

Understandably poor people might say "Such ideas are just theory; they don't work in practice; how can such ideas help me put food on the table or help me pay school fees? My family can't eat ideas. Ideas don't pay school fees."

Well, check this story about **Sam**. Sam grew up in poverty in the Subcontinent. Despite working long hours, he and his wife could not provide for their four children. Not enough money for food. No money for school fees or medical bills.

Sam and his wife heard about the idea of improving internal circumstances as a way of improving external circumstances. Sam stopped smoking (he was a heavy smoker). He stopped drinking alcohol. He stopped gambling. He spent more time with his family. His wife stopped gossiping about her relatives and friends. She started helping an old woman living in their building who had no family. Each night the whole family prayed together with new trust in God.