

- Song 35 and Prayer
- Opening Comments (3 min. or less)

**TREASURES FROM GOD’S WORD**

- **“Love Righteousness and Hate Lawlessness”:** (10 min.)  
[Play the video *Introduction to Hebrews.*]  
Heb 1:8—Jesus rules with “the scepter of uprightness” (w14 2/15 5 ¶8)  
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- Song 121
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HEBREWS 1-3 | Love Righteousness and Hate Lawlessness

**1:9**

Jesus loves righteousness and hates anything that would dishonor his Father.

 **How can we imitate Jesus’ love for righteousness**



when facing immoral temptations?

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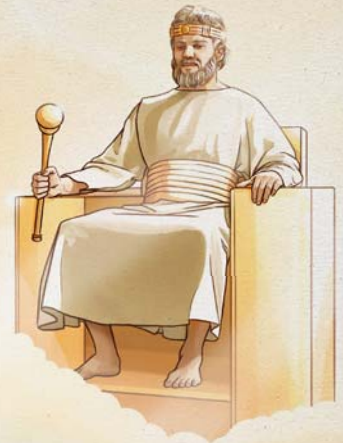


when a family member is disfellowshipped?

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*“Make Sure of the  
More Important Things”*  
(Philippians 1:10)

1. How great our need today for discernment,  
To know the things that are true,  
To know which things have greater importance,  
To know which things we must do!

*(CHORUS)*

*Love what is good; Hate what is bad.  
Make God’s heart glad;  
Oh, what rich blessings it brings when we learn,  
When we discern,  
And when we do the important things!*

2. And what could be of greater importance  
Than sharing Kingdom good news,  
To search for those who hunger for truth  
And to help them God’s way to choose?

*(Chorus)*

3. If we take care to do what’s important,  
Then true contentment we’ll find.  
The peace surpassing all understanding  
Will guard our heart and our mind.

*(Chorus)*

## Hebrews 1-3

<sup>1</sup> Long ago God spoke to our forefathers by means of the prophets on many occasions and in many ways. <sup>2</sup> Now at the end of these days he has spoken to us by means of a Son, whom he appointed heir of all things, and through whom he made the systems of things. <sup>3</sup> He is the reflection of God's glory and the exact representation of his very being, and he sustains all things by the word of his power. And after he had made a purification for our sins, he sat down at the right hand of the Majesty on high. <sup>4</sup> So he has become better than the angels to the extent that he has inherited a name more excellent than theirs.

<sup>5</sup> For example, to which one of the angels did God ever say: "You are my son; today I have become your father"? And again: "I will become his father, and he will become my son"? <sup>6</sup> But when he again brings his Firstborn into the inhabited earth, he says: "And let all of God's angels do obeisance to him."

<sup>7</sup> Also, he says about the angels: "He makes his angels spirits, and his ministers a flame of fire." <sup>8</sup> But about the Son, he says: "God is your throne forever and ever, and the scepter of your Kingdom is the scepter of uprightness. <sup>9</sup> You loved righteousness, and you hated lawlessness. That is why God, your God, anointed you with the oil of exultation more than your companions." <sup>10</sup> And: "At the beginning, O Lord, you laid the foundations of the earth, and the heavens are the works of your hands. <sup>11</sup> They will perish, but you will remain; and just like a garment, they will all wear out, <sup>12</sup> and you will wrap them up just as a cloak, as a garment, and they will be changed. But you are the same, and your years will never come to an end."

<sup>13</sup> But about which of the angels has he ever said: "Sit at my right hand until I place your enemies as a stool for your feet"? <sup>14</sup> Are they

not all spirits for holy service, sent out to minister for those who are going to inherit salvation?

**2** That is why it is necessary for us to pay more than the usual attention to the things we have heard, so that we never drift away.

<sup>2</sup> For if the word spoken through angels proved to be sure, and every transgression and disobedient act received a punishment in harmony with justice, <sup>3</sup> how will we escape if we have neglected so great a salvation? For it began to be spoken through our Lord and was verified for us by those who heard him, <sup>4</sup> while God joined in bearing witness with signs and wonders and various powerful works and with the holy spirit distributed according to his will.

