Jesus Has Power to Save Us

Text & Commentary  Tibetan-English Edition
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In this book are short stories about the Saviour of the world, Jesus Christ. Their main focus is the great miracles He did, such as driving out evil spirits, forgiving sins, healing diseases, calming a great storm and even conquering death. He did such miracles to show all people that He is the Son of God, who gives eternal life to all who have faith in Him.

Because the Lord Jesus is the Son of Almighty God, He has power not only to save all who put their trust in Him, He has power to forgive sin, power to take away the things that cause us to feel shame, power to restore broken relationships with other people, power to drive out evil spirits, power to heal various diseases, power to save us from family problems, and power to take away defilement.

He has power to deliver us from death and hell, and to give us eternal life.

If you would like to know how the Lord Jesus can do these things, read or listen to these brief stories.

The Lord Jesus was born during China's Han dynasty in a land called Israel, in western Asia.

He grew up in the small village of Nazareth in the home of His father Joseph and His mother Mary.
སུ་ཁོང་གིས་ཡི་སི་ར་ཨེལ་པ་རྣམས་ལ་དཀོན་མཆོག་གིས་ཁོ་ཚོའི་སེམས་ལ་དབང་མཛད་པའི་དུས་ལ་འབབ་ཡོད་པ་བསྒྲགས། ཁོང་གིས་དེ་ལ་དཀོན་མཆོག་གི་རྒྱལ་སྲིད་ཅེས་གསུངས།  དཀོན་མཆོག་གི་རྒྱལ་སྲིད་ཞུགས་པའི་ཆེད་དུ་མི་རྣམས་ཀྱིས་སྤྱོད་པ་ངན་པ་རྣམས་སིང་ཏེ་སེམས་བསྒྱར་ནས་དཀོན་མཆོག་ལ་བརྩེ་བར་འཛིན་ཞིང༌།  ཁྱིམ་མཚེས་རྣམས་ལ་བྱམས་དགོས་པར་ཁོང་གིས་ཆོས་བསྟན།  དེ་ལྟར་བྱས་པའི་མི་རྣམས་ཀྱིས་དད་པ་བྱེད་པ་དང་སྤྱོད་པ་ངན་པ་རྣམས་སིང་ཏེ་སེམས་བསྒྱར་བ་མཚོན་པའི་ཆེད་དུ་ཁྲུས་གསོལ་ཞེས་ཟེར་བའི་ཆོས་ཞིག་བླངས།

When Jesus was 'about thirty years of age', He proclaimed to the people of Israel that it was time for God to rule in their hearts… He called this rule 'the kingdom of God'… He taught that to enter God's kingdom, people must repent of their evil deeds and love God and their neighbors… Those who did so received a washing ritual called baptism to show their repentance and faith…

Jesus called twelve disciples to follow Him and help Him in His work… Together with them, He traveled throughout Israel, teaching the people about the Kingdom of God. While doing so, Jesus healed people with many different diseases, such as paralysis, blindness, and leprosy. He drove out evil spirits by His word alone… Three times He restored dead people to life. While doing such things, Jesus clearly showed the people of Israel that he was the Saviour God had promised to send to Israel to save people from their sins… As Jesus said, "I am the resurrection and the life… Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die…"

One of Jesus’ disciples was a man named Peter. According to tradition, Peter had a secretary named John Mark. About 60 A.D, Mark wrote a book about the life of the Lord Jesus. This book is called the Gospel of Mark. It is short, easy to read, and clearly explains God’s way of salvation. It is the second book of the New Testament, which is part of God’s holy word, the Bible. These short stories in this book are all taken from the Gospel of Mark. As you read or listen to them, think carefully about your own situation and how the Lord Jesus can help you…

After reading or listening to these stories, please share them with others; may God bless you as you do so.
Section One:
The Good News of the Lord Jesus

Jesus and God’s Good News
(Mark 1:1)

Scripture Text
1 This is the beginning of the good news about Jesus the Messiah, the Son of God.

Explanation
These stories about the Lord Jesus Christ are taken from God’s Holy Bible. The Holy Bible tells us that at the beginning of time, Almighty God made this world and all the people in it. Almighty God is like a father who loves the people He has made. God sent His Son, the Lord Jesus Christ, into our world to tell us about His love and to show us what it is like. This message of love is called God’s good news. In reading or hearing the following true stories, you will learn about this good news.
1. **Questions and Answers**
   1. Who made the world? A: Almighty God made the world, and all that is in it.
   2. Who wrote the Bible? A: God wrote the books of the Bible through prophets whom He chose.

2. **Discussion Questions**
   Q: What is God’s good news?

3. **Scripture Text**
   14 Jesus went into Galilee...
   
   15 "The time has come," he said...

4. **Explanation**
   Jesus proclaimed that the time had now come for God to rule directly in the hearts of his people. He called this rule 'the kingdom of God'. What He meant by this is as follows. According to different religious traditions, the people of this world try to gain merit by observing religious rules or by doing various good deeds.

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**Jesus Proclaims God’s Good News**

2.1 **Introduction** Jesus was born about 2,000 years ago in a country called Israel. (Israel is in west Asia, about 5,000 kilometers from China.)

