wonders. Send them to amusement parks, sporting events, concerts and movies instead."

"And when they meet for spiritual fellowship, involve them in gossip and small talk so that they leave with troubled consciences and unsettled emotion."

"Let them be involved in soul-winning. But crowd their lives with so many good causes they have no time to seek power from Jehovah. Soon they will be working in their own strength, sacrificing their health and family unity for the good of the cause."

It was quite a convention in the end. And the evil angels went eagerly to their assignments causing Christians everywhere to get busy, busy, busy and rush here and there.

Has the devil been successful at his scheme? You be the judge.

STRANGER

A few months before I was born, my dad met a stranger who was new to our small Tennessee

town. From the beginning, Dad was fascinated with this enchanting newcomer, and soon invited him to live with our family.

The stranger was quickly accepted and was around to welcome me into the world a few months later. As I grew up I never questioned his place in our family. In my young mind, each member had a special niche.

My brother, Bill, five years my senior, was my example. Fran, my younger sister, gave me an opportunity to play 'big brother' and develop the art of teasing. My parents were complementary instructors - Mom taught me to love the Word of God, and Dad taught me to obey it.

But, the stranger was our storyteller. He could weave the most fascinating tales. Adventures, mysteries and comedies were daily conversations. He could hold our whole family spell-bound for hours each evening. If I wanted to know about politics, history, or science, he knew it all. He knew about the past, understood the present, and seemingly could predict the future. The pictures he could draw were so lifelike that I would often laugh or cry.

He was like a friend to the whole family. He took Dad, Bill and me to our first major league baseball game. He was always encouraging us to see the movies and he even made arrangements to introduce us to several movie stars. My brother and I were deeply impressed by John Wayne in particular.

The stranger was an incessant talker. Dad didn't seem to mind - but sometimes Mom would quietly get up - while the rest of us were enthralled with one of his stories of faraway places - go to her room, read her Bible and pray. I wonder now if she ever prayed that the stranger would leave.

You see, my dad ruled our household with certain moral convictions. But, this stranger never felt obligation to honor them. Profanity, for example, was not allowed in our house - not from us, from our friends, or adults. Our long-time visitor, however, used occasional four-letter words that burned my ears and made Dad squirm. To my knowledge the stranger was never confronted. My dad was a teetotaler who didn't permit alcohol in his home - not even for cooking. But the stranger felt like we needed exposure and enlightened us to other ways of life. He offered us beer and other alcoholic beverages often. He made cigarettes look tasty, cigars manly, and pipes distinguished. He talked freely (probably too much too freely) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing. I know now that my early concepts of the man-woman relationship were influenced by the stranger.

As I look back, I believe it was the grace of God that the stranger did not influence us more. Time after time he opposed the values of my parents. Yet he was seldom rebuked and never asked to leave.

More than thirty years have passed since the stranger moved in with the young family on Morningside Drive. He is not nearly so intriguing to my Dad as he was in those early years. But, if you were to walk into my parents' den today, you would still see him sitting over in a corner, waiting for someone to listen to him talk and look at his pictures.

His name?

We always just called him T.V.

The Rat Race Explained

A boat docked in a tiny Mexican village. An American tourist complimented the Mexican fisherman on the quality of his fish and asked how long it took him to catch them.

"Not very long," answered the Mexican.

"But then, why didn't you stay out longer and catch more?" asked the American. The Mexican explained that his small catch was sufficient to meet his needs and those of his family. The American asked, "But what do you do with the rest of your time?" "I sleep late, fish a little, play with my children, and take a siesta with my wife. In the evenings, I go into the village to see my friends, have a few drinks, play the guitar, and sing a few songs . . . I have a full life."

The American interrupted, "I have an MBA from Harvard and I can help you! You should start by fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat. With the extra money the larger boat will bring, you can buy a second one and a third one and so on until you have an entire fleet of trawlers. Instead of selling your fish to a

middle man, you can negotiate directly with the processing plants and maybe even open your own plant. You can then leave this little village and move to Mexico City, Los Angeles, or even New York City! From there you can direct your huge enterprise."

"How long would that take?" asked the Mexican.

"Twenty, perhaps twenty-five years," replied the American.

