

## Monday, March 28

*The Lord is faithful, and he will strengthen you and protect you.—2 Thessalonians 3:3.*

On the last night of his life as a man, Jesus was thinking about the challenges that his disciples would face. Moved by his love for his friends, Jesus asked his Father to “watch over them because of the wicked one.” (John 17:14, 15) Jesus knew that after he returned to heaven, Satan the Devil would continue to wage war against any who wanted to serve Jehovah. Clearly, Jehovah’s people would need protection. Today we need Jehovah’s protection as never before. Satan has been cast out of heaven, “having great anger.” (Revelation 12:12) He has managed to convince some who persecute us that they are offering “a sacred service to God.” (John 16:2) Others, who do not believe in God, persecute us because we do not fit into this world’s mold. Whatever the case, we can be confident. Why? The answer is given in today’s text. w21.03 26 paragraph 1, 3

## Tuesday, March 29

*[Nothing] will be able to separate us from God's love that is in Christ Jesus our Lord.—Romans 8:39.*

Everything Jehovah does is motivated by love. He lovingly cares for all our needs. Out of love, Jehovah provided the ransom arrangement for us. As for Jesus, he loves us so much that he gave his life for us. (John 3:16; 15:13) Nothing can break the bond of love that Jehovah and Jesus feel for those who are loyal to them. (John 13:1; Romans 8:35) Likewise, everything a family head does should be motivated by love. Why is that so important? The apostle John answers: "The one who does not love his brother [or family], whom he has seen, cannot love God, whom he has not seen." (1 John 4:11, 20) Specifically, a man who loves his family and who wants to imitate Jehovah and Jesus will provide for his family's spiritual, emotional, and material needs. (1 Timothy 5:8) He will train and discipline his children. He will also continue to learn to make decisions that honor Jehovah and benefit his family. w21.02  
5 paragraphs 12-13

## Wednesday, March 30

*Throw your burden on Jehovah, and he will sustain you.—Psalm 55:22.*

Our loving heavenly Father knows how our past experiences and our negative thinking have affected us. But he also sees the good in our heart—qualities that we may not see in ourselves. (1 John 3:19, 20) Someone who is struggling to overcome a deep-seated bad habit might have a setback and feel disappointed in himself. Of course, it is normal to feel a measure of guilt when we sin. (2 Corinthians 7:10) However, we should not go to extremes and condemn ourselves, thinking: ‘I’m a complete failure. How can Jehovah ever forgive me?’ Such negative thinking is not based on the truth and could cause us to stop serving Jehovah. Instead, “set matters straight” with Jehovah by going to him in prayer and seeking his mercy. (Isaiah 1:18) Considering your sincere repentance, he will forgive you. In addition, approach the elders. They will patiently help you to become spiritually well again.—James 5:14, 15. w20.12 23 paragraphs 5-6

## Thursday, March 31

*[Treat] older women as mothers, . . . younger women as sisters.—1 Timothy 5:2.*

Jesus gave women honor and respect. He did not follow the custom of the Pharisees, who looked down on women and who would not even speak to them in public, let alone discuss the Scriptures with them. Instead, he included women in the deep spiritual discussions that he had with his other disciples. (Luke 10:38, 39, 42) He also allowed women to accompany him on his preaching tours. (Luke 8:1-3) And Jesus gave them the privilege of announcing to the apostles that he had been raised from the dead. (John 20:16-18) The apostle Paul specifically reminded Timothy to honor women. Paul acknowledged that it was Timothy's mother and grandmother who had first taught Timothy "the holy writings." (2 Timothy 1:5; 3:14, 15) Paul specifically greeted sisters by name in his letter to the Romans. He not only noticed the work sisters did but also expressed appreciation for them as Christian ministers.—Romans 16:1-4, 6, 12; Philippians 4:3.

w21.02 15 paragraphs 5-6

## Friday, April 1

*The things that were written beforehand were written for our instruction.—Romans 15:4.*

Are you suffering through a difficult trial? Perhaps someone in the congregation has hurt you. (James 3:2) Or maybe your workmates or schoolmates ridicule you for serving Jehovah. (1 Peter 4:3, 4) Or family members are possibly trying to stop you from attending meetings or from talking to others about your faith. (Matthew 10:35, 36) If a trial is especially painful, you may feel like giving up. But you can be confident that no matter what challenge you face, Jehovah will give you the wisdom to deal with it and the strength to endure it. In his Word, Jehovah included detailed descriptions of how imperfect individuals dealt with difficult trials. Why? So that we can learn from them. That is what Jehovah moved the apostle Paul to write. Reading these accounts can bring us a measure of comfort and hope. However, to benefit, we need to do more than just read the Bible. We must allow the Scriptures to mold our thinking and to touch our hearts. w21.03 14 paragraphs 1-2

## **Saturday, April 2**

*View the fields, that they are white for harvesting.—John 4:35.*

Do you view the people to whom you preach as being like grain that is ripe for harvesting? If so, three things will prove true. First, you will preach with more urgency. A harvest period is limited; there is no time to waste. Second, you will be happy as you see people respond to the good news. The Bible says: “People rejoice in the harvesttime.” (Isaiah 9:3) And third, you will see each person as a potential disciple, so you will adapt your approach to appeal to his or her interests. Jesus did not write off the Samaritans, as his followers may have done. Instead, he saw them as potential disciples. We too need to see the people in our territory as potential disciples of Christ. The apostle Paul set an outstanding example for us to follow. He knew something about the beliefs of those to whom he preached, discerned their interests, and saw them as potential disciples of Jesus.

w20.04 8-9 paragraphs 3-4

## **Sunday, April 3**

*The Grave and the place of destruction are in full view of Jehovah. How much more so the hearts of men!—Proverbs 15:11.*

Rather than judge another person's actions, do your best to understand how he feels. The only person who fully understands us is Jehovah. So ask him to help you to see in others what he sees and to understand how to show compassion for them. You cannot pick which brothers and sisters deserve your tender compassion. All of them face problems, many of which are similar to those that were experienced by Jonah, Elijah, Hagar, and Lot. In a number of cases, they have brought the problems on themselves. Realistically, all of us have done that at some point. It is reasonable, then, for Jehovah to ask us to show fellow feeling for one another. (1 Peter 3:8) When we obey Jehovah, we add to the unity of our remarkable and diverse global family. So when dealing with one another, may we be determined to listen, learn, and show compassion. w20.04 18-19 paragraphs 15-17

Song 36 and Prayer | Opening Comments (1 min.)

 TREASURES FROM GOD'S WORD

“Remain Humble When Successful”: (10 min.)

Spiritual Gems: (10 min.)

1Sa 19:23, 24—In what way might King Saul have behaved “as a prophet”? (*it-2* 695-696)

What spiritual gems from this week’s Bible reading would you like to share regarding Jehovah, the field ministry, or something else?

Bible Reading: (4 min.) 1Sa 18:25–19:7 (11)

 APPLY YOURSELF TO THE FIELD MINISTRY

“Increase Your Joy in the Ministry—Help Bible Students to Overcome Unclean Habits”: (10 min.) Discussion. Play the video *Help Your Bible Students to Overcome Unclean Habits*.

Talk: (5 min.) *km* 1/03 1—Theme: A Work That Calls for Humility. (13)

 LIVING AS CHRISTIANS

Song 31

Local Needs: (15 min.)

