

# **STATEMENTS ON AND ABOUT POVERTY, HUNGER, HELPING AND CHARITY FROM THE ANALECTS OF CONFUCIUS**

*(Quotations in this collection are drawn from The Essential Confucius, translated by Thomas Cleary, Harper: San Francisco, 1992.)*

Confucius said, "To guide a state, be serious and faithful in its affairs; be economical and love the people, employing the citizens in season." - 1:5

Confucius said, "Be dutiful at home, brotherly in public; be discreet and trustworthy, love all people, and draw near to humanity. If you have extra energy as you do that, then study literature." - 1:7

A pupil asked Confucius, "If one is poor but does not curry favor, or is rich but not haughty, how would that be?"

Confucius said, "Fine, but not as good as one who is poor but takes pleasure in the Way, or one that is rich but still courteous." - 1:15

Confucius said, "Exemplary people understand matters of justice; small people understand matters of profit." - 1:16

Confucius said, "When government is done by virtue, it is like the North Star abiding in its position, with all the other stars surrounding it." - 2:1

One of the elder statesmen of Lu asked Confucius, "How would it be to make the people serious and loyal, and thus enthusiastic?"

Confucius said, "Preside over them with dignity, and they will be serious. Be filial and kind, and they will be loyal. Promote the good, instruct the unskilled, and they will be enthusiastic." - 2:20

Confucius said, "If people are not humane, what is the use of rites? If people are not humane, what is the use of music?" - 3:3

Confucius said, "If people are in high positions but are not magnanimous, if they perform courtesies without respect, or if they attend funerals without sadness, how can I see them?" - 3:26

Confucius said, "It is beautiful to make humaneness one's home. If you do not choose to dwell in humaneness, how can you attain knowledge?" - 4:1

Confucius said, "If exemplary people departed from humaneness, how could they be worthy of the name? Ideal people do not deviate from humaneness at any time; they are at it even when in a rush, they are at it even in the midst of turmoil." - 4:5

Confucius said, "The way ideal people relate to the world is to avoid both rejection and attachment. To treat others justly is their way of association." - 4:6

Confucius said, "Exemplary people concern themselves with virtue, small people concern themselves with territory. The ruling class thinks of punishment, the lower classes hope for benevolence." - 4:11

Confucius said, "If you act on the basis of profit, you will be much resented." - 4:12

Confucius said to a disciple, "My way is permeated by unity!"

The disciple said, "Yes."

When Confucius had left, the students asked the disciple what the teacher had meant.

He said, "The teacher's way is just being faithful and considerate." - 4:15

Confucius said. "Good people should be slow to speak but quick to act." - 4:24

Confucius said, "Virtue is never isolated; it always has neighbors." - 4:25

Zigeng, one of the pupils of Confucius, said, "What I don't want others to do to me, I do not want to do to others." - 5:12

Confucius said to Zichan, a famous Prime Minister of the state of Zheng, "The way of exemplary people is fourfold. They are deferential in their own conduct, respectful in their service of employers, generous in taking care of people, and just in employing the people." - 5:16

Confucius said, "I consider it shameful to be glib, to put on a commanding appearance, or to be fawning. I also consider it shameful to befriend someone while concealing a grudge." - 5:25

Once when two disciples were standing by Confucius, the teacher asked each to express his ambition.

One disciple said, "I would like a carriage and clothes like those of my companions, and not to worry about them wearing out."

The other disciple said, "I would like to avoid taking pride in good and passing on toil to others."

One of the disciples then asked Confucius his wish. The teacher said, "To comfort the elderly, deal faithfully with friends, and care for the young." - 5:26

When Zihua, one of the disciples of Confucius, went on a mission to another state, another disciple, Zhanzi, asked for some grain for Zihua's mother. Confucius said to give her a certain amount. Zhanzi asked for more, and Confucius increased the measure. Still not satisfied, Zhanzi gave Zihua's mother even more than Confucius indicated. Confucius said,

"When Zihua went off, he was riding a well-fed horse and wearing light leather. I have heard that exemplary people help the needy and do not add to the wealth of the rich." - 6:4

A disciple said, "If one can be generous to the people and can help the masses, how would that be? Could it be called humaneness?"

Confucius said, "One would not only be humane; one would surely be a sage. Even (the legendary wise kings) Yao and Shun had trouble doing this." - 6:30

Confucius said, "Not cultivating virtue, not learning, not being able to take to justice on hearing it, and not being able to change what is not good: these are my worries." - 7:3

Confucius said, "Even if you have fine abilities, if you are arrogant and stingy, the rest is not worth considering." - 8:11

A disciple asked Confucius about the way of good people. Confucius said, "If you do not walk in their footsteps, you do not gain access to their abode." - 11:20

A disciple asked Confucius about humaneness. Confucius said, "To master oneself and return to courtesy is humaneness. If they would master themselves and return to courtesy the whole world would take to humaneness. Do you think humaneness derives from oneself, or from others?"

The disciple asked for an outline. Confucius said, "Do not regard what is not courteous. Do not listen to what is not courteous. Do not do what is not courteous." - 12:1

Confucius said, "Cultivated people foster what is good in others, not what is bad. Petty people do the opposite." - 12:16

A grandee of Lu was troubled about thievery, and asked Confucius about it. Confucius said, "If you were not covetous, people would not steal even if they were rewarded for it." - 12:18

Confucius said, "Put service first and then gain after; is this not elevating virtue? Attack your own evils, not those of others; is this not purging evil?" - 12:21

A disciple asked Confucius about humaneness. Confucius said, "Love people." - 12:22

Confucius said, "To be poor without bitterness is easy; to be rich without arrogance is hard." - 14:11

Confucius said, "If you are exacting with yourself but forgiving to others, then you will put enmity at a distance." - 15:15

Confucius said, "Cultivated people make justice their sustenance, and carry it out in an orderly manner; they set it forth with humility, and actualize it by faithfulness." - 15:18

Confucius said, "Cultivated people have nine thoughts. When they look, they think of how to see clearly. When they listen, they think of how to hear keenly. In regard to their appearance, they think how to be warm. In their demeanor, they think how to be respectful. In their speech, they think how to be truthful. In their work, they think how to be serious.

When in doubt, they think how to pose questions. When angry, they think of trouble. When they see gain to be had, they think of justice." - 16:10

A disciple asked Confucius about humaneness.

Confucius said, "You are humane if you can practice five things in the world: respectfulness, magnanimity, truthfulness, acuity, and generosity." - 17:6

A certain pupil asked Confucius about government: "What qualifies one to participate in government?"

Confucius said, "Honor five refinements, and get rid of four evils. Then you can participate in government."

The pupil then asked, "What are the five refinements?"

Confucius said, "Good People are generous without being wasteful; they are hardworking without being resentful; they desire without being greedy; they are at ease without being haughty; they are dignified without being fierce."

The pupil then asked, "What does it mean to be generous without being wasteful?"

Confucius replied, "To benefit the people based on what they find beneficial. Is this not generosity without waste?"

Confucius continued, "If they work hard after having chosen what they can work hard at, who would be resentful? If you want humaneness and get humaneness, then why would you be greedy? Cultivated people do not dare to be inconsiderate, whether of many or few, of the small or the great, of the young or of the old; is this not ease without haughtiness? Cultivated people are proper in dress and solemn in mien, so that others are awed when they look at them; is this not dignity without ferocity?"

The pupil asked, "What are the four evils?"

Confucius replied, "To execute without having admonished; this is called cruelty. To examine accomplishments without having instructed; this is called brutality. To be lax in direction yet make deadlines; this is called viciousness. To be stingy in giving what is due to others; this is called being bureaucratic." - 20:4

# **STATEMENTS ON AND ABOUT POVERTY, HUNGER, HELPING AND CHARITY FROM THE "KING JAMES VERSION" OF THE BIBLE**

Thou shalt neither vex a stranger, nor oppress him: for ye were strangers in the land of Egypt. Ye shall not afflict any widow, or fatherless child. If thou afflict them in any wise, and they cry at all unto me, I will surely hear their cry; And my wrath shall wax hot, and I will kill you with the sword; and your wives shall be widows, and your children fatherless. - Ex. 22:21-24

Also thou shalt not oppress a stranger: for ye know the heart of a stranger, seeing ye were strangers in the land of Egypt. And six years thou shalt sow thy land, and shalt gather in the fruits thereof: But the seventh year thou shalt let it rest and lie still; that the poor of thy people may eat... - Ex. 23:9-12

And when ye reap the harvest of your land, thou shalt not wholly reap the corners of thy fields...thou shalt leave them for the poor and the stranger. - Lev. 19:9-10

And when ye reap the harvest of your land, thou shalt not make clean riddance of the corners of thy field when thou reapest, neither shalt thou gather any gleaning of thy harvest: thou shalt leave them unto the poor, and to the stranger... - Lev. 23:22

And if thy brother be waxen poor, and fallen in decay with thee; then thou shalt relieve him: yea though he be a stranger, or a sojourner; that he may live with thee. - Lev. 25:35

Love ye therefore the stranger: for ye were strangers in the land of Egypt. - Deut. 10:19

Ye shall not eat of any thing that dieth of itself: thou shalt give it unto the stranger that is in thy gates, that he may eat it... - Deut. 14:21

And the Levite, and the stranger, and the fatherless and the widow, which are within thy gates, shall come, and shall eat and be satisfied; that the Lord thy God may bless thee in all the work of thine hand which thou doest. - Deut. 14:29

If there be among you a poor man of one of thy brethren within any of thy gates in the land which the Lord thy God giveth thee, thou shalt not harden thine heart, nor shut thine hand from thy poor brother. But thou shalt open thine hand wide unto him, and shall surely lend him sufficient for his need, in that which he wanteth.--Deut. 15:7-8

Beware that there be not a thought in thy wicked heart, saying The seventh year, the year of release, is at hand; and thine eye be evil against thy poor brother, and thou givest him nought; and he cry unto the Lord against thee, and it be sin unto thee. Thou shalt surely give him, and thine heart shall not be grieved when thou givest unto him; because that for this thing the Lord thy God shall bless thee in all thy works, and in all that thou puttest thine hand unto. - Deut. 15:9-10

For the poor shall never cease out of the land: therefore I command thee, saying, Thou shalt open thine hand wide unto thy brother, to thy poor, and to thy needy, in thy land. - Deut. 15:11

When thou cuttest down thine harvest in thy field, and hast forgot a sheaf in the field, thou shalt not go again to fetch it: it shall be for the stranger; for the fatherless, and for the widow: that the Lord thy God may bless thee in all the works of thine hands. - Deut. 24:19

When thou beatest thine olive tree, thou shalt not go over the boughs again: it shall be for the stranger, for the fatherless, and for the widow. - Deut. 24:20

When thou gatherest the grapes of thy vineyard, thou shalt not glean it afterward: it shall be for the stranger, for the fatherless, and for the widow. - Deut. 24:21

When thou hast made an end of tithing all the tithes of thine increase the third year, which is the year of tithing, and hast given it unto the Levite, the stranger, the fatherless, and the widow, that they may eat within thy gates, and be filled; Then thou shalt say before the Lord thy God, I have brought away the hallowed things out of mine house, and also have given them unto the Levite, and unto the stranger, to the fatherless, and to the widow, according to all thy commandments which thou hast commanded me: I have not transgressed thy commandments, neither have I forgotten them. - Deut. 26:12-13

Cursed be he that perverteth the judgment of the stranger, fatherless and widow: and all the people shall say, Amen. - Deut. 27:19

And when she (Ruth) was risen up to glean, Boaz commanded his young men, saying, Let her glean even among the sheaves, and reproach her not: And let fall also some of the handfuls of purpose for her, and leave them, that she may glean them, and rebuke her not. - Ruth 2:15-16

He raiseth up the poor out of the dust, and lifteth up the beggar from the dunghill, to set them among princes... - 1 Sam. 2:8

In famine he shall redeem thee from death...At destruction and famine thou shalt laugh... - Job 5:20-22

Because he hath oppressed and hath forsaken the poor...Surely he shall not feel quietness in his belly, he shall not save of that which he desired...In the fullness of his sufficiency he shall be in straits: every hand of the wicked shall come upon him. - Job 20:19-22

Is not thy wickedness great? and thine iniquities infinite?...Thou hast not given water to the weary to drink, and thou hast withholden bread from the hungry...Thou hast sent widows away empty, and the arms of the fatherless have been broken. Therefore snares are round about thee... - Job 22:5-10

They turn the needy out of the way...They reap every one his corn in the field...They cause the naked to lodge without clothing...They cause him to go naked without clothing, and they take away the sheaf from the hungry...They are of those that rebel against the light; they know not the ways thereof, nor abide in the paths thereof. - Job 24:4-13

Because I delivered the poor that cried, and the fatherless, and him that had none to help him. The blessing of him that was ready to perish came upon me: and I caused the widow's heart to sing for joy. I put on righteousness, and it clothed me: my judgment was as a robe and a diadem. - Job 29:12-14

If I have withheld the poor from their desire, or have caused the eyes of the widow to fail; Or have eaten my morsel myself alone, and the fatherless hath not eaten thereof...If I have seen any perish for want of clothing, or any poor without covering...and if he were not warmed with the fleece of my sheep;...Then let mine arm fall from my shoulder blade, and mine arm be broken from the bone. - Job 31:16-22

For the needy shall not always be forgotten: the expectation of the poor shall not perish for ever. - Ps. 9:18

For the oppression of the poor, for the sighing of the needy, now will I arise, saith the Lord... - Ps. 12:5

But I am poor and needy; yet the Lord thinketh upon me: thou art my help and my deliverer; make no tarrying, O my God. - Ps. 40:17

Blessed is he that considereth the poor: the Lord will deliver him in time of trouble. - Ps. 41:1

For the Lord heareth the poor... - Ps. 69:33

But I am poor and needy; make haste unto me, O God: Thou art my help and my deliverer; O Lord make no tarrying. - Ps. 70:5

Defend the poor and fatherless: Do justice to the afflicted and needy. - Ps. 82:3

Deliver the poor and needy: Rid them out of the hand of the wicked. - Ps. 82:4

Bow down thine ear, O Lord, hear me: for I am poor and needy...In the day of my trouble I will call upon thee: for thou wilt answer me. - Ps. 86:1-7

He hath dispersed, he hath given to the poor; his righteousness endureth forever... - Ps. 112:9

I know that the Lord will maintain the cause of the afflicted, and the right of the poor. - Ps. 140:12

Happy is he...whose hope is in the Lord his God:...Which executeth judgment for the oppressed: which giveth food to the hungry. - Ps. 146:5-7

Withhold not good from them to whom it is due, when it is in the power of thine hand to do it. Say not unto thy neighbor, Go, and come again, and tomorrow I will give; when thou has it by thee. - Pr. 3:27-28

The merciful man doeth good to his own soul: but he that is cruel troubleth his own flesh. - Pr. 11:17

There is that scattereth, and yet increaseth; and there is that withholdeth more than is meet, but it tendeth to poverty. The liberal soul shall be made fat: and he that watereth shall be watered also himself. He that withholdeth corn, the people shall curse him... - Pr. 11:24-26

He that despiseth his neighbor sinneth: But he that hath mercy on the poor, happy is he. - Pr. 14:21

He that oppresseth the poor reproacheth his Maker: But he that honoreth him hath mercy on the poor. - Pr. 14:31

Whoso mocketh the poor reproacheth his Maker... - Pr. 17:5

He that hath pity upon the poor lendeth unto the Lord; and that which he hath given will he pay him again. - Pr. 19:17

Whoso stoppeth his ears at the cry of the poor, he also shall cry himself, but shall not be heard. - Pr. 21:13

He that followeth after righteousness and mercy findeth life, righteousness and honor. - Pr. 21:21

He that hath a bountiful eye shall be blessed; for he giveth of his bread to the poor. - Pr. 22:9

If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink. - Pr. 25:21

He that giveth unto the poor shall not lack: but he that hideth his eyes shall have many a curse. - Pr. 28:27

The righteous considereth the cause of the poor: but the wicked regardeth not to know it. - Pr. 29:7

Open thy mouth, judge righteously, and plead the cause of the poor and needy. - Pr. 31:9

A virtuous woman stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy. - Pr. 31:20

Cast thy bread upon the waters: for thou shalt find it after many days. Give a portion to seven, and also to eight; for thou knowest not what evil shall be upon the earth. - Eccl. 11:1-2

Learn to do well; seek judgment, relieve the oppressed, judge the fatherless, plead for the widow. - Isa. 1:17

What mean ye that ye beat my people to pieces, and grind the faces of the poor? - Isa. 3:15

And the firstborn of the poor shall feed, and the needy shall lie down in safety... - Isa. 14:30

When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the Lord will hear them... - Isa. 41:17

Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price. - Isa. 55:1

And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday. - Isa. 58:10

If ye oppress not the stranger, the fatherless, and the widow, and shed not innocent blood in this place, neither walk after other gods to your hurt; Then will I cause you to dwell in this place, in the land that I gave to your fathers, for ever and ever. - Jer. 7:6-7

Arise, cry out in the night: in the beginning of the watches pour out thine heart like water before the face of the Lord: lift up thy hands toward him for the life of thy young children, that faint for hunger in the top of every street. - Lam. 2:19

Behold, this was the iniquity of thy sister Sodom, pride, fullness of bread, and abundance of idleness was in her and in her daughters, neither did she strengthen the hand of the poor and needy. - Ezek. 16-49

But if a man be just...and hath given his bread to the hungry...he shall surely live, saith the Lord God. - Ezek. 18:5-9

...Thus saith the Lord God unto the shepherds; Woe be to the shepherds of Israel that do feed themselves! Should not the shepherds feed the flocks? - Ezek. 34:2

Wherefore, O king, let my counsel be acceptable unto thee, and break off thy sins by righteousness, and thine iniquities by showing mercy to the poor... - Dan. 4:27

...I will have mercy upon her that had not obtained mercy... - Hos. 2:23

Yeah, the Lord will answer and say unto his people, Behold, I will send you corn, and wine, and oil, and ye shall be satisfied therewith... - Joel 2:19

Hear this word, ye kine of Bashan, that are in the mountains of Samaria, which oppress the poor, which crush the needy... The Lord God hath sworn by his holiness, that, lo, the days shall come upon you, and he will take you away with hooks, and your posterity with fishhooks. - Amos 4:1-2

For I know your manifold transgressions and your mighty sins; they afflict the just,...they turn aside the poor in their gate from their right. - Amos 5:12

But let judgment run down as waters, and righteousness as a mighty stream. - Amos 5:24

Hear this, O ye that swallow up the needy, even to make the poor of the land to fail...The Lord hath sworn by the excellency of Jacob, Surely I will never forget any of their works.

