

# THE WATCHTOWER

ANNOUNCING JEHOVAH'S KINGDOM



**BREAKING THE  
CYCLE OF HATRED**

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Our world seems saturated with hatred. Whether in the form of discrimination, harassment, verbal abuse, or assault, hatred is being expressed in countless cruel ways. Can hatred be conquered? The articles in this issue show how we can break the cycle of hatred with the help of Bible teachings. They also reveal God’s promise to eradicate hatred forever.



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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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# We Can Conquer Hatred!

## Have you been the victim of hatred?

If not, you have likely observed it in one form or another. The news is filled with reports of racism, homophobia, and xenophobia—expressions of hatred based on race, sexuality, or nationality. As a result, many governments are passing laws against various hate crimes.

Hatred easily leads to more hatred. Victims of hatred often retaliate with revenge and fuel an ongoing cycle of hatred.

Perhaps you have experienced prejudice, stereotyping, ridicule, insults, and threats. Yet, hatred often goes further. It frequently erupts into cruel aggression, bullying, vandalism, assault, rape, murder, or even genocide.

This magazine will address the following questions and show how hatred can be conquered:

- Why is there so much hatred?
- How can the cycle of hatred be broken?
- Will there ever be a time when hatred will be gone forever?





# Why Such a Cycle of Hatred?

Why is there such a vicious cycle of hatred in the world? To know the reason, we need to understand what hatred is, why people start to hate, and how it spreads.

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## What Is Hatred?

Hatred is an extremely strong dislike for or intense hostility toward another person or group of people. It is an ongoing feeling of ill will.

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### WHY PEOPLE START TO HATE

People begin to hate for many reasons. Hatred is often directed toward others, not necessarily because of *what they do*, but because of *who they are*. Those hated may be perceived as evil, intent on doing harm, or unable to change for the better. They may be viewed as inferior, as a threat, or as the cause of problems. Those who feel hatred toward others may have suffered violence, injustice, or some other event that caused hostile feelings to take root.

### HOW IT SPREADS

A person can hate others without ever having had direct contact with them. For example, an individual may unconsciously adopt the biased views of those whom he respects and feels close to. Thus, hatred can easily spread and become the shared view of an entire group.

When we understand the pervasive nature of hatred, we can see why it has a hold on so many people. However, to break the cycle of hatred that grips our world, we must get to the very roots of hatred. Those roots are exposed in the Bible.

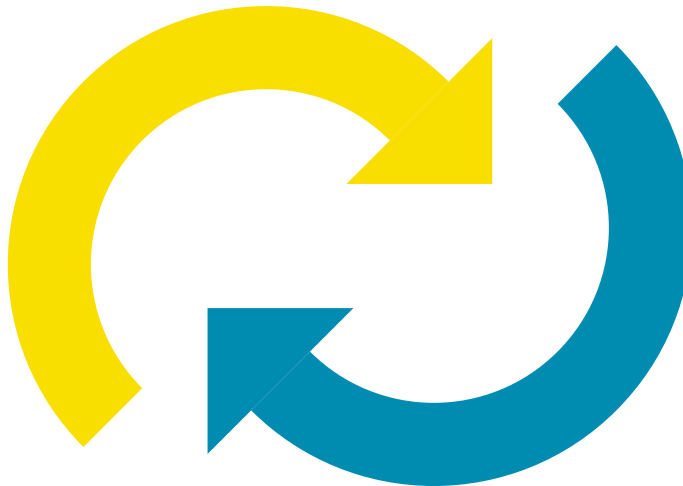
## MISINFORMATION

Group Pressure  
Social Media  
News Outlets

## Factors in the Cycle of Hatred

## HATRED

Prejudice  
Discrimination  
Violence



## IGNORANCE OF

Culture  
Race  
Religion

## FEAR OF

Change  
Loss  
The Unknown

## THE BIBLE REVEALS THE ROOTS OF HATRED

**MALICIOUS HATRED DID NOT ORIGINATE WITH HUMANS.** It started when an angel in heaven, who came to be called Satan the Devil, rebelled against God. The Devil “was a murderer when he began” his rebellion. As “a liar and the father of the lie,” he has continued to instigate hatred and aggression. (John 8:44; 1 John 3:11, 12) The Bible describes him as malicious, angry, and aggressive.—Job 2:7; Revelation 12:9, 12, 17.

**IMPERFECT HUMANS ARE INHERENTLY PRONE TO HATE.** The first man, Adam, followed Satan’s sinful course. As a result, all humans have inherited sin and imperfection. (Romans 5:12) Adam’s first son, Cain, hatefully murdered his own brother Abel. (1 John

3:12) True, many humans display love and compassion. But because of inherited sin, multitudes are prone to show selfishness, envy, and pride—qualities that fuel hate.—2 Timothy 3:1-5.