Congregation Bible Study: (30 min.)  
*rr* chap. 22 ¶23-31, box 22A

 Remain Humble When Successful

David received praise from the people (1Sa 18: 5-7; *w04* 4/1 15 ¶4)

Jehovah gave David success in all he did (1Sa 18:14)

David remained humble (1Sa 18:22, 23; *w18.01* 28 ¶6-7)

Why is it important for us to remain humble when we receive blessings from Jehovah? What will help us to remain humble?



1. We guard our hearts, it means our life;  
We shun the path of sin.  
God reads the heart, and there he finds  
The person deep within.  
Sometimes the heart deceives the mind,  
And we begin to stray.  
So may our mind direct our heart  
And keep Jehovah's way.
2. Prepared in heart, we search for God  
By means of earnest prayer.  
Each day we give him praise and thanks,  
Revealing ev'ry care.  
The things Jehovah teaches us,  
We gladly will obey.  
We cultivate a loyal heart,  
To please him ev'ry day.
3. Our hearts we shield from harmful thoughts,  
We dwell on what is true.  
We love God's Word to touch our hearts,  
To strengthen and renew.  
Jehovah loves his loyal ones;  
On this we can depend.  
We'll worship him wholeheartedly  
Forever as his friend.

## 1 SAMUEL 18-19

**18** As soon as David had finished speaking to Saul, Jon'a·than and David became bound together in close friendship, and Jon'a·than began to love him as himself. <sup>2</sup> From that day, Saul kept David with him, and he did not allow him to return to his father's house. <sup>3</sup> And Jon'a·than and David made a covenant, because he loved him as himself. <sup>4</sup> Jon'a·than took off the sleeveless coat that he wore and gave it to David, along with his gear, his sword, his bow, and his belt. <sup>5</sup> David began going out and was successful wherever Saul would send him. So Saul put him in charge of the fighting men, and this pleased all the people and the servants of Saul.

<sup>6</sup> When David and the others would return from striking down the Phi-lis'tines, the women would come out from all the cities of Israel with song and dances to meet King Saul with tambourines, with rejoicing, and with lutes. <sup>7</sup> The women who were celebrating would sing:

“Saul has struck down his thousands,  
And David his tens of thousands.”

<sup>8</sup> Saul became very angry, and this song displeased him, for he said: “They have credited David with tens of thousands, but to me they have credited thousands. The only thing left to give him is the kingship!” <sup>9</sup> From that day on, Saul was always looking at David suspiciously.

<sup>10</sup> The next day a bad spirit from God gripped Saul, and he started to act strangely inside the house, while David was

playing music on the harp as on other occasions. Saul had a spear in his hand, <sup>11</sup> and he hurled the spear, saying to himself: 'I will pin David to the wall!' But David escaped from him twice. <sup>12</sup> Then Saul was afraid of David because Jehovah was with him but had departed from Saul. <sup>13</sup> So Saul removed him from his presence and appointed him as chief of a thousand, and David would lead the army into battle. <sup>14</sup> David continued to have success in all he did, and Jehovah was with him. <sup>15</sup> And when Saul saw that he was very successful, he became afraid of him. <sup>16</sup> But all Israel and Judah loved David, because he would lead them in their campaigns.

<sup>17</sup> Saul later said to David: "Here is my oldest daughter Me'rab. I will give her to you as a wife. However, you should continue to display your courage for me and fight the wars of Jehovah." For Saul said to himself: 'Do not let my hand come against him. Let the hand of the Phi-lis'tines strike him.' <sup>18</sup> At this David said to Saul: "Who am I and who are my relatives, my father's family in Israel, for me to become son-in-law to the king?" <sup>19</sup> However, when the time came to give Saul's daughter Me'rab to David, she had already been given to be the wife of A'dri-el the Me-hol'ath-ite.

<sup>20</sup> Now Saul's daughter Mi'chal was in love with David, and it was reported to Saul, and this pleased him. <sup>21</sup> So Saul said: "I will give her to him to serve as a snare to him, so that the hand of the Phi-lis'tines may come upon him." Saul then said to David a second time: "You will form a marriage alliance with me today." <sup>22</sup> Further, Saul ordered his

servants: "Speak to David secretly and say, 'Look! The king is pleased with you, and all his servants are fond of you. So now form a marriage alliance with the king.'" <sup>23</sup> When Saul's servants told David these things, David said: "Is it a trivial matter to you to form a marriage alliance with the king when I am a man poor and lightly esteemed?" <sup>24</sup> Then Saul's servants reported to him: "These are the words that David spoke."

<sup>25</sup> At that Saul said: "This is what you should say to David, 'The king does not want any bride price except 100 foreskins of the Phi-lis'tines, to take revenge on the enemies of the king.'" For Saul was scheming to have David fall by the hand of the Phi-lis'tines. <sup>26</sup> So his servants reported these words to David, and it was pleasing to David to form a marriage alliance with the king. Before the allotted time, <sup>27</sup> David went with his men and struck down 200 Phi-lis'tine men, and David brought the full number of their foreskins to the king, to form a marriage alliance with the king. Therefore, Saul gave him his daughter Mi'chal as a wife. <sup>28</sup> Saul realized that Jehovah was with David and that his daughter Mi'chal loved him. <sup>29</sup> This made Saul even more afraid of David, and Saul became an enemy of David for the rest of his life.

<sup>30</sup> The princes of the Phi-lis'tines would go out to battle, but as often as they went out, David was more successful than all the servants of Saul; and his name was highly esteemed.

**19** Saul later spoke to Jon'a·than his son and to all his servants about putting David to death. <sup>2</sup> Since Saul's son Jon'a·than was very fond of David, Jon'a·than told David:

“My father Saul wants to have you put to death. Please be on your guard in the morning, and go to a secret place and remain hidden. <sup>3</sup> I will go out and stand next to my father in the field where you will be. I will talk about you to my father, and if I learn anything, I will be sure to tell you.”

<sup>4</sup> So Jon'a·than spoke well of David to his father Saul. He said to him: “The king should not sin against his servant David, for he has not sinned against you and what he has done for you has benefited you. <sup>5</sup> He risked his life to strike down the Phi-lis'tine, so that Jehovah brought about a great victory for all Israel. You saw it, and you were overjoyed. So why should you sin against innocent blood in having David put to death for no reason?” <sup>6</sup> Saul listened to Jon'a·than, and Saul swore: “As surely as Jehovah is living, he will not be put to death.” <sup>7</sup> Afterward Jon'a·than called David and told him all these things. So Jon'a·than brought David to Saul, and he continued to serve him as before.

<sup>8</sup> In time war broke out again, and David went out and fought against the Phi-lis'tines and struck them down with a great slaughter, and they fled from before him.

<sup>9</sup> And a bad spirit from Jehovah came upon Saul when he was sitting in his house with his spear in his hand, while David was playing music on the harp. <sup>10</sup> Saul tried to pin David to the wall with the spear, but he eluded Saul, who drove the spear into the wall. David fled and escaped during that night. <sup>11</sup> Saul later sent messengers to David's house to watch it and to kill him in the morning, but David's wife Mi'chal told him: “If you do not escape tonight, tomorrow you

will be a dead man.”<sup>12</sup> Immediately Mi'chal let David down through the window, so that he could run away and escape.<sup>13</sup> Mi'chal took the teraphim statue and placed it on the bed, and she put a net of goat hair at the place of his head, and she covered it with a garment.

<sup>14</sup> Saul now sent messengers to take David, but she said: “He is sick.”<sup>15</sup> So Saul sent the messengers to see David and told them: “Bring him to me on his bed to have him put to death.”<sup>16</sup> When the messengers came in, there was the teraphim statue on the bed and a net of goat hair where his head would have been.<sup>17</sup> Saul said to Mi'chal: “Why did you trick me like this and send my enemy away so that he could escape?” Mi'chal replied to Saul: “He said to me, ‘Send me away, or I will kill you!’”