Shall not the land tremble for this, and every one mourn that dwelleth therein? - Amos 8:4-8

He hath showed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God? - Micah 6:8

I will also leave in the midst of thee an afflicted and poor people, and they shall trust in the name of the Lord...for they shall feed and lie down, and none shall make them afraid. - Zep. 3:12-13

Thus speaketh the Lord of Hosts, saying, Execute true judgment, and show mercy and compassion every man to his brother: And oppress not the widow, nor the fatherless, the stranger, nor the poor... - Zec. 7:9-10

And I will come near to you to judgment; and I will be a swift witness against...those who oppress the hireling in his wages, the widow, and the fatherless, and that turn aside the stranger from his right, and fear not me saith the Lord of hosts. - Mal. 3:5

Blessed are the merciful: for they shall obtain mercy. - Mat. 5:7

Blessed are the peacemakers: for they shall be called the children of God. - Mat. 5:9

Give to him that asketh thee, and from him that would borrow of thee turn not thou away. Ye have heard that it hath been said, Thou shalt love thy neighbor, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you... - Mat. 5:42-44

If ye salute your brethren only, what do ye more than others? Do not even the publicans so? - Mat. 5:47

Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven. Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrits do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward. But when thou doest alms, let not thy left hand know what thy right hand doeth: That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly. - Mat. 6:1-4

Lay not up for yourselves treasures upon earth...But lay up for yourselves treasures in Heaven... - Mat. 6:19-20

Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. - Mat. 7:1-2

What man is there of you, whom if his son asked for bread, will he give him a stone? Or if he ask a fish, will give him a serpent? - Mat. 7:9-10

Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law... - Mat. 7:12

But Jesus said unto them, They need not depart; give ye them to eat. And they say unto him, We have here but five loaves, and two fishes. He said, Bring them hither to me. And

he commanded the multitude to sit down on the grass, and took the five loaves, and the two fishes, and looking up to heaven, he blessed, and brake, and gave the loaves to his disciples, and the disciples to the multitude. And they did all eat, and were filled: and they took up of the fragments that remained twelve baskets full. - Mat. 14:16-20 (Similar to Mark 6:37-44, Luke 9:13-17 and John 6:5-13)

...It is not meet to take the children's bread, and to cast it to dogs. - Mat. 15:26

And his disciples say unto him, Whence should we have so much bread in the wilderness, as to fill so great a multitude? And Jesus saith unto them, How many loaves have ye? And they said, Seven, and a few little fishes. And he commanded the multitude to sit down on the ground. And he took the seven loaves and the fishes, and gave thanks, and brake them, and gave to his disciples, and the disciples to the multitude. And they did all eat, and were filled: and they took up of the broken meat that was left seven baskets full. - Mat. 15:33-37 (Similar to Mark 8:1-8)

And, behold, one came and said unto him, Good Master, what good thing shall I do, that I may have eternal life?...Jesus said unto him, if thou wilt be perfect, go and sell what thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me. - Mat. 19:16 & 21

When the Son of man shall come in his glory, and all the holy angels with him, then shall he sit upon the throne of his glory: And before him shall be gathered all nations: and he shall separate them one from another as a shepherd dividing his sheep from the goats: And he shall set the sheep on his right hand, but the goats on the left.

Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: For I was ahungered, and ye gave me meat: I was thirsty and ye gave me drink: I was a stranger, and ye took me in: naked, and ye clothed me: I was sick and ye visited me: I was in prison, and ye came unto me.

Then shall the righteous answer him, saying, Lord, when saw we thee ahungered, and fed thee? or thirsty, and gave thee drink? When saw we thee a stranger, and took thee in? or naked, and clothed thee?

And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.

Then shall he say also unto them on the left hand, Depart from me, ye cursed, into everlasting fire, prepared for the devil and his angels: for I was ahungered, and ye gave me no meat: I was thirsty, and ye gave me no drink: I was a stranger, and ye took me not in: naked, and ye clothed me not: sick, and in prison, and ye visited me not.

Then shall they also answer him, saying, Lord, when saw we thee ahungered, or athirst, or a stranger, or naked, or sick, or in prison, and did not minister unto thee?

Then shall he answer them, saying, Verily I say unto you, Inasmuch as ye did it not to one of the least of these, ye did it not to me.

And these shall go away into everlasting punishment: but the righteous into life eternal. - Mat. 25:31-46

For whosoever shall give you a cup of water to drink in my name, because ye belong to Christ, verily I say unto you, he shall not lose his reward. And whosoever shall offend one of these little ones that believe in me, it is better for him that a millstone were hanged about his neck, and he were cast into the sea. - Mark 9:41-42

And when he was gone forth into the way, there came one running, and kneeled to him, and asked him, Good Master, what shall I do that I may inherit eternal life? ...Jesus...said unto him...: go thy way, sell whatsoever thou hast, and give to the poor and thou shalt have treasure in heaven: and come, take up the cross, and follow me. - Mark 10:17 & 20

For ye have the poor with you always, and whensoever ye will ye may do them good: but me ye have not always. - Mark 14:7

And the people asked him, saying, What shall we do then? He answereth and saith unto them, He that hath two coats, let him impart to him that hath none; and he that hath meat, let him do likewise. - Luke 3:10-11

And he lifted up his eyes on his disciples, and said, Blessed be ye poor: for yours is the kingdom of God. Blessed are ye that hunger now: for ye shall be filled. Blessed are ye that weep now: for ye shall laugh. - Lk. 6:20-21

But I say unto you which hear, Love your enemies, do good to them which hate you, Bless them that curse you, and pray for them which despitefully use you. And unto him that smiteth thee on the one cheek offer also the other; and him that taketh away thy cloak forbid not to take thy coat also. Give to every man that asketh of thee; and of him that taketh away thy goods ask them not again. - Lk. 6:27-30

And as ye would that men should do to you, do ye also to them likewise. For if ye love them which love you, what thank have ye? for sinners also love those that love them. And if ye do good to them which do good to you, what thank have ye? for sinners also do even the same. And if ye lend to them of whom ye hope to receive, what thank have ye? for sinners also lend to sinners, to receive as much again. But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil. - Lk. 6:31-35

Be ye therefore merciful, as your Father also is merciful. - Lk. 6:36

Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven. - Lk. 6:37

Give and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again. - Luke 6:38

And he said unto them, Take nothing for your journey, neither staves, nor scrip, neither bread, neither money; neither have two coats apiece. ...And whosoever will not receive you, when ye go out of that city, shake off the very dust from your feet for a testimony against them. - Luke 9:3-5

And, behold, a certain lawyer stood up, and tempted him, saying, Master, what shall I do to inherit eternal life? He said unto him, What is written in the law? How readest thou? And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself. And he said unto him, Thou has answered right: this do, and thou shalt live. But he, willing to justify himself, said unto Jesus, And who is my neighbor?

And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead. And by chance there came down a certain priest that way; and when he saw him, he passed by on the other side. And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side.

But a certain Samaritan, as he journeyed, came where he was; and when he saw him, he had compassion on him, And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him. And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him: and whensoever thou spendest more, when I come again, I will repay thee. Which now of these three, thinkest thou was neighbor unto him that fell among the thieves? And he said, He that showed mercy on him. Then said Jesus unto him, Go and do thou likewise. - Luke 10:25-37

Give us day by day our daily bread. - Luke 11:3

And I say unto you, Ask, and it shall be given you; seek and ye shall find; knock, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. - Luke 11:9-10

If a son shall ask bread of any of you that is a father, will he give him a stone? Or if he ask a fish, will he for a fish give him a serpent? Or if he shall ask for an egg, will he offer him a scorpion? - Luke 11:11-12

Sell what ye have, and give alms; provide yourselves bags which wax not old, a treasure in the heavens that faileth not, where no thief approacheth, neither moth corrupteth. For where your treasure is, there will your heart be also. - Luke 12:33-34

For unto whomsoever much is given, of him shall be much required. - Luke 12:48

But when thou makest a feast, call the poor, the maimed, the lame, the blind: And thou shalt be blessed; for they cannot recompense thee: For thou shalt be recompensed at the resurrection of the just. - Luke 14:13-14

There was a certain rich man, which was clothed in purple and fine linen, and fared sumptuously every day: And there was a certain beggar named Lazarus, which was laid at his gate, full of sores, And desiring to be fed with the crumbs which fell from the rich man's table: moreover the dogs came and licked his sores. And it came to pass, that the beggar died, and was carried by the angels into Abraham's bosom: the rich man also died, and was buried: And in hell he lifted up his eyes, being in torments, and seeth Abraham afar off, and Lazarus in his bosom. And he cried and said, Father Abraham, have mercy on me, and send Lazarus, that he may dip the tip of his finger in water, and cool my tongue; for I am tormented in this flame. But Abraham said, Son, remember that thou in thy lifetime

receivest thy good things, and likewise Lazarus evil things: but now he is comforted, and thou art tormented. - Luke 16-25

It were better for him that a millstone were hanged about his neck, and he cast into the sea, than that he should offend one of these little ones. - Luke 17:2

Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him. And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him. - Luke 17:3-4

And a certain ruler asked him, saying, Good Master, what shall I do to inherit eternal life? And Jesus said unto him, Why callest thou me good? None is good, save one, that is, God. Thou knowest the commandments, Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Honor thy father and thy mother. And he said, All these have I kept from my youth up. Now when Jesus heard these things, he said unto him, yet lackest thou one thing: sell all that thou has, and distribute unto the poor, and thou shalt have treasure in heaven: and come, follow me. And when he heard this, he was very sorrowful: for he was very rich. And when Jesus saw that he was very sorrowful, he said, How hardly shall they that have riches enter into the kingdom of God! For it is easier for a camel to go through a needle's eye, than for a rich man to enter into the kingdom of God. - Luke 18:18-25

And Zaccheus stood, and said unto the Lord; Behold, Lord, the half of my goods I give to the poor; and if I have taken any thing from any man by false accusation, I restore him fourfold. And Jesus said unto him, This day is salvation come to this house... - Luke 19:8-9

If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done to you. - John 13:14-15

A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another. - John 13:34-35

This is my commandment, That ye love one another, as I have loved you. - John 15:12

These things I command you, that ye love one another. - John 15:17

And all that believed were together, and had all things common; And sold their possessions and goods, and parted them to all men, as every man had need. - Acts 2:44-45

Neither was there any among them that lacked: for as many as were possessors of lands or houses sold them, and brought the prices of the things that were sold, And laid them down at the apostles' feet: and distribution was made unto every man according as he had need. - Acts 4:34-35

We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. - Rom. 15:1

Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could

remove mountains, and have not charity, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing. Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. Charity never faileth... - 1 Cor. 13:1-8

And now abideth faith, hope, charity, these three; but the greatest of these is charity. - 1 Cor. 13:13

Let all your things be done with charity. - 1 Cor. 16:14

But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully. Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver. - 2 Cor. 9:6-7

As it is written, He hath dispersed abroad; he hath given to the poor: his righteousness remaineth for ever. - 2 Cor. 9:9

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting. And let us not be weary in well doing: for in due season we shall reap, if we faint not. As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith. - Gal. 6:7-10

And be ye kind one to another, tender-hearted, forgiving one another, even as God for Christ's sake hath forgiven you. - Eph. 4:32

...whatsoever good thing any man doeth, the same shall he receive of the Lord... - Eph. 6:8

Let nothing be done though strife or vainglory; but in lowliness of mind let each esteem other better than themselves. - Phil. 2:3

And above all these things put on charity, which is the bond of perfectness. - Col. 3:14

Hearken my beloved brethren, Hath not God chosen the poor of this world rich in faith, and heirs of the Kingdom which he hath promised to them that love him? - Jas. 2:5

For He shall have judgment without mercy, that hath showed no mercy... - Jas. 2:13

What doth it profit, my brethen, though a man say he hath faith, and have not works? - Jas. 2:14

If a brother or sister be naked, and destitute of daily food, and one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body; what doth it profit? Even so, faith, if it hath not works, is dead, being alone. - Jas. 2:15-17

Ye see then how that by works a man is justified, and not by faith only. - Jas. 2:24

But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be entreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace. - James 3:17-18

Therefore to him that knoweth to do good, and doeth it not, to him it is sin. - James 4:17

Grudge not one against another, brethren, lest ye be condemned: behold, the judge standeth before the door. - James 5:9

Finally, be ye all of one mind, having compassion one of another... - 1 Pet. 3:8

And above all things have fervent charity among yourselves: For charity shall cover the multitude of sins. - 1 Pet. 4:8

Use hospitality one to another without grudging. - 1 Pet. 4:9

Feed the flock of God which is among you... - 1 Pet. 5:2

Greet ye one another with a kiss of charity. - 1 Pet. 5:14

And besides this, giving all diligence, add to your faith virtue; and to virtue, knowledge; and to knowledge, temperance; and to temperance, patience, godliness; And to godliness, brotherly kindness; and to brotherly kindness, charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. - 2 Pet. 1:5-8

For this is the message that ye heard from the beginning, that we should love one another. - John 3:11

But whoso hath this world's goods, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him? - 1 John 3:17

Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not, knoweth not God; for God is love. - 1 John 4:7-8

Beloved, follow not that which is evil, but that which is good. He that doeth good is of God: but he that doeth evil hath not seen God. - 3 John 1:11

# **STATEMENTS ON AND ABOUT POVERTY, HUNGER, HELPING AND CHARITY FROM THE BOOK OF MORMON**

\*Note on spelling conventions: In the Book of Mormon, the word 'woe' is rendered as 'wo.'

Sing, O heavens; and be joyful, O earth; for the feet of those who are in the east shall be established; and break forth into singing, O mountains; for they shall be smitten no more; for the Lord hath comforted his people, and will have mercy upon his afflicted. - 1 Nephi 21:13

But wo unto the rich, who are rich as to the things of the world. For because they are rich they despise the poor, and they persecute the meek, and their hearts are upon their treasures; wherefore, their treasure is their god. And behold their treasure shall perish with them also. - 2 Nephi 9:30

Say unto the righteous that it is well with them; for they shall eat the fruit of their doings. Wo unto the wicked, for they shall perish; for the reward of their hands shall be upon them! - 2 Nephi 13:10-11

The Lord will enter into judgment with the ancients of his people and the princes thereof; for ye have eaten up the vineyard and the spoil of the poor in your houses. - 2 Nephi 13:14

What mean ye? Ye beat my people to pieces, and grind the faces of the poor, saith the Lord God of Hosts. - 2 Nephi 13:15

Wo unto them that decree unrighteous decrees, and that write grievousness which they have prescribed; To turn away the needy from judgment, and to take away the right from the poor of my people, that widows may be their prey, and that they may rob the fatherless! And what will ye do in the day of visitation, and in the desolation which shall come from far? to whom will ye flee for help? and where will ye leave your glory? - 2 Nephi 20:1-3

But with righteousness shall he judge the poor, and reprove with equity for the meek of the earth; and he shall smite the earth with the rod of his mouth, and with the breath of his lips shall he slay the wicked. - 2 Nephi 21:4

And the first-born of the poor shall feed, and the needy shall lie down in safety; and I will kill thy root with famine, and he shall slay thy remnant. - 2 Nephi 24:30

What shall then answer the messengers of the nations? That the Lord hath founded Zion, and the poor of his people shall trust in it. - 2 Nephi 24:32

And the Gentiles are lifted up in the pride of their eyes, and have stumbled, because of the greatness of their stumbling block, that they have built up many churches; nevertheless, they put down the power and miracles of God, and preach up unto themselves their own wisdom and their own learning, that they may get gain and grind upon the face of the poor. - 2 Nephi 26:20

Behold, the Lord hath forbidden this thing; wherefore, the Lord God hath given a commandment that all men should have charity, which charity is love. And except they should have charity they were nothing. Wherefore, if they should have charity they would not suffer the laborer in Zion to perish. - 2 Nephi 26:30

For none of these iniquities come of the Lord; for he doeth that which is good among the children of men; and he doeth nothing save it be plain unto the children of men; and he inviteth them all to come unto him and partake of his goodness; and he denieth none that come unto him, black and white, bond and free, male and female; and he remembereth the heathen; and all are alike unto God, both Jew and Gentile. - 2 Nephi 26:33

And the meek also shall increase and their joy shall be in the Lord, and the poor among men shall rejoice in the Holy One of Israel. For assuredly as the Lord liveth they shall see that the terrible one is brought to naught, and the scorner is consumed, and all that watch for iniquity are cut off. - 2 Nephi 27:30-31

Because of pride and because of false teachers, and false doctrine, their churches have become corrupted, and their churches are lifted up; and because of pride they are puffed up. They rob the poor because of their fine sanctuaries; they rob the poor because of their fine clothing; and they persecute the meek and the poor in heart, because in their pride they are puffed up. They wear stiff necks and high heads; yea, and because of pride, and wickedness, and abominations, and whoredoms, they have all gone astray save it be a few, who are the humble followers of Christ: nevertheless, they are led, that in many instances they do err because they are taught by the precepts of men. O the wise, and the learned, and the rich that are puffed up in the pride of their hearts, and all those who preach false doctrines, and all those who commit whoredoms, and pervert the way of the Lord, wo, wo, wo be unto them, saith the Lord God Almighty, for they shall be thrust down to hell! - 2 Nephi 28:12-15