"And after that?"

"Afterwards? That's when it gets really interesting," answered the American, laughing. "When your business gets really big, you can start selling stocks and make millions!"

"Millions? Really? And after that?"

"After that you'll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta, and spend your evenings drinking and enjoying your friends!"

Top Ten Surprises in the New Watchtower CD

10. Resurrection Feature - After your computer crashes, it allows you to start up where you left off as if nothing ever happened.

9. Before: "19,445 Search Results". Now: "A Great Crowd of Search Results"

8. Special section on the trinity - ironically, on a 3-CD set.

7. Wtower.exe is exactly 144 K.

6. New "Book of Life" feature ALWAYS remembers your preferences.

5. You can't "uninstall" and "reinstall" the software, only "disfellowship" and "reinstate" it.

4. Took 40 days and 40 nights to install!

3. Search "like for hidden treasure" feature.

2. Try to illegally copy it, and it quotes 1 Cor. 6:9,10.

1. Although it may reside in the Windows, it is no part of the Windows (ie. the World).



Gems of Wisdom – Part 2

A collection of quotes, proverbs, practical sayings etc. featured in talks given by Governing Body members and other brothers taking the lead.

Subjects featured :

OTHERS (HUMAN RELATIONS)

ADVERSITY

FEAR

POSITIVE THINKING

THINKING

REASON, FEELING

MEDITATION

LIFE

GOD

ATHEISM

BIBLE

TIME

PROVERBS

OTHERS (HUMAN REALATIONS)

All things need watching, working at, caring for and marriage is no exception. Marriage is not something to be treated indifferently, or abused or something that simply takes care of itself. Nothing neglected will remain as it is or was, or it will deteriorate. All things need attention, care

and concern and especially so in this most sensitive of all relationships of life. - Richard L. Evans

The quality of your life is the quality of your relationships. - Anthony Robbins (1960-, American Author, Speaker, Peak Performance Expert / Consultant)

Your relationships are all in how you think about the other people of your life. Your experience of all those people is only in your mind. Your feelings about your lovers come from your thoughts. For example, they may in fact behave in ways that you find offensive. However, your relationship to them when they behave offensively is not determined by their behavior, it is determined only by how you choose to relate to that behavior. Their actions are theirs, you cannot own them, you cannot be them, you can only process them in your mind.

Perhaps something deep within us realizes the family is the foundation of civilization. Perhaps we instinctively know that when we come to the bottom line in life it's not money, career, fame, a fine house, land, or material possessions that are important - it is the people in our lives who love and care for us. People in our lives who are committed to us and on whom we can count for support and help are what really matter. Nowhere is the potential for the love, support, caring, and commitment for which we all yearn greater than in the family. - From the book *Secrets of Strong Families* (9/22 p.10)

The royal road to a man's heart is to talk to him about the things he treasures most. - Dale Carnegie (1888-1955, American Author, Trainer)

Your beautiful thoughts may be interesting, but people value you for your beautiful deeds.

A smart person knows what to say, a wise person knows whether or not to say it.

Look back on what you've said in the past. If it doesn't make you squirm, than worry about how much you've grown. (REGRET)

The man who suspects his own tediousness has yet to be born. - Thomas Bailey Aldrich

Attitude is contagious. Those who are comfortable with themselves give a comforting aura to all those around them.

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, the education, the money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...an organization...a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you...we are in charge of our attitudes. - Charles Swindoll (American Pastor, Author)

We are injured and hurt emotionally, not so much by other people or what they say and don't say, but by our own attitude and our own response. - Maxwell Maltz (American Plastic Surgeon, Author of "Psycho-Cybernetics")

Enthusiasm is infectious, stimulating and attractive. Show enthusiasm and others will love you for it.

Your happiness can make others less afraid.

Act as if it were impossible for others to make you feel uncomfortable and it will be so.

One can view the world as never-ending conflict, or learn to be fascinated by the diversity of human interaction.