<sup>5</sup> For it is not to angels that he has subjected the inhabited earth to come, about which we are speaking. <sup>6</sup> But in one place a certain witness said: "What is man that you keep him in mind, or a son of man that you take care of him? <sup>7</sup> You made him a little lower than angels; you crowned him with glory and honor, and appointed him over the works of your hands. <sup>8</sup> All things you subjected under his feet." By subjecting all things to him, God left nothing that is not subject to him. Now, though, we do not yet see all things in subjection to him. <sup>9</sup> But we do see Jesus, who was made a little lower than angels, now crowned with glory and honor for having suffered death, so that by God's undeserved kindness he might taste death for everyone.

<sup>10</sup> For it was fitting that the one for whom and through whom all things exist, in bringing many sons to glory, should make the Chief Agent of their salvation perfect through sufferings. <sup>11</sup> For both the one who is sanctifying and those who are being sanctified all stem from one, and for this reason he is not ashamed to call them brothers, <sup>12</sup> as he says: "I will declare your name to my brothers; in the midst of the congregation I will praise you with song." <sup>13</sup> And

again: “I will put my trust in him.” And again: “Look! I and the young children, whom Jehovah gave me.”

<sup>14</sup> Therefore, since the “young children” are sharers of blood and flesh, he also similarly shared in the same things, so that through his death he might bring to nothing the one having the means to cause death, that is, the Devil, <sup>15</sup> and that he might set free all those who were held in slavery all their lives by their fear of death. <sup>16</sup> For it is not really angels he is assisting, but he is assisting Abraham’s offspring. <sup>17</sup> Consequently, he had to become like his “brothers” in all respects, so that he could become a merciful and faithful high priest in things relating to God, in order to offer a propitiatory sacrifice for the sins of the people. <sup>18</sup> Since he himself has suffered when being put to the test, he is able to come to the aid of those who are being put to the test.

**3** Consequently, holy brothers, partakers of the heavenly calling, consider the apostle and high priest whom we acknowledge—Jesus. <sup>2</sup> He was faithful to the One who appointed him, just as Moses also was in all the house of that One. <sup>3</sup> For he is counted worthy of more glory than Moses, since the one who constructs a house has more honor than the house itself. <sup>4</sup> Of course, every house is constructed by someone, but the one who constructed all things is God. <sup>5</sup> Now Moses was faithful as an attendant in all the house of that One as a testimony of the things that were to be spoken afterward, <sup>6</sup> but Christ was faithful as a son over God’s house. We are His house if, indeed, we hold on firmly to our freeness of speech and the hope of which we boast down to the end.

<sup>7</sup> Therefore, just as the holy spirit says, “Today if you listen to his voice, <sup>8</sup> do not harden your hearts as on the occasion of provoking to bitter anger, as in the day of testing in the wilderness, <sup>9</sup> where your forefathers put me to the test and tried me, despite seeing my

works for 40 years. <sup>10</sup> This is why I became disgusted with this generation and said: 'They always go astray in their hearts, and they have not come to know my ways.' <sup>11</sup> So I swore in my anger: 'They will not enter into my rest.'"

<sup>12</sup> Beware, brothers, for fear there should ever develop in any one of you a wicked heart lacking faith by drawing away from the living God; <sup>13</sup> but keep on encouraging one another each day, as long as it is called "Today," so that none of you should become hardened by the deceptive power of sin. <sup>14</sup> For we actually become partakers of the Christ only if we hold firmly down to the end the confidence we had at the beginning. <sup>15</sup> As it is said, "Today if you listen to his voice, do not harden your hearts as on the occasion of provoking to bitter anger."

<sup>16</sup> For who heard and yet provoked him to bitter anger? Was it not, in fact, all those who went out of Egypt under Moses?

<sup>17</sup> Moreover, with whom did God become disgusted for 40 years? Was it not with those who sinned, whose dead bodies fell in the wilderness? <sup>18</sup> And to whom did he swear that they would not enter into his rest? Was it not to those who acted disobediently? <sup>19</sup> So we see that they could not enter in because of lack of faith.

- Song 35 and Prayer
- Opening Comments (3 min. or less)

**TREASURES FROM GOD’S WORD**

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 **How can we imitate Jesus’ love for righteousness**



when facing immoral temptations?

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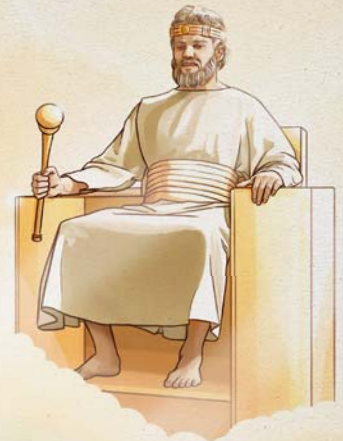


when a family member is disfellowshipped?