And with righteousness shall the Lord God judge the poor, and reprove with equity for the meek of the earth. And he shall smite the earth with the rod of his mouth; and with the breath of his lips shall he slay the wicked. - 2 Nephi 30:9

And now behold, my brethren, this is the word which I declare unto you, that many of you have begun to search for gold, and for silver, and for all manner of precious ores, in which this land, which is a land of promise unto you and to your seed, doth abound most plentifully. And the hand of providence hath smiled upon you most pleasingly, that you have obtained many riches; and because some of you have obtained more abundantly than that of your brethren ye are lifted up in the pride of your hearts, and wear stiff necks and high heads because of the costliness of your apparel, and persecute your brethren because ye suppose that ye are better than they. And now, my brethren, do ye suppose that God justifieth you in this thing? Behold, I say unto you, Nay. But he condemneth you, and if ye persist in these things his judgment must speedily come unto you. O that he would show you that he can pierce you, and with one glance of his eye he can smite you to the dust! O that he would rid you from this iniquity and abomination. And O that ye would listen unto the word of his commands, and let not this pride of your hearts destroy your souls! Think of your brethren like unto yourselves, and be familiar with all and free with your substance, that they may be rich like unto you. - Jacob 2:12-17

But before ye seek for riches, seek ye for the kingdom of God. And after ye have obtained a hope in Christ ye shall obtain riches, if ye seek them; and ye will seek them for the intent to do good -- to clothe the naked, and to feed the hungry, and to liberate the captive, and administer relief to the sick and the afflicted. - Jacob 2:18-19

And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God. - Mosiah 2:17

Behold, ye have called me your king; and if I, whom ye call your king, do labor to serve you, then ought not ye to labor to serve another? - Mosiah 2:18

I say unto you that if ye should serve him who has created you from the beginning, and is preserving you from day to day, by lending you breath, that ye may live and move and do according to your own will and even supporting you from one moment to another - I say, if ye should serve him with all your whole souls yet ye would be unprofitable servants. And behold, all that he requires of you is to keep his commandments; and he has promised you that if ye would keep his commandments ye should prosper in the land; and he never doth vary from that which he hath said; therefore, if ye do keep his commandments he doth bless you and prosper you. - Mosiah 2:21-22

And ye will not suffer your children that they go hungry, or naked; neither will ye suffer that they transgress the laws of God, and fight and quarrel one with another, and serve the devil, who is the master of sin, or who is the evil spirit which hath been spoken of by our fathers, he being an enemy to all righteousness. But ye will teach them to walk in the ways of truth and soberness; ye will teach them to love one another, and to serve one another. And also, ye yourselves will succor those that stand in need of your succor; ye will administer of your substance unto him that standeth in need; and ye will not suffer that the beggar putteth up his petition to you in vain, and turn him out to perish. Perhaps thou shalt say: The man has brought upon himself his misery; therefore I will stay my hand, and will not give unto him of my food, nor impart unto him of my substance that he may not suffer, for his punishments are just - But I say unto you, O man, whosoever doeth this the same hath great cause to repent; and except he repenteth of that which he hath done he perisheth forever, and hath no interest in the kingdom of God. For behold, are we not all beggars? Do we not all depend upon the same Being, even God, for all the substance which we have, for both food and raiment, and for gold, and for silver, and for all the riches which we have of every kind? And behold, even at this time ye have been calling on his name, and begging for a remission of your sins. And has he suffered that ye have begged in vain? Nay; he has poured out his Spirit upon you, and has caused that your hearts should be filled with joy, and has caused that your mouths should be stopped that ye could not find utterance, so exceedingly great was your joy. And now, if God, who has created you, on whom you are dependent for your lives and for all that ye have and are, doth grant unto you whatsoever ye ask is right, in faith, believing that ye shall receive, O then, how ye ought to impart of the substance that ye have one to another. And if ye judge the man who putteth up his petition to you for your substance that he perish not, and condemn him, how much more just will be your condemnation for withholding your substance, which doth not belong to you but to God, to whom also your life belongeth; and yet ye put up no petition, nor repent of the thing which thou hast done. I say unto you, wo be unto that man, for his substance shall perish with him; and now, I say these things unto those who are rich as pertaining to the things of this world. And again, I say unto the poor, ye who have not and yet have sufficient, that ye remain from day to day; I mean all you who deny the beggar, because ye have not; I would that ye say in your hearts that: I give not because I have not, but if I had I would give. And now, if ye say this in your hearts ye remain guiltless, otherwise ye are condemned; and your condemnation is just for ye covet that which ye have not received. And now, for the sake of these things which I have spoken unto you - that is, for the sake of retaining a remission of your sins from day to day, that ye may walk guiltless before God - I would that ye should impart of your substance to the poor, every man according to that which he hath, such as feeding the hungry, clothing the naked, visiting the sick and

administering to their relief, both spiritually and temporally, according to their wants. - Mosiah 4:14-26

Therefore, I would that ye should be steadfast and immovable, always abounding in good works, that Christ, the Lord God Omnipotent, may seal you his, that you may be brought to heaven, that ye may have everlasting salvation and eternal life, through the wisdom, power, and justice, and mercy of him who created all things, in heaven and in earth, who is God above all. Amen. - Mosiah 5:15

And it came to pass that he said unto them: Behold, here are the waters of Mormon (for thus were they called) and now, as ye are desirous to come into the fold of God, and to be called his people, and are willing to bear another's burdens, that they may be light; Yea, and are willing to mourn with those that mourn; yea, and comfort those that stand in need of comfort, and to stand as witnesses of God at all times and in all things, and in all places that ye may be in, even until death, that ye may be redeemed of God, and be numbered with those of the first resurrection, that ye may have eternal life - Now I say unto you, if this be the desire of your hearts, what have you against being baptized in the name of the Lord, as a witness before him that ye have entered into a covenant with him, that ye will serve him and keep his commandments, that he may pour out his Spirit more abundantly upon you? - Mosiah 18:8-10

And again Alma commanded that the people of the church should impart of their substance, every one according to that which he had; if he have more abundantly he should impart more abundantly; and of him that had but little, but little should be required; and to him that had not should be given. And thus they should impart of their substance of their own free will and good desires towards God, and to those priests that stood in need, yea, and to every needy, naked soul. - Mosiah 18:27-28

Now there was a great number of women, more than there was of men; therefore king Limhi commanded that every man should impart to the support of the widows and their children, that they might not perish with hunger; and this they did because of the greatness of their number that had been slain. - Mosiah 21:17

Thus did Alma teach his people, that every man should love his neighbor as himself, that there should be no contention among them. - Mosiah 23:15

And they did impart of their substance, every man according to that which he had, to the poor, and the needy, and the sick, and the afflicted; and they did not wear costly apparel, yet they were neat and comely. And thus did they establish the affairs of the church; and thus they began to have continual peace again, notwithstanding all their persecutions. - Alma 1:27-28

And thus, in their prosperous circumstances, they did not send away any who were naked, or that were hungry, or that were athirst, or that were sick, or that had not been nourished; and they did not set their hearts upon riches; therefore they were liberal to all, both old and young, both bond and free, both male and female, whether out of the church or in the church, having no respect to persons as to those who stood in need. And thus they did prosper and become far more wealthy than those who did not belong to their church. - Alma 1:30-31

And it came to pass in the commencement of the ninth year, Alma saw the wickedness of the church and he saw also that the example of the church began to lead those who were unbelievers on from one piece of iniquity to another, thus bringing on the destruction of the people. Yea, he saw great inequality among the people, some lifting themselves up with their pride, despising others, turning their backs upon the needy and the naked and those who were

hungry, and those who were athirst, and those who were sick and afflicted. Now this was a great cause for lamentations among the people, while others were abasing themselves, succoring those who stood in need of their succor, such as imparting their substance to the poor and the needy, feeding the hungry, and suffering all manner of afflictions, for Christ's sake, who should come according to the spirit of prophecy; - Alma 4:11-13

Do ye exercise faith in the redemption of him who created you? Do you look forward with an eye of faith, and view this mortal body raised in immortality, and this corruption raised in incorruption, to stand before God to be judged according to the deeds which have been done in the mortal body? I say unto you, can you imagine to yourselves that ye hear the voice of the Lord, saying unto you, in that day: Come unto me ye blessed, for behold, your works have been the works of righteousness upon the face of the earth? - Alma 5;15-16

Yea, come unto me and bring forth works of righteousness, and ye shall not be hewn down and cast into fire - For behold, the time is at hand that whosoever bringeth forth not good fruit, or whosoever doeth not the works of righteousness, the same have cause to wail and mourn. - Alma 5:35-36

For I say unto you that whatsoever is good cometh from God, and whatsoever is evil cometh from the devil. Therefore, if a man bringeth forth good works he hearkeneth unto the voice of the good shepherd, and he doth follow him; but whosoever bringeth forth evil works, the same becometh a child of the devil, for he hearkeneth unto his voice, and doth follow him. And whosoever doeth this must receive his wages of him; therefore for his wages he receiveth death, as to things pertaining unto righteousness, being dead unto all good works. - Alma 5:40-41

And again I say unto you, the Spirit saith; Behold, the ax is laid at the root of the tree; therefore every tree that bringeth not forth good fruit shall be hewn down and cast into the fire, yea, a fire which cannot be consumed, even an unquenchable fire. Behold, and remember, the Holy One hath spoken it. - Alma 5:52

And now my beloved brethren, I say unto you, can ye withstand these sayings; yea, can ye lay aside these things, and trample the Holy One under your feet; yea, can ye be puffed up in the pride of your hearts; yea, will ye still persist in the wearing of costly apparel and setting your hearts upon the vain things of the world, upon your riches? Yea, will ye persist in supposing that ye are better one than another; yea, will ye persist in the persecution of your brethren, who humble themselves and do walk after the holy order of God, wherewith they have been brought into this church, having been sanctified by the Holy Spirit, and they do bring forth works which are meet for repentance - Yea, and will you persist in turning your backs upon the poor, and the needy, and in withholding your substance from them? And finally, all ye that will persist in your wickedness, I say unto you that these are they who shall be hewn down and cast into the fire except they speedily repent. - Alma 5:53-56

And it also came to pass that whosoever did belong to the church that did not repent of their wickedness and humble themselves before God - I mean those who were lifted up in the pride of their hearts - the same were rejected, and their names were blotted out, that their names were not numbered among those of the righteous. - Alma 6:3

And now I would that ye should be humble, and be submissive and gentle; easy to be entreated; full of patience and long-suffering; being temperate in all things; being diligent in keeping the commandments of God at all times; asking for whatsoever things ye stand in need, both spiritual and temporal; always returning thanks unto God for whatsoever things ye do

receive. And see that ye have faith, hope, and charity, and then ye will always abound in good works. - Alma 7:23-24

And now, Amulek, because thou hast fed me and taken me in, thou art blessed; for I was an hungered, for I had fasted many days. - Alma 8:26

Behold, do ye not remember the words which he spake unto Lehi, saying that: Inasmuch as ye shall keep my commandments, ye shall prosper in the land? And again it is said that: Inasmuch as ye will not keep my commandments ye shall be cut off from the presence of the Lord. - Alma 9:13

Therefore, prepare ye the way of the Lord, for the time is at hand that all men shall reap a reward of their works, according to that which they have been - if they have been righteous they shall reap the salvation of their souls, according to the power and deliverance of Jesus Christ; and if they have been evil they shall reap the damnation of their souls according to the power and captivity of the devil. - Alma 9:28

Yea, and when you do cry unto the Lord, let your hearts be full, drawn out in prayer unto him continually for your welfare, and also for the welfare of those who are around you. And now behold, my beloved brethren, I say unto you, do not suppose that this is all; for after ye have done all these things, if ye turn away the needy, and the naked, and visit not the sick and the afflicted, and impart of your substance, if ye have, to those who stand in need - I say unto you, if ye do not any of these things, behold, your prayer is vain, and availeth you nothing, and ye are as hypocrites who do deny the faith. Therefore, if ye do not remember to be charitable, ye are as dross, which the refiners do cast out, (it being of no worth) and is trodden under foot of men. - Alma 34:27-29

Teach them to never be weary of good works, but to be meek and lowly in heart; for such shall find rest to their souls. - Alma 37:34

Now this great loss of the Nephites, and the great slaughter which was among them, would not have happened had it not been for their wickedness and their abomination which was among them; yea, and it was among those also who professed to belong to the church of God. And it was because of the pride of their hearts, because of their exceeding riches, yea, it was because of their oppression to the poor, withholding their food from the hungry, withholding their clothing from the naked, and smiting their humble brethren upon the cheek, making a mock of that which was sacred, denying the spirit of prophecy and of revelation, murdering, plundering, lying, stealing, committing adultery, rising up in great contentions, and deserting away into the land of Nephi, among the Lamanites - And because of this their great wickedness, and their boastings in their own strength they were left in their own strength; therefore they did not prosper, but were afflicted and smitten, and driven before the Lamanites, until they had lost possession of almost all of their lands. - Helaman 4:11-13

And thus they did obtain the sole management of the government, insomuch that they did trample under their feet and smite and rend and turn their backs upon the poor and the meek, and the humble followers of God. And thus we see that they were in an awful state, and ripening for an everlasting destruction. - Helaman 6:39-40

And blessed are the merciful, for they shall obtain mercy. - 3 Nephi 12:7

And behold, it is written, an eye for an eye, and a tooth for a tooth; But I say unto you, that ye shall not resist evil, but whosoever shall smite thee on thy right cheek, turn to him the other also; And if any man will sue thee at the law and take away thy coat, let him have thy cloak also; And whosoever shall compel thee to go a mile, go with him twain. Give to him that asketh thee, and from him that would borrow of thee turn thou not away. And behold it is written also, that thou shalt love thy neighbor and hate thine enemy; But behold I say unto you, love your enemies, bless them that curse you, do good to them that hate you, and pray for them who despitefully use you and persecute you; That ye may be the children of your Father who is in heaven; for he maketh his sun to rise on the evil and on the good. Therefore those things which were of old time, which were under the law, in me are all fulfilled. Old things are done away, and all things have become new. Therefore I would that ye should be perfect even as I, or your Father who is in heaven is perfect. - 3 Nephi 12:38-48

Verily, verily, I say that I would that ye should do alms unto the poor; but take heed that ye do not your alms before men to be seen of them; otherwise ye have no reward of your Father who is in heaven. Therefore, when ye shall do your alms, do not sound a trumpet before you, as will hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, they have their reward. But when thou doest alms let not thy left hand know what thy right hand doeth; That thine alms may be in secret; and thy Father who seeth in secret, himself shall reward thee openly. - 3 Nephi 13:1-4

For, if ye forgive men their trespasses your heavenly Father will also forgive you; But if ye forgive not men their trespasses neither will your Father forgive your trespasses. - 2 Nephi 13:14-15

Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and thieves break through and steal; But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal. For where your treasure is there will your heart be also. - 3 Nephi 13:19-21

And now it came to pass that when Jesus had spoken these words he turned again to the multitude, and did open his mouth unto them again, saying: Verily, verily, I say unto you, Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged; and with what measure ye mete, it shall be measured to you again. And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? Or how wilt thou say to thy brother: Let me pull the mote out of thine eye - and behold, a beam is in thine own eye? Thou hypocrite, first cast the beam out of thy own eye; and then shalt thou see clearly to cast the mote out of thy brother's eye. - 3 Nephi 14:1-5

Ask, and it shall be given unto you; seek, and ye shall find; knock, and it shall be opened unto you. For everyone that asketh, receiveth; and he that seeketh, findeth; and to him that knocketh, it shall be opened. Or what man is there of you, who, if his son ask bread, will give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father who is in heaven give good things to them that ask him? Therefore, all things whatsoever ye would that men should do to you, do ye even so to them, for this is the law and the prophets. - 3 Nephi 14:7-12

And I will come near to you to judgment; and I will be a swift witness against the sorcerers, and against the adulterers, and against false swearers, and against those that oppress the hireling in his wages, the widow and the fatherless, and that turn aside the stranger, and fear not me, saith the Lord of Hosts. - 3 Nephi 24:5

Will a man rob God? Yet ye have robbed me. But ye say: Wherein have we robbed thee? In tithes and offerings. Ye are cursed with a curse, for ye have robbed me, even this whole nation. Bring ye all the tithes into the storehouse, that there may be meat in my house; and prove me now herewith, saith the Lord of Hosts, if I will not open you the windows of heaven, and pour out a blessing that there shall not be room enough to receive it. - 3 Nephi 24:8-10

And even unto the great and last day, when all people, and all kindreds, and all nations and tongues shall stand before God, to be judged of their works, whether they be good or whether they be evil – If they be good, to the resurrection of everlasting life; and if they be evil, to the resurrection of damnation; being on a parallel, the one on the one hand and the other on the other hand, according to the mercy, and the justice, and the holiness which is in Christ, who was before the world began. - 3 Nephi 26:4-5

And it came to pass in the thirty and sixth year, the people were all converted unto the Lord, upon all the face of the land, both Nephites and Lamanites, and there were not contentions and disputations among them, and every man did deal justly one with another. And they had all things common among them; therefore there were not rich and poor, bond and free, but they were all made free, and partakers of the heavenly gift. - 4 Nephi 1:2-3

And these things doth the Spirit manifest unto me; therefore I write unto you all. And for this cause I write unto you, that ye may know that ye must all stand before the judgment-seat of Christ, yea, every soul who belongs to the whole human family of Adam; and ye must stand to be judged of your works, whether they be good or evil. - Mormon 3:20

And the day soon cometh that your mortal must put on immortality, and these bodies which are now moldering in corruption must soon become incorruptible bodies; and then ye must stand before the judgment-seat of Christ, to be judged according to your works; and if it so be that ye are righteous, then are ye blessed with your fathers who have gone before you. - Mormon 6:21

