JESUS GIVES US NEW LIFE
Jesus Gives Us New Life

A Radiant Light to the Ends of the Earth

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JESUS GIVES US NEW LIFE
In reading this book you will find out:

1. Who Jesus is.
2. What one of Jesus’ most famous teachings is all about.
3. What it means to be a follower of Jesus.
4. Why Tibetans are also followers of Jesus.
5. How you can believe in Jesus and follow Him.
Have you ever heard of the Lord Jesus? Have you wondered what Christianity is? In this book you’ll encounter the Lord Jesus through one of his most famous teachings, called the Sermon on the Mount. In this powerful discourse, the Lord Jesus himself clearly explains the foundations of Christianity. In this book you’ll learn why people all over the world are following Jesus today, and how you too can begin a new life through faith in him.
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12

15

23

(མད_5:1-3)
31 དེ་འབད་བོད།
ཿཉིད་བདེ་སུམ་པོ་བཞི་སོགས་གྲོས་ཐལ་
ཨམ་མ་བཞེར་བ་
(མད་པོ་ 5:4-6)

39 དེ་འབད་བོད།
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ཨམ་མ་བཞེར་བ་
(མད་པོ་ 5:7-9)

47 དེ་འབད་བོད།
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ཨམ་མ་བཞེར་བ་
(མད་པོ་ 5:10-12)

57 དེ་འབད་བོད།
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(མད་པོ་ 5:13-20)

69 དེ་འབད་བོད།
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ཨམ་མ་བཞེར་བ་
(མད་པོ་ 5:31-37)

77 དེ་འབད་བོད།
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ཨམ་མ་བཞེར་བ་
(མད་པོ་ 5:21-30)

85 དེ་འབད་བོད།
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ཨམ་མ་བཞེར་བ་
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111 དེ་འབད་བོད།
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Chapter One: Who is Jesus?

1.0 Today, many Tibetans are hearing about Jesus. Some want to know who he was and what he taught. Others have already decided to believe in him so that they may receive his gifts of peace and eternal life. The best way to find out why people believe in Jesus is to listen to his teachings. In this book, we will learn about one of Jesus’ most famous teachings. It is called ‘the Sermon on the Mount’.

1.1 In order to understand the Sermon on the Mount, we need to know something about Jesus and his people, the Jews. Jesus was born about 2,000 years ago in the land of Israel, in western Asia, during Han dynasty. He was raised in a...
small village called Nazareth, in the northern province of Galilee. When Jesus was about thirty years of age, he began to travel from place to place, teaching the local people. Jesus cared about those he taught, and he was always ready to help them. People brought to him all those who were suffering from various diseases and pains and, those possessed by demons and, people suffering from epilepsy and, those unable to walk and he healed them. Jesus used no mantras or rituals; he simply commanded sicknesses and demons to leave, and people were made well immediately. Three times he restored life to people who had died. In doing such miracles, Jesus proved to the Jewish people that he was their Messiah (the Saviour God had centuries before promised to Israel, to save people from their sin and shame). It was not long before Jesus’ fame spread everywhere, and great crowds followed him wherever he went.
1.2 The people who heard Jesus’ teachings were Jews. The Jews believed in the one all-powerful God who made the world and everything in it. In ancient times, this God spoke to certain Jews called prophets. Over several centuries, the prophets recorded God’s teachings and religious laws in a book called the holy Bible. The Jews studied the Bible very carefully, and some of them became experts in God’s religious law. Another group of ancient Jews, called the Pharisees, taught the people that they must obey God’s law by observing traditional customs, obeying rules, and performing religious rituals. The Pharisees and experts in the religious law did not worship God from their hearts, but only by obeying rules and performing rituals. But Jesus said that people must worship God sincerely, from the heart. So there was a disagreement between Jesus and the experts in the Jewish religious laws.

1.3 When the Pharisees and experts in the religious law saw the large crowds that followed Jesus, they became alarmed. They feared he wanted to lead
a revolt against the government, so they made a plot to arrest Jesus secretly and kill him. Jesus knew about this plot. He also knew that it was God’s will for him to die in order to save his people from their sin and shame. About AD 33, Jesus went to Jerusalem, Israel’s capital city. When he entered the city, a large crowd surrounded him, so that the whole city was stirred up. A few days later, the Jewish authorities secretly arrested Jesus. They brought him to the national council, where the chief priests and elders accused him of blasphemy. They sentenced him to death by being nailed to a cross. As the officials put him to death, Jesus prayed for God to forgive them. He experienced great suffering, but this was not at all because of anything he had done wrong. He suffered God’s punishment of the sins we have committed, so that we might be saved and our relationship with God might be restored. After Jesus died, his disciples put his body in a tomb outside the city of Jerusalem. His enemies thought no one would ever see him again. But then something happened that had never happened before.
1.4 On the morning of the third day after he was put to death, Jesus’ disciples went to his tomb and found it to be empty. In the following days, Jesus appeared to his disciples at least ten times. On one occasion he appeared to more than 500 people at once. The disciples realized that God had raised Jesus from the dead. This resurrection was not with the perishable body of a delog, for the Lord Jesus was made alive with a body that could never die again. A few days later Jesus sent out his disciples to go out and preach the good news to people of all nations. He then ascended into heaven, and now rules over his people and intercedes for them before God.

1.5 Beginning from Jerusalem, the disciples preached the good news about the Lord Jesus all over Asia, North Africa, and Europe. During the first century AD, the disciples and their associates wrote down the story of Jesus’ life and teachings. One of Jesus’ twelve disciples was a tax collector named Matthew. In the latter half of the first century, Matthew wrote a biography of Jesus. This bio-
graphy is called The Gospel According to Matthew, and it is the first book of the New Testament. (The New Testament is the second part of God’s holy Bible. If you would like to read it, you can download one for free from www.gsungrab.org.) In it, Matthew recorded five major teachings of the Lord Jesus. The first of these teachings was given on a hill near Israel’s Lake Galilee, so it is called ‘The Sermon on the Mount’. You can read or listen to this sermon in the next chapter.
Chapter Two:
Jesus Speaks to the Poor in Spirit
(Matthew 5:1-3)

2.0 Most believers pray before reading God’s word. Here is a sample prayer that you can pray before studying Jesus’ teachings in each chapter.

