

- 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)
Heb 1:9—Jesus loves righteousness and hates lawlessness (w14 2/15 4-5 ¶7)

- **Digging for Spiritual Gems:** (8 min.)
Heb 1:3—Has Jesus always reflected his Father’s likeness to the same degree? (it-1 1185 ¶1)

Heb 1:10-12—Why did the apostle Paul apply Psalm 102:25-27 to Jesus Christ? (it-1 1063 ¶7)

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

What other spiritual gems have you discovered in this week’s Bible reading?

- **Bible Reading:** (4 min. or less) Heb 1:1-14 (10)

APPLY YOURSELF TO THE FIELD MINISTRY

- **First Return Visit Video:** (5 min.) Play and discuss the video.
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LIVING AS CHRISTIANS

- Song 121
- **Local Needs:** (15 min.)
- **Congregation Bible Study:** (30 min.) jy chap. 80
- Review Followed by Preview of Next Week (3 min.)
- Song 101 and Prayer

HEBREWS 1-3 | Love Righteousness and Hate Lawlessness

1:9

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

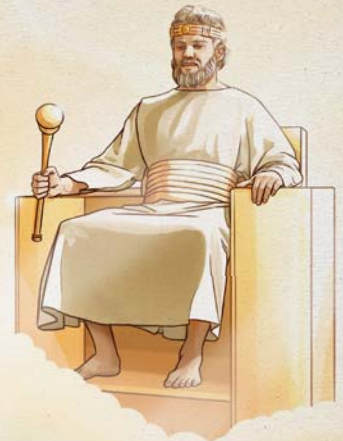
 **How can we imitate Jesus’ love for righteousness**



when facing immoral temptations?



when a family member is disfellowshipped?



35 "Make Sure of the More Important Things"

(Philippians 1:10)

D C#m11 F#7/C C7 Am/B B7

How great our need to - day for dis - cern - ment, To
 And what could be of great - er im - por - tance Than
 If we take care to do what's im - por - tant, Then

Em7 G/A A7 Dma7 Gma7 G

know the things that are true, To
 shar - ing King - dom good news, To
 true con - tent - ment we'll find. The

Em9/C# F#7 Em9/C# F#7

know which things have great - er im - por - tance, To
 search for those who hun - ger for truth And to
 peace sur - pass - ing all un - der - stand - ing Will

Chorus
 Bm Em/C# C#° F#/D Bm/D D#° Am7/E F#°

know which things we must do!
 help them God's way to choose? Love what is
 guard our heart and our mind.

“Make Sure of the More Important Things”

Em7 G/A F#m/A A7 Dma7 Gma7 G6 Gma7

good; Hate what is bad. Make God's heart

Em/C# Em/F# F#7+5 F#7 Bm9 Bm A/B D#° Am7/E F#°

glad; Oh, what rich bless - ings it brings when we

Em7 G/A F#m/A Em/G F#m7 B7b9 Am7/B B7b9

learn, When we dis - cern, And when we

Em7 F#m G6 Gma7/A A7b9 D

do the im - por - tant things!

may I receive this assistance from you in connection with the Lord; refresh my heart* in connection with Christ.

21 I am confident that you will comply, so I am writing you, knowing that you will do even more than what I say.

22 But along with that, also prepare a place for me to stay, for I am hoping that through your

20 *Or “tender affections.”

Second Col.

a Php 2:24

b Col 1:7

Col 4:12, 13

c Ac 19:29

Ac 27:2

Col 4:10

d 2Ti 4:10

e Col 4:14

prayers I will be given back to you.*^a

23 Sending you greetings is Ep'a-phras,^b my fellow captive in union with Christ Jesus, **24** also Mark, Ar-is-tar'chus,^c De'mas,^d and Luke,^e my fellow workers.

25 The undeserved kindness of the Lord Jesus Christ be with the spirit you show.

22 *Or “set free for you.”