Behold, I speak unto you as if ye were present, and yet ye are not. But behold, Jesus Christ hath shown you unto me, and I know your doing. And I know that ye do walk in the pride of your hearts; and there are none save a few only who do not lift themselves up in the pride of their hearts, unto the wearing of very fine apparel, unto envying, and strifes, and malice, and persecutions, and all manner of iniquities; and your churches, yea, even every one, have become polluted because of the pride of your hearts. For behold, ye do love money, and your substance, and your fine apparel, and the adorning of your churches, more than ye love the poor and the needy, the sick and the afflicted. O ye pollutions, ye hypocrites, ye teachers, who sell yourselves for that which will canker, why have ye polluted the holy church of God? Why are ye ashamed to take upon you the name of Christ? Why do ye not think that greater is the value of an endless happiness than that misery which never dies – because of the praise of the world? Why do ye adorn yourselves with that which hath no life, and yet suffer the hungry, and the needy, and the naked, and the sick and the afflicted to pass by you, and notice them not? Yea, why do ye build up your secret abominations to get gain, and cause that widows should mourn before the Lord, and also orphans to mourn before the Lord, and also the blood of their fathers and their husbands to cry unto the Lord from the ground, for vengeance upon your heads? Behold, the sword of vengeance hangeth over you; and the time soon cometh that he avengeth the blood of the saints upon you, for he will not suffer their cries any longer. - Mormon 8:35-41

Behold, I will show unto the Gentiles their weakness, and I will show unto them that faith, hope and charity bringeth unto me – the fountain of all righteousness. - Ether 12:28

And now I know that this love which thou hast had for the children of men is charity; wherefore, except men shall have charity they cannot inherit that place which thou hast prepared in the mansions of thy Father. - Ether 12:34

And it came to pass that I prayed unto the Lord that he would give unto the Gentiles grace, that they might have charity. - Ether 12:36

For I remember the word of God which saith by their works ye shall know them; for if their works be good, then they are good also. For behold, God hath said a man being evil cannot do that which is good; for if he offereth a gift, or prayeth unto God, except he shall do it with real intent it profiteth him nothing. For behold, it is not counted unto him for righteousness. For behold, if a man being evil giveth a gift, he doeth it grudgingly; wherefore it is counted unto him the same as if he had retained the gift; wherefore he is counted evil before God. - Moroni 7:5-8

And again, my beloved brethren, I would speak unto you concerning hope. How is it that ye can attain unto faith, save ye shall have hope? And what is it that ye shall hope for? Behold I say unto you that ye shall have hope through the atonement of Christ and the power of his resurrection, to be raised unto life eternal, and this because of your faith in him according to the promise. Wherefore, if a man have faith he must needs have hope; for without faith there cannot be any hope. And again, behold I say unto you, that he cannot have faith and hope, save he shall be meek, and lowly of heart. If so, his faith and hope is vain, for none is acceptable before God, save the meek and the lowly in heart; and if a man be meek and lowly in heart, and confesses by the power of the Holy Ghost that Jesus is the Christ, he must needs have charity; for if he have not charity he is nothing; wherefore he must needs have charity. And charity suffereth long, and is kind, and envieth not, and is not puffed up, seeketh not her own, is not easily provoked, thinketh no evil, and rejoiceth not in iniquity but rejoiceth in the truth, beareth all things, believeth all things, hopeth all things, endureth all things. Wherefore, my beloved brethren, if ye have not charity, ye are nothing, for charity never faileth. Wherefore, cleave unto charity, which is the greatest of all, for all things must fail - But charity is the pure love of Christ, and it endureth forever; and whoso is found possessed of it at the last day, it shall be well with him. Wherefore, my beloved brethren, pray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall be like him, for we see him as he is; that we may have this hope; that we may be purified even as he is pure. Amen. - Moroni 7:40-48

Wherefore, there must be faith; and if there must be faith there must also be hope; and if there must be hope there must also be charity. And except ye have charity ye can in nowise be saved in the kingdom of God; neither can ye be saved in the kingdom of God if ye have not faith; neither can ye if ye have no hope. - Moroni 10:20-21

# **STATEMENTS ON AND ABOUT POVERTY, HUNGER, HELPING, AND CHARITY FROM THE DHAMMAPADA**

*(For anyone not familiar with it, The Dhammapada is a collection of 423 verses attributed to the Buddha; it provides a critical framework for the traditions, beliefs and practices of Buddhism. These quotations are drawn from the P. Lal translation, The Noonday Press, 1974.)*

No matter whose the teachings, my friend, if you are sure of this – ‘These doctrines conduce to passion, not serenity; bondage, not freedom; increase, not loss, of material gain; greed, not thrift; restlessness, not calm; noisy company not solitude; sloth, not energy; delight in evil, not performance of good’ – well, rest assured that it is not the Dhamma, that is not the Discipline, that is not the Master’s Way.

But if there are teachings, no matter whose, you are sure will conduce to serenity, not passion; freedom, not bondage; loss, not increase, of material gain; thrift, not greed; calm, not restlessness; solitude, not noisy company; energy, not sloth; performance of good, not delight in evil – that is the Dhamma, that is the Discipline, that is the Master’s Way. - (Pg. 18)

The ocean has only one taste, the taste of salt. Dhamma has only one taste, the taste of Nirvana.- (Pg. 18)

Being religious and following Dhamma has nothing to do with the dogma that the world is eternal; and it has nothing to do with the other dogma that the world is not eternal. For whether the world is eternal or otherwise, birth, old age, death, sorrow, pain, misery, grief, and despair exist. I am concerned with the extinction of these.

Therefore, consider carefully, Malunkyaputta, the things that I have taught and the things that I have not taught. What are the things I have not taught?

I have not taught that the world is eternal. I have not taught that the world is not eternal. I have not taught that the world is finite. I have not taught that the world is infinite. I have not taught that the soul and body are the same. I have not taught that the soul and the body are different. I have not taught that the liberated person exists after death. I have not taught that he does not exist after death. I have not taught that he both exists and does not exist after death; that he neither exists nor does not exist after death.

Why, Malunkyaputta, have I not taught all this? Because all this is useless, it has nothing to do with real Dhamma, it does not lead to cessation of passion, to peace, to supreme wisdom, and the holy life, to Nirvana. That is why I have not taught all this.

And what have I taught Malunkyaputta? I have taught that suffering exists, that suffering has an origin, that suffering can be ended, that there is a way to end suffering.

Why, Malunkyaputta, have I taught this? Because this is useful, it has to do with real Dhamma, it leads to the cessation of passion, it brings peace, supreme wisdom, the holy life, and Nirvana. That is why I have taught all this.

Therefore, Malunkyaputta, consider carefully what I have taught and what I have not taught. - (Pg. 19-20)

Avoid these two extremes, monks. Which two? On the one hand, low, vulgar, ignoble, and useless indulgence in passion and luxury; on the other, painful, ignoble, and useless practice of self-torture and mortification. Take the Middle Path advised by the Buddha, for it leads to insight and peace, wisdom and enlightenment, and to Nirvana.

What, you will ask me, is the Middle Path? It is the Eightfold Way. Right views, right intentions, right speech, right action, right profession, right effort, right watchfulness, right concentration. This is the Middle Path, which lads to insight, peace, wisdom, enlightenment, and Nirvana. - (Pg. 22)

We are what we think,  
having become what we thought.  
Like the wheel following the cart-pulling ox,  
Sorrow follows an evil thought.  
And joy follows a pure thought,  
like a shadow faithfully tailing a man.  
We are what we think,  
having become what we thought. - (Pg. 39)

What is a yellow robe if your mind is not pure?  
What will the robe do, if truth is lacking, discipline is denied?  
Cast aside meanness, stand on virtue,  
Learn discipline and speak the truth.  
Then will the robe fit you. - (Pg. 40)

Only suffering for the evil man -  
suffering now, suffering later,  
suffering in this world and the next.  
His deeds breed suffering, and he suffers.  
Happiness for the good man -  
happiness now, happiness later,  
happiness in this world and the next.  
His deeds breed happiness, and he rejoices. - (Pg. 41)

Lazy cowherd counting others' cows,  
having none of his own,  
what good is parroting of holy texts  
if a man will not get up and gather holiness? - (Pg. 41)

Words do not matter; what matters is Dhamma.  
What matters is action rightly performed,  
after lust, hate, and folly are abandoned,  
and complete detachment from the fruit of action. - (Pg. 42)

Clear thinking, right action, discipline and restraint  
make an island for the wise man,  
an island safe from floods. - (Pg. 45)

Let the wise man live  
in the flower of his village,  
like the bee, gently taking honey,  
but harming neither color nor scent. - (Pg. 54)

It is not what others do,  
or do not do, that is my concern:  
It is what I do,  
and what I do not do, that is my concern. - (Pg. 54)

Lovely flowers without fragrance  
Are sweet words without sweet action. - (Pg. 54)

Is there a limit to the variety of garlands  
skilled hands make from a heap of flowers?  
Is there a limit to the number of good deeds  
a man can do once he is born? - (Pg. 54)

The wind carries the scent of flowers only where it goes,  
sandlewood, jasmine, and tagara fragrance,  
but the fragrance of good men spreads everywhere,  
and their fame is endless.  
Sandlewood and tagara are delicately scented,  
and give a little fragrance,  
but the fragrance of virtue  
rises even to the gods. - (Pg. 54-55)

One road goes to profit, another to Nirvana.  
Know this, O bhikku, disciple of Buddha,  
and struggle for wisdom, not the world's fame. - (Pg. 61)

A year's sacrifice, offering, or gift,  
performed for the earning of merit,  
is not worth a quarter of homage to virtue. - (Pg. 76)

If a man honor the aged and practice faith,  
four rewards follow: long life, beauty, joy, and strength. - (Pg. 76)

One day of virtue and clear thinking is better  
than a hundred years of vice and indiscipline. - (Pg. 76)

Move towards good. Cease from evil.  
Evil takes over when good is neglected. - (Pg. 79)

Some think lightly, "Evil won't touch me."  
Little drops fill a waterpot.  
Little virtues make a wise man.  
Some think lightly, "Virtues won't affect me."  
Little drops fill a waterpot.  
Little virtues make a wise man. - (Pg. 79)

A rich and lonely trader avoids lonely dark roads.  
A man in love with life avoids poison.  
A wise man avoids evil deeds. - (Pg. 79)

Do as you would want done to you. - (Pg. 83)

Like glittering royal chariots slowly rusting,  
the body moves into old age.  
"Only virtue is stainless," is the only wisdom. - (Pg. 89)

Like the moon slipping from behind a cloud and shining on the earth  
is the man whose good deeds exceed his evil deeds. - (Pg. 98)

Fools are not generous:  
the world of the gods is not for the stingy.  
Wise men are generous  
they find happiness in the next birth. - (Pg. 98)

Avoid evil, do good, cleanse your mind -  
this is the teaching of the enlightened ones. - (Pg. 101)

No malice, no injury,  
disciplined eating and behaving,  
high thinking and simple living -  
this is the teaching of the enlightened ones. - (Pg.102)

Throw away anger, give up pride.  
Give up worldly desires.  
How can grief touch you  
if nothing is your own? - (Pg. 115)

Be gentle with anger,  
do good to evil;  
be generous to the miser,  
truthful to the liar. - (Pg. 115)

Be truthful,  
Curb anger.  
Be liberal.  
- Three ways to the gods. - (Pg. 115)

As a house unrepaired decays,  
goodness unrepeated declines. - (Pg. 122)

Impure is the woman immodest,  
impure the calculating giver;  
impure are all evil deeds  
now and forever. - (Pg. 122)

The man who thinks clearly,  
examines good and evil,  
And ends by choosing good  
is the wise man. - (Pg. 129)

The disciples of Gautama are always awake,  
day and night delighting in compassion and love. - (Pg. 140)

That bhikku is tranquil  
who has faith in the Dhamma.  
Always gentle and equanimous,  
he finds the holiest peace.

Make the boat light, bhikku!  
Emptied, it will travel swifter. - (Pg. 166)

# **STATEMENTS ON AND ABOUT POVERTY, HUNGER, HELPING AND CHARITY FROM THE KORAN**

*(IMPORTANT NOTE: The Koran was given to humankind via Muhammad in the Arabic language so that its message would not be distorted or misunderstood. When any presentation of the Koran is made in any other language, the reader/listener is cautioned to refer to the original Arabic text for the complete and accurate wording and meaning. The Penguin Classics Edition from which the following are quoted includes the full text in Arabic.)*

In the Name of God, the Compassionate, the Merciful

This Book is not to be doubted. It is a guide for the righteous, who have faith in the unseen and are steadfast in prayer; who give in alms from what We gave them; who trust what has been revealed to you and to others before you, and firmly believe in the life to come. These are rightly guided by their Lord; these shall surely triumph. – The Cow 2:1-5

Proclaim good tidings to those who have faith and do good works. They shall dwell in the gardens watered by running streams... – The Cow 2:25

Attend to your prayers, render the alms levy, and kneel down with those who kneel down. Would you enjoin righteousness on others and forget it yourselves? Yet you read the Scriptures. Have you no sense? – The Cow 2:43-45

Truly, those that commit evil and become engrossed in sin shall be the inmates of the Fire; there they shall abide for ever. But those that have faith and do good works are the heirs of Paradise; there they shall abide for ever – The Cow 2:82

Serve none but God. Show kindness to your parents, to your kinsfolk, to the orphans, and to the destitute. Exhort men to righteousness. Attend to your prayers and render the alms levy. – The Cow 2:83

Attend to your prayers and render the alms levy. Whatever good you do shall be rewarded by God. God is watching all of your actions. – The Cow 2:110

Indeed, those that surrender themselves to God and do good works shall be rewarded by their Lord: they shall have nothing to fear or to regret. – The Cow 2:112

Each one has a goal towards which he turns. But wherever you be, emulate one another in good works. – The Cow 2:147

He that does good of his own accord shall be rewarded by God. – The Cow 2:158

Righteousness does not consist in whether you face towards the East or the West. The righteous man is he who believes in God and the Last Day, in the angels and the Book and the prophets; who though he loves it dearly, gives away his wealth to kinsfolk, to orphans, to the destitute, to the traveller in need and to beggars, and for the redemption of captives; who attends to his

prayers and renders the alms levy; who is true to his promises and steadfast in trial and adversity and in times of war. Such are the true believers; such are the God-fearing. – The Cow 2:177

Fast a certain number of days, but if any one among you is ill or on a journey, let him fast a similar number of days later; and for those that cannot endure it there is a ransom: the feeding of a poor man. – The Cow 2:184

Give generously for the cause of God and do not with your own hands cast yourselves into destruction. Be charitable; God loves the charitable. – The Cow 2:195

They will ask you about almsgiving. Say: 'Whatever you bestow in charity must go to parents and to kinsfolk, to the orphans and to the destitute and to the traveller in need. God is aware of whatever good you do.' – The Cow 2:215

They ask you what they should give in alms. Say: 'What you can spare.' Thus God makes plain to you His revelations so that you may reflect upon this world and the hereafter. – The Cow 2:219

They question you concerning orphans. Say: "To deal justly with them is best. If you mix their affairs with yours, remember they are your brothers. God knows the unjust from the just. If God pleased, he could afflict you. God is mighty and wise." – The Cow 2:220

Do good works and fear God. Bear in mind that you shall meet Him. – The Cow 2:223

Believers, bestow in alms a part of what We have given you before that day arrives when commerce and friendship and intercession shall be no more. Truly, it is the unbelievers who are unjust. – The Cow 2:254

Those that give their wealth for the cause of God can be compared to a grain of corn which brings forth seven ears, each bearing a hundred grains. – The Cow 2:261

Those that give their wealth for the cause of God and do not follow their almsgiving with taunts and insults shall be rewarded by their Lord; they shall have nothing to fear or regret. A kind word with forgiveness is better than charity followed by insult. God is self-sufficient and indulgent. Believers, do not mar your almsgiving with taunts and mischief-making, like those who spend their wealth for the sake of ostentation and believe neither in God nor in the Last Day. Such men are like a rock covered with earth: a shower falls upon it and leaves it hard and bare. They shall gain nothing from their works. But those that give away their wealth from a desire to please God and to reassure their own souls are like a garden on a hill-side: if a shower falls upon it, it yields up twice its normal produce; and if no rain falls, it is watered by the dew. God takes cognizance of all your actions. – The Cow 2:262-5

Believers, give in alms of the wealth you have lawfully earned and of that which We have brought out of the earth for you; not worthless things which you yourselves would but reluctantly accept. – The Cow 2:267

Whatever alms you give and what ever vows you make are known to God. The evil-doers shall have none to help them. – The Cow 2:270

To be charitable in public is good, but to give alms to the poor in private is better and will atone for some of your sins. God has knowledge of all of your actions. – The Cow 2:271

Whatever alms you give shall rebound to your own advantage, provided that you give them for the love of God. And whatever alms you give shall be paid back to you in full: you shall not be wronged. – The Cow 2:272

Whatever alms you give are known to God. – The Cow 2:273

Those that give alms by night and by day, in private and in public, shall be rewarded by their Lord. They shall have nothing to fear or regret. – The Cow 2:274

God has laid His curse on usury and blessed almsgiving with increase. God bears no love for the impious and the sinful. – The Cow 2:276

Those that have faith and do good works, attend to their prayers and render the alms levy, will be rewarded by their Lord and will have nothing to fear or to regret. – The Cow 2:277

If your debtor be in straits, grant him a delay until he can discharge his debt; but if you waive the sum as alms it will be better for you, if you but knew it. Fear the day when you shall all return to God; when every soul shall be requited according to its deserts. – The Cow 2:280-1

God does not charge a soul with more than it can bear. It shall be requited for whatever good and whatever evil it has done. – The Cow 2:286