**HATRED THRIVES IN INTOLERANCE.** The world we live in feeds hatred by promoting merciless and harmful attitudes and behavior. Intolerance, prejudice, insulting speech, bullying, and vandalism thrive because “the whole world is lying in the power of the wicked one,” Satan the Devil.—1 John 5:19.

However, the Bible does more than merely expose the roots of hatred. It also points to the solution.

# How to Break the Cycle of Hatred

God's Word, the Bible, has the power to help people change for the better. (Hebrews 4:12) Its teachings have enabled countless people to overcome the hatred they once felt toward others. Let us consider four Bible teachings that have helped many people to break the cycle of hatred.

## 1

## BE IMPARTIAL

**Bible Teaching:** “God is not partial, but in every nation [everyone] who fears him and does what is right is acceptable to him.”—**ACTS 10:34, 35.**

### What It Means:

**Jehovah\* God does not judge us by our nationality, race, skin color, or culture. Rather, he focuses on what really counts—what we are on the inside. Indeed, “mere man sees what appears to the eyes, but Jehovah sees into the heart.”**  
—1 Samuel 16:7.

\* Jehovah is God's personal name.—Psalm 83:18.

### What You Can Do:

Although we cannot read hearts, we can try to imitate God and view others impartially. Strive to see people as individuals rather than as groups. If you sense that you have negative feelings toward others—perhaps those of another race or nationality—pray to God and ask him to help you root out such feelings. (Psalm 139:23, 24) If you sincerely ask Jehovah to give you the strength to be impartial, you can be sure that he will listen to your prayer and help you.—1 Peter 3:12.



**“I had never before sat down peacefully with a white person . . . Now I was part of a genuine international brotherhood.”—TITUS**



**Real-Life Experience**

**TITUS**

**Overcame a  
Cycle of Hatred**

Titus was a member of a violent gang that was outraged by oppressive segregation laws. He says: “We would go to places in town where black men were not welcome, such as hotels and bars, just to provoke fights.” Titus acknowledges that he was driven by hate, and he adds: “If I got into an argument with anyone, man or woman, I would always be the one to strike the first blow.”

Titus began to change when he started to study the Bible with Jehovah’s Witnesses. When he read the Bible, it had a powerful effect on him. He was especially moved by the promise of a future world where “death will be no more, neither will mourning, nor outcry nor pain be anymore.”—Revelation 21:3, 4.

At first, Titus struggled to let go of the hatred in his heart. “It was very difficult to change my way of thinking and acting,” he says. But he was helped by what he learned from Acts 10:34, 35, which describes God as being impartial.

What was the result? Titus explains: “I became convinced that Jehovah’s Witnesses practice the true religion when I saw the love evident among them, no matter what their race or color. Even before I was baptized as a Witness, a white member of the congregation invited me to his house to share a meal. It was like a dream. I had never before sat down peacefully with a white person, let alone shared a meal in his home. Now I was part of a genuine international brotherhood.”



Read more of Titus’ story in *The Watchtower* of August 1, 2009, pages 28-29, available on [jw.org](http://jw.org).

## 2

## DO NOT SEEK REVENGE

**Bible Teaching:** “Return evil for evil to no one. . . . If possible, as far as it depends on you, be peaceable with all men. Do not avenge yourselves, . . . for it is written: ‘“Vengeance is mine; I will repay,” says Jehovah.’ ”—**ROMANS 12:17-19.**



### What It Means:

Although it is natural to feel angry when we have been wronged, God does not approve of our taking revenge. Rather, he urges us to wait on him because he will soon right all wrongs.—Psalm 37:7, 10.

**A cycle of revenge is self-defeating**



## What You Can Do:

When imperfect humans take revenge, it perpetuates the cycle of hatred. Therefore, if someone has offended or harmed you, do not retaliate. Try to respond peacefully and with restraint. In some cases, it may be less painful to let the matter go. (Proverbs 19:11) Of course, if there is some clear advantage, you may choose to address the problem. For example, in cases where you are the victim of a crime, you may choose to report the crime to the police or other authorities.

What if there does not seem to be a peaceful way to solve the problem? Or what if you have already done all you can to solve it in a peaceful way? Do not take revenge. That will likely make the situation worse. Rather, break the cycle of hate. You can learn to trust in God's way of resolving the problem. "Rely on him, and he will act in your behalf."  
—Psalm 37:3-5.



Real-Life Experience

# ADRIÁN

Overcame Feelings  
of Revenge

As an adolescent, Adrián became a hate-filled street fighter out for revenge. He relates: "I was often involved in gun fights, and several times I ended up covered with blood and was left for dead on the street."