<sup>18</sup> Now David had run away and escaped, and he came to Samuel at Ra'mah. He told him all that Saul had done to him. Then he and Samuel went away, and they stayed in Nai'oth.<sup>19</sup> In time it was reported to Saul: “Look! David is in Nai'oth in Ra'mah.”<sup>20</sup> At once Saul sent messengers to seize David. When they saw the elderly ones of the prophets prophesying and Samuel standing and presiding over them, the spirit of God came to be upon Saul's messengers, and they began behaving as prophets as well.

<sup>21</sup> When they told it to Saul, he immediately sent other messengers, and they too began behaving as prophets. So Saul sent messengers again, a third group, and they too began behaving as prophets.<sup>22</sup> Finally he also went to Ra'mah. When he reached the great cistern that is in Se'cu,

he asked: "Where are Samuel and David?" They replied: "There in Nai'oth in Ra'mah."<sup>23</sup> While Saul was on his way from there to Nai'oth in Ra'mah, the spirit of God came upon him as well, and he walked along behaving as a prophet until he came into Nai'oth in Ra'mah.<sup>24</sup> He also stripped off his garments, and he too behaved as a prophet before Samuel, and he lay there naked all that day and all that night. That is why they say: "Is Saul also among the prophets?"

Song 36 and Prayer | Opening Comments (1 min.)

 TREASURES FROM GOD'S WORD

“Remain Humble When Successful”: (10 min.)

Spiritual Gems: (10 min.)

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 LIVING AS CHRISTIANS

**Song 31**

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*rr* chap. 22 ¶23-31, box 22A

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Why is it important for us to remain humble when we receive blessings from Jehovah? What will help us to remain humble?



**March 28–April 3 / 1 Samuel 18-19**

**Song 36 and Prayer**

**Opening Comments** (1 minute)

**Treasures From God's Word**

**"Remain Humble When Successful":** (10 minutes)

**David received praise from the people**

**1 Samuel 18:5-7:** David began going out and was successful wherever Saul would send him. So Saul put him in charge of the fighting men, and this pleased all the people and the servants of Saul. When David and the others would return from striking down the Philistines, the women would come out from all the cities of Israel with song and dances to meet King Saul with tambourines, with rejoicing, and with lutes. The women who were celebrating would sing: "Saul has struck down his thousands, And David his tens of thousands."

**w04 4/1 15 paragraph 4**

Soon this shepherd boy would rise to national fame. He was

called to attend to the king and to play music for him. He killed the warrior Goliath, a giant so fierce that even the seasoned soldiers of Israel feared to face him. Placed over the men of war, David successfully battled the Philistines. The people loved him. They composed songs lauding him. Earlier, an adviser to King Saul described young David not only as one “skilled at playing” the harp but also as “a valiant, mighty man and a man of war and an intelligent speaker and a well-formed man.”—1 Samuel 16:18; 17:23, 24, 45-51; 18:5-7.

## **Jehovah gave David success in all he did**

**1 Samuel 18:14:** David continued to have success in all he did, and Jehovah was with him.

## **David remained humble**

**1 Samuel 18:22, 23:** Further, Saul ordered his servants: “Speak to David secretly and say, ‘Look! The king is pleased with you, and all his servants are fond of you. So now form a marriage alliance with the king.’” When Saul’s servants told

David these things, David said: "Is it a trivial matter to you to form a marriage alliance with the king when I am a man poor and lightly esteemed?"

### **w18.01 28 paragraphs 6-7**

6 Some people become proud because of their good looks, popularity, musical ability, physical prowess, or exalted position. David had not just one of these assets but all of them; yet, he remained humble throughout his life. After he killed Goliath and was offered the daughter of King Saul to be his wife, David said: "Who am I and who are my relatives, my father's family in Israel, for me to become son-in-law to the king?" (1 Samuel 18:18) What helped David remain humble? The qualities, abilities, and privileges David had were because God 'stooped down,' or humbled himself, to pay attention to him. (Psalm 113:5-8) David knew that he did not possess anything good that he had not received from Jehovah.—Compare 1 Corinthians 4:7.

7 Like David, Jehovah's people today strive to show humility. We are awed by the knowledge that Jehovah, the greatest Person in the universe, manifests the appealing quality of

humility. (Psalm 18:35) We take to heart the inspired counsel: “Clothe yourselves with the tender affections of compassion, kindness, humility, mildness, and patience.” (Colossians 3:12) We also know that love “does not brag, does not get puffed up.” (1 Corinthians 13:4) When we show humility, people may be drawn to Jehovah. Just as husbands can be won without a word by the conduct of their wives, others can be drawn to God by the humility shown by his people.—1 Peter 3:1.

Why is it important for us to remain humble when we receive blessings from Jehovah? What will help us to remain humble?

[Image:] Collage: 1. A brother gives a talk at an assembly. 2. The brother receives praise and attention from others, but he humbly refuses the glory.

## **Spiritual Gems**

**1 Samuel 19:23, 24—In what way might King Saul have behaved “as a prophet”?**

**1 Samuel 19:23, 24:** While Saul was on his way from there to Naioth in Ramah, the spirit of God came upon him as well,

and he walked along behaving as a prophet until he came into Naioth in Ramah. He also stripped off his garments, and he too behaved as a prophet before Samuel, and he lay there naked all that day and all that night. That is why they say: "Is Saul also among the prophets?"

### ***it-2 695-696***

Though appointed by Jehovah's spirit, it does not appear that the prophets spoke continually under inspiration. Rather, God's spirit 'came upon them' at certain times, revealing the messages to be announced. (Ezekiel 11:4, 5; Micah 3:8) This had a stirring effect upon them, impelling them to speak. (1 Samuel 10:10; Jeremiah 20:9; Amos 3:8) Not only did they do things that were out of the ordinary but also their expression and manner doubtless reflected intensity and feeling that were truly extraordinary. This may explain in part what is meant by individuals' "behaving like prophets." (1 Samuel 10:6-11; 19:20-24; Jeremiah 29:24-32; compare Acts 2:4, 12-17; 6:15; 7:55.) Their total concentration and zealous boldness in their mission might cause their

behavior to appear strange, even irrational, to others, just as a prophet so appeared to military chiefs when Jehu was anointed. Yet, on realizing that the man was a prophet, the chiefs accepted his message with full seriousness. (2 Kings 9:1-13; compare Acts 26:24, 25.) When Saul, in pursuit of David, was caused to 'behave like a prophet,' he stripped off his garments and lay "naked all that day and all that night," during which time David evidently escaped. (1 Samuel 19:18–20:1) This does not mean that prophets frequently went naked, for the Biblical record shows the contrary. In the two other cases recorded, the prophet went naked for a purpose, to represent some facet of his prophecy. (Isaiah 20:2-4; Micah 1:8-11) The reason for Saul's nakedness—whether to show him as a mere man, divested of his royal garments, impotent against Jehovah's own regal authority and power, or for some other purpose—is not stated.

What spiritual gems from this week's Bible reading would you like to share regarding Jehovah, the field ministry, or something else?

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INCREASE YOUR JOY IN THE MINISTRY

Help Bible Students to Overcome Unclean Habits

Only those who are morally clean can enjoy a close relationship with Jehovah. (1Pe 1:14-16) As Bible students conquer bad habits, they may also experience family, health, and financial benefits.