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## **August 19-25 / Hebrews 1-3**

- Song 35 and Prayer
- Opening Comments (3 minutes or less)

### **Treasures From God's Word**

**"Love Righteousness and Hate Lawlessness":** (10 minutes)

[Play the video *Introduction to Hebrews*.]

#### **Love Righteousness and Hate Lawlessness**

Hebrews 1:9

Jesus loves righteousness and hates anything that would dishonor his Father.

**How can we imitate Jesus' love for righteousness . . .**

when facing immoral temptations?

when a family member is disfellowshipped?

**Hebrews 1:8—Jesus rules with "the scepter of uprightness"**

**Hebrews 1:8:** But about the Son, he says: "God is your throne forever and ever, and the scepter of your Kingdom is the scepter of uprightness.



## **w14 2/15 5 paragraph 8**

Jehovah installed his Son as his Messianic King in the heavens in 1914. 'The scepter of his kingdom is a scepter of uprightness,' so the righteousness and equity of his reign are guaranteed. His authority is legitimate, since 'God is his throne.' That is, Jehovah is the foundation of his kingdom. Moreover, Jesus' throne will last "forever and ever." Are you not proud to be serving Jehovah under such a mighty, God-appointed King?

## **Hebrews 1:9—Jesus loves righteousness and hates lawlessness**

**Hebrews 1:9:** You loved righteousness, and you hated lawlessness. That is why God, your God, anointed you with the oil of exultation more than your companions."

## **w14 2/15 4-5 paragraph 7**

Read Psalm 45:6, 7. Because of Jesus' profound love of righteousness and hatred of anything that might dishonor his Father, Jehovah anointed him as King of the Messianic Kingdom. Jesus was anointed with "the oil of exultation" more than his "companions," that is, the kings of Judah of the line of David. How so? For one thing, Jesus was anointed by Jehovah himself. Furthermore, Jehovah anointed him as both King and High Priest. (Psalm 2:2; Hebrews 5:5, 6) In addition, Jesus was anointed not with oil but with holy spirit, and his kingship is not earthly but heavenly.

## Digging for Spiritual Gems

**Hebrews 1:3—Has Jesus always reflected his Father’s likeness to the same degree?**

**Hebrews 1:3:** He is the reflection of God’s glory and the exact representation of his very being, and he sustains all things by the word of his power. And after he had made a purification for our sins, he sat down at the right hand of the Majesty on high.

### ***it-1* 1185 paragraph 1**

God’s firstborn Son, who later became the man Jesus, is in his Father’s image. (2 Corinthians 4:4) Inasmuch as that Son was obviously the one to whom God spoke in saying, “Let us make man in *our* image,” this likeness of the Son to his Father, the Creator, existed from when the Son was created. (Genesis 1:26; John 1:1-3; Colossians 1:15, 16) When on earth as a perfect man, he reflected his Father’s qualities and personality to the fullest extent possible within human limitations, so he could say that “he that has seen me has seen the Father also.” (John 14:9; 5:17, 19, 30, 36; 8:28, 38,42) This likeness, however, was certainly heightened at the time of Jesus’ resurrection to spirit life and his being granted “all authority . . . in heaven and on the earth” by his Father, Jehovah God. (1 Peter 3:18; Matthew 28:18) Since God then exalted Jesus to “a superior position,” God’s Son now reflected his Father’s glory to an even greater degree than he had before leaving the heavens to come to earth. (Philippians 2:9; Hebrews 2:9) He is now “the exact representation of [God’s] very being.”—Hebrews 1:2-4.

## **Hebrews 1:10-12—Why did the apostle Paul apply Psalm 102:25-27 to Jesus Christ?**

**Hebrews 1:10-12:** And: “At the beginning, O Lord, you laid the foundations of the earth, and the heavens are the works of your hands. They will perish, but you will remain; and just like a garment, they will all wear out, and you will wrap them up just as a cloak, as a garment, and they will be changed. But you are the same, and your years will never come to an end.”

### ***it-1* 1063 paragraph 7**

The words of Psalm 102:25, 26 apply to Jehovah God, but the apostle Paul quotes them with reference to Jesus Christ. This is because God’s only-begotten Son was God’s personal Agent employed in creating the physical universe. Paul contrasts the Son’s permanence with that of the physical creation, which God, if he so designed, could ‘wrap up just as a cloak’ and set aside.—Hebrews 1:1, 2, 8, 10-12; compare 1 Peter 2:3, footnote.