2.2 **Scripture Text** Jesus went into Galilee. He preached the good news of God. "The time has come," he said. "The kingdom of God has come near. Turn away from your sins and believe the good news!"

2.3 **Explanation** Jesus proclaimed that the time had now come for God to rule directly in the hearts of his people. He called this rule 'the kingdom of God'. What He meant by this is as follows. According to different religious traditions, the people of this world try to gain merit by observing religious rules or by doing various good deeds.
Section Two: The Lord Jesus Has All Power
Jesus Drives Out an Evil Spirit
(Mark 1:21-28)

1 Introduction After calling His first disciples, Jesus led them to a town called Caper- naum, on the shore of the Sea of Galilee. In this place was a synagogue where people gathered to worship Almighty God. Jesus went there to teach, and many people gathered to listen to Him. Among His hearers was a man possessed by an evil spirit.

2 Scripture Text
21 Jesus and those with him went to Capernaum. When the Sabbath day came, he went into the synagogue. There he began to teach. That’s because he taught them like one who had authority. He did not talk like the teachers of the law.

22 Just then a man in their synagogue cried out. He was controlled by an evil spirit. That spirit cried out and said, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!”

23 Jesus replied, “I say to you, you are controlled by demons. Go on your way. The kingdom of God has come near.”

24 When those demons had been driven out, the people asked him for a sign to prove that it was really he who spoke the truth. Jesus replied, “I will give you one more proof. But I say to you, go and tell John the evidence of what you saw and heard. The blind can see and the lame walk, and those possessed by demons are released. This is the evidence of God’s Kingdom that has come near.”

25 Discussion Questions
Q: According to the good news of the Lord Jesus, what should people do?

26 “Jesus was later driven by the Spirit into the desert to be tempted by the devil. After fasting for forty days and nights, he was hungry. The devil came to him and said, ‘If you are the Son of God, tell these stones to become bread.’ Jesus answered, ‘It is written:’

“‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’

Then the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. ‘All this will be yours,’ the devil said, ‘if you fall at my feet and worship me.’ Jesus answered, ‘Be it done to me as you say.’

Then the devil left him and an angel from heaven came to his aid. Jesus returned to the dead city of Nazareth and taught them. They were amazed at His teaching and said, ‘Where did this man get these things? What kinds of wisdom has he? What kinds of rituals? God’s good news is that they no longer have to do these things. By giving up evil things that displease God, and by believing in the Lord Jesus alone, people can enter God’s kingdom. When they do so, they can receive God’s gifts of peace, joy, and eternal life. This teaching is the good news of salvation by faith in the Lord Jesus.”

Section Two:
The Lord Jesus Has All Power
Jesus Drives Out an Evil Spirit
(Mark 1:21-28)

2.1 Introduction After calling His first disciples, Jesus led them to a town called Caper- naum, on the shore of the Sea of Galilee. In this place was a synagogue where people gathered to worship Almighty God. Jesus went there to teach, and many people gathered to listen to Him. Among His hearers was a man possessed by an evil spirit.

2.2 Scripture Text Jesus and those with him went to Capernaum. When the Sabbath day came, he went into the synagogue. There he began to teach. The people were amazed at his teaching. That’s because he taught them like one who had authority. He did not talk like the teachers of the law. Just then a man in their synagogue cried out. He was controlled
ན་ཙ་རེལ་པ་ཡེ་ཤུ །  ང་ཚོ་ཁྱེད་དང་འབྲེལ་བ་གང་ཡོད།  ཁྱེད་ཀྱིས་ང་ཚོ་མེད་པ་བཟོ་བར་ཕེབས་སམ།

ཁྱེད་སུ་ཡིན་པ་ངས་ཤེས་ཀྱི་ཡོད།  ཁྱེད་ནི་དཀོན་མཆོག་གི་སྐྱེས་བུ་དམ་པ་དེ་ཡིན་

“ཁ་རོག་སྡོད།  མི་དེའི་ལུས་ནས་ཐོན་ཅིག་

“ཞེས་བཤད།

འོན་ཀྱང་ཡེ་ཤུས་གདོན་འདྲེ་དེར་བཀའ་གནང་ནས་

ཁ་རོག་སྡོད།  མི་དེའི་ལུས་ནས་ཐོན་ཅིག་

“ཅེས་བཤད།

25 འོན་ཀྱང་ཡེ་ཤུས་གདོན་འདྲེ་དེར་བཀའ་གནང་ནས་

ཁ་རོག་སྡོད།  མི་དེའི་ལུས་ནས་ཐོན་ཅིག་

“ཅེས་བཤད།

26 མི་དེ་གཟའ་ཕོག་པ་ལྟར་ས་ལ་འགྱེལ་ནས་ཁོས་སྐད་ངན་ཆེན་པོ་བཏོན་ཞིང་

གདོན་འདྲེ་མི་གཙང་བ་དེ་མི་དེའི་ལུས་ནས་ཕྱིར་ཐོན།

27 མི་ཐམས་ཅད་ཧ་ལས་ཏེ་ཕན་ཚུན་གཅིག་

གསུངས་པ་དང༌།

28 འདི་བསྟན་པ་གསར་པ་ཡིན་ནམ།  ཁོང་གིས་དབང་

ཆ་ཆེན་པོས་གདོན་འདྲེ་མི་གཙང་བ་ལ་ཡང་བཀའ་གནང་སྟེ།  གདོན་འདྲེས་ཀྱང་ཁོང་

གི་བཀའ་ལ་ཉན་པར་བྱད་

3 3 Questions and Answers
1. Q: Why did God make the world? A: For His own glory.
2. Q: Why should we glorify God? A: Because He made us and takes care of us.