TO THE

HEBREWS

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Chief Agent of their salvation (10)
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1 Long ago God spoke to our forefathers by means of the prophets on many occasions and in many ways.^a **2** Now at the end of these days he has spoken to us by means of a Son,^b whom he appointed heir of all things,^c and through whom he made the systems of things.^{*d} **3** He is the reflection of God's glory^e and the exact representation of his very being,^f and he sustains all things by the word of his power. And after he had made a purification for our sins,^g he sat down at the right hand of the Majesty on high.^h **4** So he has become better than the angels' to the extent that he has inherited a name more excellent than theirs.ⁱ

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

7 Also, he says about the angels: "He makes his angels spirits, and his ministers"ⁿ a flame of fire."^o **8** But about the Son, he says: "God is your throne^p forever and ever, and the scepter of

1:2 *Or "the ages." See Glossary. 1:6 *Or "bow down to him." 1:7 *Or "public servants."

CHAP. 1

- a Ex 24:3
Nu 12:8
Jer 7:25
b Mt 17:5
c Ps 2:8
d Joh 1:3
1Co 8:6
Col 1:16
e Joh 1:14
Joh 17:5
f Col 1:15
g Heb 9:26
h Ps 110:1
Ac 2:32, 33
Ac 7:55
i Eph 1:20, 21
1Pe 3:22
j Ac 4:12
Php 2:9, 10
k Ps 2:7
l 2Sa 7:14
Mr 1:11
Lu 9:35
2Pe 1:17
m Joh 1:14
Ro 8:29
Col 1:15
n Ps 91:11
Lu 22:43
o Ps 104:4
p Mt 28:18
Re 3:21

Second Col.

- a Isa 61:1
Lu 3:21, 22
Lu 4:18
b Ps 45:6, 7
c Ps 102:25-27
d Ps 110:1
Mt 22:44
e Ps 34:7
Ps 91:11
Ac 5:18, 19

CHAP. 2

- f Lu 8:15
g Ps 73:2
Heb 3:12
2Pe 3:17
h Ga 3:19
i De 4:3
Jude 5
j Heb 10:28, 29
k Mr 1:14

your Kingdom is the scepter of uprightness.^{*} **9** You loved righteousness, and you hated lawlessness. That is why God, your God, anointed you^a with the oil of exultation more than your companions.^b **10** And: "At the beginning, O Lord, you laid the foundations of the earth, and the heavens are the works of your hands. **11** They will perish, but you will remain; and just like a garment, they will all wear out, **12** 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."^c

13 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"^{?d} **14** Are they not all spirits for holy service,^{*e} 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,^f so that we never drift away.^g **2** For if the word spoken through angels^h proved to be sure, and every transgression and disobedient act received a punishment in harmony with justice,ⁱ **3** how will we escape if we have neglected so great a salvation?^l For it began to be spoken through our Lord^k

1:8 *Or "justice." 1:14 *Or "for public service."

and was verified for us by those who heard him, **4** while God joined in bearing witness with signs and wonders* and various powerful works^a and with the holy spirit distributed according to his will.^b

5 For it is not to angels that he has subjected the inhabited earth to come,^c about which we are speaking. **6** 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?"^d **7** You made him a little lower than angels; you crowned him with glory and honor, and appointed him over the works of your hands. **8** All things you subjected under his feet."^e By subjecting all things to him,^f God left nothing that is not subject to him.^g Now, though, we do not yet see all things in subjection to him.^h **9** But we do see Jesus, who was made a little lower than angels,ⁱ now crowned with glory and honor for having suffered death,^j so that by God's undeserved kindness he might taste death for everyone.^k

10 For it was fitting that the one for whom and through whom all things exist, in bringing many sons to glory,^l should make the Chief Agent of their salvation^m perfect through sufferings.ⁿ **11** For both the one who is sanctifying and those who are being sanctified^o all stem from one,^p and for this reason he is not ashamed to call them brothers,^q **12** as he says: "I will declare your name to my brothers; in the midst of the congregation I will praise you with song."^r **13** And again: "I will put my trust in him."^s And again: "Look! I and the young children, whom Jehovah* gave me."^t

2:4 *Or "portents." 2:13 *See App. A5.