An Example Prayer
Heavenly Father, thank you for your Word. Help us to understand your Word today as we study it together. May your Holy Spirit reveal to us your truth and help us obey you. Amen.
2.1 Scripture Text

1 Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him.
2 And he opened his mouth and taught them, saying:

2.2 Explanation

Jesus went up onto a mountain along the shore of Lake Galilee in order to teach his disciples, and the crowds followed him. Although he welcomed the crowds, this teaching was only for his disciples, explaining to them what kind of character Christians should have. As we read or hear his teaching, we should think carefully about whether we ourselves have such a character.
2.3 Scripture Text

3 “Blessed are the poor in spirit, for theirs is the kingdom of heaven.”

2.4 Explanation

The Lord Jesus said that his disciples are ‘blessed’, which means that they have a right relationship with God. How did they receive such a right relationship with God? By means of God’s grace, they repented of their sins and believed in the Lord Jesus Christ alone. As soon as they believed, God forgave their sins (Romans 4:7) and came to live within them (John 14:23). From that time onward, God was making them holy. That holiness has eight characteristics.
2.5 Explanation

The first of these eight characteristics is that they are poor in spirit. All people have a sinful nature. This means we naturally seek our own interests before those of God or others. To get what we want, we say things that are not true. We deceive other people. We get angry and argue with our families. We get drunk and fight. We commit sexual immorality. We hate and even kill other people. Actions like this are called ‘sin’. God, who knows everyone’s heart and mind, knows our sinful actions, for nothing is hidden from his sight. God is completely righteous and hates what is evil, so our sin offends God. Sin ruins our relationship with God, causes us to feel shame in God’s sight and makes us worthy of God’s righteous punishment. Because of our sinful nature, we have no way to save ourselves from God’s eternal punishment in hell. So in God’s view, our trespasses and sins cause us to be as good as dead. The person who knows these things is poor in spirit.
2.6 Explanation

The Lord Jesus told a story about someone who was poor in spirit. He said, “Two men went up into the temple to pray, one a devout Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed, ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give you a tenth of all that I get.’ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ I tell you, this man went down to his house having a right relationship with God, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”
2.7 Explanation

In the Lord Jesus’ day, tax collectors were little different from thieves or robbers. This tax collector knew that he was a great sinner. He knew that all the good works he could ever do would not be enough to take away his sin and shame; all he could do was to plead for God’s mercy. And yet the Lord Jesus said that this man went home justified and having a right relationship with God. It is only people like this, who are poor in spirit, who can enter God’s kingdom. Such poverty of spirit is the foundation of faith in the Lord Jesus. Without it, we cannot have the other seven characteristics or be saved from the punishment of our sins in hell.

2.8 Key Point

The disciples of the Lord Jesus are poor in spirit.

Discussion Question

1. What does it mean to be poor in spirit?
Memory Verse
Blessed are the poor in spirit, for theirs is the kingdom of heaven. (Matthew 5:3)

A Prayer to Become Poor in Spirit
Lord Jesus, show me what my heart is, that I may be poor in spirit. Amen.
Chapter Three: Jesus Speaks to the Hungry and Thirsty
(Matthew 5:4-6)

3.0 Most people do not want to become poor. Yet the Lord Jesus taught that being poor in spirit can be a blessing. In the same way, most people do not want to mourn, or to humbly serve others, or to be hungry or thirsty. In this chapter, the Lord Jesus will explain how these experiences can be the basis of our salvation.
3.1 Scripture Text

4 “Blessed are those who mourn, for they shall be comforted.
5 Blessed are the meek, for they shall inherit the earth.
6 Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”

3.2 Explanation

The second characteristic is mourning. People who are poor in spirit grieve because of the evil of their own sin, and the sins of others. The Lord Jesus himself wept over the sins of the Jewish people. In later times, there was a member of the Jewish Pharisee party named Saul. Saul
was a blasphemer, a persecutor of God’s people, and a violent man. One day the Lord Jesus appeared to him. After meeting the Lord, Saul realized that his actions were evil, that he deserved God’s punishment, and that he could not save himself from that punishment. So he mourned because of his sins. He wrote of this experience, “Wretched man that I am! Who will deliver me from this body of death?” The Apostle James wrote, “Cleanse your hands, you sinners, and purify your hearts, you double-minded. Lament and mourn and weep. Let your laughter be turned into mourning and your joy into dejection”. Mourning for sin produces repentance, and when we repent of our sins, we receive God’s comfort, for he gives us salvation, forgiveness of sins, and a right relationship with himself.

3.3 Explanation
The third characteristic is meekness. Many centuries before Jesus’ teaching, God promised his people, “But the meek shall inherit the land, and delight themselves in abundant peace” (Psalm 37.11).
By nature, we think we are better than others. We are proud. We do not wish to obey others, but want them to obey us. But God knows our thoughts. He sees that we are being ruined by sin. To be meek is to see ourselves the way God sees us. Those who are poor in spirit mourn because of their sin. They are meek because they know that they do not deserve God’s mercy. But Jesus says that such people will become the owners of the whole earth. What does this mean?

3.4 Explanation
In ancient times, God’s people Israel lived as slaves in the country of Egypt. God promised to deliver them from slavery and give them a land of their own. In the same way, God has promised to deliver us from slavery to sin and give us a new heaven and a new earth, where there will be no sin or suffering. This will happen at the end of time, when the Lord Jesus returns to judge all sin. Those who are meek, who repent of their sin
...and who believe in Jesus as the Saviour of the world, he will greatly reward. As the Apostle James wrote, “Humble yourselves in God’s sight, and he will exalt you” (James 4:10). Those who continue to follow their own desires, who disobey God, and who do not repent of their sin, he will punish in hell.

3.5 Explanation
The fourth characteristic is hunger and thirst for righteousness. Those who are poor in spirit know that their relationship with God has been ruined by sin. Their sin makes them ashamed of having disobeyed God, so they mourn. They are meek because they see themselves as God sees them. They know that their only hope of salvation is to believe in the Lord Jesus Christ. For this reason, they want to obey God, to be free from sin, and to be holy; they want to have peace and joy and eternal life through a right relationship with God. Such people have two blessings. The first is that God does not count their sins against them. The second is the gift of hating sin and loving
the things that please God. The people who have these two blessings will be satisfied with God’s gift of salvation.

3.6 Key Point
Jesus’ disciples mourn for their sins. They are humble. They want to be free from their sins and have a right relationship with God.
Discussion Questions
1. What does it mean to mourn for our own sins, and those of others?
2. What are some ways you can be meek and humble?
3. How can you hunger and thirst for righteousness?