3 3 Discussion Questions
1. Q: What did the evil spirit know about Jesus? A: 
2. Q: How did Jesus drive out the evil spirit?

3 3 Explanation
In Jesus’ time, the synagogue leaders used to invite visiting experts in the Jewish religious law to teach the people. These experts taught the people what other experts before them had said. But Jesus preached based on His own authority as the Son of God. This amazed the people. As Jesus was speaking, the man possessed by the evil spirit cried out, “What have you to do with us, Jesus of Nazareth?” The evil spirit knew that Jesus was God’s holy One, and that He had authority to drive out wicked spirits. When the Lord Jesus commanded this spirit to come out of the man, it cried out in terror and fled. The people in the synagogue were astonished, for by doing this miracle Jesus clearly showed that His teaching was both true and powerful.
Jesus Heals All Diseases
(Mark 1:32-34)

41 Introduction: Jesus and His disciples left the synagogue and healed many other people in that district. Jesus' fame spread everywhere in Galilee, and great crowds followed Him wherever He went.

42 Scripture Text: That evening after sunset, the people brought to Jesus all who were sick. They also brought all who were controlled by demons. All the people in town gathered at the door. Jesus healed many of them. They had all kinds of sicknesses. He also drove out many demons. But He would not let the demons speak, because they knew who He was.

43 Explanation: According to the religious law, the seventh day of each week was the day of rest. On that day, the people of Israel were not allowed to do any work. The day of rest ended at about 6 o'clock in the evening, so about sundown many people brought sick and demon-possessed people to Jesus. He healed the sick people and drove out many evil spirits. The evil spirits knew that Jesus was God's Son, but He did not allow them to speak about this Jesus then left that place to preach and to heal in the surrounding towns.

44 Questions and Answers
1. Q: Are there more gods than one? A: There is only one God.
2. Q: What is this one God like? A: God is God, the Father, God the Son, and God the Holy Spirit. Though these three are not identical, they each have the exact same nature.

45 Discussion Questions
1. Q: When sick people came to Jesus, what did He do?
2. Q: When demon-possessed people came to Jesus, what did He do?
དེའི་ནང་ནས་མི་གི་དྲུང་དུ་འོངས། བཞི་ཡིས་གོམ་པ་སྤོ་མི་ཐུབ་པའི་ནད་པ་གཅིག་ཁུར་ནས་ཁོང་པའང་མེད། ཁོང་གིས་དཀོན་མཆོག་གི་བཀའ་བསྒྲགས་ ཤུ་ཡང་བསྐྱར་སྔོན་ལས་ལྷག་པར་ཡུལ་ཀུན་ཏུ་ཁྱབ་ཅིང༌། ཁོང་གྲོོང་ཁྱེར་གང་ལ་ཡང་མངོན་སུམ་དུ་ཕེབས་མ་ཐུབ། གྲོནས་གཏམ་མང་པོ་བཤད་ཅིང་གནས་ཚུལ་འདི་ཁྱབ་བསྒྲགས་བྱས་པས། སྟོན་པ་ཡེ་ཤུའི་སྙན་གས་གིས་མི་དེ་ལ་མི་གཞན་ལ་ཅི་ཡང་ལབ་མི་ཆོག་པའི་བཀའ་གནང་ན་ཡང༌། ཁོས་ལམ་སེང་ཕྱི་ལ་སོང་ཐུབ་ཡོང་ནས་ཁོང་ལ་སོང་ཐུབ་པའི་ནད་དག་པར་གྱུར། ཁོང་གྲོོང་ཁྱེར་ཀུན་ཏུ་ཁྱབ་ཅིང༌། 5.1 Introduction As Jesus went through Galilee, a man with leprosy came and begged him, “If you are willing, you can cleanse me of leprosy.” Jesus touched the man and at once he was healed. He told the man not to tell others about his healing, but he went out and talked freely to everyone. As a result, Jesus’ fame spread to every region even more than before, and He could no longer enter a town openly because of the crowds. 5.2 Scripture Text A few days later, Jesus entered Capernaum again. The people heard that he had come home. So many people gathered that there was no room left in the house; they made a hole by digging through the roof above Jesus. Then they lowered the man through it on a mat. Jesus saw their faith. So he said to the man, “Son, your sins are forgiven!” Some teachers of the law were sitting there. They were thinking, “Why is this fellow talking like that? He’s saying a very evil thing! Only God can forgive sins!” Right away Jesus knew what they were thinking. So he said to them, “Why are you thinking these things? Is it easier to say to this man, ‘Your sins are forgiven?’ Or to say, ‘Get up, take your mat and walk?’ But I want you to know that the Son of Man has authority on earth to forgive sins.” So Jesus spoke to the man who could not walk, “I tell you,” he said, “get up, take your mat and go home.” The man got up and took his mat. Then he walked away while everyone watched. All the people were amazed. They praised God and said, “We have never seen anything like this!” 5.3 Explanation While Jesus was teaching at Capernaum, four men carried to him a man who was unable to walk. Seeing their faith, Jesus said to the paralyzed man, “Son, your sins are forgiven.” Among the crowd were some experts in the Jewish religious law. When they heard
Jesus speak about the forgiveness of sins, they were offended, for no one but God can forgive sins. These experts did not believe that Jesus was God’s Son, or that He had power from God to forgive sins. That is why they accused Jesus of blaspheming God. According to the Jewish religious law, the penalty for blaspheming God was death. To show them that He really did have authority from God to forgive sins, the Lord Jesus healed the man, and commanded him to return home. The man got up and walked out in front of them all. By this miracle Jesus again showed clearly that His teaching was both true and powerful.

