

Commands by Jesus

In the post earlier by Nina Allison about keeping the Sabbath, there were some interesting comments.

I mentioned that the pastor from my Catholic parish put together a document outlining the 46 commandments that Jesus gave out in the gospels. Some people commented about being interested in reading them.

When you read them one after another, it can become uncomfortable at how high the bar is set (at least I feel that way).

My priest often frames this list with a joke or two about how some parishioners (who don't know their bible or faith all that well) will come to him with problems like family feuds between siblings that go on for years (just one example), and they will comment about how they follow the 10 commandments. At which point my priest will say, "you follow the 10 commandments? Congratulations, you're Jewish. We have 46. The bar is set much higher for us".

Here it is:

COMMANDMENTS OF JESUS IN THE FOUR GOSPELS

1. REPENT: "From that time Jesus began to proclaim, 'Repent, for the kingdom of heaven has come near.'" (Mt 4:17)
2. REJOICE: "Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you." (Mt 5:12)
3. LET YOUR LIGHT SHINE BEFORE OTHERS BUT GIVE GLORY TO GOD: "In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven." (Mt 5:16)
4. SETTLE MATTERS QUICKLY WITH YOUR ADVERSARY: "Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison." (Mt 5:25)
5. GET RID OF WHATEVER CAUSES YOU TO SIN: "If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell." (Mt 5:29-30)
6. KEEP YOUR WORD AND LET YOUR WORDS MATCH WHAT'S IN YOUR HEART: "But I say to you, Do not swear at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not swear

by your head, for you cannot make one hair white or black. Let your word be “Yes, Yes” or “No, No”; anything more than this comes from the evil one.” (Mt 5:34-37)

7. PRACTICE NONVIOLENT RESISTANCE: “You have heard that it was said, “An eye for an eye and a tooth for a tooth.” But I say to you, Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also” (Mt 5:38- 39)

8. GIVING MORE THAN IS DEMANDED: “and if anyone wants to sue you and take your coat, give your cloak as well; and if anyone forces you to go one mile, go also the second mile. Give to everyone who begs from you, and do not refuse anyone who wants to borrow from you.” (Mt 5:40-42)

9. LOVE YOUR ENEMIES: “You have heard that it was said, “You shall love your neighbour and hate your enemy.” But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous.” (Mt 5:43-45)

10. BE PERFECT: “Be perfect, therefore, as your heavenly Father is perfect.” (Mt 5:48)

11. GIVE TO PLEASE GOD, PRAY TO PLEASE GOD AND FAST TO PLEASE GOD; NOT TO BE SEEN: “Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.” (Mt 6:1)

12. THIS, THEN, IS HOW YOU SHOULD PRAY: “Pray then in this way: Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one. For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.” (Mt 6:9-15)

13. DO NOT STORE UP TREASURES ON EARTH: “Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” (Mt 6:19-21)

14. DO NOT WORRY ABOUT YOUR NEEDS: “Therefore I tell you, do not worry about your life, what you

will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?" (Mt 6:25-26)

15. PLACE GOD FIRST: "But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well." (Mt 6:33)

16. DO NOT WORRY ABOUT TOMORROW: "So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today." (Mt 6:34)

17. DO NOT JUDGE: "Do not judge, so that you may not be judged. For with the judgment you make you will be judged, and the measure you give will be the measure you get." (Mt 7:1-2)

18. GUARD WHAT IS SACRED: "Do not give what is holy to dogs; and do not throw your pearls before swine, or they will trample them under foot and turn and maul you." (Mt 7:6)

19. ASK, SEEK, AND KNOCK: "Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you." (Mt 7:7)

20. DO UNTO OTHERS: "In everything do to others as you would have them do to you; for this is the law and the prophets." (Mt 7:12)

21. CHOOSE THE NARROW GATE: "Enter through the narrow gate; for the gate is wide and the road is easy that leads to destruction, and there are many who take it. For the gate is narrow and the road is hard that leads to life, and there are few who find it." (Mt 7:13-14)

22. BEWARE FALSE PROPHETS: "Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves." (Mt 7:15)

23. EXERCISE SPIRITUAL POWER WITHOUT EXPECTING ANYTHING IN RETURN: "Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment." (Mt 10:8)