CHAP. 2

a Ac 2:22
b 1Co 12:11
c Ac 17:31
2Pe 3:13
d Ps 144:3
e Ps 8:4-6
f Mt 28:18
1Co 15:27
Eph 1:22
g 1Pe 3:22
h Ps 110:1
i Php 2:7
j Re 5:9
k Isa 53:5, 8
Lo 5:17
1Ti 2:5, 6
l Ro 8:18, 19
2Co 6:18
m Ac 5:31
Heb 12:2
n Lu 24:26
Heb 5:8
o Joh 17:19
Heb 10:14
p Joh 20:17
q Mt 12:50
Ro 8:29
r Ps 22:22
s Isa 8:17
t Isa 8:18

Second Col.

a Joh 1:14
b Joh 1:19
c Ge 3:15
Lu 10:18
Joh 8:44
1Jo 3:8
Re 12:9
d Isa 25:8
Ro 8:20, 21
1Co 15:26
e Ga 3:29
f Php 2:7
g Ro 3:25
1Jo 2:1, 2
1Jo 4:10
h Ro 5:10
i Heb 4:15
j Heb 7:25
Re 3:10

CHAP. 3

k Php 3:14
1Th 2:12
l Heb 8:1
m Joh 8:29
n Nu 12:7
o Mt 17:1, 2
p Mt 17:5
q 1Pe 2:5

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

3 Consequently, holy brothers, partakers of the heavenly calling,^k consider the apostle and high priest whom we acknowledge*—Jesus.^l **2** He was faithful to the One who appointed him,^m just as Moses also was in all the house of that One.ⁿ **3** For he* is counted worthy of more glory^o than Moses, since the one who constructs a house has more honor than the house itself. **4** Of course, every house is constructed by someone, but the one who constructed all things is God. **5** 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, **6** but Christ was faithful as a son^p over God's house. We are His house^q if, in-

2:15 *Or "emancipate." 2:16 *Lit., "seed." 2:17 *Or "to offer an atoning sacrifice; to make atonement." 3:1 *Or "invitation." *Or "confess." 3:3 *That is, Jesus. 3:5 *Or "witness."

deed, we hold on firmly to our freeness of speech and the hope of which we boast down to the end.

7 Therefore, just as the holy spirit says,^a "Today if you listen to his voice, 8 do not harden your hearts as on the occasion of provoking to bitter anger, as in the day of testing in the wilderness,^b 9 where your forefathers put me to the test and tried me, despite seeing my works for 40 years.^c 10 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." 11 So I swore in my anger: "They will not enter into my rest."^d

12 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;^e 13 but keep on encouraging one another each day, as long as it is called "Today,"^f so that none of you should become hardened by the deceptive power of sin. 14 For we actually become partakers of* the Christ only if we hold firmly down to the end the confidence we had at the beginning.^g 15 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."^h

16 For who heard and yet provoked him to bitter anger? Was it not, in fact, all those who went out of Egypt under Moses?ⁱ 17 Moreover, with whom did God become disgusted for 40 years?^j Was it not with those who sinned, whose dead bodies fell in the wilderness?^k 18 And to whom did he swear that they would not enter into his rest? Was it not to those who acted disobediently? 19 So we see

3:14 *Or "have a sharing with."

CHAP. 3

- a 2Sa 23:2
Ac 1:16
b Ex 17:7
c Ex 16:35
Nu 32:13
Ps 95:9
d Nu 14:22, 23
Ps 95:7-11
e Heb 2:1
f Ps 95:7
g Re 2:10
h Ps 95:7, 8
i Ex 17:1-3
Nu 14:2, 4
j Nu 14:11
De 32:21
k Nu 14:22, 23
Nu 14:28-30
Jude 5

Second Col.