What has this week’s Bible reading taught you about Jehovah?

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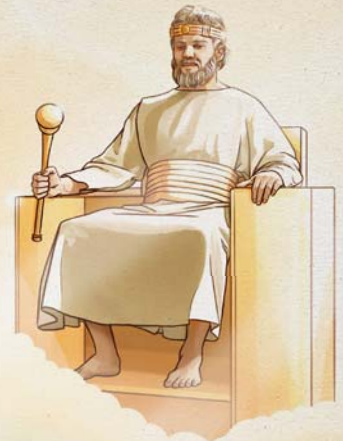


when a family member is disfellowshipped?

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# August 2019 Sample Conversations

## First Return Visit

### Psalm 72:16

P1: Hi. It's good to see you again. This time, we want to show you what the Bible says about the end of world hunger.

H: OK:

P1: Please notice what the Bible says at Psalm 72:16. "There will be an abundance of grain on the earth; on the top of the mountains it will overflow."

P2: According to this verse, how will the problem of world hunger be solved?

H: Mmm...It says 'there will be an abundance of grain.' I guess that means plenty of food.

P2: Exactly. In fact, notice it says that instead of shortages, food will overflow. Never again will anyone get sick or suffer because of not having enough food to eat.

H: Interesting.

P1: I'd like to show you how we know about these good things. They're highlighted in this book 'What Can the Bible Teach Us?' Here on pages 4 and 5 are the promises we've talked about and a lot more.

P2: If you'd like to read this book, we'll be happy to leave it with you.

H: OK, I would.

P1: And the next time we visit we can talk about this one. It will help us know what hope there is for our loved ones who have died.

H: OK, I'm looking forward to it.



# Our Christian Life and Ministry

## MEETING WORKBOOK

### Sample Conversations



#### INITIAL CALL

**Question:** Will we ever see a time when no one gets sick?

**Scripture:** Isa 33:24

**Link:** How will the problem of world hunger be solved?



#### FIRST RETURN VISIT

**Question:** How will the problem of world hunger be solved?

**Scripture:** Ps 72:16

**Link:** What hope is there for our loved ones who have died?



#### SECOND RETURN VISIT

**Question:** What hope is there for our loved ones who have died?

**Scripture:** Joh 5:28, 29

**Link:** Why can we trust that Bible promises will come true?





Will suffering ever end?  
Can the dead really live again?  
What is the Kingdom of God?  
What is the key to happy family life?

# You Are Invited

TO STUDY THE BIBLE  
WITH JEHOVAH'S WITNESSES



THE ANSWERS ARE IN THE BIBLE!

“Happy are those conscious of their  
spiritual need.”—MATTHEW 5:3





## AT OUR PUBLIC MEETINGS

### Why attend these programs?

- To learn how the Bible relates to our times.
  - To learn how to apply its teachings in our life.
  - To strengthen our faith in God.
  - To enjoy upbuilding association with loving, caring people.
- Everyone is welcome, and no collections are taken.

### Where and when are the meetings held?



## OR WITH A PERSONAL INSTRUCTOR

### Why study the Bible?

Because its wisdom can help you and your family to get the best out of life now and to gain a real hope for the future.

### What is the format of the study course?

Using the Bible and a study aid, you can examine a topic such as “earth’s future” and find out what the Bible says about it. You choose when, where, and how long you would like to study. The course and the study aid are free.

Fill in the online request form on [jw.org](http://jw.org), or send your request, preferred language, and contact information to Jehovah’s Witnesses:

For a complete list of worldwide addresses, see [www.jw.org/en/contact](http://www.jw.org/en/contact).

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SCAN CODE TO WATCH THESE VIDEOS:

*Why Study the Bible?*  
*What Happens at a Bible Study?*  
*What Happens at a Kingdom Hall?*



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## *We Need Self-Control*

(Romans 7:14-25)

1. We love Jehovah with heart, mind, and soul;  
But since we are sinful, we need self-control.  
Fleshly desires bring trouble and strife;  
Living by spirit brings peace and life.
2. Satan's temptations confront us each day,  
And sin's law within us can lead us astray.  
Power of truth is greater than sin.  
Thanks to Jehovah, our minds can win.
3. Each word and action reflects on God's name,  
So we must endeavor to keep free from blame.  
In all we do, we make this our goal:  
Always maintaining our self-control.