Men are tempted by the lure of women and offspring, of hoarded treasures of gold and silver, of splendid horses, cattle, and plantations. These are the comforts of this life, but far better is the return to God. Say: 'Shall I tell you of better things that these, with which the righteous shall be rewarded by their Lord? Theirs shall be gardens watered by running streams, where they shall dwell for ever: spouses of perfect chastity, and grace from God. God is watching over His servants, those who say: 'Lord, we believe in You: forgive us our sins and keep us from the torment of the Fire'; who are steadfast, sincere, obedient, and charitable; and who implore forgiveness at break of day. – The 'Imrans 3:14-16

The day will surely come when each soul will be confronted with whatever good it has done. – The 'Imrans 3:30

As for those that have faith and do good works, He will give them their reward in full. – The 'Imrans 3:57

You shall never be truly righteous until you give in alms what you dearly cherish. The alms you give are known to God. – The 'Imrans 3:92

Let there become of you a community that shall call for righteousness, enjoin justice and forbid evil. – The 'Imrans 3:104

Vie with each other to earn the forgiveness of your Lord and a Paradise as vast as the heavens and the earth, prepared for the righteous: those who give alms alike in prosperity and in adversity; who curb their anger and forgive their fellow men (God loves the charitable); who, if they commit evil or wrong their soul, remember God and seek forgiveness for their sins (for who but God can forgive sin?) and do not knowingly persist in their misdeeds. These shall be rewarded with forgiveness from their Lord and with gardens watered by running streams, where they shall dwell for ever. Blessed is the reward of those who do good works. – The 'Imrans 3:133-136

Let those who hoard the wealth which God has bestowed on them out of His bounty never think it good for them: it is nothing but evil. The riches they have hoarded shall become their fetters on the Day of Resurrection. – The `Imrans 3:180

If relatives, orphans, or needy men are present at the division of an inheritance, give them, too, a share of it, and speak to them kind words. Let those who are solicitous about the welfare of their young children after their own death take care not to wrong orphans. Let them fear God and speak for justice. Those that devour the property of orphans unjustly, swallow fire into their bellies; they shall burn in a mighty conflagration. – Women 4:7-10

Show kindness to parents and kindred, to orphans and to the destitute, to near and distant neighbors, to those that keep company with you, to the traveller in need, and to the slaves you own. God does not love arrogant and boastful men, who are themselves niggardly and enjoin others to be niggardly; who conceal the riches which God of His bounty has bestowed upon them (We have prepared a shameful punishment for the unbelievers); and who spend their wealth for the sake of ostentation, believing neither in God nor in the Last Day. – Women 4:36-38

What harm could befall them if they believed in God and the Last Day and gave in alms of that which God bestowed on them? Surely God knows them. God will wrong none by an atom's weight. A good deed He will repay twofold. Of His own bounty He will bestow a rich recompense. – Women 4:39-40

As for those that have faith and do good works, We shall admit them to gardens watered by running streams, where, wedded to chaste spouses, they shall abide for ever. To a cool shade We shall admit them. – Women 4:57

And how should you not fight for the cause of God, and for the helpless old men and women, and children who say: "Deliver us, Lord, from the city of wrongdoers; send forth to us a guardian from Your presence; send to us from your presence one that will help us"? – Women 4:75

Mark those who were told: "Lay down your arms; recite your prayers and render the alms levy." – Women 4:77

There is no virtue in much of their counsel: only in his who enjoins charity, kindness, and peace among men. He that does this to please God, on him We shall bestow a rich reward. – Women 4:114

As for those that have faith and do good works, We shall admit them to Gardens watered by running streams, and there they shall abide for ever. – Women 4:122

God hears all and knows all, whether you do good openly or in private, whether you forgive an injustice - God is forgiving and all powerful. – Women 4:148

God will not forgive those who disbelieve and act unjustly; nor will He guide them to any path other than the path of hell, wherein they shall abide for ever. – Women 4:169

As for those who have faith and do good works, God will bestow on them their rewards and enrich them from His own abundance. But those who are scornful and proud He will sternly punish, and they will find none besides God to protect or help them. – Women 4:174

Help one another in what is good and pious, not in what is wicked and sinful. Have fear of God; God is stern in retribution. – The Table 5:2

God has promised those that have faith and do good works forgiveness and a rich reward. – The Table 5:9

God made a covenant with the Israelites and raised among them twelve chieftains. God said: "I shall be with you. If you attend to your prayers and render the alms levy; if you believe in My apostles and assist them and give God a generous loan, I shall forgive your sins and admit you to gardens watered by running streams." – The Table 5:12

God loves those who do good. – The Table 5:13

Vie with each other in good works, for to God you shall all return and He will resolve for you your differences. – The Table 5:49

Believers, Jews, Sabaeans, and Christians - whoever believes in God and the Last Day and does what is right - shall have nothing to fear or to regret. – The Table 5:69

God will not punish you for that which is inadvertent in your oaths. But He will take you to task for the oaths which you solemnly swear. The penalty for a broken oath is the feeding of ten needy men with such food as you normally offer to your own people; or the clothing of ten needy men; or the freeing of one slave. He that cannot afford any of these must fast three days. In this way you shall expiate your broken oaths. Therefore be true to that which you have sworn. Thus God makes plain to you His revelations, so that you may give thanks. – The Table 5:89

No blame shall be attached to those that have embraced the Faith and done good works in regard to any food they may have eaten, so long as they fear God and believe in Him and do good works; so long as they fear God and believe in Him; so long as they fear God and do good works. God loves the charitable. – The Table 5:93

Believers, kill no game while on pilgrimage. He that kills game by design, shall present, as an offering to the Ka'bah, an animal equivalent to the one he killed, to be determined by two just men among you; or he shall, in expiation, either feed the destitute or fast, so that he may taste the evil consequences of his deed. – The Table 5:95

Do not tamper with the property of orphans, but strive to improve their lot until they reach maturity. Give just weight and full measure; We never charge a soul with more than it can bear. Speak for justice, even if it affects your own kinsmen. Be true to the covenant of God. – The Table 6:152

As for those that have faith and do good works - We never charge a soul with more than it can bear - they are the heirs of Paradise, and there they shall abide for ever. – The Table 7:42

The true believers are those whose hearts are filled with awe at the mention of God, and whose faith grows stronger as they listen to His revelations. They are those who put their trust in their Lord, pray steadfastly, and bestow in alms from that which We have given them. – The Spoils 8:3

Know that one-fifth of your spoils shall belong to God, the Apostle, the Apostle's kinsfolk, the orphans, the destitute, and those that travel the road. – The Spoils 8:41

The unbelievers give aid and comfort to each other. If you fail to do likewise, there will be disorder in the land and great corruption. – The Spoils 8:73

None shall visit the mosques of God except those who believe in God and the Last Day, attend to their prayers and render the alms levy and fear none but God. These shall be rightly guided. – The Spoils 9:18

Alms shall be only for the poor and the destitute; for those that are engaged in the management of alms and those whose hearts are sympathetic to the Faith: For the freeing of slaves and debtors; for the advancement of God's cause; and for the traveller in need. This is a duty enjoined by God. God is all knowing and wise. – Repentance 9:60

The true believers, both men and women, are friends to one another. They enjoy what is just and forbid what is evil; they attend to their prayers, and render the alms levy, and obey God and His apostle. On these God will have mercy. God is mighty and wise. – Repentance 9:71

Some pledged themselves, saying: "If God is bountiful to us, we will give alms and live like righteous men." But when God had bestowed His favors on them they grew niggardly and, turning their backs, hurried away. He has caused hypocrisy to reign in their hearts till the day they meet Him, because they have been untrue to the pledge they gave Him and because of the lies they told. – Repentance 9:75-77

Others there are who have confessed their sins; their good works have been intermixed with evil. Perchance God will turn to them in mercy. God is forgiving and merciful. Take alms from them, so that they may thereby be cleansed and purified, and pray for them: for your prayers will give them comfort. God hears all and knows all. – Repentance 9:104

To Him you shall all return: God's promise shall be fulfilled. He brings the Creation into being and will then restore it, so that He may justly reward those who have believed in Him and done good works. – Jonah 10:4

As for those that believe and do good works, God will guide them through their faith. Rivers will run at their feet in the Gardens of Delight. Their prayer will be: "Glory to You, Lord!" and their greeting: "Peace!" "Praise be to God, Lord of the Universe," will be the burthen of their plea. – Jonah 10:10

Those that do good works shall have a good reward, and more besides. – Jonah 10:26

Your Lord will surely reward all men according to their deeds. He has knowledge of all their actions. Follow then the straight path as you are bidden, together with those who have repented with you, and do not transgress. He is watching all your actions. – Hud 11:112

Attend to your prayers morning and evening, and in the night-time too. Good deeds shall make amends for sins. That is an admonition for thoughtful men. Therefore have patience; God will not deny the righteous their reward. – Hud 11:114-15

Truly, none will take the heed but the wise: those who keep faith with God and do not break their pledge; who join together what God has bidden to be united; who fear their Lord and dread the terrors of an evil reckoning; who for the sake of God endure with fortitude, attend to their prayers, and give alms in private and in public; and who ward off evil with good. These shall have the reward of Paradise. – Thunder 13:20-23

Blessed are those who have faith and do good works; blissful is their end." – Thunder 13:29

The wrongdoers shall be sternly punished. As for those that have faith and do good works, they shall be admitted to gardens watered by running streams, in which, by their Lord's leave, they shall abide for ever. Their greeting shall be: "Peace!" – Abraham 14:23

Tell my servants, those who are true believers, to be steadfast in prayer and to give alms in private and in public, before that day arrives when all trading shall cease and friendships be no more. – Abraham 14:31

Good is the reward of those that do good works in this present life: but far better is the abode of the life to come. Blessed is the abode of the righteous. They shall enter the gardens of Eden, where rivers will roll at their feet; and there shall they have all they desire. Thus shall God reward the righteous, and the angels reclaim the just, saying: "Peace be on you. Come in to Paradise, the reward of your labours." – The Bee 16:31

God enjoins justice, kindness and charity to one's kindred, and forbids indecency, reprehensible conduct and oppression. He admonishes you so that you may take heed. – The Bee 16:90

We shall reward the steadfast according to their noblest deeds. Be they men or women, those that embrace the Faith and do what is right We will surely grant a happy life; We shall reward them according to their noblest deeds. – The Bee 16:97

God is with those who keep from evil and do good works. – The Bee 16:128

"If you do good, it shall be to your own advantage; but if you do evil, you shall sin against your own souls." – The Night Journey 17:7

The Koran will guide men to that which is most upright. It promises the believers who do good works a rich reward, and threatens those who deny the life to come with a grievous scourge. – The Night Journey 17:9

Your Lord best knows what is in your hearts; He knows if you are good. He will surely forgive those that turn to Him. Give to the near of kin their due, and also to the destitute and to the traveller in need. Do not squander your substance wastefully, for the wasteful are Satan's brothers; and Satan is ever ungrateful to his Lord. But if, while waiting for your Lord's bounty, you lack the means to assist them, then at least speak to them kindly. Be neither miserly nor prodigal, for then you shall either be reproached or be reduced to penury. – The Night Journey 17:25-29

As for those that have faith and do good works, We shall not deny them their reward. They shall dwell in the gardens of Eden, where rivers will roll at their feet. – The Cave 18:30

Wealth and children are the ornament of this life. But deeds of lasting merit are better rewarded by your Lord and hold for you greater hope of salvation. – The Cave 18:46

As for those that have faith and do good works, We shall bestow on them a rich reward and deal indulgently with them. – The Cave 18:88

As for those that have faith and do good works, they shall for ever dwell in the gardens of Paradise, desiring no change to befall them. – The Cave 18:106

He enjoined prayer and almsgiving on his people, and his Lord was pleased with him. – Mary 19:54

The Merciful will cherish those who accepted the true faith and were charitable in their lifetime. – Mary 19:96

He that comes before his Lord laden with sin shall be consigned to Hell, where he shall neither die nor live. But he that comes before Him with true faith and good works shall be exalted to the highest ranks. He shall abide for ever in the gardens of Eden, in gardens watered by running streams. – Ta'Ha' 20-74-75

He that incurs My wrath shall assuredly be lost, but he that repents and believes in Me, does good works and follows the right path shall be forgiven. – Ta'Ha' 20:83

Those who are burdened with sin shall come to grief: but those who have believed and done good works shall fear no tyranny or injustice. – Ta'Ha 20:112

We ordained them leaders to guide mankind at Our behest, and enjoined on them charity, prayer and almsgiving. – The Prophets 21:73

Your community is but one community, and I am your only Lord. Therefore serve Me. Men have divided themselves into factions, but to Us they shall all return. He that does good works in the fullness of his faith, his endeavors shall not be lost: We record them all. – The Prophets 21:93-94

As for those that have faith and do good works, God will admit them to gardens watered by running streams. God's will is ever done. – Pilgrimage 22:14

As for those that have faith and do good works, God will admit them to gardens watered by running streams. They shall be decked with pearls and bracelets of gold, and arrayed in garments of silk. – Pilgrimage 22:23

Exhort all men to make the pilgrimage. They will come to you on foot and on the backs of swift camels from every distant quarter; they will come to avail themselves of many a benefit, and to pronounce on the appointed days the name of God over the cattle which He has given them for food. Eat of their flesh, and feed the poor and unfortunate. – Pilgrimage 22:27-28

Give good news to the humble, whose hearts are filled with awe at the mention of God; who endure adversity with fortitude, attend to their prayers, and bestow in charity of that which We have given them. – Pilgrimage 22:35

We have made the camels a part of God's rites. They are of much use to you. Pronounce over them the name of God as you draw them up in line and slaughter them; and when they have fallen to the ground eat of their flesh and feed the uncomplaining beggar and the undemanding supplicant. – Pilgrimage 22:36

God is powerful and mighty: He will assuredly help those who, once made masters in the land, will attend to their prayers and render the alms levy, enjoin justice and forbid evil. – Pilgrimage 22:41

Say: "Men, I have been sent to warn you plainly. Those that accept the true faith and do good works shall be forgiven and richly rewarded; but those that seek to confute Our revelations shall be the heirs of Hell." – Pilgrimage 22:51

On that day God will reign supreme. He will judge them all. Those that have embraced the true Faith and done good works shall enter the gardens of delight; but the unbelievers who have denied Our revelations shall receive an ignominious punishment. – Pilgrimage 22:56

You that are true believers, kneel and prostrate yourselves. Worship your Lord and do good works, so that you may triumph. – Pilgrimage 22:77

Therefore attend to your prayers, render the alms levy, and hold fast to God; for He is your guardian. A gracious guardian and a gracious helper! – Pilgrimage 22-79

Blessed are the believers, who are humble in their prayers; who avoid profane talk, and give alms to the destitute;... – The Believers 23:1

Apostles! Eat of that which is wholesome, and do good works: I have knowledge of all your actions. – The Believers 23:51

Those who walk in fear of their Lord; who believe in the revelations of their Lord; who worship none besides their Lord; who give alms with hearts filled with awe, knowing that they will return to their Lord: these vie with each other for salvation and shall be the first to attain it. – The Believers 23:59-60

Requite evil with good. – The Believers 23-96

When death comes to a wrongdoer, he will say: "Lord, let me go back, that I may do good works in the world I have left behind." – The Believers 23:97

Let not the rich and honorable among you swear to withhold their gifts from their kindred, the destitute, and those who have fled their homes for the cause of God. Rather let them pardon and forgive. Do you not wish God to forgive you? – Light 24:22

His light is found in temples which God has sanctioned to be built for the remembrance of His name. In them, morning and evening, His praise is sung by men whom neither trade nor profit can divert from remembering God, from offering prayers, or from giving alms; who dread the day when men's hearts and eyes shall writhe with anguish; who hope that God will requite them for their noblest deeds and lavish His grace upon them. God gives without measure to whom he will. – Light 24:36-38

God has promised those of you who believe and do good works to make them masters in the land as He had made their ancestors before them, to strengthen the faith he chose for them, and to change their fears to safety. – Light 24:55

Attend to your prayers, render the alms levy, and obey the Apostle, so that you may be shown mercy. – Light 24:56

It shall be no offense for the blind, the lame, and the sick, to eat at your table. – Light 24:61

God is forgiving and merciful: he that repents and does good works shall truly return to God....;  
- Al-Furgan 25:70

These are the verses of the Koran, a Glorious Book; a guide and joyful tidings to true believers, who attend to their prayers and render the alms levy, and firmly believe in the life to come. – The Ant 27:1

Twice shall their reward be given them, because they have endured with fortitude, requiting evil with good and giving in alms from what We gave them; and because they pay no heed to idle talk, but say: "We have our actions and your have yours. We wish you peace. We will have nothing to do with ignorant men." – The Story 28:54-55

Be good to others as God has been good to you, and do not strive for evil in the land, for God does not love the evil-doers. – The Story 28:77

But those who were endowed with knowledge said: "Alas for you! Better is the reward of God for him that has faith and does good works; but none shall attain it save those who have endured with fortitude." – The Story 28:80

He that does good shall be rewarded with what is better. But he that does evil shall be requited according to his deeds. – The Story 28:84

As for those that have faith and do good works, We shall cleanse them of their sins and reward them according to their noblest deeds. – The Spider 29:7

To Me you will all return, and I shall declare to you all that you have done. Those that accept the true Faith and do good works We shall assuredly admit among the righteous. – The Spider 29:9

Those that embrace the true Faith and do good works We shall lodge for ever in the mansions of Faith, were rivers will roll at their feet. Blessed is the reward of those who labor patiently and put their trust in their Lord. – The Spider 29:57

Countless are the breasts that cannot fend for themselves. God provides for them, as He provides for you. He alone hears all and knows all. – The Spider 29:60

On the day the Hour strikes, mankind will scatter apart. Those who have embraced the Faith and done good works shall rejoice in a fair garden; but those who have disbelieved and denied Our revelations and the life to come, shall be delivered up for punishment. – The Greeks 30:15-16

Therefore give their due to the near of kin, to the destitute, and to the traveller in need. That is best for those that strive to please God; such men will surely prosper. – The Greeks 30:38