Clearly explain Jehovah’s moral standards, the reasons for them, and the benefits of following them. Focus on helping your students to change their pattern of thinking, and their actions will follow. (Eph 4:22-24) Assure them that with

Jehovah’s help they can overcome an ingrained bad habit. (Php 4:13) Teach them to supplicate Jehovah when they experience the urge to sin. Help them to recognize tempting situations that they should avoid. Encourage them to replace unclean habits with wholesome activities. Joy results from seeing Bible students succeed in making changes with Jehovah’s help.

WATCH THE VIDEO DRAMATIZATION *HELP YOUR BIBLE STUDENTS TO OVERCOME UNCLEAN HABITS*, AND THEN ANSWER THE FOLLOWING QUESTIONS:

- How did the elders and Neeta show confidence in Jade?

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- How did Neeta give further assistance to Jade?

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- How did Jade seek help from Jehovah?

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**Help Your Bible Students to . . .  
Overcome Unclean Habits  
By Anthony Morris III, Governing Body Member**

**Bro. Morris:**

In this part of our symposium, we are addressing why and how to help our Bible students overcome unclean habits. Now, first of all, why overcome unclean habits?

As teachers, we need to reach the heart of those we study with, to understand that the God we worship expects this to stop. Let me show you a verse that you're familiar with, many of you, in Peter's letter —1 Peter chapter one. And we could use these thoughts here to endeavor to reach the heart of those who we're studying with, why this unclean habit must stop. Let's read verses 14 through 16: "As obedient children, stop being molded "by the desires you formerly had in your ignorance, "but like the Holy One who called you, "become holy yourselves in all your conduct, "for it is written: 'You must be holy, because I am holy.'"

So it's very clear here. There are things that our Bible studies practiced before —these unclean habits in their ignorance, before they knew Jehovah, before they knew his requirements. They need to understand he is the Holy One, and they have to have their conduct line up with the Holy One that we worship. And this is not a suggestion, as

quoting the scripture here in verse 16, it's a must. They must be holy because Jehovah is holy.

Now, in the following dramatization, note how Neeta helps her Bible student to overcome an unclean habit.

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**Jade:** Neeta and I talked about it. Part of me felt a bit scared, part a bit crazy. Me knocking on doors? But I knew this was the right thing to do.

**Speaker:** 'A minister should also be free 'from all nonmedical use of addictive or mind-altering substances.'

**Jade(Neeta and two brothers meet to discuss Jade's readiness to be an unbaptized witness):** Nonmedical? But taking something when I'm feeling a little stressed, like maybe, I don't know, a little weed —that's OK, right? And it's for the stress. I guess I didn't quite understand what "medical" meant.

**First Brother:** So will we see you during the week? Yeah.

**Second Brother:** Thank you, Jade.

**Neeta:** We'll be back.

**Jade:** You can guess what our next few studies were about. "And you should continue to be made new in your dominant mental attitude." Knowing it was wrong was easy. Figuring out how to cope without it wasn't.

**Jade:** Beating it felt impossible.

**Jade**(in service): Being free of it to serve Jehovah felt amazing!

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**Bro Morris:**

Next, let's discuss the "how to help." We see how our Sister Neeta endeavored to help her Bible student when she became aware of that unclean habit. But there are some nice thoughts as to how to help our Bible students overcome unclean habits.

Now, we want to be candid and clear from the Scriptures, but always remember, we need to be warm and we need to be tactful with them. These habits have a grip on them, and we need to display not a judgmental attitude but patience and, really, just imitating Jehovah, helping them to apply Bible counsel. Now, it's important for the teacher to understand what we're going to share with you next, and then, if you have it clear, you're going to be able to impart it to your Bible student.

Let's read a familiar scripture in Ephesians chapter 4. And it's important to understand what we read here as related to helping them overcome unclean habits that go contrary to Bible principles.

Now notice in Ephesians chapter 4, verses 22, 23, and 24: *“You were taught to put away the old personality “that conforms to your former course of conduct “and that is being corrupted according to its [that’s the old personality] “deceptive desires. “And you should continue to be made new “in your dominant mental attitude, “and should put on the new personality “that was created according to God’s will in true righteousness and loyalty.”* So we have to understand this clearly, and then we need to teach our students.

There’s the old personality. Those of us that came in the truth had old personalities. We know exactly what Paul is writing to the Ephesians about —and that’s a former course of conduct that is no longer acceptable. But the key to being able to put on the new personality and put away the old one is found in verse 23: *“Be made new in your dominant mental attitude.”* So, what does that mean? That means your Bible students’ thinking has to change. The thinking has to change into this new personality —thinking that’s guided and directed by Jehovah and his Word.

Now to illustrate what I mean by that, I’ll tell you a personal experience with a Bible study that I had many years ago, and I really appreciated how Jehovah helped him. Now, when I studied with him, he was 70, early 70’s, and he had smoked cigarettes since he was eight years old. That’s phenomenal. I smoked before I became one of Jehovah’s Witnesses. But decades? No. So, smoking had a grip on him, that old personality, and that was very discouraging and

difficult for him. However, he was making progress, coming to meetings.

And this one example that happened with his life will illustrate the point we're making here. So, I'm working in a department there at the convention, and it's near the lobby area. And I notice my Bible study head out, and the program is ongoing. He heads out the door. And out of personal interest (not to police him) I went to go see; is he OK? So, he's about a block down from the lobby of the convention center, and you know what? Smoking a cigarette. So, he notices me come up behind him, and it just hits him, and he's contrite. The shame is all in his face, and he throws that cigarette down and stomps it with his shoe. So, when I get close to him, he says: "I just— I've been asking Jehovah, 'Forgive me; forgive me.' When this happens, I always ask him to forgive me."

And I said: "Well, that's commendable. "That's so important. I know you love Jehovah. "However, here's what you need to learn. "See, you need to approach Jehovah before, "and supplicate him before you take that cigarette."

And that's where our Bible students need help. It's important that they have to supplicate Jehovah before that unclean habit overwhelms them. And I'm happy to say he did. He turned his back on that. He supplicated Jehovah. And boy, imagine smoking all those decades, and he died a faithful servant of Jehovah God.

So, help your Bible students. And keep that in mind; they have to change their thinking, and it's our responsibility to make that clear to them.

Now, teach them too by means of practical assistance. Be a dear friend for them; stay there for them. Be available when they need help with something, and just love them. Don't be judgmental. Be supportive, and help them to overcome these unclean habits.

And very important, teach them, "Do not give up.' Jehovah loves you. "He wants you to rejoice in the progress you're making. He loves you." And what you'll experience when they become a dedicated Witness, your fellow servant of God, you will have a friend forever.

Now, next on our symposium, the final talk, Brother Geoffrey Jackson, a member of the Governing Body, is going to consider the talk "Help Your Bible Students to Develop a Personal Relationship With Jehovah."

Source:

[https://www.jw.org/en/library/videos/#en/mediaitems/2020Convention/pub-co-r20\\_134\\_VIDEO](https://www.jw.org/en/library/videos/#en/mediaitems/2020Convention/pub-co-r20_134_VIDEO)

## **Apply Yourself to the Field Ministry**

**Talk:** (5 minutes) *km* 1/03 1—Theme: A Work That Calls for Humility. (*th* study 13)

### **A Work That Calls for Humility**

1 God's Word admonishes us to be "humble in mind, not paying back injury for injury . . . but, to the contrary, bestowing a blessing." (1 Peter 3:8, 9) That counsel certainly applies in the preaching work. Indeed, the Christian ministry can be a test of our humility.