5.4 Discussion Questions
1. Why did Jesus say, “Son, your sins are forgiven”?
2. How did Jesus know what the teachers of the law were thinking?

5.5 Discussion Questions
1. Does God know all things? A: Yes, nothing can be hid from God.
2. Can God do all things? A: Yes, God always accomplishes His holy will.

Questions and Answers
1. Q: Does God know all things? A: Yes, nothing can be hid from God.
2. Q: Can God do all things? A: Yes, God always accomplishes His holy will.
Jesus Calms a Storm 
(Mark 4:35-41)

6.1 Introduction After healing the paralyzed man, Jesus left Capernaum and began to teach the people by the side of the Sea of Galilee. The crowd that gathered there was so large that He had to get into a boat and sit in it out on the lake, while all the people were along the shore at the water's edge.

6.2 Scripture Text When evening came, Jesus said to His disciples, “Let's go over to the other side of the lake…” 36 They left the crowd behind… 37 A wild storm came up… It was about to sink… 38 Jesus was in the back, sleeping on a cushion… The disciples woke him up… They said, “Teacher! Don’t you care if we drown?” 39 He got up and ordered the wind to stop… He said to the waves, “Quiet! Be still!”

6.3 Explanation As Jesus and His disciples were crossing the lake in a small boat, a big storm arose. The waves came into the boat and began to fill it, the disciples feared that all of them were about to die. They awakened Jesus, and at His command it became completely calm… Jesus knew that the disciples had been afraid because they lacked sufficient faith... He rebuked them for this, because He wanted them to understand that He was in fact the God who made the world... Almighty God has power to rule the winds, the waves, and all that He has created... While He was with the disciples, they had no reason to be afraid. God Himself was there to protect them. With His word alone, He is able to calm storms, heal diseases, and save people from sin.
6.4 Questions and Answers
1. Q: What does God’s holy law require us to do? A: That we obey God perfectly in all things.
2. Q: Can anyone keep the law of God perfectly? A: No human being can keep God’s law perfectly.

6.5 Discussion Questions
1. Q: How did Jesus stop the storm? 2. Q: What did the disciples say about Jesus when they saw this?

7.1 Introduction
Crossing the lake again, Jesus and the disciples were met by a man who lived among tombs and who was possessed by many demons. The man was so violent that no one could bind him, even with a chain. After Jesus had cast out these spirits, the people of the country became very afraid, and they begged Jesus to leave their region.

7.2 Scripture Text
Jesus went across the Sea of Galilee in a boat. It landed at the other side. There a large crowd gathered around him. Then a man named Jairus came. He was a synagogue leader. When he saw Jesus, he fell at his feet and begged Jesus, “Please come. My little daughter is dying. Place your hands on her to heal her. Then she will live.” So Jesus went with him.

While Jesus was still speaking, some people came from the house of Jairus. He was the synagogue leader. “Your daughter is dead,” they said. “Why bother the teacher anymore?”

Jesus Restores a Dead Girl to Life
(Mark 5:21-24 & 5:35-42)
Jesus heard what they were saying. He told the synagogue leader, “Don’t be afraid. Just believe.” He let only Peter, James, and John, the brother of James, follow him. They came to the home of the synagogue leader. There Jesus saw a lot of confusion and sobbing loudly. He went inside. Then he said to them, “Why all this confusion and sobbing? The child is not dead. She is only sleeping.” But they laughed at him. He made them all go outside. He took only the child’s father and mother and the disciples who were with him. And he went in where the child was. He took her by the hand and said to her, “Little girl, I say to you, get up!” The girl was 12 years old. Her name was Tabitha. She had been sick for many years. Jesus told her to get up, and she got up and began to walk around. The people were totally amazed at this.