That which you seek to increase by usury will not be blessed by God; but the alms you give for His sake shall be repaid to you many times over. – The Greeks 30:39

Therefore stand firm in your devotion to the true Faith before that day arrives which none may put off against the will of God. On that day mankind will be parted in two. The unbelievers will answer for their unbelief, while the righteous will make ready for their blissful home; for then He will of His bounty reward those who have embraced the Faith and done good works. – The Greeks 30:43-45

These are the verses of the Wise Book, a guide and a blessing to the righteous, who attend to their prayers, render the alms levy, and firmly believe in the life to come. These are rightly guided by their Lord, and will surely prosper. – Luqman 31:1

But those that have faith and do good works shall enter the gardens of delight, where they shall dwell for ever. God's promise shall be fulfilled: He is the Mighty, the Wise One. – Luqman 31:8

Would that you could see the wrongdoers when they hang their heads before their Lord! They will say: "Lord, we now see and hear. Send us back and we will do good works. Now we are firm believers." – Adoration 32:12

Those who have faith and do good works shall be lodged in the gardens of Paradise as a reward for their labors. – Adoration 32:19

Prophet, say to your wives; "If you seek this nether life and all its finery, come, I will make provision for you and release you honorably. But if you seek God and His apostle and the abode of the hereafter, know that God has prepared a rich reward for those of you who do good works." – The Confederate Tribes 33:28-29

But those of you who obey God and His apostle and do good works shall be doubly rewarded; for them We have a generous provision. – The Confederate Tribes 33:31

Attend to your prayers, give alms and obey God and His apostle. – The Confederate Tribes 33:33

Those who surrender themselves to God and accept the true Faith, who are devout, sincere, patient, humble, charitable, and chaste; who fast and are ever mindful of God - on these, both men and women, God will bestow forgiveness and a rich reward. – The Confederate Tribes 33:35

Not an atom's weight in the heavens or the earth escapes Him; nor is there anything smaller or greater but is recorded in a glorious book. He will surely reward those who have faith and do good works; they shall be forgiven and a generous provision shall be made for them. – Sheba 34:3-4

Neither your riches nor your children shall bring you one jot nearer to Us. Those that have faith and do what is right shall be doubly rewarded for their deeds: in the High Pavilions they shall dwell in peace. But those that strive to confute Our revelations shall be summoned up for punishment. – Sheba 34:37-38

Say: "My Lord gives abundantly to whom He will and sparingly to whom he pleases. What ever you give in alms He will pay you back for it. He is the most munificent Provider." – Sheba 34:39

The unbelievers shall be sternly punished, but those that accept the true Faith and do good works shall be forgiven and richly rewarded. – The Creator 35:6

We have bestowed the Book on those of Our servants whom We have chosen. Some sin against their souls, some follow a middle course, and some, by God's leave, vie with each other in charitable works: this is the supreme virtue. – The Creator 35:32

And when they are told: "Give alms from that which God has given you," the unbelievers say to the faithful: "Are we to feed those whom God can feed if He chooses?" – Ya Sin 36:47

Say: "Fear your Lord, you that serve God and are true believers. Those who do good works in this life shall receive a good reward. God's earth is vast. Those that endure with fortitude shall be requited without measure." – The Throngs 39:10

He who was a true believer said: "Follow me, my people, that I may guide you to the right path. My people, the life of this world is a fleeting comfort, but the life to come is an everlasting mansion. Those that do evil shall be rewarded with like evil; but those that have faith and do good works, both men and women, shall enter the gardens of paradise and therein receive blessings without number. – The Believer 40:40

The blind and the seeing are not equal, nor are the wicked the equal of those that have faith and do good works. Yet do you seldom give thought. – The Believer 40:58

Say: "I am but a mortal like yourselves. It is revealed to me that your God is one God. Therefore take the straight path to Him and implore His forgiveness. Woe to those who serve other gods besides Him; who give no alms and disbelieve in the life to come. As for those who have faith and do good works, an endless reward awaits them." – Revelations Well Expounded 41:6-7

Good deeds and evil deeds are not equal. Requite evil with good, and he who is your enemy will become your dearest friend. – Revelations Well Expounded 41:34

He that is good, does it for his own soul; and he that commits evil does so at his own peril. Your Lord is never unjust to His servants. – Revelations Well Expounded 41:46

You shall behold the wrongdoers aghast at their own deeds, for then Our scourge will surely smite them. But those that have faith and do good works shall dwell in the fair gardens of Paradise, and shall receive from their Lord all that they desire. Surely that will be the supreme boon. – Counsel 42:22

Such is God's promise to His servants who believe and do good works. Say: "For this I demand of you no recompense. I ask you only to love your kindred. He that does a good deed shall be repaid many times over. God is forgiving and bountiful in his rewards." – Counsel 42:23

He answers those who have faith and do good works, and enriches them through His bounty. But grievous punishment awaits the unbelievers. – Counsel 42:26

That which you have been given is but the fleeting comfort of this life. Better and more enduring is God's reward to those who believe and put their trust in Him; who avoid gross sins and indecencies and, when angered, are willing to forgive; who obey their Lord, attend to their prayers, and conduct their affairs by mutual consent; who give in alms from what We gave them and, when oppressed, seek to redress their wrongs. – Counsel 42:37-38

As for those who have faith and do good works, their Lord will admit them into his mercy. That shall be the glorious triumph. – Kneeling 45:27-29

As for the faithful who do good works and believe in what is revealed to Muhammad - which is the Truth from their Lord - He will forgive them their sins and ennoble their state. – Muhammad 47:2

God will admit those who embrace the true Faith and do good works to gardens watered by running streams. – Muhammad 47:12

Have faith in God and His apostle and give in alms of that which He has made your inheritance; for whoever of you believes and gives in alms shall be richly rewarded. – Iron 57:7

Those who give alms, be they men or women, and those that give a generous loan to God, shall be repaid twofold. They shall receive a noble recompense. – Iron 57:18

Believers, when you confer with the Apostle, give alms before such conference. That is best and purest for you. But if you lack the means God is forgiving and merciful. Do you hesitate to offer alms before you speak with him? If you do not (and God will pardon your offense), then at least recite your prayers and render the alms levy and do obedience to God and His apostle. God is cognizant of all your actions. – She Who Pleaded 58:12-13

Your wealth and your children are but a temptation. God's reward is great. Therefore fear God with all your hearts, and be attentive, obedient, and charitable. That will be best for you. – Cheating 64:16

God has now sent down to you an exhortation; an apostle proclaiming to you the revelations of God in all plainness, so that he may lead the faithful who do good works from darkness to the light. He that believes in God and does good works shall be admitted to gardens watered by running streams, where he shall dwell for ever. – Divorce 65:10-11

Not so the worshippers, who are steadfast in prayer; who set aside a due portion of their wealth for the beggar and for the deprived; who truly believe in the Day of Reckoning and dread the punishment of their Lord (for none is secure from the punishment of their Lord)... These shall be laden with honors in fair gardens. – The Ladders 70:22-23

Attend to your prayers, render the alms levy and give God a generous loan. Whatever good you do you shall surely find it with God, ennobled and richly rewarded by Him. Implore God to forgive you; God is forgiving and merciful. – The Mantled One 73:20-21

Each soul is the hostage of its own deeds. Those on the right hand will in their gardens ask the sinners: "What has brought you into Hell?" They will reply: "We never prayed nor did we ever feed the destitute. We engaged in vain disputes and denied the Day of Reckoning till the inevitable end overtook us." – The Cloaked One 74:46-47

For the unbelievers We have prepared chains and fetters, and a blazing Fire. But the righteous shall drink of a cup tempered at the Camphor Fountain, a gushing spring at which the servants of God will refresh themselves: they who keep their vows and dread the far-spread terrors of Judgment-day; who, though they hold it dear, give sustenance to the destitute, the orphan, and the captive, saying: "We feed you for God's sake only; we seek of you neither recompense nor thanks: for we fear from our Lord a day of anguish and of woe." God will deliver them from the evil of that day, and make their faces shine with joy. – Man 76:4-10

No! But you show no kindness to the orphan, nor do you vie with each other in feeding the destitute. Greedily you lay your hands on the inheritance of the weak, and you love riches with all your hearts. – The Dawn 89:20

Would that you knew what the Height is. It is the freeing of a bondsman; the feeding, in the day of famine, of an orphaned relation or a needy man in distress; to have faith and to enjoin fortitude and mercy. Those that do this shall stand on the right hand; but those that deny Our revelations shall stand on the left, with Hell-fire close above them. – The City 90:9-20

For him that gives in charity and guards himself against evil and believes in goodness, We shall smooth the path of salvation; but for him that neither gives nor takes and disbelieves in goodness, We shall smooth the path of affliction. When he breathes his last, his riches will not avail him. – Night 92:6-10

But the good man who purifies himself by almsgiving shall keep away from it: and so shall he that does good works for the sake of the Most High only, seeking no recompense. Such men shall be content. – Night 92:14-21

The life to come holds a richer prize for you than this present life. You shall be gratified with what your Lord will give you. Did He not find you an orphan and give you shelter? Did He not find you in error and guide you? Did He not find you poor in and enrich you? Therefore do not wrong the orphan, nor chide away the beggar. But proclaim the goodness of the Lord. – Daylight 93:4-11

But of all the creatures those that embrace the Faith and do good works are the noblest. Their reward, in their Lord's presence, shall be the gardens of Eden, gardens watered by running streams, where they shall dwell for ever. – The Proof 98:7

I swear by the declining day that perdition shall be the lot of man, except for those who have faith and do good works; who exhort each other to justice and to fortitude. – The Declining Day 103:1-3

Have you thought of him that denies the Last Judgment? It is he who turns away the orphan and has no urge to feed the destitute. Woe to those who pray but are heedless in their prayer; who make a show of piety and forbid almsgiving. – Alms 107:1-7

# **STATEMENTS ON AND ABOUT POVERTY, HUNGER, HELPING AND CHARITY FROM THE TANAKH**

*(For anyone who may not be familiar with the Tanakh, it is the larger work which includes The Torah, the Prophets [Nevi'im] and The Writings [Kethuvim].)*

You shall not wrong a stranger or oppress him, for you were strangers in the land of Egypt. - Exodus 22:20

You shall not ill-treat any widow or orphan. If you do mistreat them, I will heed their outcry as soon as they cry out to Me, and My anger shall blaze forth and I will put you to the sword, and your own wives shall become widows and your children orphans. - Exodus 22:21-23

You shall not oppress a stranger, for you know the feelings of the stranger, having yourselves been strangers in the land of Egypt. - Exodus 23:9

Six years you shall sow your land and gather in its yield; but in the seventh you shall let it rest and lie fallow. Let the needy among your people eat of it, and what they leave let the wild beasts eat. You shall do the same with your vineyards and your olive groves. - Exodus 23:10-11

When you reap the harvest of your land, you shall not reap all the way to the edges of your field, or gather the gleanings of your harvest. You shall not pick your vineyard bare, or gather the fallen fruit of your vineyard; you shall leave them for the poor and the stranger: I the LORD am your God. - Leviticus 19:9-10

And when you reap the harvest of your land, you shall not reap all the way to the edges of your field, or gather the gleanings of your harvest; you shall leave them for the poor and the stranger: I the LORD am your God. - Leviticus 23:22

If your kinsman, being in straits, comes under your authority, and you hold him as though a resident alien, let him live by your side: do not exact from him advance or accrued interest, but fear your God. Let him live by your side as your kinsman. Do not lend him money at advance interest, or give him your food at accrued interest. I the LORD am your God, who brought you out of the land of Egypt, to give you the land of Canaan, to be your God. - Leviticus 25:35-38

For the LORD your God is God supreme and LORD supreme, the great, the mighty, and the awesome God, who shows no favor and takes no bribe, but upholds the cause of the fatherless and the widow, and befriends the stranger, providing him with food and clothing. You too must befriend the stranger, for you were strangers in the land of Egypt. - Deuteronomy 10:17-19

But do not neglect the Levite in your community, for he has no hereditary portion as you have. Every third year you shall bring out the full tithe of your yield of that year, but leave it within your settlements. Then the Levite, who has no hereditary portion as you have, and the stranger, the fatherless, and the widow in your settlements shall come and eat their fill, so that the LORD your God may bless you in all the enterprises you undertake. - Deuteronomy 14:27-29

There shall be no needy among you—since the LORD your God will bless you in the land that the LORD your God ... - Deuteronomy 15:4

If, however, there is a needy person among you, one of your kinsman in any of your settlements in the land that the LORD your God is giving you, do not harden your heart and shut your hand against your needy kinsman. Rather, you must open your hand and lend him sufficient for whatever he needs. Beware lest you harbor the base thought, “The seventh year, the year of remission, is approaching,” so that you are mean to your needy kinsman and give him nothing. He will cry out to the LORD against you, and you will incur guilt. Give to him readily and have no regrets when you do so, for in return the LORD your God will bless you in all your efforts and in all your undertakings. For there will never cease to be needy ones in your land, which is why I command you: open your hand to the poor and needy kinsman in your land. - Deuteronomy 15:7-11

You shall rejoice before the LORD your God with your son and daughter, your male and female slave, the Levite in your communities, and the stranger, the fatherless, and the widow in your midst, at the place where the LORD your God will choose to establish His name. - Deuteronomy 16:11

You shall rejoice in your festival, with your son and daughter, your male and female slave, the Levite, the stranger, the fatherless, and the widow in your communities. - Deuteronomy 16:14

No Ammonite or Moabite shall be admitted into the congregation of the LORD; none of their descendants, even in the tenth generation, shall ever be admitted into the congregation of the LORD, because they did not meet you with food and water on your journey after you left Egypt... - Deuteronomy 23:4-5

You shall not abuse a needy and destitute laborer, whether a fellow countryman or a stranger in one of the communities of your land. - Deuteronomy 24:14

You shall not subvert the rights of the stranger or the fatherless; you shall not take a widow's garment in pawn. Remember that you were a slave in Egypt and that the LORD your God redeemed you from there; therefore do I enjoin you to observe this commandment. - Deuteronomy 24:17-18

When you reap the harvest in your field and overlook a sheaf in the field, do not turn back to get it; it shall go to the stranger, the fatherless, and the widow—in order that the LORD your God may bless you in all your undertakings. - Deuteronomy 24:19

When you beat down the fruit of your olive trees, do not go over them again; that shall go to the stranger, the fatherless, and the widow. When you gather the grapes of your vineyard, do not pick it over again; that shall go to the stranger, the fatherless, and the widow. Always remember that you were a slave in the land of Egypt; therefore do I enjoin you to observe this commandment. - Deuteronomy 24:20-22

When you have set aside in full the tenth part of your yield - in the third year, the year of the tithe - and have given it to the Levite, the stranger, the fatherless, and the widow, that they may eat their fill in your settlements, you shall declare before the LORD your God: “I have cleared out the consecrated portion from the house; and I have given it to the Levite, the stranger, the fatherless, and the widow, just as You commanded me; I have neither transgressed nor neglected any of Your commandments: I have not eaten of it while in mourning; I have not cleared out any of it while I was unclean, and I have not deposited any of it with the dead. I have obeyed the LORD my God; I have done just as You commanded me. Look down from Your holy abode, from heaven, and bless Your people Israel and the soil You have given us, a land flowing with milk and honey, as You swore to our fathers.” - Deuteronomy 26:12-15

Cursed be he who subverts the rights of the stranger, the fatherless, and the widow, - And all the people shall say, Amen. - Deuteronomy 27:19

A man came from Baal-shalishah and he brought the man of God some bread of the first reaping—twenty loaves of barley bread, and some fresh grain in his sack. And Elisha said, "Give it to the people and let them eat." His attendant replied, "How can I set this before a hundred men?" But he said, "Give it to the people and let them eat. For thus said the LORD: They shall eat and have some left over." So he set it before them: and when they had eaten, they had some left over, as the LORD had said. - I Kings 4:42-44

...When the king of Israel saw them, he said to Elisha, "Father, shall I strike them down?" "No, do not," he replied, "Did you take them captive with your sword and bow that you would strike them down? Rather, set food and drink before them, and let them eat and drink and return to their master." So he prepared a lavish feast for them and, after they had eaten and drunk, he let them go, and they returned to their master. And the Aramean bands stopped invading the land of Israel. - II Kings 6:21-23

Learn to do good.  
Devote yourselves to justice;  
Aid the wronged.  
Uphold the rights of the orphan;  
Defend the cause of the widow. - Isaiah 1:17

Hail the just man, for he shall fare well;  
He shall eat the fruit of his works.  
Woe to the wicked man, for he shall fare ill;  
As his hands have dealt, so shall it be done to him. - Isaiah 3:10-11

The LORD stands up to plead a cause,  
He rises to champion peoples,  
The LORD will bring this charge  
Against the elders and officers of His people:  
"It is you who have ravaged the vineyard;  
That which was robbed from the poor is in your houses.  
How dare you crush My people  
And grind the faces of the poor?" - Isaiah 3:13-15

Ha!  
Those who write out evil writs  
And compose iniquitous documents,  
To subvert the cause of the poor,  
To rob of their rights the needy of My people;  
That widows may be their spoil,  
And fatherless children their booty!  
What will you do on the day of punishment,  
When the calamity comes from afar?  
To whom will you flee for help,  
And how will you save your carcasses  
From collapsing under {fellow} prisoners,  
From falling beneath the slain? - Isaiah 10:1-4

Thus he shall judge the poor with equity--  
And decide with justice for the lowly of the land.  
He shall strike down a land with the rod of his mouth.  
And slay the wicked with the breath of his lips. - Isaiah 11:4

The first-born of the poor shall graze  
And the destitute lie down secure... - Isaiah 14:30