2 Humility is a quality that helps us to endure unpleasant situations. When preaching, we approach strangers uninvited, knowing that some will respond in an unkind manner. To keep preaching in the face of such treatment takes humility. In one particularly difficult territory, two pioneer sisters went from door to door every day for two years without getting anyone to answer! However, they persevered, and today there are two congregations in that area.

3 Handling Rudeness: Humility will help us to imitate Jesus

when others are unkind or impolite. (1 Peter 2:21-23) At one home a sister met with verbal abuse, first by the wife and then by the husband, who ordered her off the property. The sister simply smiled and said that she hoped to talk to them at another time. This so impressed the couple that they listened to the next Witness who called and accepted an invitation to attend a meeting at the Kingdom Hall. The sister who had initially been rebuffed was there to greet them and to give them a further witness. We too may soften unreceptive ones by displaying “a mild temper and deep respect.”—1 Peter 3:15; Proverbs 25:15.

4 Avoid Arrogance: Our knowledge of the Bible provides no basis for looking down on people or referring to them in disparaging terms. (John 7:49) Rather, God’s Word counsels us “to speak injuriously of no one.” (Titus 3:2) When we are lowly in heart, as Jesus was, we refresh others. (Matthew 11:28, 29) A humble approach adds appeal to our message.

5 Yes, humility helps us to persevere in difficult territory. It can soften unreceptive ones, and it attracts others to the Kingdom message. Above all, it pleases Jehovah, who “gives undeserved kindness to the humble ones.”—1 Peter 5:5.

# *Oh, Walk With God!*

(Micah 6:8)

1. Oh, walk with God in modesty;  
    Show loyal love, and be true.  
    Stay close to Jehovah, leaning on him,  
    And let his strength sustain you.  
    Keep holding tight to his faithful Word;  
    You'll never drift away.  
    So let God lead you by the hand  
    As you listen and obey.
  
2. Oh, walk with God in holiness;  
    Consider things that are pure.  
    No matter how great temptations may be,  
    He'll help you to endure them.  
    Whatever praiseworthy things there are,  
    Whatever things are true,  
    Continue to consider them,  
    And our God will be with you.
  
3. Oh, walk with God in happiness;  
    Rejoice that he is your Friend.  
    Be thankful for all the gifts that he gives  
    And blessings that are endless.  
    Oh, walk with God, let your heart be glad;  
    Express your joy in song.  
    Your joy will show, and all will know,  
    To Jehovah you belong.

Song 36 and Prayer | Opening Comments (1 min.)

 TREASURES FROM GOD'S WORD

“Remain Humble When Successful”: (10 min.)

Spiritual Gems: (10 min.)

1Sa 19:23, 24—In what way might King Saul have behaved “as a prophet”? (*it-2* 695-696)

What spiritual gems from this week’s Bible reading would you like to share regarding Jehovah, the field ministry, or something else?

**Bible Reading:** (4 min.) 1Sa 18:25–19:7 (11)

 APPLY YOURSELF TO THE FIELD MINISTRY

“Increase Your Joy in the Ministry—Help Bible Students to Overcome Unclean Habits”: (10 min.) Discussion. Play the video *Help Your Bible Students to Overcome Unclean Habits*.

**Talk:** (5 min.) *km* 1/03 1—Theme: A Work That Calls for Humility. (13)

 LIVING AS CHRISTIANS

**Song 31**

**Local Needs:** (15 min.)

**Congregation Bible Study:** (30 min.)  
*rr* chap. 22 ¶23-31, box 22A

 Remain Humble When Successful

David received praise from the people (1Sa 18: 5-7; *w04* 4/1 15 ¶4)

Jehovah gave David success in all he did (1Sa 18:14)

David remained humble (1Sa 18:22, 23; *w18.01* 28 ¶6-7)

Why is it important for us to remain humble when we receive blessings from Jehovah? What will help us to remain humble?



years, all mankind will be worshipping Jehovah as a united, loving family. The earth will be one harmonious Paradise.

<sup>22</sup> Why will Jehovah release such criminals as Satan and the demons into this clean environment? Because the majority of those alive at the end of the thousand years will never have had their loyalty as faithful worshippers of Jehovah tested. Most died without knowing Jehovah and were then resurrected into Paradise. Jehovah not only gave them life but also provided for all their physical and spiritual needs. They will have experienced no negative influences, only positive peer pressure. They will have been surrounded by people who love and serve Jehovah. Satan could hurl at these resurrected ones the same accusation he leveled at Job—they serve God only because he protects and blesses them. (Job 1:9, 10) So before Jehovah writes our names permanently in the book of life, he will allow us a chance to prove beyond doubt that we are loyal to him as our Father and Sovereign.—Rev. 20:12, 15.

<sup>23</sup> For a brief period, Satan will be given an oppor-

**23. What issue will each individual face?**

tunity to lure mankind away from serving God. What will that test be? No doubt, each individual will face an issue similar to the one that confronted Adam and Eve—either accept Jehovah’s standards, support his rulership, and worship him or rebel against God and support Satan.

<sup>24</sup> **Read Revelation 20:7-10.** Significantly, those who rebel at the end of the thousand years are called Gog and Magog. They exhibit traits similar to those shown by the rebels who Ezekiel prophesied would attack God’s people during the great tribulation. That earlier horde, “Gog of the land of Magog,” was divided into nations that opposed Jehovah’s rule. (Ezek. 38:2) Similarly, those who rebel at the end of Christ’s Millennial Rule are described as “nations.” This is a telling description. Why? Because during the Thousand Year Reign, all nationalistic divisions will have been removed; all people will be subjects of one government, God’s Kingdom. We will belong to one spiritual nation. By calling these rebels Gog and Magog and saying that they are “nations,” the prophecy

**24. Why are those who rebel called Gog and Magog?**

indicates that Satan will be successful in fostering divisions among some of God's people. None will be forced to take Satan's side. Each perfect individual will make his or her own choice.

<sup>25</sup> How many will join Satan? The number of those who rebel are "as the sand of the sea." This expression does not necessarily mean that a large percentage of mankind will rebel. How do we know? Consider the promise made to Abraham. Jehovah said that Abraham's offspring would become like "the grains of sand on the seashore." (Gen. 22:17, 18) Yet, the number who made up his offspring ended up being 144,001 individuals. (Gal. 3:16, 29) That figure, while significant, is only a fraction of the total number of mankind. Similarly, the number who join Satan may be significant, but it will not be overwhelming. The rebels will pose no great threat to Jehovah's loyal servants.

<sup>26</sup> Those who join the rebellion will quickly be wiped out. Along with Satan and the demons, they will cease to exist—with no prospect of ever coming

**25, 26. How many will join Satan, and what will happen to them?**

back to life. Only their bad decisions and the consequences of those decisions will be remembered for all time.—Rev. 20:10.

<sup>27</sup> On the other hand, those who pass the final test will have their names permanently inscribed in “the book of life.” (Rev. 20:15) Then, as a united family, all of Jehovah’s loyal sons and daughters will give him the worship he so rightly deserves.

<sup>28</sup> Think of that future. Ahead of you is a life of rewarding work and enriching friendships. Never again will you or your loved ones need to suffer. On your own merit, you will stand before Jehovah completely without sin. Every person will have an unrestricted friendship with God. And most important of all, in heaven and on earth, pure worship will be carried out in perfection. That will be the ultimate restoration of pure worship!

<sup>29</sup> Will you be there to see that great day? You can be if you continue to apply the three key lessons from the book of Ezekiel—offer Jehovah exclusive devotion, remain united in clean worship, and

**27-29. What awaits those who pass the final test?**

demonstrate love for others. The prophecies of Ezekiel offer one final, fundamental lesson. What is that?