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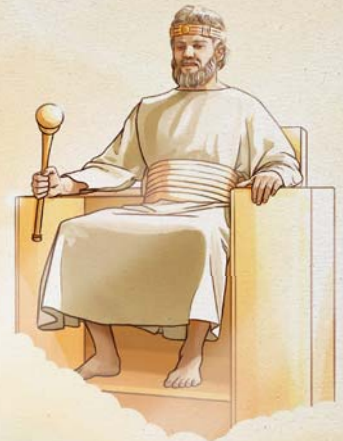


when a family member is disfellowshipped?

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# THE FINE SHEPHERD AND THE SHEEPFOLDS

JOHN 10:1-21

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- JESUS SPEAKS OF THE FINE SHEPHERD  
AND THE SHEEPFOLDS
- 

As Jesus continues teaching in Judea, he now draws on something that his listeners can easily picture—sheep and sheepfolds. But he is speaking illustratively. The Jews may recall David’s words: “Jehovah is my Shepherd. I will lack nothing. In grassy pastures he makes me lie down.” (Psalm 23:1, 2) In another psalm, David invited the nation: “Let us kneel before Jehovah our Maker. For he is our God, and we are the people of his pasture.” (Psalm 95:6, 7) Yes, the Israelites under the Law were long likened to a flock of sheep.

These “sheep” have been in a “sheepfold” in that they were born under the Mosaic Law covenant. The Law served as a fence, separating them from the corrupting practices of people not under this arrangement. Some Israelites, however, mistreated

God's flock. Jesus states: "Most truly I say to you, the one who does not enter into the sheepfold through the door but climbs in by another way, that one is a thief and a plunderer. But the one who enters through the door is the shepherd of the sheep." —John 10:1, 2.

The people may think of men who have claimed to be the Messiah, or Christ. These are like thieves and plunderers. The people should not follow such impostors. Rather, they should follow "the shepherd of the sheep," about whom Jesus says:

"The doorkeeper opens to this one, and the sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought all his own out, he goes ahead of them, and the sheep follow him, because they know his voice. They will by no means follow a stranger but will flee from him, because they do not know the voice of strangers." —John 10:3-5.

Earlier, John the Baptist, like a doorkeeper, identified Jesus as the one whom those symbolic sheep under the Law should follow. And some sheep, in

Galilee and right here in Judea, have recognized Jesus' voice. To where would he 'lead them out'? And what would result from following him? Some hearing this illustration may wonder, because 'they do not understand what he is saying to them.'—John 10:6.

Jesus explains: "Most truly I say to you, I am the door for the sheep. All those who have come in place of me are thieves and plunderers; but the sheep have not listened to them. I am the door; whoever enters through me will be saved, and that one will go in and out and find pasturage."—John 10:7-9.

Clearly, Jesus is introducing something new. His listeners know that he is not the door to the Law covenant, which has existed for centuries. So he must be saying that the sheep he 'leads out' are to enter another sheepfold. With what result?

Further explaining his role, Jesus says: "I have come that they may have life and have it in abundance. I am the fine shepherd; the fine shepherd surrenders his life in behalf of the sheep." (John 10:

10, 11) Jesus had earlier comforted his disciples by saying: “Have no fear, little flock, for your Father has approved of giving you the Kingdom.” (Luke 12: 32) Indeed, those who make up the “little flock” are ones Jesus will lead into a new sheepfold, so that they may “have life and have it in abundance.” What a blessing to be part of that flock!

Jesus does not end the matter there, though. He observes: “I have other sheep, which are not of this fold; those too I must bring in, and they will listen to my voice, and they will become one flock, one shepherd.” (John 10:16) These “other sheep” are “not of this fold.” Hence, they must be of yet another fold, different from the “little flock” who will inherit the Kingdom. These two folds, or pens of sheep, have different destinies. Still, the sheep in both folds will benefit from Jesus’ role. He says: “This is why the Father loves me, because I surrender my life.”—John 10:17.

Many of the crowd respond: “He has a demon and is out of his mind.” Yet others show that they are listening with interest and are inclined to follow the

Fine Shepherd. They say: “These are not the sayings of a demonized man. A demon cannot open blind people’s eyes, can it?” (John 10:20, 21) They evidently are referring to Jesus’ earlier curing of the man born blind.



- ◇ What could the Jews understand as Jesus mentions sheep and sheepfolds?
- ◇ Who does Jesus say is the Fine Shepherd, and to what will he lead the sheep?
- ◇ Into what two folds are the sheep who follow Jesus to be led?