Memory Verse
Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. (Matthew 5:6)

A Prayer for the Renewal of Our Hearts
Lord Jesus, you have promised blessing to all who mourn for their sins, who are humble, and who want a right relationship with you. Let God the Holy Spirit renew our hearts, that we may manifest these three marks of your blessing, to the glory of God the Father. Amen.
Chapter Four: Jesus Speaks to the Merciful
(Matthew 5:7-9)

4.0 According to the teaching of the Sermon on the Mount, those who believe in the Lord Jesus are to be poor in spirit, mourn for their sins, and be humble. They want to be freed from their sins and to have a right relationship with God. But if they want to be complete, they will need three more characteristics. In this chapter, we will learn what those are.
4.1 Scripture Text

7 “Blessed are the merciful, for they shall receive mercy.
8 Blessed are the pure in heart, for they shall see God.
9 Blessed are the peacemakers, for they shall be called sons of God.”

4.2 Explanation

The fifth characteristic is mercy. Those who believe in the Lord Jesus show mercy to others because God has had mercy on them. They show mercy to those who have offended them, and they take care of the poor, widows, orphans, and those in need. Jesus told a story about mercy. He said,
“Once there was a king who wished to settle accounts with his servants. When he began to settle, one was brought to him who owed him one million gold coins. And since he could not pay, his master ordered him to be sold, with his wife and children and all that he had, and payment to be made. So the servant fell on his knees, imploring him, ‘Have patience with me, and I will pay you everything.’ And out of pity for him, the master of that servant released him and forgave him the debt. But when that same servant went out, he found one of his fellow servants who owed him a hundred silver coins, and seizing him, he began to choke him, saying, ‘Pay what you owe.’ So his fellow servant fell down and pleaded with him, ‘Have patience with me, and I will pay you.’ He refused and went and put him in prison until he should pay the debt. When his fellow servants saw what had taken place, they were greatly distressed, and they went and reported to their master all that had taken place. Then his master summoned him and said to him, ‘You wicked servant! I forgave you all that debt because you pleaded with me. And should not you have had mercy on your fellow servant, as
I had mercy on you?’ And in anger his master delivered him to the jailers, until he should pay all his debt.” If we wish to have mercy from God in his judgment at the end of time, we must show mercy to others now.

4.3 Explanation
The sixth characteristic is that they are pure in heart. Their behavior is holy. They want to please God in all that they think or do. One day, an expert in the religious law of the Jews asked Jesus, “Which of God’s commandments is the most important of all?” Jesus answered, “The most important is, ‘Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’” This is purity of heart. God’s people love him with a pure heart by denying themselves and wholeheartedly depending on the Lord. Those who do so will be blessed. They shall see God by faith now, and by sight at the end of time.
4.4 Explanation

The seventh characteristic is that they are peacemakers. Although sin offends God, he sent the Lord Jesus into this world to make peace between himself and sinners. Since God has done so, his people should also make peace with others. For this reason, it is written in the Scriptures, “Strive for peace with everyone, and for the holiness without which no one will see the Lord.” People who make peace in this way will be called ‘sons of God’, which means they imitate God’s holy character.

4.5 Key Point

Jesus’ disciples show mercy to others. They do God’s will, and make peace with those who are alienated.
Discussion Questions
1. Why should we be merciful to others?
2. What is purity of heart?
3. How can I make peace with someone who is at odds with me?

Memory Verse
Blessed are the merciful, for they shall receive mercy. (Matthew 5:7)

A Prayer That We May Show God’s Grace to Others
Lord Jesus, we thank you for giving us the Father’s forgiving grace. Help us to show that grace to others, so that we may be merciful, just as our Father is merciful. Amen.
Chapter Five: Jesus Speaks to the Persecuted
(Matthew 5:10-12)

5.0 The Lord Jesus once said to his disciples, “Remember the word that I said to you, ‘A slave is not greater than his master.’ If they persecuted me, they will also persecute you” (John 15:20). In this chapter, Jesus explains how persecution can be a cause for rejoicing.
5.1 Scripture Text

10 "Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. 11 Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. 12 Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you."

5.2 Explanation

The eighth characteristic is that they are persecuted for righteousness. If God’s people want to please him in all they think or do, why should others persecute them? The people of this world want to live according to their own desires and to lord it over others. They insist that
others obey and serve them. Sometimes they demand that God’s people do things that are against God’s law, such as deceiving others or saying things that aren’t true. If God’s people will not do such wicked things, the people of this world will say all kinds of evil things about them and persecute them. As Jesus said, “If they persecuted me, they will persecute you also”, and so it happened. After Jesus’ resurrection, the disciples went out to proclaim the good news of salvation. The Jewish officials arrested the disciples, beat them, and told them not to speak about the Lord Jesus anymore. When the disciples left the court, they rejoiced greatly that they had been counted worthy to suffer for the Lord, and continued to do what he had commanded. The Lord Jesus said that if we are persecuted in this way for his sake, it is a sign that we are obeying God. So we should rejoice because we have a great reward in God’s heaven.
### Table 1: Characteristics of the People of This World and of Christians

<table>
<thead>
<tr>
<th>Characteristics of the People of This World</th>
<th>Characteristics of Christians</th>
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<tbody>
<tr>
<td>1 Self-important</td>
<td>Poor in spirit</td>
</tr>
<tr>
<td>2 Rejoice in sin</td>
<td>Mourn for sin</td>
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<tr>
<td>3 Proud</td>
<td>Humble</td>
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<tr>
<td>4 Bad relationship with God</td>
<td>Desire a right relationship with God</td>
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<tr>
<td>5 Not merciful, lacking compassion</td>
<td>Merciful</td>
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<tr>
<td>6 Evil in heart</td>
<td>Pure in heart</td>
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<tr>
<td>7 Rejoice in discord</td>
<td>Peacemakers</td>
</tr>
<tr>
<td>8 Praised by the people of this world</td>
<td>Persecuted by people of this world</td>
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</tbody>
</table>

1. Self-important
2. Rejoice in sin
3. Proud
4. Bad relationship with God
5. Not merciful, lacking compassion
6. Evil in heart
7. Rejoice in discord
8. Praised by the people of this world
5.3 Summary

The Lord Jesus said that his disciples must be poor in spirit; that is, they know that because of sin, they are worthy of God’s eternal punishment. Jesus’ disciples mourn because of their sin and because of the sins of others. Because they are poor in spirit and mourn for their sins, the disciples are humble. They are patient with the sins of others because they know that God is patient with them. Knowing that their sin ruins their relationship with God, they hunger and thirst for that relationship to be restored. They are merciful to others because they know God has had mercy on them. They seek God with pure hearts because their desire is to please him by becoming holy. They know that the Lord Jesus’ sacrifice made peace between God and man, so they make peace between themselves and others. They speak God’s truth and behave according to God’s law of love, so they are persecuted by the people of this world. Jesus said that his disciples are blessed if they have these eight characteristics.
5.4 Application: The Eight Characteristics