- a Heb 4:6

CHAP. 4

- b Heb 3:12, 13
c Mt 4:23
Ac 15:7
Col 1:23
d Ps 95:11
Heb 3:11
e Ex 31:17
f Ge 2:2, 3
g Ps 95:11
h Nu 14:30
De 31:27
i Ps 95:7, 8
j Ex 24:13
De 1:38
k Mr 2:28
l Ge 2:2, 3
m Ps 95:11
n Jer 23:29
1Th 2:13

that they could not enter in because of lack of faith.^a

4 Therefore, since a promise of entering into his rest remains, let us be on guard* for fear someone among you seems to fall short of it.^b 2 For we have also had the good news declared to us,^c just as they had; but the word that they heard did not benefit them, because they were not united by faith with those who listened. 3 For we who have exercised faith do enter into the rest, just as he has said: "So I swore in my anger, "They will not enter into my rest,"^d although his works were finished from the founding of the world.^e 4 For in one place he has said of the seventh day as follows: "And God rested on the seventh day from all his works,"^f 5 and here again he says: "They will not enter into my rest."^g

6 Therefore, since it remains for some to enter into it, and those to whom the good news was first declared did not enter in because of disobedience,^h 7 he again marks off a certain day by saying long afterward in David's psalm, "Today"; just as it has been said above, "Today if you listen to his voice, do not harden your hearts."ⁱ 8 For if Joshua^j had led them into a place of rest, God would not afterward have spoken of another day. 9 So there remains a sabbath-rest for the people of God.^k 10 For the man who has entered into God's rest has also rested from his own works, just as God did from his own.^l

11 Let us therefore do our utmost to enter into that rest, so that no one may fall into the same pattern of disobedience.^m 12 For the word of God is alive and exerts powerⁿ and

4:1 *Lit., "be in fear."

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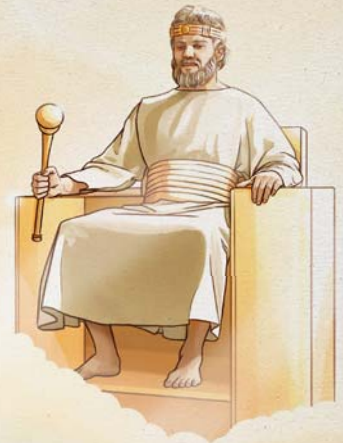
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when facing immoral temptations?



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August 19-25 / Hebrews 1-3

Treasures From God's Word

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

[Play the video *Introduction to Hebrews*.]

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?

What other spiritual gems have you discovered in this week’s Bible reading?

Bible Reading: (4 minutes or less) Hebrews 1:1-14 (*th* study 10)

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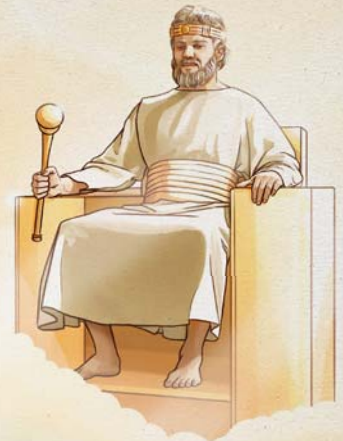
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August 2019 Sample Conversations

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?

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



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



inVE
150319

We Need Self-Control

(Romans 7:14-25)

Eb Eb/D Cm9 Cm Eb/Bb Ab Bb Ab/Bb

We love Je - ho - vah with heart, mind, and soul; But
 Sa - tan's temp - ta - tions con - front us each day, And
 Each word and ac - tion re - flects on God's name, So

R.H.

Eb Eb/D Cm9 Cm Eb/Bb Ab Ab/Bb Bb

since we are sin - ful, we need self - con - trol.
 sin's law with - in us can lead us a - stray.
 we must en - deav - or to keep free from blame.

