

A photograph of a person meditating with their hands in a prayer position (Anjali Mudra) on a wooden table. The person is wearing a white long-sleeved shirt. The scene is dimly lit, with a glass of water on the left. The word "Meditation" is written in a white, cursive font across the center of the image, underlined.

# Meditation

# *These Things*

**1 Timothy 4:11-16**

**<sup>11</sup>These things command and teach.**

**<sup>12</sup>Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. <sup>13</sup>Till I come, give attention to reading, to exhortation, to doctrine. <sup>14</sup>Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership.**

**<sup>15</sup>Meditate on these things;**

**give yourself entirely to them, that your progress may be evident to all.**

**<sup>16</sup>Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you.**

**I Timothy 4:11-16 (NKJV)**