73.3 Explanation A man named Jairus, the leader of a local synagogue, came to meet Jesus. His daughter was very sick, and so he asked Jesus to heal her. While on the way to Jairus’ house, a woman who had been ill for twelve years touched Jesus’ clothing and was healed. As Jesus was giving her a blessing, messengers from Jairus’ household came to tell him that his daughter had died. But Jesus paid no attention to this report, and encouraged Jairus to have faith in God. Taking three disciples with him, He entered Jairus’ home, took the girl’s hand, and said to her “Tabitha koum!” This means, “Little girl, I say to you, get up!” The girl was 12 years old. Right away she stood up and began to walk around. They were totally amazed at this.

73 A man named Jairus, the leader of a local synagogue, came to meet Jesus. His daughter was very sick, and so he asked Jesus to heal her. While on the way to Jairus’ house, a woman who had been ill for twelve years touched Jesus’ clothing and was healed. As Jesus was giving her a blessing, messengers from Jairus’ household came to tell him that his daughter had died. But Jesus paid no attention to this report, and encouraged Jairus to have faith in God. Taking three disciples with him, He entered Jairus’ home, took the girl’s hand, and said to her “Tabitha koum!” These words were not a mantra, but ordinary words in her native language. The girl immediately came to life again. In doing this, Jesus clearly showed that He has power to conquer death. Jesus later showed this power to everyone by raising others from death, and by rising from the dead himself.

4 This is the fifth example of Jesus’ supernatural power.

While in this world
Jesus Messiah
Drove out many evil spirits;
Banished sickness and sin;
Stilled a great storm;
And triumphed by conquering death;
And giving life again;
He is the Saviour for all peoples.
Questions and Answers


Discussion Questions

1. Q: Why did the people laugh at Jesus?

2. Q: How did Jesus bring the girl back to life?
of the lake. They thought it was a ghost and cried out in fear, but He said, ‘Be at peace, it is I.’ He got into the boat, and the disciples were completely astounded.

8.2 Scripture Text  “Again Jesus called the crowd to him. He said, ‘Listen to me, everyone. Everything that goes into a person from outside can make them ‘unclean’ by going into them. It is what comes out of them that makes them ‘unclean’.” Then he left the crowd and entered the house. His disciples asked him about this teaching. “Don’t you understand? Don’t you see? Nothing that enters a person from the outside can make them ‘unclean’.

It doesn’t go into their heart. It goes into their stomach, and believe in the Lord Jesus, God makes them completely holy God.

Now you listen. Nothing that enters a person from the outside can make them ‘unclean’. Everything that goes into a person is what makes them ‘unclean’. ‘Evil thoughts come from inside a person and make him unclean, but what comes out from a person is what makes him unclean.’ “

8.3 Explanation One day, some of the religious leaders of Israel came to meet Jesus. They saw that some of His disciples were eating food without first washing their hands, contrary to Jewish religious traditions. They thought that if someone did not wash their hands before eating, they might become defiled or unclean. But Jesus called the crowd to Him and said, “What goes into the body from outside is not able to make a man unclean. But what comes out from man’s mind, that is what makes him unclean.” He also taught that evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lust, jealousy, slander, pride, and rejecting God’s word make people unclean. These shameful acts ruin people’s relationship with a completely holy God. When people repent of such evil things, and ask God to forgive them, and believe in the Lord Jesus, God makes them clean, so they do not need to do purification rituals or burn incense.
Questions and Answers


2. Q: How can we become clean? A: By repenting of our sin and believing in the Lord Jesus alone.

Discussion Questions

1. Q: In everyday life, what things make people unclean?

2. Q: According to Jesus, what makes people unclean?
they were so afraid. 7 Then a cloud appeared and covered them. A voice came from the cloud.

It said, “This is my Son, and I love him.” They looked around. Suddenly they no longer saw anyone with them except Jesus.

9.3 Explanation Several days later, Jesus and three of the disciples went up a high mountain. There the Lord Jesus’ appearance changed in such a way that the disciples saw his unimaginable glory. Jesus was not an incarnate lama or a god or a Buddha, but God; the disciples saw Him as He really is: pure, powerful, and shining with glory. Moses and Elijah were two of God’s prophets who had taught the people of Israel many centuries before Jesus’ time; they appeared on the mountain and talked with Him. The disciples heard God say, “This is my beloved Son, listen to him.” The meaning of this saying is as follows: Jesus was God’s Son even before He was born. He often spoke of God as His Father. He was sent to this world by the Father to do His will. He did nothing without relying on God, and said only what God the Father told Him to say. He did all that God told Him to do. As God’s Son, He was like His Father God in all ways, and He was God. For this reason, He is able to save all who believe in Him.

9.4 Questions and Answers

1. What is repentance? A: To repent is to hate and forsake sin, because it displeases God.

2. What is God’s good news? A: If we repent and believe in the Lord Jesus, we will live with God in peace and joy forever.

9.5 Discussion Questions

1. Whose voice spoke to the disciples on the mountain?

2. What did this voice say to the disciples?
The Most Important Commandments
(Mark 12:28b-31)

10.1 Introduction After Jesus and the disciples came down from the mountain, they stayed a while in Galilee. Later they went to Israel's capital city, Jerusalem, where Jesus debated with the scribes and Israel's religious leaders.