G G7/B Cm Bb Bb7/D Eb Eb/Bb

Flesh - ly de - sires bring trou - ble and strife;
 Pow - er of truth is great - er than sin.
 In all we do, we make this our goal:

Ab Ab/G Fm7 Fm/Ab Ab/Bb Bb7 Eb

Liv - ing by spir - it brings peace and life.
 Thanks to Je - ho - vah, our minds can win.
 Al - ways main - tain - ing our self - con - trol.

R.H. R.H.

- 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)
Heb 1:9—Jesus loves righteousness and hates lawlessness (w14 2/15 4-5 ¶7)

- **Digging for Spiritual Gems:** (8 min.)
Heb 1:3—Has Jesus always reflected his Father’s likeness to the same degree? (it-1 1185 ¶1)

Heb 1:10-12—Why did the apostle Paul apply Psalm 102:25-27 to Jesus Christ? (it-1 1063 ¶7)

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

What other spiritual gems have you discovered in this week’s Bible reading?

- **Bible Reading:** (4 min. or less) Heb 1:1-14 (10)

APPLY YOURSELF TO THE FIELD MINISTRY

- **First Return Visit Video:** (5 min.) Play and discuss the video.
- **First Return Visit:** (3 min. or less) Use the sample conversation. (4)
- **First Return Visit:** (5 min. or less) Begin with the sample conversation. Give the householder a meeting invitation, and introduce (but do not play) the video *What Happens at a Kingdom Hall?* (11)


LIVING AS CHRISTIANS

- Song 121
- **Local Needs:** (15 min.)
- **Congregation Bible Study:** (30 min.) jy chap. 80
- Review Followed by Preview of Next Week (3 min.)
- Song 101 and Prayer

HEBREWS 1-3 | Love Righteousness and Hate Lawlessness

1:9

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

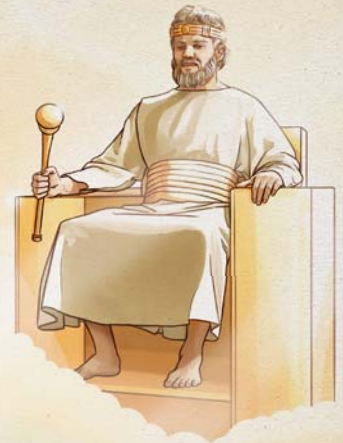
 **How can we imitate Jesus’ love for righteousness**



when facing immoral temptations?



when a family member is disfellowshipped?



THE FINE SHEPHERD AND THE SHEEPFOLDS

JOHN 10:1-21

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 pasture."—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?

Working Together in Unity

(Ephesians 4:3)

F F6/C Fma7 F/C F/A

From a world di - vid - ed and cold, God has
As we pray to be of one mind, Al - ways

Ab^o C7/G C7 Bb/C C7 C7/G Bb/C

brought us in - to his fold. U - ni - ty and
ten - der, lov - ing, and kind, Love will grow and

C7/G C7 Bb/C C7 C7/E Bb/D C7 Gm C7 F Gm11

peace we pos - sess, Bring - ing us hap - pi - ness.
praise will in - crease, Giv - ing us joy and peace.

F7/A Eb/G F7 Bb F/A Dm7 Db7

U - ni - ty we cher - ish; Har - mo -
Peace is so re - fresh - ing, Bring - ing

Working Together in Unity

C7 Bb/C C7 Bb/C C7 F F6/C

ny is sweet. In God's work there's
such de - light. As we show true

Fma7 F/C F/A Ab° C7/G

much to be done. He di - rects us now through his
broth - er - ly love, God will grant us peace from a -

C7 Bb/C C7 C7/G Bb/C C7/G

Son. May we serve o - be - di - ent -
bove. With his help, u - nit - ed we'll

C7 Bb/C C7 Bb6 Dm/A Gm7 Bb/C C7 F Gm7/C F

ly, Work - ing in har - mo - ny.
be, Serv - ing him end - less - ly.

(See also Mic. 2:12; Zeph. 3:9; 1 Cor. 1:10.)