These are the things that the Lord Jesus taught his first disciples many centuries ago. But those twelve men are not Jesus’ only disciples. All who believe in the Lord Jesus today are also his disciples. What Jesus said in ancient times to his first disciples, he also says to us today. When we read or hear these teachings we may think, “How is it possible to get rid of pride, selfishness, and other sins; to consider others more important than ourselves; to forgive others when they harm us, or to be reconciled to enemies?” If we lack faith in Jesus, doing such things is impossible. Though some have tried to live in this way without God, they did not succeed. Only those who believe in the Lord Jesus have the eight characteristics, because the characteristics are the result and not the cause of faith in him. The Lord Jesus meant for his teachings to be put into practice. Repentance and faith in Jesus is like a foundation, and the eight characteristics are like the building erected on it. If we put Jesus’ teachings into practice by means of the power of God the Holy Spirit, we will behave in a way that pleases God. This is the proof that we have entered God’s kingdom.
5.5 Key Point
Only those who repent and believe in the Lord Jesus have the eight characteristics. These characteristics are the result and not the cause of faith in the Lord Jesus.

Discussion Questions
1. What should we do when people say evil things about us because we follow Jesus?
2. How are the eight characteristics of a Christian and the ninefold fruit of the Spirit produced? (See Galatians 5:22-23)

Memory Verse
Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. (Matthew 5:10)
A Prayer for the Eight Characteristics

Holy Lord, according to your word, if we say we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, you are faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. Show us our faults, so that we may become poor in spirit, mourn for our sins, be humble, desire a right relationship with you, be merciful to others, become pure in heart, make peace with others, and patiently endure persecution. We ask these things in the name of the Lord Jesus. Amen.
6.0 In the previous chapters, we learned that those who believe in the Lord Jesus have eight characteristics: they are poor in spirit, they mourn for their sins, they are meek, they want to have a right relationship with God, they show mercy, they are pure in heart, they make peace with others, and because of these things, they are persecuted by the people of this world. In this chapter we will see what effects these eight characteristics have upon this world.
6.1 Scripture Text

13 “You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people’s feet.

14 You are the light of the world. A city set on a hill cannot be hidden.

15 Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house.

16 In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”

6.2 Explanation

Having taught his disciples about the eight characteristics, Jesus now spoke about God’s grace. Even though, because of sin, we are unworthy of God’s love for us, God still cares for us. God’s care for those unworthy of his love is known as God’s grace. Grace is a gift of God.
God gives us his grace so that we may believe in the Lord Jesus Christ (Ephesians 2:8-9). Without such grace, we cannot believe in the Lord Jesus or be saved. Grace works in our hearts to produce the eight characteristics and the new nature. This new nature is completely unlike the sinful nature of the people of this world. By means of the new nature, believers do good works which glorify God. To make this point clear, the Lord Jesus gave the example of salt. In U-Tsang there is the custom of putting salt in tea. As salt gives flavor to tea, so also God's grace gives this new nature to believers. As it is impossible for salt to lose its taste, so also it is impossible for real believers to lose the new nature, for it is the gift of God (Romans 11:29). False believers (Matthew 13:3-9) do not have the new nature, and so they live like the people of this world. They are useless in God's kingdom. What is useless is thrown out into the street and trodden underfoot. Jesus also said that his disciples are like light in the world. By means of light, we can see things. When the disciples live in the way Jesus commands, the people of this world will see the good works produced by their new
nature, and praise God’s grace and goodness.
Jesus Came to Do God’s Will

6.3 Scripture Text

“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished. Therefore whoever relaxes one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”
6.4 Explanation

The Lord Jesus went through northern Israel healing all kinds of diseases, casting out demons, performing miracles, and teaching the people. The crowds who followed him were amazed, for he did not speak or act like the experts in their religious law. For this reason, some of the Jewish religious leaders thought that Jesus wanted to change God’s law and the teachings of the prophets. But the Lord Jesus said that he did not come to abolish the authority of the law or the teachings of God’s prophets, but to fulfill them. He fulfilled the predictions of the prophets who said that God would send a saviour to save the people from their sins. He fulfilled the purpose of the law’s religious rituals by becoming the perfect sacrifice for our sin. And he fulfilled God’s laws by obeying them without fault. By fully obeying the law, teaching its true meaning, and doing all the things that God’s prophets said he would do, Jesus proved that he was the Saviour of the world. In this way, Jesus fully accomplished the purpose for which God’s law had been given.
6.5 Explanation

Many centuries before Jesus was born, God spoke to a Jewish prophet called Moses. God gave Moses many religious laws for the Jewish people to obey. The most famous of these laws is the Ten Commandments. (See Leviticus 20:1-17 and Deuteronomy 5:6-21). See Commentary on God’s Ten Commandments. Available for download from www.gsungrab.org

www.gsungrab.org རྩ་བུ་གྱི་དབྱིངས་བོད་
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Table 2: The Ten Commandments

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<tbody>
<tr>
<td>1</td>
<td>I am the Lord your God. You shall rely on nor believe in nothing other than me.</td>
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<tr>
<td>2</td>
<td>Do not make idols or any image of anything in the sky above, of anything in the earth below, or anything in the waters under the earth, nor bow down to or worship them.</td>
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<tr>
<td>3</td>
<td>Do not use the name of the Lord your God in vain.</td>
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<tr>
<td>4</td>
<td>Remember the day of rest and keep it holy. You may do work on six days, but the seventh is the Lord your God’s day of rest; do not do any work on it.</td>
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<td>5</td>
<td>Honor your parents.</td>
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<tr>
<td>6</td>
<td>Do not murder.</td>
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<tr>
<td>7</td>
<td>Do not commit adultery.</td>
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<tr>
<td>8</td>
<td>Do not steal.</td>
</tr>
<tr>
<td>9</td>
<td>Do not lie to others.</td>
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<tr>
<td>10</td>
<td>Do not greedily desire another’s house, or wife, or male or female servants, cattle, or anything else that he has.</td>
</tr>
</tbody>
</table>
6.6 Explanation

The Ten Commandments, the Jewish religious law, and the teachings of the prophets were written down in a book called the Old Testament. In Jesus’ day, most people were unable to read this book. So they relied on experts in the religious law to teach it to them. These experts taught the people not only God’s law, but also many rules, rituals, and customs of their own. Even though such things were not commanded by God, they told people they must do them in order to obey God. But the Lord Jesus said that it is impossible to please God, or enter his kingdom, by means of rules and rituals. Instead of such things we are to have faith in the Lord Jesus. From that faith comes a right relationship with God. By means of that relationship, God’s grace produces the eight characteristics in our hearts. These eight characteristics give us a new nature. From this new nature come good works that glorify God. It is in this way that the disciples can obey God better than the experts in the religious law.
6.7 Key Point
A right relationship with God comes through faith in the Lord Jesus only.