### **“Know That I Am Jehovah”**

<sup>30</sup> Throughout the book of Ezekiel, the declaration “they will have to know that I am Jehovah” recurs like a drum beat. (Ezek. 6:10; 39:28) For God’s enemies, that declaration will mean war and death. They will be compelled to do more than acknowledge that Jehovah exists. They will learn the hard way the meaning of his great name—“He Causes to Become.” “Jehovah of armies” will become “a powerful warrior” who will fight against them. (1 Sam. 17:45; Ex. 15:3) Too late, they will understand an essential truth about Jehovah: Nothing can stop him from fulfilling his purpose.

<sup>31</sup> To God’s people, the declaration “they will have to know that I am Jehovah” will mean peace and life. Jehovah will cause us to become what he originally intended us to be—sons and daughters who perfectly reflect his qualities. (Gen. 1:26) Already, Jehovah has become to us a loving Father and a protective

**30, 31. What will the declaration “they will have to know that I am Jehovah” mean (a) to God’s enemies? (b) to God’s people?**

Shepherd. Soon he will become our conquering King. Before that day arrives, let us take to heart Ezekiel's message. Let us prove by our words and actions each day that we know who Jehovah is and what he stands for. Then, when the destructive winds of the great tribulation are released, we will not be afraid. On the contrary, we will lift our heads up, for we will know that our deliverance is near. (Luke 21:28) In the meantime, may we help people everywhere to know and love the only God worthy of worship, the One with the greatest of all names—Jehovah.—Ezek. 28:26.

### **YOUR PLACE IN PURE WORSHIP**

- 1** What lessons have we learned from the book of Ezekiel?
- 2** What do you look forward to enjoying during the Thousand Year Reign of Jesus Christ?
- 3** How can you prepare now for the final test?

## FACING THE FINAL TEST

SEE PARAGRAPHS 19-29

Mankind Restored to Perfection

**1 COR. 15:26**

Jesus Hands Back the Kingdom to Jehovah

**1 COR. 15:24**

Satan Released From the Abyss; Rebels Join Satan in the Final Attack

**REV. 20:3, 7, 8**

All Rebels Are Destroyed

**REV. 20:9, 10, 15**

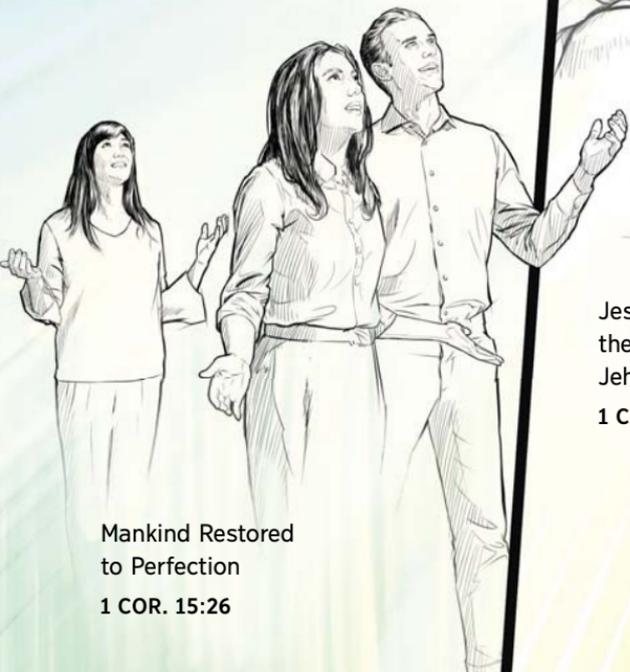
Endless Life in Peace and Unity

**ROM. 8:19-21**

be erasing the tragic story and giving the resurrected ones the opportunity to write a better story. On the basis of the ransom sacrifice, he will undo all the harm caused by sickness, war, disease, and famine. More than that, he will help us dig out and destroy the root cause of our sorrow—the sin we inherited from Adam. (Rom. 5:18, 19) Jesus will completely “break up the works of the Devil.” (1 John 3:8) What takes place then?

# FACING THE FINAL TEST

SEE PARAGRAPHS 19-29



Mankind Restored  
to Perfection  
1 COR. 15:26

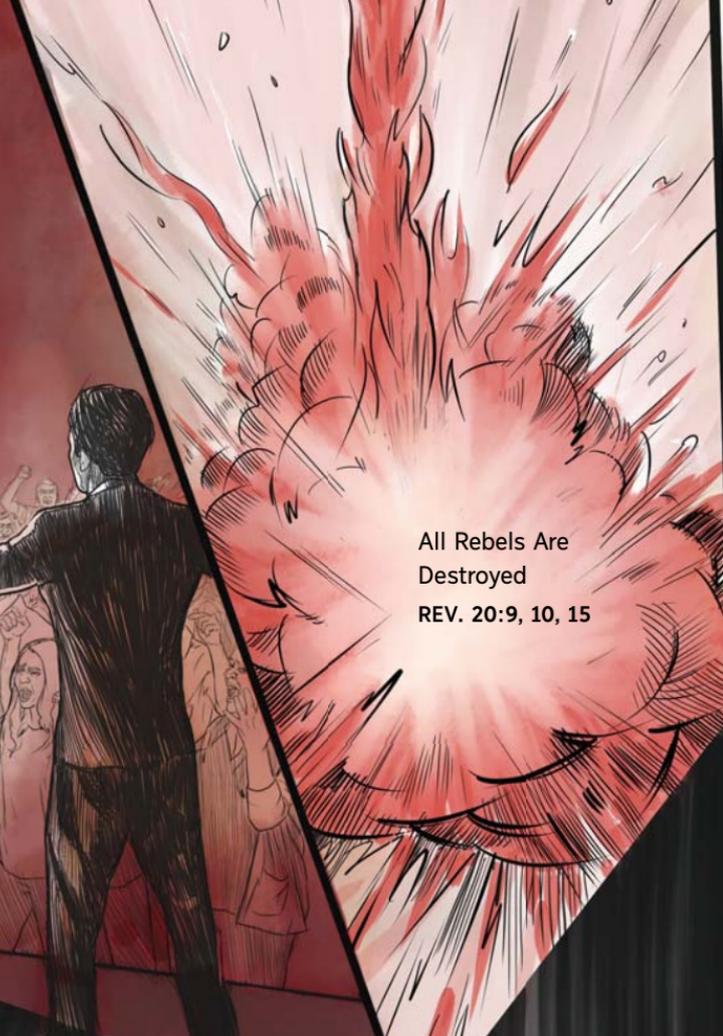


Jesus Hands Back  
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Abyss; Rebels Join Satan  
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REV. 20:3, 7, 8



All Rebels Are  
Destroyed  
REV. 20:9, 10, 15



Endless Life in Peace  
and Unity  
ROM. 8:19-21



## 2

# *Jehovah Is Your Name*

(Psalm 83:18)

1. The living and true God—  
The God of all creation  
In ev'ry generation—  
Jehovah is your name.  
We're honored and we're proud  
To be your congregation.  
In ev'ry tribe and nation,  
Your glory we proclaim.

*(CHORUS)*

*Jehovah, Jehovah,  
There is no God like you.  
There's no other in the heavens  
Or on the earth below.  
You alone are God Almighty,  
And this all men must know.  
Jehovah, Jehovah,  
We have no other God but you.*

2. You cause us to become  
Whatever you desire,  
To do as you require—  
Jehovah is your name.  
And Witnesses for you  
Is what you've kindly named us.  
We're honored you have claimed us—  
A people for your name.