ADVERSITY

It is easy enough to be pleasant, When life flows by like a song.
But the man worth while, is the one who can smile, when everything goes dead wrong.
For the test of the heart is troubled, And it always comes with the years.
And the smile that is worth, the praises of earth, is the smile that shines through tears. - Ella Wheeler Wilcox (1855-1919, American Poet, Journalist)

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within. - Elizabeth Kubler-Ross

Disappointments should be cremated, not embalmed. - Henry S. Haskins

You are a poor specimen if you can't stand the pressure of adversity. - Proverbs 24:10 (Bible version?)

Be willing to have it so. Acceptance of what has happened is the first step to overcoming the consequences of any misfortune. (Then, leave the moment behind.) - William James (1842-1910, American Psychologist, Professor, Author)

Misfortune is never mournful to the soul that accepts it.

Misfortune is never mournful to the soul that accepts it; for such do always see that every cloud is an angel's face. Every man deems that he has precisely the trials and temptations which are the hardest of all others for him to bear; but they are so, simply because they are the very ones he most needs. - Lydia M. Child (1802-1880, American Abolitionist, Writer, Editor)

He is the happiest, be he king or peasant, who finds peace in his home. - Johann Wolfgang von Goethe, 18th century writer (g79 5/8 p.3; g81 7/8 p.4; w98 4/1 p.8)

My home. . . It is my retreat and resting place from wars, I try to keep this corner as a haven against the tempest outside, as I do another corner in my soul. - Michel de Montaigne

Try to relax and enjoy the crisis.

Obstacles will look large or small to you according to whether you are large or small. - Orison Swett Marden (1850-1924, American Author, Founder of Success Magazine)

Pain makes man think. Thought makes man wise. Wisdom makes life endurable. - John Patrick

Pain is inevitable. Suffering is optional. - M. Kathleen Casey

The best way to forget all your troubles is to wear tight shoes.

There is a kind of tranquillity in the gratitude with which we greet life and all that is in it (including misfortune and painful moments).

Calm is the strongest weapon against misfortune.

Never lose your sense of perspective. It is your most valuable weapon in the fight against stress.

The level of our comfort will be determined by the extent of our belief that we can be comforted.

Comfort is 90% mental.

Take comfort from your decisions. Take comfort from your actions. Take comfort from your choices.

Between the question(problem) and the answer(solution) lies free choice.

If you grow in patience when you meet with great wrongs, they will be powerless to vex your mind. Like putting on more clothes as the cold increases, it will have no power to hurt you.

A patient mind is the best remedy for every trouble(sorrow). - Plaut

Patience overcomes all things.

FEAR

Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.

Imagine feeling yourself to be free of grief, free of fear, and alive without anxiety.

You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind. - Dale Carnegie (1888-1955, American Author, Trainer)

Fear is the darkroom where the devil take you to develop your negatives.

Fear and faith cannot keep house together; when one enters, the other departs.

Fear knocked at the door. Faith answered. No one was there.

Fear is a central part of wisdom. To feel no fear leads many into foolish actions.

Feed your faith, and your doubts (fears) will starve to death.

POSITIVE THINKING

There is nothing either good or bad, but thinking makes it so. - William Shakespeare

Happiness is knowing that life is everlasting. Give yourself a pinch and feel everlastingness in the flesh.

Regularly remind yourself: All good things are yours.

Most things get better by themselves. Most things, in fact, are better by morning. - Lewis Thomas

Be so strong that nothing can disturb your peace of mind. Talk health, happiness, and prosperity to every person you meet. Make all your friends feel there is something special in them. Look at

the sunny side of everything. Think only of the best, work only for the best, and expect only the best. Be as enthusiastic about the success of others as you are about your own. Forget the mistakes of the past and press on to the greater achievements of the future. Give everyone a smile. Spend so much time improving yourself that you have no time left to criticize others. Be too big for worry and too noble for anger. - Christian D. Larsen

THINKING

Thought is a kind of opium; it can intoxicate us, while still broad awake; it can make transparent the mountains and everything that exists. - Henri Frederic Amiel

Freedom of the mind, and the ability to choose one's attitude in any given set of circumstances, is the greatest form of freedom that exists.