Discussion Questions
1. What is God’s grace?
2. What is man’s sinful nature?
3. What is the new nature that God gives to believers?

Memory Verse
You are the light of the world.
(Matthew 5:14)

A Prayer for a Right Relationship with God
Lord Jesus, let the word you have spoken remain in our hearts, that by faith we may have a right relationship with you. Amen.
Chapter Seven: The Difficulty of Following Jesus

7.0 Sometimes people say that being a Christian is easy. They think this way because Christians do not have to go on pilgrimage, give offerings to monasteries, or earn merit. But what does the Lord Jesus himself say about this?

7.1 Tashi is a university student in Lhasa. One day he became ill, and a friend came to tell him about the Lord Jesus, saying, “Believe in Jesus, and you will be healed”. The two friends prayed together and Tashi recovered from his illness. So Tashi decided to follow Jesus. He met with other believers, he prayed with them, and he did the same things that they did. But Tashi did not repent of his sins or obey Jesus from his heart. He tried to serve
Jesus in the same way that he had previously served the gods. When Tashi’s family saw that he had believed in Jesus, they became very unhappy. They told him that he must leave this religion or he could no longer live with them. So Tashi decided not to follow Jesus any longer. There are many people like Tashi who say they are Christians, but who do not repent of their sins or obey Jesus sincerely. Such people are Christians on the outside, but pagans on the inside. When trouble or persecution comes because of the Lord Jesus, they fall away.

7.2 Like Tashi, each of us must choose the way in which we live. Most people live to please themselves. They do not want to give up their sins. They pay no attention to God, and by sinning they serve the devil. Those who live in this self-indulgent way experience the temporary pleasures of sin and have the praise of the people of this world. If they hear the gospel, they hesitate and do not believe, or like Tashi, pretend to believe without repenting of their sin. No one can serve God in the same way that people serve gods and idols. We cannot receive God’s...
blessings by good outward behavior, or by religious rituals. God does not want our merit-accumulating words, good works, money, or sacrifices. If we are to be saved from God’s wrath, we must give up all we have, and obey him.

7.3 This world’s way of living is empty. Those who realize this truth make every effort to be saved by believing in the Lord Jesus. He sacrificed himself on the cross for them, so they give up living for themselves, and live lives that please the Lord. This is not easy work, and we must think carefully about the difficulty of following him (Luke 14:28-33). This is why the Lord Jesus said, ‘If anyone wishes to come after me, he must deny himself, and take up his cross and follow me’ (Mark 8:34). ‘Deny himself’ means daily cutting off the right hand that tempts us (Matthew 5:29-30), giving up all we have (Luke 14:33), and loving God more than our parents (Luke 14:26). As we do so, the people of this world, our own sinful nature, and the devil are certain to oppose us. But using the weapons of faith, Bible study, prayer, and the sacraments, we can overcome
them and enter heaven. When we tell others about the good news of the Lord Jesus, we must explain both the difficulties and the benefits.

7.4 In the gospel, God sets boundless life and eternal death before us. If we live according to our sinful nature, we will die, but if we live in obedience to God, we will live forever. Therefore all of us should choose to deny ourselves and to obey God. If we do so, God’s grace works in our hearts to produce the eight characteristics and the fruit of the Spirit. Then we can obey God’s commandments sincerely, from our hearts, and have a great reward in heaven. This is why the Lord Jesus said that the kingdom of God is like a treasure hidden in a field, which a man found and hid again, then joyfully went and sold all that he had in order to buy that field. And it is like a merchant in search of fine pearls; finding one of great value, he went away and sold all
he had and bought it. May all of us find this pearl and rejoice in heaven.

7.5 Key Point
No one can serve God in the same way that people serve gods and idols. We cannot receive God’s blessings by good outward behavior, or by doing religious rituals. God does not need our merit-accumulating words, good works, money, or sacrifices. Only by sincerely believing God’s word and repenting of our sins can we serve God rightly.

Discussion Questions
1. Can we serve God in the same way that people serve gods and idols?
2. If we live according to our sinful nature, what will happen? (See Romans 8:6)
3. If we obey God’s word, what will happen?
Memory Verse
If anyone wants to come after me, he must deny himself and, carrying his cross, follow after me. (Mark 8:34)

A Prayer for Faithfulness
Lord, please cause us to obey your commands and teach them, so that your kingdom will spread everywhere. Amen.
Chapter Eight:
Jesus Speaks About Obeying God’s Law
(Matthew 5:21-30)

8.0 The Lord Jesus once said that our heart is the source of our outward behavior (Mark 7:21-23). In other words, the heart is the root, and our behavior is the fruit. This is why obeying God is not just a matter of our outward behavior, but of our minds and hearts. In this chapter, Jesus explains the true meaning of God’s commandments.

8.1 Jesus told his disciples that they must obey God’s law better than the experts in the religious law. In order to show them how to do this, he gave them six examples
of faultless obedience to God’s word. Each example is a rule taught by the experts in the religious law, such as ‘Do not murder’. After stating each rule, the Lord Jesus clearly explains its true meaning. In doing so, he showed that obedience to God’s word is not merely what is done outwardly. Only sincere obedience from the heart can please God.

8.2 Scripture Text

21 “You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ 22 But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire. 23 So if you are offering your gift at the altar and there remember that your brother has something against you, 24 leave your gift there before the altar and go. First be reconciled to
your brother, and then come and offer your gift. 25 Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. 26 Truly, I say to you, you will never get out until you have paid the last penny.”

8.3 Explanation - The First Example: Do Not Murder

The sixth of God’s ten commandments is, “You shall not murder”. According to the teaching of the experts in the religious law, the person who has not murdered anyone has kept this commandment. But Jesus understood the meaning of this commandment better than the experts in the religious law. All human beings naturally seek their own interests before those of God or other people. When others oppose us and keep us from getting what we want, we become angry. We seek to destroy the other person by means of arguments, slander, or insults. The Lord Jesus said that such behavior is not only sinful, it is
worthy of eternal punishment in hell. So if even our opponents or enemies have something against us, we must quickly make peace. It is better to be put to shame than to be put into a prison from which no one can ever come out (Matthew 25:41).

