

No. 67 Meditate on Jehovah's Word and His Works

PLEASE NOTE: Use some of the examples supplied to illustrate how to meditate. Stir your listeners' heart, motivating them to engage in similar meditation. If you wish, you may use the provided artwork to illustrate the points indicated

WHAT IS MEDITATION? (3 min.)

In the world, there are many forms of meditation

In the Bible, meditation means purposefully thinking about wholesome topics (g 5/14 14 ¶2)

These topics include God's Word and his activities [Read Psalm 77:11, 12]

WHY SHOULD WE MEDITATE? (4 min.)

The Bible encourages us to meditate [Read Psalm 1:2, 3 and footnote] (w09 3/1 17 ¶5-7)

[Image 1]

Meditation strengthens our friendship with Jehovah, deepening our appreciation for his Word and his activities (Ps 143:5)

When we meditate, we see ways to make our thoughts, speech, and actions more pleasing to God (Jos 1:8)

Meditation helps us improve our ability to teach others about Jehovah (1Ti 4:15, 16, ftn.; w20.09 28 ¶12)

HOW CAN WE MEDITATE ON GOD'S WORD? (14 min.)

We can stimulate our thinking by asking ourselves such questions as: (1) 'What does this passage tell me about Jehovah?' (2) 'How can I apply it in my life?' (3) 'How can I use it to help others?'

[Use some of the following examples to illustrate how to meditate on God's Word. In each case, read the passage and then develop the three questions mentioned above]

Genesis 19:17-22: Jehovah is reasonable in his dealings with us (w13 6/15 15 ¶12-14; 16 ¶18)

Job 14:14, 15: Jehovah treasures his servants even after their death (w11 3/1 22)

Psalm 78:40, 41: Our actions affect God's feelings (w11 7/1 10; cl 15 ¶22)

Acts 3:19: Jehovah completely forgives repentant sinners (w13 6/15 19-20 ¶11-16)

Hebrews 11:6: Jehovah rewards his faithful worshippers (w16.12 28 ¶17-19; w13 11/1 11)

These are just a few examples; all of God's Word contains beneficial material for meditation (Ro 15:4)

The publications of Jehovah's Witnesses can help us think more deeply about the Bible (Php 4:8)

HOW CAN WE MEDITATE ON GOD'S WORKS OF CREATION? (6 min.)

When we think about Jehovah's creative works, we can ask ourselves: (1) 'What do they reveal about Jehovah's qualities?' (2) 'What do they reveal about his dealings with us?' [Image 2]

[Use some of the following examples to illustrate how to meditate on creation. In each case, develop the two questions mentioned above]

Creation inspires awe for God and appreciation for his love (Ps 8:3, 4; w20.01 15 ¶5; w20.06 10 ¶7)

Creation reveals Jehovah's power and his ability to strengthen us (Isa 40:26-31; w18.01 8-9 ¶5-11)

Creation teaches us that Jehovah will provide for all our needs (Mt 6:26; w16.07 9-10 ¶11-13)

MAKE TIME TO MEDITATE (3 min.)

Although our lives are busy, we benefit greatly when we make time to meditate on the Bible and on God's creative works (w19.05 26 ¶1-2)

Jehovah cherishes those who make time to meditate [Read Malachi 3:16] (w12 12/1 11)

[Adhere closely to the outlined material, and observe the indicated timing of each section.

Not all cited texts need to be read or commented on. See *Ministry School* book, pages 52-55, 166-169]

TO BE COVERED IN 30 MINUTES

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