Be so strong that nothing can disturb your peace of mind... - Christian D. Larsen

Let the wise guard their thoughts, which are difficult to perceive, extremely subtle, and wander at will. Thought which is well guarded is the bearer of happiness. - Buddha (568-488 BC, Founder of Buddhism)

It's only a thought, and a thought can be changed. - Louise May

Contentment is within everyone's grasp. It is simply being satisfied with what you have made of your life, and feeling in control of how you feel.

Happiness comes to he who learns how to think.

Why does the choice between happiness and sadness seem such a hard one to make?

Why do we let things overwhelm us?

No god or devil can upset the peace achieved by those who have succeeded in subduing themselves.

REASON, FEELING

Intelligent people have the ability to control their emotions using little more than reason.

All our reasoning ends in the surrender to feeling. - Blaise Pascal

Logic will not change an emotion, but action will.

The intellect is always fooled by the heart. - La Rochefoucauld

With thought comes reason, yet reason is a slave to passion.

Reason deserves to be called a prophet; for in showing up the consequence and effect of our actions in the present, does it not tell us what the future will be? - Arthur Schopenhauer

Never let the future disturb you. You will meet it, if you have to, with the same weapons of reason which today arm you against the present. - Marcus Aurelius

There is no such thing as perpetual tranquility of mind; because life itself is but motion, and can never be without desire, nor without fear, no more than without the senses. - Thomas Hobbes (1588-1679, British Philosopher)

MEDITATION

Reflect within yourself - that is where your strength lies.

We all have it within ourselves to rise from feelings of complete hopelessness to a state of renewed strength, clarity, understanding, and peace.

Meditation is like peacefully swimming in an ocean of knowledge and understanding everything.

Every morning dedicate a moment to yourself and your place in the new day.

Through meditation we can feel ourselves become new in a moment.

Meditation can be a constant companion of life.

A man of meditation is happy, not for an hour or a day, but quite round the circle of all his years. - Isaac Taylor

You will find that you will acquire in meditation deeper knowledge, insight, and clearer thinking, as well as reducing feelings of doubt.

A moment's insight is sometimes worth a life's experience. - Oliver Wendell Holmes (1809-1894, American Author, Wit, Poet)

Dive deep, O mind, dive deep in the ocean of God's beauty! If you descend to the uttermost depths, there you will find the gem of love. - Bengali Hymn

LIFE

If life were predictable it would cease to be life, and be without flavor. - Eleanor Roosevelt (1884-1962, American First Lady, Columnist, Lecturer, Humanitarian)

Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity. - Gilda Radner (1946-1989, American Comedienne)

Life is uncharted territory. It reveals its story one moment at a time. - Leo Buscaglia (American Expert on Love, Lecturer, Author)

Uncertainty, mystery and expectation are the joys(energies) of life. Don't let them scare you unduly, for they keep boredom at bay and spark creativity. - R.I. Fitzhenry

GOD

I find it interesting that the meanest life, the poorest existence, is attributed to God's will, but as human beings become more affluent, as their living standard and style begin to ascend the

material scale, God descends the scale of responsibility at a commensurate speed. - Maya Angelou (1928-, African-American poet, Writer, Performer)

While the womanly god demands our veneration, the godlike woman kindles our love; but while we allow ourselves to melt in the celestial loveliness, the celestial self-sufficiency holds us back in awe. - Johann Friedrich Von Schiller (1759-1805, German Dramatist, Poet, Historian)

Why indeed must "God" be a noun? Why not a verb - the most active and dynamic of all. - Mary Daly (1928-, American Feminist and Theological Writer)

I know not what you believe of God, but I believe He gave yearnings and longings to be filled, and that He did not mean all our time should be devoted to feeding and clothing the body. - Lucy Stone

First, give yourself to God. You may be sure he'll look after what is his.

I know God will not give me anything I can't handle. I just wish that He didn't trust me so much. - Mother Teresa (1910-1997, Albanian-born Roman Catholic Missionary)

The only way God could impose peace on the world would be to robotize our wills and rob every human being of the power of choice. He has not chosen to do that. He has given every person a free will. - John Haggai

Nothing hath separated us from God but our own will, or rather our own will is our separation from God. - William Law (American Merchant)

If you find yourself further from God than you were yesterday, you can be sure who has moved.