8.4 Scripture Text

27 “You have heard that it was said, ‘You shall not commit adultery.’ 28 But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. 29 If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. 30 And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.”
The seventh of God’s ten commandments is, “Do not commit adultery.” According to the teaching of the experts in the religious law, one kept this command by not having sex with another man’s wife. But Jesus said that the one who looks at a woman with lustful desire has already committed adultery with her in his heart. God sees not only outward actions but also the thoughts and intentions of our hearts. To prevent sins like adultery or murder, the causes of such sins must be destroyed within our hearts. If we dig up the roots of sin, it cannot bear fruit. Jesus did not at all want his disciples to actually take out their eyes or cut off their hands. He said these things to show his disciples that not even a right eye or a right hand is more important than entering God’s kingdom. So then, how are we to destroy the root of sin in our hearts? We must repent of our sin and believe in the Lord Jesus. Then God’s grace will produce the eight characteristics in our hearts. From this comes the new nature, by which we keep God’s commandments with a sincere heart.
8.6 Key Point
Obedience to God’s word comes from our hearts.

Discussion Question
1. If someone else has something against us, what should we do?
2. How are we to destroy the root of sin in our hearts?

Memory Verse
I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart. (Matthew 5:28)

A prayer for Doing God’s Will Sincerely
Father God, cleanse our hearts by the work of your Holy Spirit, so that we may do your will sincerely, from the heart. We pray this in the name of your Son Jesus. Amen.
Chapter Nine: Jesus Speaks About Doing What We Say We Will Do

(Matthew 5:31-37)

9.0 Today, many couples live together without getting married, and many of those who do get married divorce one another. In this chapter, Jesus speaks about this unfortunate situation. (If you would like to know more about marriage, see the seventh book in the New Testament, which is the Apostle Paul’s first letter to the people living in the city of Corinth, chapter 7, verses 1-16; and the tenth book of the New Testament, which is the Apostle Paul’s letter to the people living in the city of Ephesus, chapter 5, verses 22-33.)
9.1 Scripture Text

31 “It was also said, ‘Whoever divorces his wife, let him give her a certificate of divorce.’
32 But I say to you that everyone who divorces his wife, except on the ground of sexual immorality, makes her commit adultery, and whoever marries a divorced woman commits adultery.”

9.2 Explanation - The Third Example: Divorce

The experts in the religious law taught that a man could divorce his wife by writing out divorce papers and sending her away. To do so was very easy. A woman was not allowed to divorce her husband. When a man divorced his wife, the woman would go away with nothing. In order to stay alive, she would have to marry another man. So a man who divorced his wife caused her to marry someone else and made her an adulteress. Jesus said this was sin, because in the
beginning, God created people to be male and female. He made our bodies and they belong to him. Because our bodies belong to God, divorce is wrong. Husbands who believe in God should love their wives.

9.3 Scripture Text

33 “Again you have heard that it was said to those of old, ‘You shall not swear falsely, but shall perform to the Lord what you have sworn.’ 34 But I say to you, Do not take an oath at all, either by heaven, for it is the throne of God, 35 or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. 36 And do not take an oath by your head, for you cannot make one hair white or black. 37 Let what you say be simply ‘Yes’ or ‘No’; anything more than this comes from evil.”
9.4 Explanation - The Fourth Example: Taking Oaths

The ninth of God’s ten commandments is, “Do not bear false witness”. The experts in the religious law taught that people could take an oath in God’s name so that others would believe that what they said was true. The person taking the oath was asking God to punish him if he were lying. But Jesus said not to swear at all. Since the disciples are to be trustworthy, they had no need to swear oaths. Since whatever is added to the truth comes from the evil one, we should speak only the truth.

9.5 Key Point

The Lord Jesus said, “What God has joined together, let no one separate” (Matthew 19:26). For this reason, divorce is wrong.
Discussion Questions
1. Why do you think people get divorced?
2. What should you do to keep from getting divorced?
3. Do you take oaths often?

Memory Verse
Let what you say be simply ‘Yes’ or ‘No’; anything more than this comes from evil. (Matthew 5:37)

A Prayer for a Happy Marriage
Father in heaven, you command that each husband should love his wife as himself, and that each wife should respect her husband. Help spouses to pursue peace and to build one another up in love. We ask this in Jesus’ name. Amen.
Chapter Ten: Jesus and Your Enemies
(Matthew 5:38-48)

10.0 A Tibetan proverb says, “When your enemy surrenders, treat him better than your own son”. In this chapter, Jesus speaks about how to treat our enemies.
10.1 Scripture Text

38 “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 the one who is evil. But if anyone slaps you on the right cheek, turn to him the other also. 
40 And if anyone would sue you and take your tunic, let him have your cloak as well. 
41 And if anyone forces you to go one mile, go with him two miles. 
42 Give to the one who begs from you, and do not refuse the one who would borrow from you.”

10.2 Explanation - The Fifth Example: Revenge
In ancient times, when two people had a fight, the eye or tooth of one of them might be lost. Usually, the injured person wanted revenge and tried to kill his enemy or members of his family. Soon both families were trying to kill one another. For this reason, it was written in
God’s law, ‘An eye for an eye and a tooth for a tooth.’ This meant that if one lost an eye in a fight, he could take no more revenge than his opponent’s eye. But the Lord Jesus said that the disciples must love their neighbors as themselves, and must not resist evil people. Even if wicked people slap them on the face, or take them to court, or force them to work, they are not to resist. Knowing that this teaching is hard to accept, Jesus went on to explain it further.
43 “You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ 44 But I say to you, Love your enemies and pray for those who persecute you, 45 so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. 46 For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? 47 And if you greet only your brothers, what more are you doing than others? Do not even the Gentiles do the same? 48 You therefore must be perfect, as your heavenly Father is perfect.”
10.4 Explanation - The Sixth Example: Loving Enemies

Although it was written in God’s word, ‘You shall love your neighbor’, God never said, ‘You shall hate your enemy.’ Not showing love to enemies was part of the tradition of the experts in the religious law. They taught that Jewish people did not have to care about people who were not Jewish. But Jesus rejected such teaching. He said that God gives all people, both good and evil, the blessings of sunlight and rain so that they can produce food. If God acts in this way, then the disciples too should show love to everyone. As Jesus said, ‘Be merciful, even as your Father is merciful’. So the disciples must pray for their enemies, help them, and greet them. Believers who act in this way no longer seek their own interest, but imitate God and do his will. In this way they become God’s children, and God is their Father in heaven. Disciples who love everyone lack nothing and are mature and complete.
Table 3: Six Examples of Obedience to God