Adrián began to study the Bible when he was 16. He adds: "As I progressed in my Bible study, I saw the need to make changes in my personality." He needed to let go of hatred and stop resorting to violence. He especially appreciated what he learned from Romans 12:17-19 about not taking revenge. He says: "I came to accept that Jehovah will take care of injustice in his own way and time. Little by little, I overcame my violent lifestyle."

One evening, Adrián was attacked by a former rival gang. The leader shouted: "Defend yourself!" Adrián admits: "I felt a very strong urge to retaliate." But instead of retaliating, he said a brief prayer to Jehovah and left the scene.

Adrián continues: "The next day I encountered the gang leader by himself. Vengeful anger welled up in me, but again I silently begged Jehovah to help me control myself. To my surprise, the youth came right up to me and said: 'Forgive me for what happened last night. The truth is, I would like to become like you. I want to study the Bible.' How glad I was that I had been able to control my anger! Thanks to that, we began to study the Bible together."



Read more of Adrián's story in *The Watchtower* No. 5 2016, pages 14-15, available on [jw.org](http://jw.org).

# 3

## GET HATRED OUT OF YOUR MIND

**Bible Teaching:** “Be transformed by making your mind over, so that you may prove to yourselves the good and acceptable and perfect will of God.”—**ROMANS 12:2.**

### What It Means:

The way we think matters to God. (Jeremiah 17:10) While we should avoid *saying* or *doing* anything hateful, we need to go further. The cycle of hatred begins in the mind and heart. Therefore, we must root out any hint of hatred from our thoughts and feelings. Only then can we truly “be transformed” and break the cycle of hatred.

### What You Can Do:

Take an honest look at how you think and feel about others—especially those of another race or nationality. Ask yourself: ‘How do I view them? Is my viewpoint based on what I personally know about them? Or is it based on prejudice?’ Avoid social media, movies, or entertainment that feature hatred and violence.

It is not always easy to evaluate our own thoughts and feelings objectively. But God’s Word can help us to “discern thoughts and intentions of the heart.” (Hebrews 4:12) So keep examining the Bible. Compare its teachings with your thinking, and do your best to bring your thinking in line with what the Bible teaches. God’s Word can help us overcome hatred that is “strongly entrenched” in our mind and heart. —2 Corinthians 10:4, 5.



**God's Word can help  
us overcome hatred in  
our heart and mind**



**Real-Life Experience**

**STEPHEN**

**Changed His Way  
of Thinking**

Stephen and members of his family had experienced hatred from white people. As a result, he was influenced by a political group that took a militant approach to civil rights issues. In time, he participated in hate crimes himself. Stephen says: "On occasion my friends and I saw films featuring the past suffering of African slaves in the United States. Incensed by those injustices, we assaulted white youths right there in the movie theater. Then we went to white neighborhoods, looking for more people to beat up."

Stephen's viewpoint changed drastically when he started studying the Bible with Jehovah's Witnesses. He recalls: "Having been exposed to so much racial prejudice, I saw things among the Witnesses that astounded me. For example, when a white Witness had to travel abroad, he left his children in the care of a black family. Also, a white family took into their home a black youth who needed a place to live." Stephen became convinced that Jehovah's Witnesses are the loving brotherhood that Jesus foretold would exist among true Christians.—John 13:35.

What enabled Stephen to abandon his hateful actions? The scripture at Romans 12:2 helped him. He says: "I began to realize that I needed to change my thinking. I had to make my mind over so that I not only acted peaceably but also saw this as the best way of life." Stephen has now enjoyed a life free of hateful feelings for over 40 years.



Read more of Stephen's story in *The Watchtower* of July 1, 2015, pages 10-11, **available on [jw.org](http://jw.org)**.

# 4

## CONQUER HATRED WITH GOD'S HELP

**Bible Teaching:** “The fruitage of the spirit is love, joy, peace, patience, kindness, goodness, faith, mildness, self-control.”—**GALATIANS 5:22, 23.**



### What It Means:

Breaking the cycle of hatred is possible with God's help. His holy spirit can produce in us qualities that we might never possess on our own. So rather than trying to overcome hatred in our own strength, we do well to rely on the help that God provides. If we do, we can have the same experience

as the apostle Paul, who wrote: “For all things I have the strength through the one who gives me power.” (Philippians 4:13) Indeed, we will be able to say: “My help comes from Jehovah.” —Psalm 121:2.

## What You Can Do:

Pray to Jehovah, sincerely asking him for his holy spirit. (Luke 11:13) Ask him to help you display godly qualities in your life. Study what the Bible says about qualities that counteract hate, such as love, peace, patience, and self-control. Look for ways to cultivate those qualities in your own life. And associate with those who likewise try to develop such qualities. Such people can help “motivate [you] to love and fine works.”—Hebrews 10:24; footnote.