10.2 Scripture Text One of the teachers of the law asked him, “Which is the most important of all the commandments?” 29 Jesus answered, “Here is the most important one…” Moses said, ‘Israel, listen to me. The Lord is our God. The Lord is one…” 30 Love the Lord your God with all your heart and with all your soul…” 31 And here is the second one…” There is no commandment more important than these.”

10.3 Explanation One of Jesus’ opponents came and asked Him a question about the religious law. There were over six hundred commandments in this law, and this man wanted to know which of them was the most important. Jesus spoke about two of them, namely, that we must love both God and others… These two commandments summarize the entire religious law and all the teaching of the prophets. From this we can learn the following four things: 1) Jesus answers the questions of all who sincerely seek to follow Him… 2) Since God is all-powerful, He is just one, for there cannot be two all-powerful gods… 3) Love of God is the greatest of all God’s gifts… If we love God with all our hearts, we will obey Him, for the love of God leads us away from sin and towards obedience… 4) Because in God’s sight our neighbor is just like us, we must love our neighbor as well… As the Scripture says, ‘If anyone who says, ‘I love God’ hates his own brethren, he is a liar…” If we love God and our neighbor, we fulfill God’s commands at every point…
Questions and Answers

1. Q: Why should we obey the Lord Jesus?
   A: Because He is God's beloved Son.

2. Q: Why is Jesus able to save all who believe in Him?
   A: Because He did God's will perfectly on our behalf.

Discussion Questions

1. What is the most important commandment?
2. What is the second most important commandment?

Scripture Text

10:4

10:4 Questions and Answers

1. Q: Why should we obey the Lord Jesus?
   A: Because He is God's beloved Son.

2. Q: Why is Jesus able to save all who believe in Him?
   A: Because He did God's will perfectly on our behalf.

Section Four: The Death and Resurrection of the Lord Jesus

Jesus Was Betrayed

(Mark 14:10-11 & 44-46)

11:1 Introduction After debating with Israel's religious officials, Jesus again taught His disciples...

11:2 Scripture Text "Judas Iscariot was one of the 12 disciples. He went to the chief priests to hand Jesus over to them. "They were delighted to hear that he would do this. They promised to give Judas money. So he watched for the right time to hand Jesus over to them.
“Judas, who was going to hand Jesus over, had arranged a signal with them. ‘The one I kiss is the man,’ he said. ‘Arrest him and have the guards lead him away.’ 45 So Judas went to Jesus at once. Judas said, ‘Rabbi!’ And he kissed Jesus. The men grabbed Jesus and arrested him… 

11 Questions and Answers
1. Q: Did Jesus know that one of His disciples would betray Him? A: Yes, He told His disciples so.
2. Q: If Jesus knew He would be betrayed, why did He not flee? A: God sent Jesus to suffer the penalty for our sin. Without His death, we would be lost.

11.5 Discussion Questions
1. Q: What did Judas Iscariot do?
2. Q: What did the chief priests promise to do for Judas in return?

Explanation
Although Judas Iscariot was one of Jesus' disciples, he was a greedy person and a thief. He carried the disciples' common purse, and he used to help himself to what was put into it. When the priests promised to give him money, he was glad. The leaders were also delighted when Judas came to them, for they wanted to arrest Jesus secretly. After Judas betrayed Jesus, there was a Jewish festival called 'Passover', when the Lord Jesus ate a special meal with his disciples. When they had all eaten, they went out to pray in a garden called Gethsemane. Judas the betrayer knew this place, and went there leading a crowd carrying swords and clubs. The kiss that he gave Jesus was the normal greeting between a Jewish teacher (called a 'rabbi') and a disciple.
Jesus Taken to Governor Pilate
(Mark 15:6-15)

12.1 Introduction When Jesus had been arrested, the guards led Him to a council of the religious leaders. This council did not have the legal authority to put anyone to death, so they sent Jesus to the governor of Judea, a man named Pontius Pilate.

When Jesus had been arrested, the guards led Him to a council of the religious leaders. This council did not have the legal authority to put anyone to death, so they sent Jesus to the governor of Judea, a man named Pontius Pilate.

12.2 Scripture Text It was the usual practice at the Passover Feast to let one prisoner go free. The people could choose the one they wanted. A man named Barabbas was in prison. He was there with some other people who had fought against the country's rulers. They had committed murder while they were fighting against the country's rulers.

The crowd came up and asked Pilate to do for them what he usually did. The crowd came up and asked Pilate to do for them what he usually did.

12.3 Explanation Governor Pilate customarily released one prisoner at each Jewish Passover festival. Incited by the religious leaders, the crowd asked for the murderer Barabbas to be released instead of Jesus. Pilate knew that Jesus was an innocent man, but to please the religious leaders, he decided that Jesus should be tortured to death on a cross. The soldiers led Him outside the city in order to do this.
Questions and Answers

Q: Did the Lord Jesus ever commit the smallest sin?
A: No, He was completely holy and without sin.

Q: Then how could the Son of God suffer?
A: Jesus became man so that He might suffer God’s punishment of our sins in our place.

Discussion Questions

Q: Why did Pilate want to release Jesus?