*(Chorus)*

(See also 2 Chron. 6:14; Ps. 72:19; Isa. 42:8.)

JANUARY 2022

# THE WATCHTOWER

ANNOUNCING JEHOVAH'S KINGDOM

LARGE PRINT EDITION



**OUR YEARETEXT FOR 2022:**

“Those seeking Jehovah will  
lack nothing good.”—PS. 34:10



**STUDY ARTICLES FOR:  
FEBRUARY 28–APRIL 3, 2022**

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Study Article 1: February 28–March 6	2
<b>“Those Seeking Jehovah Will Lack Nothing Good”</b>	
<hr/>	
Study Article 2: March 7-13	14
<b>Learn From Jesus’ Younger Brother</b>	
<hr/>	
Study Article 3: March 14-20	26
<b>Lessons We Can Learn From Jesus’ Tears</b>	
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Study Article 4: March 21-27	38
<b>Why We Attend the Memorial</b>	
<hr/>	
Study Article 5: March 28–April 3	51
<b>Make “the Best Use of Your Time”</b>	

### COVER PICTURE:

During the great tribulation, Gog of Magog’s forces may try to assault us in our homes. But we can take comfort in knowing that Jesus and his angels are aware of what is happening and will defend us (See study article 1, paragraph 13)

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# 8

## *Jehovah Is Our Refuge*

(Psalm 91)

1. Jehovah is our refuge,  
Our God in whom we trust.  
His shadow is our shelter;  
Remain in it we must.  
His faithful ones he will defend,  
On this we know we can depend.  
Jehovah is a stronghold,  
Ever faithful, loyal, and just.
2. Though thousands will have fallen  
And many at our side,  
The righteous and the meek ones  
Will never be denied.  
So in our hearts we need not fear;  
Calamity will not come near.  
From danger he will shield us,  
For beneath God's wings we'll reside.
3. He'll keep us and protect us  
From snares along our way,  
From terrors in the nighttime,  
And arrows by the day.  
Yes, there will be no cause for dread,  
No place where we will fear to tread.  
Jehovah is our refuge,  
Ever guarding us on our way.

(See also Ps. 97:10; 121:3, 5; Isa. 52:12.)

# Make “the Best Use of Your Time”

*“Keep strict watch that how you walk is not as unwise but as wise persons, making the best use of your time.”*

—EPH. 5:15, 16.

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## SONG 8

Jehovah Is Our Refuge

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## PREVIEW

Jehovah is our best Friend. We treasure our friendship with him, and we want to get to know him better. It takes time to get to know someone. This is also true when we want to continue developing a relationship with Jehovah. In view of the hectic lives we lead, how can we make the time to draw close to our heavenly Father, and how will we benefit by doing so?

**WE LOVE** spending time with people we care about. A happily married couple like nothing better than to spend a quiet evening together. Young people enjoy the company of their close friends. And all of us cherish the time we spend with fellow believers. Above all, however, we love spending time with our God. We can do this by praying to him, by reading his Word, and by meditating on his purpose and his beautiful qualities. The time we spend with Jehovah is very precious indeed!—Ps. 139:17.

<sup>2</sup> Although we enjoy spending time with Jehovah, we face a challenge. We lead busy lives, which can make it difficult for us to schedule time for spiritual activities. Secular work, family responsibilities, and other necessary activities can demand so much of our time that we may feel that we are just too busy to pray, study, or meditate.

<sup>3</sup> There is another more subtle threat to our time. If we are not careful, we could allow activities that are not wrong in themselves to rob us of time that we could use to draw closer to Jehovah. For example, consider the matter of recreation. We all bene-

- 
1. How can we spend time with Jehovah?
  2. What challenge do we face?
  3. What is another threat to our time?

fit from an occasional change of pace. But even wholesome recreation can cut into our time to the point that there is little time left for spiritual activities. We need to keep recreation in its place.—Prov. 25:27; 1 Tim. 4:8.

<sup>4</sup> In this article, we will consider why we need to set proper priorities. We will also discuss how we can make the best use of our time with Jehovah and how we can benefit from this wise use of our time.

## **MAKE WISE CHOICES; SET PROPER PRIORITIES**

<sup>5</sup> *Choose the best course in life.* Young people are often concerned about the best way to spend their life. On the one hand, school guidance counselors and unbelieving family members may urge them to pursue higher education in preparation for a prestigious career in the world. That path would likely consume a great deal of their time. On the other hand, parents and friends in the congregation may encourage young people to spend their life in Jehovah's service. What can help a young person who loves Jehovah to make the best decision? He would

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4. What will we now consider?

5. How can considering the counsel found at Ephesians 5:15-17 help a young person to choose the best course in life?

benefit by reading Ephesians 5:15-17 and meditating on it. (Read.) After reading these verses, a young person might ask himself: ‘What is “the will of Jehovah”? What decision will please him? Which path will result in my making the best use of my time?’ Remember, “the days are wicked,” and this system ruled by Satan will soon come to an end. It would be wise on our part to use our life in a way that will endear us to Jehovah.

<sup>6</sup> *Set proper priorities.* Sometimes, making the best use of our time involves choosing between two activities that are not wrong in themselves. The well-known account about Jesus’ visit to the home of Mary and Martha illustrates the point. No doubt thrilled to receive Jesus as her guest, hospitable Martha set about preparing an elaborate meal. Meanwhile, her sister, Mary, took advantage of the visit to sit close to her Lord and listen to his teaching. While Martha was certainly motivated by the best of intentions, Mary “chose the best portion.” (Luke 10:38-42, ftn.) In time, Mary may have forgotten what food was served on that occasion, but we can be sure that she never forgot what she learned from Jesus. Just as Mary cherished that

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6. What choice did Mary make, and why was it a wise choice?

limited time with Jesus, we cherish our time with Jehovah. How can we make the best use of that time?

## MAKE THE BEST USE OF YOUR TIME WITH JEHOVAH

<sup>7</sup> *Recognize that prayer, study, and meditation are part of our worship.* When we pray, we are communicating with our heavenly Father, who loves us dearly. (Ps. 5:7) When we study the Bible, we are taking in “the knowledge of God,” who is the Source of all wisdom. (Prov. 2:1-5) When we meditate, we are considering Jehovah’s appealing personality as well as his awe-inspiring purpose for all creation and how we fit into that purpose. Can you think of a better way to use your time? But how can we get the most from the limited time at our disposal?

<sup>8</sup> *If possible, choose a quiet setting.* Consider the example of Jesus. Before he undertook his earthly ministry, Jesus spent 40 days in the wilderness. (Luke 4:1, 2) In that quiet setting, Jesus could pray to Jehovah and meditate on his Father’s will for

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7. Why do prayer, study, and meditation deserve our time and attention?

8. What lesson can we learn from how Jesus used his time in the wilderness?

Can you find a quiet setting to do your personal study?  
(See paragraphs 8-9)



him. Doing so no doubt prepared Jesus for the tests that would soon come his way. How can you benefit from Jesus' example? If you are a member of a large family, it may not always be possible for you to find a quiet place at home. In that case, you might look for an appropriate setting outdoors. That is what Julie does when she wants to spend time with Jehovah in prayer. She and her husband live in a small apartment in France, and it is difficult to be alone and uninterrupted. "So I go for a walk in the park every day," Julie explains. "There I can be alone, concentrate, and really talk to Jehovah."