No more shall a villain be called noble,  
Nor shall "gentleman" be said of a knave.  
For the villain speaks villainy  
And plots treachery;  
To act impiously  
And to preach disloyalty against the LORD;  
To leave the hungry unsatisfied  
And deprive the thirsty of drink.  
As for the knave, his tools are knavish.  
He forges plots  
To destroy the poor with falsehoods  
And the needy when they plead their cause.  
But the noble has noble intentions  
And is constant in noble acts. - Isaiah 32:5-8

For the work of the righteous shall be peace,  
And the effect of righteousness, calm and confidence forever. - Isaiah 32:17

The poor and the needy  
Seek water, and there is none;  
Their tongue is parched with thirst.  
I the LORD will respond to them.  
I, the God of Israel, will not forsake them.  
I will open up streams on the bare hills  
And fountains amid the valleys;  
I will turn the desert into ponds,  
The arid land into springs of water.  
I will plant cedars in the wilderness,  
Acacias and myrtles and oleasters;  
I will set cypresses in the desert,  
Box trees and elms as well - Isaiah 41:17-19

No, this is the fast I desire:  
To unlock fetters of wickedness,  
And untie the cords of the yoke  
To let the oppressed go free;  
To break off every yoke.  
It is to share your bread with the hungry,  
And to take the wretched poor into your home;  
When you see the naked, to clothe him,  
And not to ignore your own kin. - Isaiah 58:6-7

Then shall your light burst through like the dawn  
And your healing spring up quickly;  
Your Vindicator shall march before you,  
The Presence of the LORD shall be your rear guard.  
Then, when you call, the LORD will answer,  
When you cry, He will say; Here I am.  
If you banish the yoke from your midst,  
The menacing hand, and evil speech,  
And you offer your compassion to the hungry  
And satisfy the famished creature--  
Then shall your light shine in darkness,  
And your gloom shall be like noonday. - Isaiah 58: 8-10

As a cage is full of birds,  
So their houses are full of guile;  
That is why they have grown so wealthy.  
They have become fat and sleek;  
They pass beyond the bounds of wickedness,  
And they prosper.  
They will not judge the case of the orphan,  
Nor give a hearing to the plea of the needy.  
Shall I not punish such deeds  
- says the LORD -  
Shall I not bring retribution  
On a nation such as this? - Jeremiah 5:27-29

Don't put your trust in illusions and say, "The Temple of the LORD, the Temple of the LORD, the Temple of the LORD are these [buildings]." No, if you really mend your ways and your actions; if you execute justice between one man and another; if you do not oppress the stranger, the orphan, and the widow; if you do not shed the blood of the innocent in this place, if you do not follow other gods, to your own hurt—then only will I let you dwell in this place, in the land that I gave to your fathers for all time. - Jeremiah 7:4 -7

Thus said the LORD  
Let not the wise man glory in his wisdom;  
Let not the strong man glory in his strength;  
Let not the rich man glory in his riches.  
But only in this should one glory:  
In his earnest devotion to Me.  
For I the LORD act with kindness,  
Justice, and equity in the world;  
For in these I delight  
declares the LORD. - Jeremiah 9:22-23

Thus saith the LORD: Do what is just and right; rescue from the defrauder him who is robbed; do not wrong the stranger, the fatherless, and the widow; commit no lawless act, and do not shed the blood of the innocent in this place. - Jeremiah 22:3

He upheld the rights of the poor and needy -  
Then all was well. - Jeremiah 22:16

"Leave your orphans with me,  
I will rear them;  
Let your widows rely on me!" - Jeremiah 49:11

Only this was the sin of your sister Sodom: arrogance! She and her daughters had plenty of bread and untroubled tranquility; yet she did not support the poor and the needy. - Ezekiel 16:49

If he has not wronged anyone; if he has returned debtor's pledge to him and has taken nothing by robbery; if he has given bread to the hungry and clothed the naked; if he has not lent at advance interest or exacted accrued interest, if he has abstained from wrongdoing and executed true justice between man and man; if he has followed My laws and kept My rules and acted honestly - he is righteous. Such a man shall live—declares the LORD God. - Ezekiel 18:7-9

He has not wronged anyone; he has not seized a pledge or taken anything by robbery; he has given his bread to the hungry and clothed the naked; he has refrained from oppressing the poor; he has not exacted advance or accrued interest; he has obeyed My rules and followed My laws - he shall not die for the iniquity of his father, but shall live. - Ezekiel 18:16-17

Listen, O House of Israel: Is My way unfair? It is your ways that are unfair! When a righteous person turns away from his righteousness and does wrong, he shall die for it; he shall die for the wrong he has done. And if a wicked person turns back from the wickedness that he practiced and does what is just and right, such a person shall save his life.- Ezekiel 18:25-27

And the people of the land have practiced fraud and committed robbery; they have wronged the poor and needy, have defrauded the stranger without redress. And I sought a man among them to repair the wall or to stand in the breach before Me in behalf of this land, that I might not destroy it; but I found none. I have therefore poured out My indignation upon them; I will consume them with the fire of My fury. I will repay them for their conduct—declares the LORD God. - Ezekiel 22:29-31

When a righteous man turns away from his righteous deeds and commits iniquity, he shall die for it. And when a wicked man turns back from his wickedness and does what is just and right, it is he who shall live by virtue of these things. And will you say, "The way of the LORD is unfair"? I will judge each one of you according to his ways, O House of Israel! - Ezekiel 33:18-20

Practice goodness and justice.  
And constantly trust in your God. - Hosea 12:7

Seek good and not evil,  
That you may live,  
And that the LORD, the God of Hosts,  
May truly be with you,  
As you think.  
Hate evil and love good,  
And establish justice in the gate;  
Perhaps the LORD, the God of Hosts,  
Will be gracious to the remnant of Joseph. - Amos 5:14-15

Spare Me the sound of your hymns,  
And let Me not hear the music of your lutes.  
But let justice well up like water,  
Righteousness like an unfailing stream. - Amos 5:23-24

Listen to this, you who devour the needy, annihilating the poor of the land, saying, "If only the new moon were over, so that we could sell grain; the Sabbath, so that we could offer wheat for sale, using an ephah that is too small, and a shekel that is too big, tilting a dishonest scale, and selling grain refuse as grain! We will buy the poor for silver, the needy for a pair of sandals." The LORD swears by the Pride of Jacob: "I will never forget any of their doings." Shall not the earth shake for this; and all that dwell on it mourn? - Amos 8:4-8

He has told you, O man, what is good, And what the LORD requires of you:  
Only to do justice  
And to love goodness,  
And to walk modestly with your God;  
Then will your name achieve wisdom. - Micah 6:8-9

Thus said the LORD of Hosts: Execute true justice; deal loyally and compassionately with one another. Do not defraud the widow, the orphan, the stranger, and the poor; and do not plot evil against one another. - Zechariah 7: 9-10

But [first] I will step forward to contend against you, and I will act as a relentless accuser against those who have no fear of Me: Who practice sorcery, who commit adultery, who swear falsely, who cheat laborers of their hire, and who subvert [the cause of] the widow, orphan, and stranger, said the LORD of Hosts. - Malachi 3:5

The LORD seeks out the righteous man,  
but loathes the wicked one who loves injustice.  
He will rain down upon the wicked blazing coals and sulfur;  
a scorching wind shall be their lot.  
For the LORD is righteous;  
He loves righteous deeds;  
the upright shall behold His face. -- Psalms 11:5-7

"Because of the groans of the plundered poor and needy,  
I will now act," says the LORD.  
"I will give help," He affirms to him. - Psalms 12:6

Trust in the LORD and do good, abide in the land and remain loyal. - Psalms 37:3

The wicked draw their swords, bend their bows,  
to bring down the lowly and the needy,  
to slaughter upright men.  
Their swords shall pierce their own hearts,  
and their bows shall be broken. - Psalms 37:14-15

The wicked man borrows and does not repay;  
the righteous is generous and keeps giving. - Psalms 37:21

Shun evil and do good,  
and you shall abide forever.  
For the LORD loves what is right,  
He does not abandon His faithful ones.  
They are preserved forever,  
while the children of the wicked will be cut off. - Psalms 37:27-28

Happy is he who is thoughtful of the wretched;  
in bad times may the LORD keep him from harm. - Psalms 41:2

Sing to God, chant hymns to His name;  
extol Him who rides the clouds;  
the LORD is His name.  
Exult in His presence -  
the father of orphans, the champion of widows,  
God, in His holy habitation.  
God restores the lonely to their homes,  
sets free the imprisoned, safe and sound,  
while the rebellious must live in a parched land. - Psalms 68:5-7

Your tribe dwells there;  
O, God, in Your goodness You provide for the needy. - Psalms 68:11

But I am poor and needy  
O, God, hasten to me!  
You are my help and my rescuer;  
O, LORD, do not delay. - Psalms 70:6

O God, endow the king with Your judgments,  
the king's son with Your righteousness;  
that he may judge Your people rightly,  
Your lowly ones, justly.  
Let the mountains produce well-being for the people,  
the hills, the reward of justice.  
Let him champion the lowly among the people,  
deliver the needy folk,  
and crush those who wrong them.  
Let them fear You as long as the sun shines,  
while the moon lasts, generations on end. - Psalms 72:1-5

For he saves the needy who cry out,  
the lowly who have no helper.  
He cares about the poor and the needy;  
He brings the needy deliverance. - Psalms 72:12-13

Let not the downtrodden turn away disappointed;  
let the poor and needy praise Your name. - Psalms 74:21

Judge the wretched and the orphan,  
vindicate the lowly and the poor,  
rescue the wretched and the needy;  
save them from the hand of the wicked. - Psalms 82:3-4

For the LORD has built Zion;  
He has appeared in all His glory.  
He has turned to the prayer of the destitute  
and has not spurned their prayer. - Psalms 102:17-18

Let them praise the LORD for His steadfast love,  
His wondrous deeds for mankind;  
for He has satisfied the thirsty,  
filled the hungry with all good things. - Psalms 107:8-9

He pours contempt on great men  
and makes them lose their way in trackless deserts;  
but the needy He secures from suffering,  
and increases their families like flocks.  
The upright see it and rejoice;  
the mouth of all wrongdoers is stopped.  
The wise man will take note of these things;  
he will consider the steadfast love of the LORD.- Psalms 107:40-43

May God be ever mindful of his father's iniquity,  
and may the sin of his mother not be blotted out.  
May the LORD be aware of them always  
and cause their names to be cut off from the earth,  
because he was not minded to act kindly,  
and hounded to death the poor and needy man,  
one crushed in spirit. - Psalms 109:14-16

Now You, O God, my Lord,  
act on my behalf as befits Your name.  
Good and faithful as You are, save me.  
For I am poor and needy,  
and my heart is pierced within me. - Psalms 109:21-22

My mouth shall sing much praise to the LORD;  
I will acclaim Him in the midst of a throng,  
because He stands at the right hand of the needy,  
to save him from those who would condemn him. - Psalms 109:30-31

All goes well with the man who lends generously,  
who conducts his affairs with equity.  
He shall never be shaken;  
the beneficent man will be remembered forever.  
He is not afraid of evil tidings; his heart is resolute, he is unafraid;  
in the end he will see the fall of his foes.  
He gives freely to the poor;  
his beneficence lasts forever,  
his horn is exalted in honor. - Psalms 112:5-9

Who is like the LORD our God,  
who, enthroned on high,  
sees what is below,  
in heaven and on earth?  
He raises the poor from the dust,  
lifts up the needy from the refuse heap  
to set them with the great,  
with the great men of His people. - Psalms 113:5-8

For the LORD has chosen Zion;  
He has desired it for His seat.  
This is my resting-place for all time;  
here I will dwell, for I desire it.  
I will amply bless its store of food,  
give its needy their fill of bread. - Psalms 132:13-15

I know that the LORD will champion  
the cause of the poor, the right of the needy. - Psalms 140:13

The LORD supports all who stumble,  
and makes all who are bent stand straight.  
The eyes of all look to You expectantly,  
and You give them their food when it is due.  
You give it openhandedly,  
feeding every creature to its heart's content. -- Psalms 145:14-16

Happy is he who has the God of Jacob for his help,  
whose hope is in the LORD his God,  
maker of heaven and earth,  
the sea and all that is in them;  
who keeps faith forever;  
who secures justice for those who are wronged,  
gives food to the hungry. - Psalms 146:5-7

The LORD watches over the stranger;  
He gives courage to the orphan and widow,  
But makes the path of the wicked tortuous. - Psalms 146:9

So follow the way of the good  
And keep to the paths of the just.  
For the upright will inhabit the earth,  
The blameless will remain in it.  
While the wicked will vanish from the land  
And the treacherous will be rooted out of it. - Proverbs 2:20-22

Do not withhold good from one who deserves it  
When you have the power to do it [for him].  
Do not say to your fellow, "Come back again;  
I'll give it to you tomorrow," when you have it with you. - Proverbs 3:27-28

The curse of the LORD is on the house of the wicked,  
But He blesses the abode of the righteous. - Proverbs 3:33

The path of the righteous is like radiant sunlight,  
Ever brightening until noon.  
The way of the wicked is all darkness;  
They do not know what will make them stumble. - Proverbs 4:18-19

Wealth is of no avail on the day of wrath,  
But righteousness saves from death,  
The righteousness of the blameless man smoothes his way,  
But the wicked man is felled by his wickedness.  
The righteousness of the upright saves them,  
But the treacherous are trapped by their malice.  
At death the hopes of a wicked man are doomed,  
And the ambition of evil men comes to nothing.  
The righteous man is rescued from trouble.  
And the wicked man takes his place. - Proverbs 11:4-8

A kindly man benefits himself;  
A cruel man makes trouble for himself.  
The wicked man earns illusory wages,  
But he who sows righteousness has a true reward.  
Righteousness is a prop of life,  
But to pursue evil leads to death.  
Men of crooked mind are an abomination to the LORD,  
But those whose way is blameless please Him.  
Assuredly, the evil man will not escape,  
But the offspring of the righteous will be safe. - Proverbs 11:17-21

What the righteous desire can only be good;  
What the wicked hope for [stirs] wrath.  
One man gives generously and ends with more;  
Another stints on doing the right thing and incurs a loss.  
A generous person enjoys prosperity;  
He who satisfies others shall himself be sated.  
He who withholds grain earns the curses of the people,  
But blessings are on the head of the one who dispenses it.  
He who earnestly seeks what is good pursues what is pleasing;  
He who is bent on evil, upon him it shall come.  
He who trusts in his wealth shall fall,  
But the righteous shall flourish like foliage. - Proverbs 11:23-28

The fruit of the righteous is a tree of life;  
A wise man captivates people.  
If the righteous on earth get their deserts  
How much more the wicked man and the sinner. - Proverbs 11:30-31

The purposes of the righteous are justice,  
The schemes of the wicked are deceit. - Proverbs 12:5

A man gets his fill of good from the fruit of his speech;  
One is repaid in kind for one's deeds. - Proverbs 12:14

He who despises his fellow is wrong;  
He who shows pity for the lowly is happy. - Proverbs 14:21

He who withholds what is due to the poor affronts his Maker;  
He who shows pity for the needy honors Him. - Proverbs 14:31

Righteousness exalts a nation;  
Sin is a reproach to any people. - Proverbs 14:34

The way of the wicked is an abomination to the LORD,  
But He loves him who pursues righteousness. - Proverbs 15:9

Better a meal of vegetables where there is love  
Than a fattened ox where there is hate. - Proverbs 15:17

The LORD will tear down the house of the proud,  
But He will establish the homestead of the widow. - Proverbs 15:25

He who mocks the poor affronts his Maker;  
He who rejoices over another's misfortune will not go unpunished. - Proverbs 17:5

A joyful heart makes for good health; - Proverbs 17:22

He who is generous to the poor makes a loan to the LORD;  
He will repay him his due. - Proverbs 19:17

Bread gained by fraud may be tasty to a man,  
But later his mouth will be filled with gravel. - Proverbs 20:17

Put your hope in the LORD and He will deliver you. - Proverbs 20:22

Who stops his ears at the cry of the wretched,  
He too will call and not be answered. - Proverbs 21:13

He who strives to do good and kind deeds  
Attains life, success, and honor. - Proverbs 21:21

He who sows injustice shall reap misfortune;  
His rod of wrath shall fail.  
The generous man is blessed.  
For he gives of his bread to the poor. - Proverbs 22:8-9

To profit by withholding what is due to the poor  
Is like making gifts to the rich - pure loss. - Proverbs 22:16

Do not rob the wretched because he is wretched;  
Do not crush the poor man in the gate;  
For the LORD will take up their cause  
And despoil those who despoil them of life. - Proverbs 22:22-23

If your enemy is hungry, give him bread to eat;  
If he is thirsty, give him water to drink.  
You will be heaping live coals on his head,  
And the LORD will reward you. - Proverbs 25:21-22

A poor man who withholds what is due to the wretched  
Is like a destructive rain that leaves no food. - Proverbs 28:3

He who gives to the poor will not be in want,  
But he who shuts his eyes will be roundly cursed. - Proverbs 28:27

A righteous man is concerned with the cause of the wretched;  
A wicked man cannot understand such concern. - Proverbs 29:7

Give me neither poverty nor riches,  
But provide me with my daily bread,  
Lest, being sated, I renounce, saying,  
"Who is the LORD?"  
Or, being impoverished, I take to theft  
And profane the name of my God. - Proverbs 30:8-9

Wine is not for kings, O Lemuel;  
Not for kings to drink,  
Nor any strong drink for princes,  
Lest they drink and forget what has been ordained,  
And infringe on the rights of the poor,  
Give strong drink to the hapless  
And wine to the embittered.  
Let them drink and forget their poverty,  
And put their troubles out of mind.  
Speak up for the dumb,  
For the rights of all the unfortunate.  
Speak up, judge righteously,  
Champion the poor and the needy. - Proverbs 31:4-9

She gives generously to the poor;  
Her hands are stretched out to the needy. - Proverbs 31:20

Then Job arose, tore his robe, cut off his hair, and threw himself on the ground and worshipped. He said, "Naked came I out of my mother's womb, and naked shall I return there; the LORD has given, and the LORD has taken away; blessed be the name of the LORD." - Job 1:20-21