JUNE 2019

THE WATCHTOWER

ANNOUNCING JEHOVAH'S KINGDOM



STUDY ARTICLES FOR:
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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My Father, My God and Friend

(Hebrews 6:10)

C Fma7/C G7/C C Am Em/G

Life in this world can be hard. Life in this world can bring
Gone are the days of my youth; Days of ca - lam - i - ty

F Dm Dm/C Dm/B E7

tears and pain. Still ev - 'ry day I will say, "My
now are here. Still through the eyes of my faith, My

Am7 D9 F/G Chorus G7 C

life is not in vain." For God is not un -
hope is bright and clear.

Em F Am

right - teous, And he re - mem - bers the love I've shown. So

My Father, My God and Friend

Dm7 Em F

he is ev - er near me; With Je - ho - vah, I'm not a -

G7 C Em

lone. Yes, God is my pro - vid - er and my pro -

F Fm/D

tec - tor down to the end. Yes, Je -

C/G G7sus4 G7 G7/C C

ho - vah is my Fa - ther, My God and Friend.

SONG 30

My Father, My God
and Friend

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.

Rely on Jehovah When Under Stress

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

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.

² 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.

³ We can be sure that our Creator and loving 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

* 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?

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”**

⁴ 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

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

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.

⁵ **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

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

**Jehovah sent an angel to help
Elijah regain strength**

(See paragraphs 5-6)



feelings like ours.” (Jas. 5:17) Perhaps he felt overwhelmed by stress and physical exhaustion. It seems that Elijah thought 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.

⁶ 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

⁷ 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 us deal with problems that cause us stress.—Ps. 55:22.

⁸ 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

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

8. How will Jehovah help you deal with stress?

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.

⁹ 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.

¹⁰ 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

¹¹ Other Bible characters also faced great stress. For example, **Hannah** en-

9. How might a trusted friend help us?

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?

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



duced 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.

¹² 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. 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.

¹³ 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 place of worship.—1 Sam. 1:9, 10; Ps. 55:22; 73:17; 122:1.

¹⁵ Jehovah compassionately responded to each one of them. Hannah gained

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

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

¹⁶ 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 not want to see or talk to anybody. Yet, the more I isolated myself, the sadder I became.” Things

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

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)



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.”

¹⁷ 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.”

¹⁸ When we feel discouraged, let us re-

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

member 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 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.

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

PICTURE DESCRIPTIONS **Page 15:** Jehovah’s angel gently wakes Elijah from sleep and gives him bread and water. **Page 17:** A psalmist who may have been a descendant of Asaph enjoys writing psalms and singing with his fellow Levites.

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?

A Prayer of the Lowly One

(Psalm 4:1)

Gm Am11 D7 Gm9/Bb Gm/Bb Am7#5 D7#9/A

Je - ho - vah God, I call to you and ask you: "Hear my prayer." My
Your Word has been my com - fort and a ref - uge when I'm weak, Ex -

Gm Dm/F Ebma7 Cm6/Eb Dm7 Bb/D

wounds are deep and slow to heal; my load is hard to bear. De -
press - ing feel - ings dear to me in words I can - not speak. Please

Cm Cm/Bb Cm/A A° Gm9/Bb Gm/Bb

spont - ent thoughts and dis - ap - point - ed hopes have left me weak. O
build in me the faith and trust that your Word does im - part. And

Ebma7 F9/Eb Dm7 Bb/D Cm Eb/F

God of com - fort, care for me; your fa - vor I do seek.
help me al - ways know your love is great - er than my heart.

A Prayer of the Lowly One

Chorus F7 Bb Fm/Ab G7sus4 G7

Do raise me up; help me en - dure. When I'm in

Cm Cm/Bb Cm6/A D7 C/E D7/F#

doubt, make my hope sure. From deep de -

Gm Gm/F Cm/Eb Ebm/Gb

spair, I turn to you. Je - ho - vah

Bb/F F13sus4 F7 Bb

God, my strength re - new.