<sup>9</sup> Jesus lived a very busy life. During his earthly ministry, he was followed from place to place by crowds of people, all of whom were making de-

9. In spite of his busy schedule, how did Jesus show that he valued his relationship with Jehovah?

mands on his time. On one occasion, “the whole city was gathered right at the door” to see him. Even so, Jesus arranged time to care for his own relationship with Jehovah. Before sunrise, he found “an isolated place” where he could spend time alone with his Father.—Mark 1:32-35.

<sup>10</sup> On the final night of his life on earth, as his ministry came to an end, Jesus again sought out a quiet setting where he could meditate and pray. He found that setting in the garden of Gethsemane. (Matt. 26:36) On that occasion, Jesus gave his disciples some timely counsel about prayer.

<sup>11</sup> Consider what happened. When they arrived at the garden of Gethsemane, it was very late, perhaps past midnight. Jesus asked the apostles to “keep on the watch,” and he went off to pray. (Matt. 26:37-39) But while he was praying, they fell asleep. When he found them sleeping, Jesus again urged them to “keep on the watch and pray continually.” (Read **Matthew 26:40, 41.**) He realized that they had been under much stress and that they were tired. Jesus compassionately acknowledged that “the flesh is weak.” Still, two more times Jesus went off to pray,

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**10-11.** According to Matthew 26:40, 41, what timely counsel did Jesus give his disciples in the garden of Gethsemane, but what happened?

and when he returned he found his disciples sleeping rather than praying.—Matt. 26:42-45.

<sup>12</sup> *Choose the right time.* We may at times feel too stressed or too tired to pray. If that has happened to you, you are not alone. What can you do? Some who were accustomed to approaching Jehovah in prayer at the end of the day have found it helpful to spend time in prayer a little earlier in the evening when they are less tired. Others have found that the position they assume when praying can have a beneficial effect. What, though, if you feel too anxious or too discouraged to pray? Tell Jehovah how you feel. You can be sure that our merciful Father will understand.—Ps. 139:4.

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12. What can we do if at times we feel too stressed or too tired to pray?



Can you set aside time to pray when you are most alert?

(See paragraph 12)



Can you avoid responding to text messages and emails during meetings?

(See paragraphs 13-14)

**<sup>13</sup> Resist distractions when you study.** Prayer is not the only avenue we can use to strengthen our bond with Jehovah. A study of God’s Word and attendance at congregation meetings can also help us to draw closer to God. Is there anything you can do to make the best use of study periods and the time you spend at congregation meetings? Ask yourself, ‘What tends to interfere with my concentration during the meetings or when I am trying to study?’ Could it be receiving calls, emails, or text messages on your smartphone or on some other electronic device? Today billions of people own these useful tools. Some researchers suggest that when we are trying to concentrate, just having a smartphone

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**13.** How might electronic devices interfere with our time with Jehovah?

nearby can distract us. “Your focus is not on the task at hand,” says a professor of psychology. “Your mind is elsewhere.” Before assemblies and conventions, we are often told to adjust our electronic devices to a setting that will not disturb *others*. Could we do the same when we are alone so that our devices do not disturb *us* and interrupt our time with Jehovah?

<sup>14</sup> *Ask Jehovah to help you focus.* When you notice that your mind is wandering during a study period or a congregation meeting, ask Jehovah to help you. If you are worried or anxious, it may not be easy to set your concerns aside and focus on spiritual things, but it is essential that you do so. Pray for the peace that will guard not only your heart but also your “mental powers.”—Read **Philippians 4:6, 7**.

## TIME SPENT WITH JEHOVAH IS REWARDING

<sup>15</sup> If you take time to talk to, listen to, and think about Jehovah, you will benefit greatly. How so? First, *you will make better decisions*. The Bible assures us that “the one walking with the wise will become wise.” (Prov. 13:20) So as you spend time

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14. According to Philippians 4:6, 7, how will Jehovah help us focus?

15. What is one benefit of spending time with Jehovah?

with the Source of wisdom, Jehovah, you will become wiser. You will better understand how to please him and how to avoid making choices that hurt him.

<sup>16</sup> **Second, *you will become a better teacher.*** When we are studying the Bible with someone, one of our most important goals is to help our student draw close to Jehovah. The more we communicate with our heavenly Father, the more our own love for him will grow and the better equipped we will be to teach our student to love him. This was true of Jesus. He described his Father in such warm, loving terms that his faithful followers could not help but love Jehovah as well.—John 17:25, 26.

<sup>17</sup> **Third, *your faith will grow stronger.*** Consider what happens when you ask God for guidance, comfort, or support. Each time Jehovah answers those prayers, your faith in him grows. (1 John 5:15) What else can help strengthen your faith? Personal study. After all, “faith follows the thing heard.” (Rom. 10:17) However, to build strong faith, more is required than merely taking in knowledge. What else do we need to do?

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16. How does spending time with Jehovah improve our teaching?

17. Why do prayer and study help us to strengthen our faith?

<sup>18</sup> We need to meditate on what we are learning. Consider the experience of the writer of Psalm 77. He was distressed because he felt that he and his fellow Israelites had lost Jehovah's approval. Those anxious thoughts kept him up at night. (Verses 2-8) What did he do? He told Jehovah: "I will meditate on all your activity and ponder over your dealings." (Verse 12) Of course, the psalmist was well-aware of the things Jehovah had done for His people in the past, but the anxious man wondered: "Has God forgotten to show his favor, or has his anger caused his mercy to cease?" (Verse 9) The psalmist meditated on Jehovah's activity and on the fact that God had shown mercy and compassion in the past. (Verse 11) The result? The psalmist became convinced that Jehovah would not abandon His people. (Verse 15) In the same way, your faith will grow stronger as you meditate on what Jehovah has already done for his people and on what he has done for you personally.

<sup>19</sup> Fourth, and most important, *your love for Jehovah will deepen*. Love, more than any other quality, will motivate you to obey Jehovah, to make sacrifices in order to please him, and to endure any

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18. Illustrate why we need to meditate.

19. How else will we benefit from spending time with Jehovah?

trial. (Matt. 22:37-39; 1 Cor. 13:4, 7; 1 John 5:3) Nothing could be more precious than a close, loving friendship with Jehovah!—Ps. 63:1-8.

<sup>20</sup> Remember that prayer, study, and meditation are acts of worship. Like Jesus, seek out quiet settings in which to spend time with Jehovah. Eliminate unnecessary distractions. Ask Jehovah to help you focus when you are engaged in spiritual activities. If you make the best use of your time now, Jehovah will reward you with life forever in God's new world.—Mark 4:24.

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20. How do you plan to safeguard your time with Jehovah?

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#### HOW WOULD YOU ANSWER?

- What did Jesus do to ensure that he would maintain a strong relationship with Jehovah?
- How can we make the best use of our time?
- How do we benefit from spending time with Jehovah?

# 28 *Gaining Jehovah's Friendship* (Psalm 15)

1. Who is your friend, O God?

Who in your tent may dwell?

Who gains your friendship? Who gains your trust?

Who really knows you well?

All who embrace your Word,

All who have faith in you,

All who are loyal, all who are just,

Living the truth for you.

2. Who is your friend, O God?

Who may approach your throne?

Who brings delight and makes you rejoice?

Whose name to you is known?

All who exalt your name,

All who your Word obey,

All who are faithful, honest in heart,

Truthful in all they say.

3. Throwing our cares on you,

Baring our hearts in prayer,

Drawing us closer, bonding in love,

Feeling your daily care,

We yearn to be your friend.

Long may our friendship grow.

No greater Friend could we ever gain,

No greater Friend we'll know.