I do not feel obliged to believe that the same God who has endowed us with sense, reason, and intellect has intended us to forgo their use. - Galileo Galilei

I was frustrated out of my mind, trying to figure out the will of God. I was doing everything but getting into the presence of God and asking Him to show me. - Paul Little

Has it ever struck you that the vast majority of the will of God for your life has already been revealed in the Bible? That is a crucial thing to grasp. - Paul Little

Blessed is the man who finds out which way God is moving and then gets going in the same direction.

To know the will of God is the greatest knowledge! To do the will of God is the greatest achievement. - George W. Truett

Don't bother to give God instructions; just report for duty. - Corrie ten Boon

God isn't interested in our ability, only our availability.

ATHEISM

I admit that the generation which produced Stalin, Auschwitz and Hiroshima will take some beating; but the radical and universal consciousness of the death of God is still ahead of us; perhaps we shall have to colonize the stars before it is finally borne in upon us that God is not out there. - R.J. Hollingdale

God is a concept by which we measure our pain. - John Lennon (1940-1980, British Rock Musician)

Without God there is for mankind no purpose, no goal, no hope, only a wavering future, an eternal dread of every darkness. - Jean-Paul Sartre (1905-1980)

(w94 12/1 p.7):

I believe in God because to me His Divine existence is the only logical explanation for things as they are. - Irving William Knobloch

Both as an ordinary human being, and also as a man devoting his life to scientific study and research, I have no doubt at all about the existence of God. - Marlin Books Kreider, physiologist

If you take the top-notch scientists, you find very few atheists among them. - Henry Margenau, physics professor

When a load of bricks, dumped on a corner lot, can arrange themselves into a house; when a handful of springs and screws and wheels, emptied on a desk, can gather themselves into a watch, then and not until then will it seem sensible, to some of us at least, to believe that all these thousands or millions of worlds could have been created, balanced and set to revolving in their separate orbits - all without any directing intelligence at all. - Bruce Barton (1886-1967, American Author, Advertising Executive)

The visible mark of extraordinary wisdom and power appear so plainly in all the works of creation. - John Locke (1632-1704, British Philosopher)

What can be more foolish than to think that all this rare fabric of heaven and earth could come by chance, when all the skill of science is not able to make an oyster. - Jeremy Taylor (1613-1667, British Churchman, Writer)

The world embarrasses me, and I cannot dream that this watch exists and has no watchmaker. - Voltaire (1694-1778, French Historian, Writer)

The worst moment for the atheist is when he is really thankful, and has nobody to thank. - Dante Gabriel Rossetti

Atheism is rather in the lip than in the heart of Man. - Francis Bacon

By night an atheist half-believes in God. - Edward Young

BIBLE

I do not believe there is a problem in this country or the world today which could not be settled if approached through the teaching of the Sermon on the Mount. - Harry S. Truman (1884-1972, 33rd President of USA)

I am convinced that the Bible becomes even more beautiful the more one understands it. Let culture and science go on advancing, and the mind progress as it may, it will never go beyond the elevation and moral culture of Christianity, as it glistens and shines forth in the Gospels. It is to the intrinsic value that the Bible owes the extraordinary veneration in which it is held by so many nations and generations. It is not only a popular book, it is the book of the people. The greater the intellectual progress of ages, the more fully possible will it also become to employ the Bible both as the foundation and as the instrument of education - of that education by which not pedants but truly wise men are formed. - The Supremacy of the Bible, p. xxviii. by German poet Johann Wolfgang von Goethe (1749-1832) (w55 8/1 p.452; w96 12/1 p.17; g03 9/22 p.31)

The Bible should be taught so early and so thoroughly that it sinks straight to the bottom of the mind where everything that comes along can settle on it. - Northrop Frye

I owe my enlightenment quite simply to the reading of a book.—A book? Yes, and it is an old simple book, modest as nature itself, and as natural; a book that appears as efficacious and unpretentious as the sun that warms us, as the bread that nourishes us; a book that looks at us as sadly and affectionately as an old grandmother, who herself reads the book daily, with loving, quivering lips, and her spectacles on her nose.—And the name of this book is quite offhandishly the book, the Bible. - Heinrich Heine, German literary figure (w77 5/15 p.292)