Q: Why did Pilate deliver Jesus to be killed on the cross?

Introduction

A Roman cross was an upright wooden beam on which a person was killed after being tortured. The Roman soldiers mocked Jesus, flogged Him, and then led Him away to be crucified.

Scripture Text

25 It was nine o'clock in the morning when they crucified him... 26 They wrote out the charge against him... It read, “The King of the Jews...”

33 At noon, darkness covered the whole land... It lasted three hours... 34 At three o'clock in the afternoon Jesus cried out in a loud voice, “Eloi, Eloi, lema sabachthani?” This means “My God, my God, why have you deserted me?”  35 Some of those standing nearby heard Jesus cry out... They said, “Listen! He’s calling for Elijah!”  36 Someone ran and filled a sponge with wine vinegar... He put it on a stick... He offered it to Jesus to drink... “Leave him alone,” he said... “Let’s see if Elijah comes to...”

Jesus Was Crucified

(Mark 15:25-26 & 33-39)
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“...” 13 With a loud cry, Jesus took his last breath. 14 The temple curtain was torn in two from top to bottom. 15 A Roman commander was standing there in front of Jesus. He saw how Jesus died. Then he said, “This man was surely the Son of God!”

13.4 Questions and Answers
1. Why was it necessary for the Lord Jesus to die? A: Jesus died in our place to deliver us from sin and restore our relationship with God.
2. Does Jesus’ death mean that all our sins can be forgiven? A: Yes, his death paid the penalty for our sin.

13.5 Discussion Questions
1. How do we know that Jesus really did die? A: The religious leaders were afraid of the crowds that followed Jesus. They thought the people might try to make him king by force. For this reason, they accused Jesus of raising a revolt against the government. They wrote the charge against Him as ‘King of the Jews.’ As Jesus suffered, He cried out in the Aramaic language, quoting a Bible prophecy of His death. Jesus did not suffer because He had previously done anything wrong, for He was the Son of a perfect and holy God, and He never sinned. After He died, the curtain in God’s temple was torn in two. This curtain divided two rooms in the temple, called the Holy Place and the Most Holy Place, where the Jews believed that God lived on earth. The tearing of the curtain symbolized that barrier between God and mankind had disappeared. From that time onward, every believer in Jesus has had direct access to God. Standing around Jesus’ cross were many witnesses of his death. One of them was an officer in the Roman army. Seeing Jesus’ death, he realized that He was God’s Son. There were other people there too: women named Mary Magdalene, Mary the mother of James, and Salome.

..."
Jesus' Body Was Put in the Tomb
(Mark 15:42-46)

14.1 Introduction According to the Jewish religious law, Jesus' body had to be taken down from the cross and buried in a tomb. It was very dangerous to do this, for the religious officials wanted to arrest Jesus' followers.

14.2 Scripture Text It was the day before the Sabbath. That day was called Preparation Day. As evening approached, Joseph went boldly to Pilate and asked for Jesus' body. Joseph was from the town of Arimathea. He was a leading member of the Jewish Council. He was waiting for God's kingdom.

14.3 Pilate was surprised to hear that Jesus was already dead. So he called for the Roman commander. He asked him if Jesus had already died.

The commander said it was true. So Pilate gave the body to Joseph. Then Joseph bought some linen cloth. He took down the body and wrapped it in the linen. He put it in a tomb cut out of rock. Then he rolled a stone against the entrance to the tomb.

14.4 Discussion Questions

1. Did Jesus really die? A. Yes, He was crucified, dead, and buried.

2. What did Joseph do with Jesus' body?

14.5 Explanation Joseph of Arimathea was a secret disciple of Jesus. While the women watched, Joseph took Jesus' body, put it in a new tomb, and closed it by rolling a large stone across the entrance. As the Jewish day of rest began, no one could do anything further.

14.6 Questions and Answers

1. Q: Did Jesus really die? A: Yes, He was crucified, dead, and buried.

2. Q: What did Jesus say about this? A: He said, "The greatest love is to lay down one's life for his friends." (John 15:13)
Jesus is Alive

(Mark 16:1-7)

Introduction
The religious officials thought that Jesus and His teaching had been destroyed, for they did not believe the prophecy that Jesus would come alive again from death.

Scripture Text
The Sabbath day ended. 1 The Sabbath day ended, and the women who had come with Jesus from Galilee followed, weeping and mourning. They had bought spices to embalm Jesus. 2 Very early on the first day of the week, they were on their way to the tomb. 3 They asked each other, "Who will roll the stone away from the entrance to the tomb?" 4 Then they looked up and saw that the stone had been rolled away from the tomb. 5 They entered the tomb. As they did, they saw a young man dressed in a white robe sitting on the right side of the tomb. He was sitting on the right side, and his face was like lightning. 6 "Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He is not here! See the place where they laid Him." 7 Go! Tell his disciples and Peter, 'He is going ahead of you into Galilee. You will see him as he told you.'

Discussion Questions
1. Q: Why were the women not able to find the body of Jesus? 2. Q: Did Jesus remain in the tomb? A: No, he went to heaven. 3. Q: Where is Jesus now? A: In heaven, interceding with God for sinners.