# 101      *Working Together in Unity*

(Ephesians 4:3)

1. From a world divided and cold,  
    God has brought us into his fold.  
    Unity and peace we possess,  
    Bringing us happiness.  
    Unity we cherish;  
    Harmony is sweet.  
    In God's work there's much to be done.  
    He directs us now through his Son.  
    May we serve obediently,  
    Working in harmony.
2. As we pray to be of one mind,  
    Always tender, loving, and kind,  
    Love will grow and praise will increase,  
    Giving us joy and peace.  
    Peace is so refreshing,  
    Bringing such delight.  
    As we show true brotherly love,  
    God will grant us peace from above.  
    With his help, united we'll be,  
    Serving him endlessly.

JUNE 2019

# THE WATCHTOWER

ANNOUNCING JEHOVAH'S KINGDOM

LARGE PRINT EDITION



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AUGUST 5–SEPTEMBER 1, 2019

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### COVER PICTURE:

Jehovah compassionately sent angels to rescue Lot and his family  
(See study article 26, paragraph 4)

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# 30 *My Father, My God and Friend* (Hebrews 6:10)

1. Life in this world can be hard.

Life in this world can bring tears and pain.  
Still ev'ry day I will say,  
"My life is not in vain."

*(CHORUS)*

*For God is not unrighteous,  
And he remembers the love I've shown.  
So he is ever near me;  
With Jehovah, I'm not alone.  
Yes, God is my provider  
and my protector down to the end.  
Yes, Jehovah is my Father,  
My God and Friend.*

2. Gone are the days of my youth;  
Days of calamity now are here.  
Still through the eyes of my faith,  
My hope is bright and clear.

*(Chorus)*

# Rely on Jehovah When Under Stress

*“I am . . . under great stress.”*—1 SAM. 1:15.

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## SONG 30

My Father, My God and Friend

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## PREVIEW

Excessive or prolonged stress can harm us physically and emotionally. How can Jehovah help us? We will consider how Jehovah helped Elijah deal with stress. Other Bible examples will show us how to turn to Jehovah when we are under stress.

IN HIS prophecy about the last days, Jesus said: “Pay attention to yourselves that your hearts never become weighed down with . . . anxieties of life [or “anxieties over livelihood; worries of daily life,” *nwtsty* ftn.]” (Luke 21:34) We need to listen to that warning. Why? At present, we must deal with the same type of stressful problems that everyone faces.

<sup>2</sup> Sometimes, we must face a number of stressful problems at the same time. Consider the following examples. A Witness named John,\* who suffers from multiple sclerosis, was devastated when his wife abandoned him after 19 years of marriage. Then his two daughters stopped serving Jehovah. A couple named Bob and Linda faced a different set of challenges. They both lost their jobs, and then they lost their home. In addition to those problems, Linda was diagnosed with a potentially fatal heart-related illness, and another disease began to damage her immune system.

<sup>3</sup> We can be sure that our Creator and loving

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\* Names in this article have been changed.

- 
1. Why must we listen to Jesus’ warning?
  2. What stressful problems do our brothers and sisters face?
  3. According to Philippians 4:6, 7, of what can we be sure?

Father, Jehovah, understands how stress affects us. And he wants to help us deal with the challenges we face. (Read **Philippians 4:6, 7.**) God’s Word contains many accounts that describe the challenges his servants endured. It also records how Jehovah helped them deal with those stressful situations. Let us consider a few examples.

### **ELIJAH—“A MAN WITH FEELINGS LIKE OURS”**

<sup>4</sup> Elijah served Jehovah during difficult times and faced serious challenges. King Ahab, one of the unfaithful kings in Israel’s history, married Jezebel, an evil worshipper of Baal. The two of them filled the land with Baal worship and murdered many of Jehovah’s prophets. Elijah managed to escape. He also survived a devastating famine by relying on Jehovah. (1 Ki. 17:2-4, 14-16) In addition, Elijah relied on Jehovah when he confronted the prophets and worshippers of Baal. He urged the Israelites to serve Jehovah. (1 Ki. 18:21-24, 36-38) Elijah had plenty of evidence that Jehovah was supporting him during those stressful times.

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4. What challenges did Elijah face, and how did he feel about Jehovah?