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<tr>
<td>1</td>
<td>Quickly making peace with opponents (Mt. 5:21-26)</td>
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<td>2</td>
<td>Avoiding temptations (Mt. 5:27-30)</td>
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<tr>
<td>3</td>
<td>Not becoming divorced. (Mt. 5:31-32)</td>
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<td>4</td>
<td>Not taking oaths (Mt. 5:33-37)</td>
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<tr>
<td>5</td>
<td>Not taking revenge and not resisting those who do evil to us (Mt. 5:38-42)</td>
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<tr>
<td>6</td>
<td>Loving enemies (Mt. 5:43-48)</td>
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Application: Our Need for God’s Grace

10.5 In these six examples, we can see God’s holiness. According to God’s holy commands we are to avoid disputes, keep our thoughts pure, honor marriage, speak only the truth, not take revenge, and show love to our enemies. Without God’s grace, no one can behave in this way, for we each have a sinful nature. We need a new nature which hates evil
and loves God. This new nature is not a matter of outward behavior, but a matter of the heart and mind. It is what God the Holy Spirit does in people’s hearts. If God makes our hearts clean by giving us the eight characteristics that come from the new nature, our outward behavior will also be holy. How, then, is it possible to receive this new nature? 1) We must realize that we are sinners. Because of our old sinful human nature, we remain far away from God. If we do not repent of our sins, we will experience eternal punishment in hell. For this reason, we all need Jesus’ atoning sacrifice that saves us from sin. 2) If we really understand this, then we will immediately flee to Jesus for salvation. He gives us God’s grace. By means of that grace we kill the old sinful nature, and receive the new nature and the eight characteristics which come from it. In this way we too behave in the way that Jesus commanded his disciples.
10.6 Key Point
We need a new nature that rejects evil and loves God.

Discussion Questions
1. Have you ever taken revenge against someone or wanted to take revenge?
2. What has God said about how not to take revenge?
3. It can be difficult sometimes to show love even to our close friends. How has God shown you the way to love your enemies?
4. What are some ways that you should love your enemies?

Memory Verse
Love your enemies and pray for those who persecute you. (Matthew 5:44)
A Prayer for the New Nature
Most holy Lord, you have shown me the eight characteristics and the six examples. Because of my sin, I remain far from you. Give me your grace so that I may be saved from the punishment for sins. Grant me the new nature and the eight characteristics so that I may glorify your name. Amen.
11.0 Wherever you go in Tibet, you see people praying, for Tibetan people are very religious and pray often. In this chapter, the Lord Jesus teaches us how to pray to God.
11.1 Scripture Text

1 “Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven. 2 Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward. 3 But when you give to the needy, do not let your left hand know what your right hand is doing, 4 so that your giving may be in secret. And your Father who sees in secret will reward you.”
11.2 Explanation - The First Practice: Giving to the Needy

The Jewish people of ancient times did three things to show their faith in God: giving to those in need, praying to God, and fasting. Some people did these three practices in public so others would praise them. To blow a trumpet while giving alms so that people will pay attention to you is the act of hypocrites. Such people love praise from people more than praise from God. So believers are to give alms in secret; there the Father who sees in secret will reward them.
5 “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward.  
6 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.  
7 And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.  
8 Do not be like them, for your Father knows what you need before you ask him.”
11.4 Explanation - The Second Practice: Prayer

Just as the disciples are to give to the poor in secret, so also they are to pray in secret. Jesus said that those who pray in order to be seen by others are hypocrites, because they seek praise from people and not from God. In the time of Jesus, the pagans thought that if they used many words or mantras, their gods would listen to them. But the disciples are not to pray like that, because God knows everyone’s thoughts. He knows what we need before we ask. We are to pray in faith, in the same way as a child makes requests of his parents, for he is able to do far more than we can ask or think.
9 “Pray then like this: Our Father in heaven, hallowed be your name.
10 Your kingdom come, your will be done on earth as it is in heaven.
11 Give us this day our daily bread,
12 and forgive us our debts, as we also have forgiven our debtors.
13 And lead us not into temptation, but deliver us from evil.
14 For if you forgive others their trespasses, your heavenly Father will also forgive you,
15 but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.”
11.6 Explanation

This prayer is traditionally known as the Lord’s Prayer. It has the following seven requests: 1) God is not only like a kindly father, but also infinitely holy and righteous. He has the power to give people limitless blessing, and the power to throw them into hell. So people of every nation should worship him with faith and respect. This is what it means to keep his name holy. 2) The one who prays, “Your kingdom come”, invites God to come and rule in his heart, and asks that he would give the blessing of salvation to people of every nation. 3) Those who do God’s will receive his joy and peace. If we do not do God’s will, sin will destroy us like a wolf devouring a sheep. 4) ‘Our daily bread’ symbolizes our needs. As a good father knows his children’s needs before they ask him, so
our heavenly Father knows the needs of his children. He hears their prayer and provides for their needs. 5) Sin ruins our relationship with God. For this reason we should ask for forgiveness of our sins every day, and we should forgive the sins of others. 6) In the sixth request, we ask to be protected from temptation and saved from what is evil. 7) In the seventh request, the word “kingdom” means that God rules in our hearts. The word “power” reminds us that God is the One who has all power. The word “glory” reminds us that God’s name will become known to all people everywhere. The word “amen” means “it is true” in the language of the Jews. (If you would like to know more about the Lord’s Prayer, you can download the resource ‘A Commentary on the Lord’s Prayer’ from the www.gsungrab.org web site.)

11.7 Key Point
Just as children make daily requests of their parents, so we should pray to God each day.
Discussion Questions
1. What are some ways you can help poor people?
2. What are some ways that you try to seek the praise of others?
3. How are you to behave in order to please God?

