

No. 45 Follow the Way to Life

PLEASE NOTE: Highlight the practical value of the wisdom found in the book of Proverbs. Use experiences to illustrate how to apply the principles discussed. If you wish, you may use the artwork provided to illustrate points where indicated

LIFE IS A PRECIOUS GIFT (3 min.)

Life is a precious gift, and we should give thanks to the Giver of life, Jehovah God (Ps 36:9) Jehovah wants us to find satisfaction and joy in life (Ec 3:12, 13)

He provides wise instruction that can lead us to a happy life now and to everlasting life in the future

We show that we truly value the gift of life by working diligently to learn and apply Jehovah's instruction

PROVERBS GIVES GUIDANCE FOR A HAPPY LIFE (14 min.)

Let us consider wise counsel that can guide us to a happy life; it is found in the inspired book of Proverbs

How to maintain good physical and emotional health

Be moderate in habits; avoid overeating and heavy drinking (Pr 20:1; 23:20, 21)

Shun sexual immorality (Pr 6:23-29, 32; w06 6/15 28 ¶14)

Control your emotions instead of losing your temper (Pr 14:30; 29:11)

Strive to maintain a positive attitude; avoid pessimism (Pr 15:15; 17:22; 24:10)

How to cultivate a balanced view of money and material things

Be a diligent worker (Pr 13:4; 14:23)

Maintain balance; keep secular work in its proper place (Pr 23:4)

Strive to be content and to live a simple life (Pr 11:28; 15:16, 17)

How to promote good relationships with others

Communicate peacefully (Pr 12:18; 15:1, 2, 28)

Be a good listener (Pr 18:13, 15)

Let go of resentment, and be ready to forgive (Pr 10:12; 17:9)

Be a loyal friend in good times and bad (Pr 17:17) [Image 1]

“THE FEAR OF JEHOVAH LEADS TO LIFE” (5 min.)

We may not always feel inclined to follow Jehovah's wise counsel; what can help us to do so?

We need both *love for God* and *fear of him* [Read Proverbs 19:23] (Mt 22:37)

Such fear is not morbid dread; rather, it is profound respect for Jehovah God and fear of displeasing him (Pr 8:13; w20.06 8 ¶1)

Ask Jehovah to help you follow his guidance even when you find it difficult to do so (Ps 86:11)

As you do so, you will see that following God's guidance always brings beneficial results (Pr 3:5, 6)

YOU CAN GAIN EVERLASTING LIFE (5 min.)

By applying Bible teachings, you can gain everlasting life [Read John 17:3]

Jesus plays the central role in God's arrangement for humans to gain everlasting life (Joh 3:16; 14:6)

To gain life, we must exercise faith in Jesus (Joh 3:36; w19.08 28 ¶1-3)

Jesus said that most people would not follow the course that leads to everlasting life (Mt 7:13, 14)

Is the road to life so restrictive that it takes the joy out of living now? No

Obedying Jehovah and Jesus leads to a full and satisfying life with no regrets (Pr 4:10-13)

FOLLOW JEHOVAH'S WAY TO LIFE! (3 min.)

Take advantage of Jehovah's provisions to help you find the way to life and to remain on it
(Pr 13:14)

Pray to Jehovah, and ask him for help to apply what you learn from his Word (Pr 15:29)

At congregation meetings, you can gain more instruction and find upbuilding association
(Pr 1:5)

Mature members of the congregation, including elders, can help you discern and apply Bible principles (Pr 11:14)

With Jehovah's help, you can overcome challenges and succeed in following the way to life

[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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