**<sup>5</sup> Read 1 Kings 19:1-4.** Elijah became afraid, however, when Queen Jezebel threatened to kill him. So he fled to the area of Beer-sheba. He became so discouraged that “he asked that he might die.” What made him feel that way? Elijah was an imperfect man, “a man with feelings like ours.” (Jas. 5:17) Perhaps he felt overwhelmed by stress and physical exhaustion. It seems that Elijah thought

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**5-6.** According to 1 Kings 19:1-4, how did Elijah feel, and how did Jehovah show that he loved Elijah?

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Jehovah sent an angel to help Elijah regain strength  
(See paragraphs 5-6)





that his efforts to promote pure worship had been futile, that nothing in Israel had improved, and that he was the only one still serving Jehovah. (1 Ki. 18: 3, 4, 13; 19:10, 14) We may be surprised by the reaction of this faithful prophet. But Jehovah understood Elijah's feelings.

<sup>6</sup> Jehovah did not scold Elijah for expressing his feelings. Instead, he helped Elijah regain strength. (1 Ki. 19:5-7) Later, Jehovah kindly adjusted Elijah's thinking by demonstrating His awesome power. Jehovah then pointed out that he still had 7,000 in Israel who refused to worship Baal. (1 Ki. 19:11-18) In practical ways, Jehovah showed Elijah that He loved him.

## HOW JEHOVAH WILL HELP US

<sup>7</sup> Are you dealing with a stressful situation? How comforting it is for us to know that Jehovah understood Elijah's feelings! It reassures us that he also understands our emotional struggles. He knows our limitations, and he even knows what we are thinking and feeling. (Ps. 103:14; 139:3, 4) If we imitate Elijah by relying on Jehovah, he will help

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7. What reassurance do we gain from Jehovah's way of helping Elijah?

us deal with problems that cause us stress.—Ps. 55:22.

<sup>8</sup> Stress can cause you to think negatively, making you feel discouraged. If that happens, remember that Jehovah will help you deal with stress. How will he help you? He invites you to share your concerns with him. And he will answer your cries for help. (Ps. 5:3; 1 Pet. 5:7) So pray to Jehovah often about your problems. He will not speak directly to you as he did to Elijah, but he will speak to you through his Word, the Bible, and through his organization. The accounts you read in the Bible can comfort you and give you hope. Also, your brothers and sisters can encourage you.—Rom. 15:4; Heb. 10:24, 25.

<sup>9</sup> When Jehovah told Elijah to delegate responsibility to Elisha, He provided Elijah with a much-needed companion, who no doubt helped him bear his emotional burdens. Likewise, when we confide in a trusted friend, he or she can help us carry our emotional burdens. (2 Ki. 2:2; Prov. 17:17) If you feel that you do not have anyone to confide in, pray to Jehovah to help you find a mature Christian who can provide you with emotional support.

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8. How will Jehovah help you deal with stress?

9. How might a trusted friend help us?

<sup>10</sup> Jehovah helped Elijah to cope with stress and to serve faithfully for many years. Elijah’s experience gives us hope. We may go through periods of severe stress that drain us physically and emotionally. Yet, if we rely on Jehovah, he will give us the power we need to keep serving him.—Read Isaiah 40:28, 29.

### HANNAH, DAVID, AND “ASAPH” RELIED ON JEHOVAH

<sup>11</sup> Other Bible characters also faced great stress. For example, Hannah endured the stigma of being childless as well as the cruel taunting from her rival wife. (1 Sam. 1:2, 6) Hannah’s extreme stress made her so bitter that she wept and lost her appetite.—1 Sam. 1:7, 10.

<sup>12</sup> At times, King David was overwhelmed by stress. Think of the challenges he faced. He was weighed down with guilt for the many mistakes he had made. (Ps. 40:12) His beloved son Absalom rebelled against him, leading to Absalom’s death. (2 Sam. 15:13, 14; 18:33) And one of David’s closest friends betrayed him. (2 Sam. 16:23–17:2; Ps.

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10. How does Elijah’s experience give us hope, and how can the promise recorded at Isaiah 40:28, 29 help us?

11-13. How did stress affect three of God’s ancient servants?

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What helped the psalmist  
to regain his focus?  
(See paragraphs 13-15)



55:12-14) Many of the psalms David wrote convey his feelings of discouragement as well as his unshakable trust in Jehovah.—Ps. 38:5-10; 94:17-19.