The truth requires constant repetition, because error is being preached about us all the time, and not only by isolated individuals but by the masses. In newspapers and encyclopedias, in schools and universities, everywhere error rides high and basks in the consciousness of having the majority on its side. - Johann Wolfgang von Goethe, German poet and novelist (w57 6/1 p.352)

It is belief in the Bible, the fruit of deep meditation, which has served me as the guide of my moral and literary life.—I have found it a capital safely invested, and richly productive of interest. - Goethe (w57 6/1 p.352)

By all means drink deep of the fountains that are given to you in the Sermon on the Mount [part of Jesus Christ's teachings found in the Bible] . . . For the teaching of the Sermon was meant for each and every one of us. - Mohandas Gandhi, Hindu leader (w07 6/15 p.5)

(g84 3/22 p.10):

"I find more sure marks of authenticity in the Bible than in any profane history whatever." - Sir Isaac Newton, British scientist

"The Bible is worth all other books which have ever been printed." - Patrick Henry, American statesman

". . . probably the most influential collection of books in human history. Whatever one may think of the Bible's contents, its role in the development of western culture and in the evolution of many eastern cultures makes at least some acquaintance with its literature and history an indispensable mark of the educated man." - The Encyclopædia Britannica

"It is the best book that ever was or will be in the world, because it teaches you the best lessons by which any human creature who tries to be truthful and faithful can possibly be guided." -

Charles Dickens, English author

Patrick Henry, the American revolutionary leader famous for the words "Give me liberty, or give me death," also declared: "The Bible is worth all other books which have ever been printed." Even the great Hindu sage Mahatma Gandhi once told the British viceroy of India: "When your country and mine shall get together on the teachings laid down by Christ in this Sermon of the Mount, we shall have solved the problems, not only of our countries but those of the whole world." (mn p.5 par.7)

TIME

Time is:

Too slow for those who wait,

Too swift for those who fear,

Too long for those who grieve,

Too short for those who rejoice.

But for those who love, time is not. - Henry Van Dyke (1852-1933, American Protestant Clergyman and Writer)

Take time to think - it is the source of power.

You can't travel faster than the speed of time which is one second per second.

Nothing puzzles me more than time and space; and yet nothing troubles me less, as I never think about them. - Charles Lamb (1775-1834, British Essayist, Critic)

When we are doing what we love, we don't care about time. For at least at that moment, time doesn't exist and we are truly free. - Marcia Wieder

Time cools, time clarifies; no mood can be maintained quite unaltered through the course of hours. - Thomas Mann

One can always trust to time. Insert a wedge of time and nearly everything straightens itself out. - Norman Douglas (1868-1952, British Author)

PROVERBS

A Zulu proverb says, "Love does not choose the blade of grass on which it falls." In the Philippines people say, "Love is the salt of life." A Lebanese proverb states, "Love overlooks defects and hatred magnifies shortcomings." Similar is the Irish saying, "Love conceals ugliness." The Welsh say, "Love is stronger than a giant." The Norwegians say, "That which is loved is always beautiful." An English person might say, "A pennyweight of love is worth a pound of law." In Spain, there is a saying, "True love lasts until death." (g98 5/8 p.14)

He who wants a rose must respect the thorn. - Persian proverb

Proverbs are short sentences drawn from long experience. - Miguel De Cervantes (1547-1616, Spanish Novelist, Dramatist, Poet)

Proverbs are mental gems gathered in the diamond fields of the mind. - William R. Alger (1822-1905, American Writer)

I quote others in order to better express my own self. - Montaigne

After the game, the king and pawn go into the same box. (DEATH, EQUALITY) - Italian proverb

If you lie down with dogs, you will rise with fleas.

Footprints on the sands of time weren't created by a those sitting down. (ACTION, GREATNESS)

A man is rich in proportion to the things he can afford to let alone. - Henry David Thoreau

Many of the quotes, proverbs, and wise sayings listed here have been gathered from various worldly publications.

For an extensive list of the many quotations used in the Society's publications - type the word "Quotations" in the Watchtower Library search feature, then go to the Publications Index (either 1930-1985, or 1986-Present) and locate the subheading "Quotations" under any of the topics listed.