“Jehovah has transformed me from a violent man to a peaceable one.”—WALDO



Real-Life Experience

**WALDO**

Conquered  
Violent Hatred

Waldo had a rough upbringing that filled him with hatred. He relates: “I was regularly involved in street fights with drug dealers . . . On one occasion, a rival gang hired an infamous hit man to kill me, but I managed to escape with only a stab wound.”

Waldo was not happy when his wife began to study the Bible with Jehovah’s Witnesses. He says: “I hated the Witnesses, and many times I screamed obscenities at them. But they always responded peacefully.”

Eventually, Waldo too started to study the Bible. He says: “It was not easy to apply what I was learning. I was convinced that I would never be able to control my violent temper.” But something he learned from the Bible made a big difference.

Waldo explains: “One day, my study conductor, Alejandro, asked me to read Galatians 5: 22, 23. . . . Alejandro explained that my developing those qualities did not depend on my own strength but, rather, on God’s holy spirit. That truth completely changed my viewpoint!”

By relying on God’s help, Waldo has successfully broken the cycle of hatred in his life. He says: “My relatives and former friends cannot believe how much I have changed.” He adds: “Jehovah has transformed me from a violent man to a peaceable one.”



Read more of Waldo’s story in *The Watchtower* of October 1, 2013, pages 12-13, available on [jw.org](http://jw.org).



# When Hatred Will Be Gone Forever!

Even if we root out hatred from our own heart, we cannot control the actions and attitudes of others. Innocent people continue to be victims of hatred. So, what is the permanent solution to the problem of hatred?

Only Jehovah God can fully and permanently break the cycle of hatred we see today. That is exactly what the Bible promises he will do.—Proverbs 20:22.

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## GOD WILL ELIMINATE THE ROOT CAUSES OF HATRED

**1. SATAN THE DEVIL.** Satan, the rebellious angel, is ultimately behind the hatred we see today. God will destroy Satan and all those under his hateful influence.—Psalm 37:38; Romans 16:20.

**2. SATAN'S HATE-FILLED WORLD.** God will eradicate all evil elements of this world, including corrupt politicians and religious leaders who stir up hatred. God will also eliminate the greedy commercial system along with its corruption and exploitation.—2 Peter 3:13.

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**3. HUMAN IMPERFECTION.** The Bible explains that all humans have inherited imperfection—the tendency to think, feel, and do what is wrong. (Romans 5:12) Harboring and expressing hatred for others is one of those sinful

tendencies. God will help humans to conquer all such imperfect inclinations so that all traces of hatred will be removed forever.—Isaiah 54:13.

# THE BIBLE PROMISES A WORLD WITHOUT HATRED

**1. NO ONE WILL EXPERIENCE INJUSTICE.** The world will be ruled by God’s Kingdom, a just and lasting government based in heaven. (Daniel 2:44) Prejudice and intolerance will not exist. God will correct all the injustices that people now face.—Luke 18:7.

**2. EVERYONE WILL EXPERIENCE PEACE.** No one will suffer as a result of violence or war. (Psalm 46:9) The earth will be a safe place occupied only by peace-loving people.—Psalm 72:7.

**3. EVERYONE WILL LIVE FOREVER IN IDEAL CONDITIONS.** All earth’s inhabitants will show genuine love of neighbor. (Matthew 22:39) No one will be distressed, not even by unpleasant thoughts or memories. (Isaiah 65:17) At that time, a hate-free human race “will find exquisite delight in the abundance of peace.”—Psalm 37:11.

Do you long to live in a world like that? Even now, many people are learning to let go of hatred by applying Bible principles. (Psalm 37:8) That is true of the millions of Jehovah’s Witnesses around the world. Although they come from many different cultures and backgrounds, they enjoy a familylike bond of love and unity.—Isaiah 2:2-4.

Love



Peace



Patience



Self-Control



HATRED



Jehovah’s Witnesses would be happy to share what they have learned about how to deal with injustice and discrimination. What you learn can enable you to replace progressively any trace of hatred with love. You can find out how to treat all people kindly—even those who seem ungrateful or who show hatred. As a result, you will be happier now and your relationships with others will only get better. Above all, you will learn what you can do to live under God’s Kingdom when hatred will be gone forever.—Psalm 37:29.



You can find out more by examining the free **Online Bible Study Lessons** or the brochure *Enjoy Life Forever!* on [jw.org](http://jw.org).

# Victims of Hatred Everywhere

The human family is afflicted by a pandemic of hatred.

News and social media increasingly speak of hate speech, hate mail, cyberhate, and hate crimes. Consider, too, the countless acts of prejudice, stereotyping, ridicule, insults, threats, and vandalism. Victims of dehumanization and hatred are everywhere!

This magazine shows how the cycle of hatred can be broken. This is no mere fantasy. It is a real, lasting transformation that is already taking place worldwide.



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