<sup>13</sup> Later a psalmist began to envy the lifestyle of wicked people. He may have been a descendant of the Levite Asaph, and he served at “the grand sanctuary of God.” This psalmist suffered emotional stress, causing him to become unhappy and discontented. He even started to doubt the blessings that come from serving God.—Ps. 73:2-5, 7, 12-14, 16, 17, 21.

**14** The three true worshippers just mentioned all relied on Jehovah for help. They shared their anxiety with him through fervent prayer. They spoke freely to him about the reasons why they were so stressed. And they continued to go to Jehovah's

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**14-15.** What do we learn from the three Bible examples about turning to Jehovah for help?

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At first, a sister felt like isolating herself, but things changed for the better when she looked for ways to help others

(See paragraphs 16-17)



place of worship.—1 Sam. 1:9, 10; Ps. 55:22; 73:17; 122:1.

<sup>15</sup> Jehovah compassionately responded to each one of them. Hannah gained peace of mind. (1 Sam. 1:18) David wrote: “Many are the hardships of the righteous one, but Jehovah rescues him from them all.” (Ps. 34:19) And the psalmist later felt that Jehovah had “taken hold of [his] right hand,” guiding him with loving advice. He sang: “As for me, drawing near to God is good for me. I have made the Sovereign Lord Jehovah my refuge.” (Ps. 73:23, 24, 28) What do we learn from these examples? At times, we will be burdened with problems that cause us stress. But we can cope if we meditate on how Jehovah has helped others, rely on him in prayer, and obey him by doing what he asks us to do.—Ps. 143:1, 4-8.

## RELY ON JEHOVAH AND SUCCEED

<sup>16</sup> Those three examples teach us another important lesson—we should not isolate ourselves from Jehovah and his people. (Prov. 18:1) Nancy, who experienced extreme stress when her husband left her, says: “There were many days when I just did

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16-17. (a) Why should we not isolate ourselves? (b) How can we regain strength?

not want to see or talk to anybody. Yet, the more I isolated myself, the sadder I became.” Things changed when Nancy looked for ways to help others who were experiencing problems. She says: “I listened as others explained their struggles. I noticed that when I felt more empathy for them, I felt less pity for myself.”

<sup>17</sup> We can regain strength by attending congregation meetings. When we are at the meetings, we give Jehovah additional opportunities to be our “helper and comforter.” (Ps. 86:17) There he strengthens us by means of his holy spirit, his Word, and his people. Meetings provide us with an opportunity to enjoy “an interchange of encouragement.” (Rom. 1:11, 12) A sister named Sophia said: “Jehovah and our brotherhood kept me going. Most important for me were our congregation meetings. I have found that the more involved I am in the ministry and my congregation, the better I am able to deal with stress and worry.”

<sup>18</sup> When we feel discouraged, let us remember that Jehovah not only promises permanent relief in the future but also offers to help us deal with stress now. He gives us “the desire and the power” to

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18. If we feel discouraged, what can Jehovah give us?



overcome feelings of discouragement and hopelessness.—Phil. 2:13.

**19 Read Romans 8:37-39.** The apostle Paul assures us that nothing can separate us from God's love. How can we help our brothers and sisters who are trying to cope with stress? The next article will analyze how we can imitate Jehovah by showing compassion and by supporting our brothers and sisters when they are stressed.

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**19.** What assurance does Romans 8:37-39 give us?

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**PICTURE DESCRIPTIONS Page 29:** Jehovah's angel gently wakes Elijah from sleep and gives him bread and water. **Page 33:** A psalmist who may have been a descendant of Asaph enjoys writing psalms and singing with his fellow Levites.

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#### HOW WOULD YOU ANSWER?

- What can we learn from the way Jehovah helped Elijah to cope with stress?
- What do three Bible examples show us about coping with stress?
- What steps can we take to cope with stress?



# 44 *A Prayer of the Lowly One* (Psalm 4:1)

1. Jehovah God, I call to you and ask you:

“Hear my prayer.”

My wounds are deep and slow to heal;  
my load is hard to bear.

Despondent thoughts and disappointed hopes  
have left me weak.

O God of comfort, care for me;  
your favor I do seek.

*(CHORUS)*

*Do raise me up; help me endure.*

*When I'm in doubt, make my hope sure.*

*From deep despair, I turn to you.*

*Jehovah God, my strength renew.*

2. Your Word has been my comfort and  
a refuge when I'm weak,

Expressing feelings dear to me  
in words I cannot speak.

Please build in me the faith and trust  
that your Word does impart.

And help me always know your love  
is greater than my heart.

*(Chorus)*