You know that your wickedness is great,  
And that your iniquities have no limit.  
You exact pledges from your fellows without reason,  
And leave them naked, stripped of their clothes;  
You do not give the thirsty water to drink;  
You deny bread to the hungry.  
The land belongs to the strong;  
The privileged occupy it.  
You have sent away widows empty-handed;  
The strength of the fatherless is broken.  
Therefore snares are all around you,  
and sudden terrors frighten you,  
Or darkness, so you cannot see;  
A flood of waters covers you. - Job 22:8-11

For I saved the poor man who cried out,  
The orphan who had none to help him.  
I received the blessing of the lost;  
I gladdened the heart of the widow.  
I clothed myself in righteousness and it robed me;  
Justice was my cloak and turban.  
I was eyes to the blind  
And feet to the lame.  
I was a father to the needy,  
And I looked into the case of the stranger.  
I broke the jaws of the wrongdoer,  
And I wrested prey from his teeth. - Job 29:12-17

Did I not weep for the unfortunate?  
Did I not grieve for the needy? - Job 30:25

Did I deny the poor their needs,  
Or let a widow pine away,  
By eating my food alone,  
The fatherless not eating of it also? - Job 31:16-17

I never saw an unclad wretch,  
A needy man without clothing,  
Whose loins did not bless me  
As he warmed himself with the shearing of my sheep.  
If I raised my hand against the fatherless,  
Looking to my supporters in the gate,  
May my arm drop off my shoulder;  
My forearm break off at the elbow. - Job 31:19-22

When (Ruth) got up again to glean, Boaz gave orders to his workers, "You are not only to let her glean among the sheaves, without interference, but you must also pull some [stalks] out of the heaps and leave them for her to glean, and not scold her." - Ruth 2:15-16

Send your bread forth upon the waters; for after many days you will find it. Distribute portions to seven or even to eight, for you cannot know what misfortune may occur on earth. - Ecclesiastics 11:1

"Redeem your sins by beneficence and your iniquities by generosity to the poor; then your serenity may be extended." - Daniel 4:24

He further said to them, "Go, eat choice foods and drink sweet drinks and send portions to whoever has nothing prepared, for the day is holy to our Lord." - Nehemiah 8:10

The chief priest Azariah, of the house of Zadok, replied to him, saying, "Ever since the gifts began to be brought to the House of the LORD, people have been eating to satiety and leaving over in great amounts, for the LORD has blessed His people; this huge amount is left over!" - II Chronicles 31:10

# STATEMENTS ON AND ABOUT POVERTY, HUNGER HELPING AND CHARITY FROM THE TAO TE CHING

*(As many in the West may be unfamiliar with the Tao Te Ching: it is the teaching of Lao Tsu of China (6th Century B.C.), and the basis of Taoist faith, thought and culture. These quotations are drawn from the very beautiful Gia-fu Feng/Jane English translation, Vintage Books, 1972.)*

The ten thousand things rise and fall without cease,  
Creating, yet not possessing,  
Working, yet not taking credit.  
Work is done, then forgotten.  
Therefore it lasts forever. - (Two)

Not collecting treasures prevents stealing.  
Not seeing desirable things prevents confusion of the heart.  
The wise therefore rule by emptying hearts and stuffing bellies,  
By weakening ambitions and strengthening bones. - (Three)

Hold fast to the center. - (Five)

The sage stays behind, thus he is ahead.  
He is detached, thus at one with all.  
Through selfless action, he attains fulfillment. - (Seven)

The highest good is like water.  
Water gives life to the ten thousand things and does not strive.  
It flows in places men reject and so is like Tao.  
In dwelling, be close to the land.  
In meditation, go deep in the heart.  
In dealing with others, be gentle and kind.  
In speech, be true.  
In ruling, be just.  
In business, be competent.  
In action, watch the timing.  
No fight; No blame. - (Eight)

Giving birth and nourishing,  
Bearing yet not possessing,  
Working yet not taking credit,  
Leading yet not dominating,  
This is the Primal Virtue. - (Ten)

Accept disgrace willingly.  
Accept misfortune as the human condition.  
What do you mean by "Accept disgrace willingly"?  
Do not be concerned with loss or gain.  
This is called "accept disgrace willingly."

What do you mean by "Accept misfortune as the human condition"?  
Misfortune comes from having a body.  
Without a body, how could there be misfortune?  
Surrender yourself humbly; then you can be trusted to care for all things.  
Love the world as your own self; then you can care for all things. - (Thirteen)

Empty yourself of everything.  
Let the mind rest at peace.  
The ten thousand things rise and fall while the Self watches their return.  
They grow and flourish and then return to the source.  
Returning to the source is stillness, which is the way of nature.  
The way of nature is unchanging.  
Knowing constancy is insight.  
Not knowing constancy leads to disaster.  
Knowing constancy, the mind is open.  
With an open mind, you will be openhearted.  
Being openhearted, you will act royally.  
Being royal, you will attain the divine.  
Being divine, you will be at one with the Tao.  
Being at one with the Tao is eternal.  
And though the body dies, the Tao will never pass away. - (Sixteen)

He who does not trust enough will not be trusted. - (Seventeen)

Give up sainthood, renounce wisdom,  
And it will be a hundred times better for everyone.  
Give up kindness, renounce morality,  
And men will rediscover filial piety and love.  
Give up ingenuity, renounce profit,  
And bandits and thieves will disappear.  
These three are outward forms alone; they are not sufficient in themselves.  
It is more important  
To see the simplicity,  
To realize one's true nature,  
To cast off selfishness  
And temper desire. - (Nineteen)

The greatest Virtue is to follow Tao and Tao alone. - (Twenty-One)

Yield and overcome;  
Bend and be straight;  
Empty and be full;  
Wear out and be new;  
Have little and gain;  
Have much and be confused. - (Twenty-Two)

He who follows the Tao  
Is at one with the Tao.  
He who is virtuous  
Experiences Virtue.  
He who loses the way  
Feels lost.

When are at one with the Tao,  
The Tao welcomes you.  
When you are at one with Virtue,  
The Virtue is always there.  
When you are at one with loss,  
The loss is experienced willingly. - (Twenty-Three)

He who stands on tiptoe is not steady.  
He who strides cannot maintain the pace.  
He who makes a show is not enlightened.  
He who is self-righteous is not respected.  
He who boasts achieves nothing.  
He who brags will not endure.  
According to the followers of the Tao,  
" These are extra food and unnecessary luggage."  
They do not bring happiness.  
Therefore followers of the Tao avoid them. - (Twenty-Four)

Just do what needs to be done.  
Never take advantage of the power.  
Achieve results,  
But never glory in them.  
Achieve results,  
But never boast.  
Achieve results,  
But never be proud.  
Because this is the natural way.  
Achieve results,  
But not through violence. - (Thirty)

Before receiving  
There must be giving. - (Thirty-Six)

A truly good man is not aware of his goodness,  
And is therefore good.  
A foolish man tries to be good,  
And is therefore not good. - (Thirty-Eight)

A truly good man does nothing,  
Yet leaves nothing undone.  
A foolish man is always doing,  
Yet much remains to be done. - (Thirty-Eight)

When a truly kind man does something, he leaves nothing undone.  
When a just man does something, he leaves a great deal to be done.  
When a disciplinarian does something and no one responds,  
He rolls up his sleeves in an attempt to enforce order. - (Thirty-Eight)

Therefore when Tao is lost, there is goodness.  
When goodness is lost, there is kindness.  
When kindness is lost, there is ritual.  
Now ritual is the husk of faith and loyalty, the beginning of confusion. - (Thirty-Eight)

Therefore the truly great man dwells on what is real  
And not what is on the surface,  
Upon the fruit and not the flower.  
Therefore accept the one and reject the other. - (Thirty-Eight)

Too much success is not an advantage.  
Do not tinkle like jade  
Or clatter like stone chimes. - (Thirty-Nine)

Yielding is the way of the Tao. - (Forty)

For one gains by losing  
And loses by gaining. - (Forty-Two)

The softest thing in the universe  
Overcomes the hardest thing in the universe. - (Forty-Three)

He who is attached to things will suffer much.  
He who saves will suffer heavy loss. - (Forty-Four)

Stillness and tranquility set things in order in the universe. - (Forty-Five)

There is no greater sin than desire,  
No greater curse than discontent,  
No greater misfortune than wanting something for oneself. - (Forty-Six)

The sage has no mind of his own.  
He is aware of the needs of others. - (Forty-Nine)

I am good to people who are good.  
I am also good to people who are not good.  
Because Virtue is goodness.  
I have faith in people who are faithful.  
I also have faith in people who are not faithful.  
Because Virtue is faithfulness. - (Forty-Nine)

Respect of Tao and honor of Virtue are not demanded,  
But they are in the nature of things.  
Therefore all things arise from Tao.  
By Virtue they are nourished,  
Developed, cared for,  
Sheltered, comforted,  
Grown, and protected,  
Creating without claiming,  
Doing without taking credit,  
Guiding without interfering,  
This is the Primal Virtue. - (Fifty-One)

When the court is arrayed in splendor,  
The fields are full of weeds,  
And the granaries are bare.

Some wear gorgeous clothes,  
Carry sharp swords,  
And indulge themselves with food and drink;  
They have more possession than they can use.  
They are robber barons.  
This is certainly not the way of Tao. - (Fifty-Three)

Cultivate Virtue in your self,  
And Virtue will be real.  
Cultivate it in the family,  
And Virtue will abound.  
Cultivate it in the village,  
And Virtue will grow.  
Cultivate it in the nation,  
And Virtue will be abundant.  
Cultivate it in the universe,  
And Virtue will be everywhere. - (Fifty-Four)

In caring for others and serving heaven,  
There is nothing like using restraint.  
Restraint begins with giving up one's own ideas.  
This depends on Virtue gathered in the past.  
If there is a good store of Virtue, then nothing is impossible.  
If nothing is impossible, then there are no limits.  
If a man knows no limits, then he is fit to be a ruler. - (Fifty-Nine)

Sweet words can buy honor;  
Good deeds can gain respect. - (Sixty-Two)

If a man is bad, do not abandon him. - (Sixty-Two)

See simplicity in the complicated.  
Achieve greatness in little things.  
In the universe the difficult things are done as if they are easy.  
In the universe the great acts are made up of small deeds.  
The sage does not attempt anything very big,  
And thus achieves greatness. - (Sixty-Three)

Peace is easily maintained;  
Trouble is easily overcome before it starts.  
The brittle is easily shattered;  
The small is easily scattered.  
Deal with it before it happens.  
Set things in order before there is confusion. - (Sixty-Four)

I have three treasures which I hold and keep.  
The first is mercy; the second is economy;  
The third is daring not to be ahead of others.  
From mercy comes courage; from economy comes generosity;  
From humility comes leadership. - (Sixty-Seven)

When men lack a sense of awe, there will be disaster. - (Seventy-Two)

Why are the people starving?  
Because the rulers eat up the money in taxes.  
Therefore the people are starving. - (Seventy-Five)

A man is born gentle and weak.  
At his death he is hard and stiff.  
Green plants are tender and filled with sap.  
At their death they are withered and dry.  
Therefore the stiff and unbending is the disciple of death.  
The gentle and the yielding is the disciple of life. - (Sixty-Six)

The Tao of heaven is to take from those who have too much  
And give to those who do not have enough. - (Seventy-Seven)

Man's way is different.  
He takes from those who do not have enough  
To give to those who already have too much. - (Seventy-Seven)

The sage never tries to store things up.  
The more he does for others the more he has.  
The more he gives to others, the greater his abundance. - (Eighty-One)

# STATEMENTS ON AND ABOUT POVERTY, HUNGER, HELPING AND CHARITY FROM THE UPANIṢADS

*(To say that any single document represents the Hindu tradition is akin to suggesting that a tea cup of water represents the ocean. Where many religions unify around a single book, the epic Hindu literature of India can easily fill a library. But so as to have the Hindu tradition represented in this series we have reviewed 12 of The Upaniṣads as translated into English by F. Max Muller, Dover Publications, Inc.)*

There are three branches of the law. Sacrifice, study, and charity are the first. - Chāndogya Upaniṣad, 2nd Prapāṭaka, 23rd Khāṇḍa: 1

Penance, liberality, righteousness, kindness, truthfulness, these form his Dakshinas. - Chāndogya Upaniṣad, 3rd Prapāṭaka, 17th Khāṇḍa: 4

There lived once upon a time Janaśruti Pautrayana (the great-grandson of Janaśruta), who was a pious giver, bestowing much wealth upon the people, and always keeping open house. He built places of refuge everywhere, wishing that people everywhere should eat of his food. Once in the night some Hamsas (flamingoes) flew over his house, and one flamingo said to another: 'Hey, Bhallakṣa Bhallakṣa (short-sighted friend). The light (glory) of Janaśruti Pautrayana has spread like the sky. Do not go near, that it may not burn thee.' - Chāndogya Upaniṣad, 4th Prapāṭaka, 1st Khāṇḍa: 1-2

But they who living in a village practice (a life of) sacrifices, works of public utility, and alms, they go to the smoke, from smoke to night, from night to the dark half of the moon, from the dark half of the moon to the six months when the sun goes to the south. But they do not reach the year.

From the months they go to the world of the fathers, from the world of the fathers to the ether, and from the ether to the moon. That is Soma, the king. Here they are loved (eaten) by the Devas, yes, the Devas love (eat) them. - Chāndogya Upaniṣad, 5th Prapāṭaka, 10th Khāṇḍa: 3-4

Those whose conduct has been good, will quickly attain some good birth, the birth of a Brāhmaṇa, or a Kṣatriya, or a Vaiśya. But those whose conduct has been evil, will quickly attain an evil birth, the birth of a dog, or a hog, or a Chandāla. - Chāndogya Upaniṣad, 5th Prapāṭaka, 10th Khāṇḍa: 7

The eighty verses (of the hymn) are alike food with reference to the gods as well as with reference to man. For all these beings breathe and live by means of food indeed. By food (given in alms, etc.) he conquers this world, by food (given in sacrifice) he conquers the other. Therefore the eighty verses (of the hymn) are alike food, with reference to the gods as well as with reference to man. - Aitareya-Āraṇyaka, 2nd Āraṇyaka, 1st Adhyāya, 2nd Khāṇḍa: 13

Now to that prāṇa, which is Brahman, all these deities (mind, speech, eye, ear) bring an offering, though he asks not for it, and thus to him who knows this all creatures bring an offering, though he asks not for it. For him who knows this, there is this Upaniṣad (secret

vow), "Beg not!" As a man who has begged through a village and got nothing sits down and says, "I shall never eat anything given by those people," and as then those who formerly refused him press him (to accept their alms), thus is the rule for him who begs not, but the charitable will press him and say, "Let us give to thee." - Kaushītaki Upaniṣad, 2nd Adhyāya: 1

He who has three times performed this Nāciketa rite, and has been united with the three (father, mother, and teacher), and has performed the three duties (study, sacrifice, almsgiving) overcomes birth and death. When he has learnt and understood this fire, which knows (or makes us know) all that is born of Brahman, which is venerable and divine, then he obtains everlasting peace. - Kaṭha Upaniṣad, 1st Adhyāya, 1st Vallī: 17

Death said: "The good is one thing, the pleasant another; these two, having different objects, chain a man. It is well with him who clings to the good; he who chooses the pleasant, misses his end. The good and the pleasant approach man: the wise goes round about them and distinguishes them. Yea, the wise prefers the good to the pleasant, but the fool chooses the pleasant through greed and avarice. Thou, O Naciketas, after pondering all pleasures that are or seem delightful, hast dismissed them all. Thou hast not gone into the road that leadeth to wealth, in which many men perish. Wide apart and leading to different points are these two, ignorance and what is known as wisdom. - Kaṭha Upaniṣad, 1st Adhyāya, 2nd Vallī: 1-4

Let him never turn away (a stranger) from his house, that is the rule. Therefore a man should by all means acquire much food, for (good) people say (to the stranger): "There is food ready for him." If he gives food amply, food is given to him amply. If he gives food fairly, food is given to him fairly. If he gives food meanly, food is given to him meanly. - Taittirīyaka Upaniṣad, 3rd Vallī, 10th Anuvāka: 1

That Self is indeed Brahman, consisting of knowledge, mind, life, sight, hearing, earth, water, wind, ether, light and no light, desire and no desire, anger and no anger, right or wrong, and all things. Now as a man is like this or like that, according as he acts and according as he behaves, so will he be: a man of good acts will become good, a man of bad acts, bad. He becomes pure by pure deeds, bad by bad deeds. And here they say that a person consists of desires. And as is his desire, so is his will; and as is his will, so is his deed; and whatever deed he does, that he will reap. - Bṛhadāraṇyaka Upaniṣad, 4th Adhyāya, 4th Brāhmaṇa: 5

The threefold descendants of Prajāpati, gods, men, and Asuras (evil spirits), dwelt as Brahmakārins (students) with their father Prajāpati. Having finished their studentship the gods said: "Tell us (something), Sir." He told them the syllable Da. Then he said: "Did you understand?" They said: "We did understand. You told us 'Dāmyata,' Be subdued." "Yes," he said, "you have understood."

Then the men said to him: "Tell us something, Sir." He told them the same syllable Da. Then he said: "Did you understand?" They said: "We did understand. You told us, 'Datta,' Give." "Yes," he said, "you have understood."

The Asuras said to him: "Tell us something, Sir." He told them the same syllable Da. Then he said: "Did you understand?" They said: "We did understand. You told us, 'Dayadhvam,' Be merciful." "Yes," he said, "you have understood."

The divine voice of thunder repeats the same, Da Da Da, that is, Be subdued, Give, Be merciful. Therefore let that triad be taught, Subduing, Giving, and Mercy. - Bṛhadāraṇyaka Upaniṣad, 5th Adhyāya, 2nd Brāhmaṇa: 1-3