Questions and Answers
1. Q: Did Jesus remain in the tomb? A: No, he went to heaven. 2. Q: Where is Jesus now? A: In heaven, interceding with God for sinners.
Jesus Sends the Disciples to Proclaim the Good News

(Mark 16:15-16 & 19-20)

16.1 Introduction The disciples now understood that Jesus had power over life and death. He was not like a delog, who dies and comes back to life, but who will die again. Jesus was raised from death by God’s power. He died and now lives forever. He gives eternal life to all who repent of their sins and who have faith in Him. This is God’s good news.

16.2 Scripture Text He said to them, “Go into all the world...”

16.3 Explanation After rising alive from death, Jesus commanded His disciples to go out and proclaim the gospel to people of all nations. Some of these disciples went west to Europe, others went east to Asia. Over several centuries, they brought God’s good news to India, China, and the borders of Tibet. Now, millions of people in India and China have become followers of the Lord Jesus. Many Tibetans are hearing this good news. If you would like to know how the Lord Jesus can help you, please read or listen to the next chapters.
Questions and Answers

1. Q: What does Jesus’ resurrection mean to us?
   A: All who trust in Him receive a new life in this world and everlasting life in the next.

2. Q: Will the Lord Jesus come again?
   A: Yes, He will return to judge the world on the last day.

Discussion Questions

1. Q: What did Jesus tell His disciples to do?
   2. Q: Why are you hearing God’s good news today?
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ཐར་བར་འགྱུར་བའི་ཆེད་དུ་ཇི་ལྟར་བྱད་དགོས་པའི་སྐོར།

གཙོ་བོ་ཡེ་ཤུ་ལ་ངེད་རྣམས་གདོན་འདྲེ་དང༌། ནད་རིགས་མི་འདྲ་བ། སྡིག་པ། ངོ་གནོང།

ནང་མིའི་རྙོག་དྲ། ར་བཟི། གྲིབ། དམྱལ་ཁམས་བཅད་ལས་ཐར་བར་མཛད་པའི་དབང་ཡོད།

དཀའ་རྙོག་དེ་ཚོ་ཐམས་ཅད་ནི་ངེད་རྣམས་ཀྱི་སྡིག་པའི་རང་གཤིས་ཀྱི་འབྲས་བུ་ཡིན།

འོན་ཀྱང་གལ་ཏེ་ངེད་རྣམས་ཀྱིས་རེ་རེའི་སྤྱོད་པ་ངན་པ་རྣམས་སྤངས་ནས་སེམས་བསྒྱུར་ཏེ་ཁོང་ཁོ་ནར་དད་པ་བྱས་ན།

ཁོང་གིས་ཐར་པ་གནང་བར་འགྱུར་ངེས་ཡིན།

ཀྱིི་བཀའ་ལ་ཉན་ཅིང་ང་མངགས་མཁན་ཡབ་དཀོན་མཆོག་ལ་དད་པ་བྱེད་མཁན་ལ་དཔག་ཏུ་མེད་པའི་ཚེ་ཡོད་པ་དང༌།

མི་དེ་རྣམས་ཁྲིམས་གཅོད་མི་མྱོང་བར་འཆི་བ་ནས་གསོན་པོར་གྱུར་ཡོད་དོ་གཞིས་དང༌།

ཁྱེད་ཡིད་ཐང་ཆད་པ་དང་ཁུར་ཆེན་ས་གནོན་པ་ཐམས་ཅད་ངའི་རྩར་ཤོག  ངས་ཁྱེད་ལ་ངལ་གསོ་སྟེར་བར་བྱ།

དཀོན་མཆོག་གི་དམ་པའི་གསུང་རབ་ལྟར་གཙོ་བོ་ཡེ་ཤུ་ལ་དད་ལྡན་དུ་འགྱུར་བའི་ལམ་འདི་ལྟར་ཡིན།

18.1 ཐར་བར་འགྱུར་བའི་ཆེད་དུ་ཇི་ལྟར་བྱད་དགོས་པའི་སྐོར།  ནད་རིགས་མི་འདྲ་བ།  སྡིག་པ། ངོ་གནོང།

དཀའ་རྙོག་དེ་ཚོ་ཐམས་ཅད་ནི་ངེད་རྣམས་ཀྱི་སྡིག་པའི་རང་གཤིས་ཀྱི་འབྲས་བུ་ཡིན།

18.2 According to God’s Holy Bible, the way to become a follower of Jesus is “to confess with your mouth that Jesus is Lord and believe in Him alone.” This is the only way to escape from punishment in hell, for His power is greater than the power of hell.
There are many resources available on the gsungrab.org web site to help you... You can download a free copy of God's holy word, books that explain the Christian faith, language study books, and other resource materials... May God bless you as you read or listen to them, or discuss them with your friends.
If you would like to study further, please see these resources:

- Commentary on the Lord’s Prayer
- Commentary on the Apostles’ Creed
- Commentary on God’s Ten Commandments
  https://www.gsungrab.org/en/resources/

- English Textbook Book One
- English Textbook Book Two