24. BE AS SHREWD AS SERPENTS AND INNOCENT AS DOVES: “See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves.” (Mt 10:16)

25. COME TO ME ALL WHO LABOUR AND ARE OVERBURDENED: “Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.” (Mt 11:29)

26. HONOUR YOUR PARENTS: “For God said, “Honour your father and your mother,” and, “Whoever speaks evil of father or mother must surely die.” (Mt 15:4)

27. DO NOT DEPISE CHILDLIKE BELIEVERS: “Take care that you do not despise one of these little ones; for, I tell you, in heaven their angels continually see the face of my Father in heaven.” (Mt 18:10)

28. SETTLE DISPUTES BETWEEN BELIEVERS IN THIS MATTER: “If another member of the church sins against you, go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one. But if you are not listened to, take one or two others along with you, so that every word may be confirmed by the evidence of two or three witnesses. If the member refuses to listen to them, tell it to the church; and if the offender refuses to listen even to the church, let such a one be to you as a Gentile and a tax-collector.” (Mt 18:15-17)

29. LEAD BY BEING A SERVANT: “but whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be your slave” (Mt 20:26-27)

30. LOVE THE LORD AND LOVE YOUR NEIGHBOUR: “He said to him, ‘ “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.” This is the greatest and first commandment. And a second is like it: “You shall love your neighbour as yourself.” (Mt 22:37-39)

31. DO NOT EXALT YOURSELF “But you are not to be called rabbi, for you have one teacher, and you are all students. And call no one your father on earth, for you have one Father—the one in heaven. Nor are you to be called instructors, for you have one instructor, the Messiah. The greatest among you will be

your servant. All who exalt themselves will be humbled, and all who humble themselves will be exalted.”

(Mt 23:8-12)

32. CARE FOR THOSE IN DISTRESS: “Then the king will say to those at his right hand, “Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.” (Mt 25:34-36)

33. GO AND MAKE DISCIPLES OF ALL NATIONS, BAPTIZING THEM AND TEACHING THEM TO OBEY JESUS’

COMMANDMENTS: “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.” (Mt 28:19-20)

34. DO NOT OPPOSE OTHER CHRISTIAN GROUPS: “John said to him, ‘Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us.’ But Jesus said, ‘Do not stop him; for no one who does a deed of power in my name will be able soon afterwards to speak evil of me. Whoever is not against us is for us.’” (Mk 9:38-40)

35. HAVE COMPLETE FAITH IN GOD: “Jesus answered them, ‘Have faith in God. Truly I tell you, if you say to this mountain, “Be taken up and thrown into the sea”, and if you do not doubt in your heart, but believe that what you say will come to pass, it will be done for you. So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” (Mk 11:22-24)

36. FORGIVE: “Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses” (Mk 11:25-26)

37. BE MERCIFUL: “Be merciful, just as your Father is merciful.” (Lk 6:36)

38. TAKE UP YOUR CROSS: “Then he said to them all, ‘If any want to become my followers, let them deny themselves and take up their cross daily and follow me.’” (Lk 9:23)

39. DO AS THE GOOD SAMARITAN DID: “ He said, ‘The one who showed him mercy.’ Jesus said to him, ‘Go and do likewise” (Lk 10:37)

40. YOU MUST BE READY FOR THE SECOND COMING: “You also must be ready, for the Son of Man is coming at an unexpected hour.” (Lk 12:40)

41. DO THIS IN REMEMBRANCE OF ME: “Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, ‘This is my body, which is given for you. Do this in remembrance of me.’ And he did the same with the cup after supper, saying, ‘This cup that is poured out for you is the new covenant in my blood.” (Lk 22:19-20)

42. YOU MUST BE BORN AGAIN: “Do not be astonished that I said to you, “You must be born from above” (Jn 3:7)

43. YOU SHOULD ALSO WASH ONE ANOTHER’S FEET: “So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet.” (Jn 13:14)

44. OBEY WHAT I COMMAND: “If you love me, you will keep my commandments”. (Jn 14:15)

45. REMAIN IN ME AND I WILL REMAIN IN YOU: “Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me.” (Jn 15:4)

46. LOVE ONE ANOTHER AS I HAVE LOVED YOU: “This is my commandment, that you love one another as I have loved you.” (Jn 15:12)

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