Memory Verse
Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven. (Matthew 6:1)

Pray without Ceasing
Lord God, we thank you that even though we don’t know how we should pray, your Son and your Holy Spirit always intercede for us. Grant that we too may pray without ceasing, both for ourselves and others. Amen.
Chapter Twelve: The One Who Sees in Secret

(Matthew 6:16-18)

12.0 The human heart is like a deep well; its outward appearance is plain, but its bottom is hidden. Likewise, everyone can see our outward behavior, but no one except God can see the motivation of our heart. In this chapter, Jesus speaks about our motivations.
16 “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. 17 But when you fast, anoint your head and wash your face, 18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”

12.2 Explanation - The Third Practice: Fasting
Just as the disciples are to give alms and pray in secret, so also they are to fast in secret. In ancient times, some people would change their appearance when they fasted to show others that they were fasting. Jesus called such people hypocrites because they wanted praise from people rather than a good relationship.
with God. For this reason, we are to fast in secret, so that God who sees in secret will reward us.

Table 4: The Three Secret Practices of Those Who Love God

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<tr>
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<th>Practice</th>
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<tr>
<td>1</td>
<td>Giving</td>
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<td>2</td>
<td>Prayer</td>
<td>Mt. 6:5-15</td>
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<td>3</td>
<td>Fasting</td>
<td>Mt. 6:16-18</td>
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Application: The Need for Pure Motives

12.3 The Lord Jesus once said about the Jewish people, “This people honors me with their lips, but their heart is far from me” (Matthew 15:8). Many people give money, or pray, or do religious rituals so that other people will think they are devout. This is quite foolish. A few years after the Lord Jesus died, there lived in the city of Jerusalem a man named Ananias and his wife Sapphira. Ananias sold a piece of property, and with his
wife’s knowledge he kept back for himself some of the proceeds and brought only a part of it to offer to God. But the Lord Jesus’ disciple Peter said, “Ananias, why has Satan filled your heart to lie to the Holy Spirit and to keep back for yourself part of the proceeds of the land? While it remained unsold, did it not remain your own? And after it was sold, was it not at your disposal? Why is it that you have contrived this deed in your heart? You have not lied to men but to God.” When Ananias heard these words, he fell down and breathed his last. And great fear came upon all who heard of it. The young men rose and wrapped him up and carried him out and buried him.

After an interval of about three hours his wife came in, not knowing what had happened. And Peter said to her, “Tell me whether you sold the land for so much.” And she said, “Yes, for so much.” But Peter said to her, “How is it that you have agreed together to test the Spirit of the Lord? Behold, the feet of those who have buried your husband are at the door, and they will carry you out.” Immediately she fell down at his feet and breathed her last. When the young men
came in they found her dead, and they carried her out and buried her beside her husband. Ananias and Sapphira were not seeking praise from God, but from men.

12.4 In God’s sight, our motives are very important. Doing good works so that people will praise us is sin. Doing good works so that people will praise God is right. But it is not easy to see the motives in our own hearts. As the prophet Jeremiah said, “The heart is deceitful above all things, and desperately sick; who can understand it?” So we must pray and ask God to show us what is in our own hearts. Then we can get rid of evil and serve him with good motives.

12.5 Key Point
We should ask God to show us what is in our own hearts.
Discussion Questions
1. How can we know what is in our own hearts?
2. Since God sees the motives of our hearts, how should we behave?

Memory Verse
Your Father who sees in secret will reward you. (Matthew 6:18)

A Prayer for Right Motives
Father in heaven, you are the God who sees the secret motives of our hearts. So that you may be glorified, give us right motives as we give, pray, and fast in secret. To you, the only all-knowing God, be glory forever. Amen.
Chapter Thirteen: How to Store Up Treasure
(Matthew 6:19-23)

13.0 A Tibetan proverb says, “It is better to build up good qualities than to accumulate money”. There is more to life than money; for this reason the Lord Jesus explained how to accumulate true wealth.

13.1 The Lord Jesus gave us eight principles by which to live in accordance with God’s will. They are: 1) Store up treasure in heaven (Matthew 6:19-21); 2) Have good spiritual sight (Matthew 6:22-23); 3) Serve God rather than money (Matthew 6:24); 4) Trust in God’s provision without worrying (Matthew 6:25-34); 5) Do not find fault with others (Matthew 7:1-6); 6) Seek God’s gifts (Matthew 7:7-11); 7)
Treat others as you wish to be treated (Matthew 7:12); and 8) Enter by the narrow gate (Matthew 7:13-14). Four of these eight principles are explained in this chapter, and the rest in the next chapter.

### 13.2 Scripture Text

19 “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, 20 but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.”

### 13.3 Explanation - Principle 1: Store Up Treasure in Heaven

In this world people make every effort to accumulate money. But relying on wealth has many dangers. Thieves and robbers can take it away; it can be spoiled or destroyed. For this reason, it is foolish to set our hearts on wealth rather than seeking
God’s kingdom. The Apostle Paul wrote, “Those who want to get rich fall into temptation and are trapped by many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil, and in their eagerness to be rich some have wandered away from the faith and pierced themselves with many pains” (1 Timothy 6:9-10). And he wrote in a letter to a church leader, “Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life” (1 Timothy 6:17-19). Jesus said, “Do not strive for the food that does not last - strive for the food that gives boundless life” (John 6:27). By obeying the Lord Jesus and doing the good works that come from faith, we store up treasure in heaven, where no one can steal our wealth.
13.4 Scripture Text

22 “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light,
23 but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!”

13.5 Explanation - Principle 2: Have Good Spiritual Vision

Just as the light of the sun enters the body through the eyes, the light of God’s word enters us through the mind. The mind which is set on God is a good mind. If our mind is good, we live life according to the new nature, and we act in ways that please God and our whole body will be full of light. But if our mind is bad, we live life according to the sinful nature, and we act in ways that cannot please God; then our whole body will be full of darkness. So we should consider carefully whether or not the light in us is darkness.
13.6 Key Point
The fool stores up treasure on earth, the wise man in heaven.

🔍 Discussion Questions
1. What does it mean to “lay up treasure in heaven”?  
2. Why is it important to seek God more than seeking money?

🌟 Memory Verse
Lay up for yourselves treasures in heaven. (Matthew 6:20)

🙏 A Prayer for How to Store Up True Wealth
Father in heaven, you are the source and the owner of all true wealth. Help us to do good, to be rich in good deeds, and to be generous and willing to share, so that we may have an eternal treasure in heaven. Amen.
Chapter Fourteen: What to Seek in Life
(Matthew 6:24-34)

14.0 In this chapter, Jesus continues to teach us about true wealth.

14.1 Scripture Text

24 “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.”
14.2 Explanation - Principle 3: Seek God Rather than Money

In ancient times, people had slaves. Since the masters had complete authority over the slaves, no slave could serve two masters at the same time, and a slave could not have two masters. In the same way, we cannot love God with all of our being and at the same time love money or the things of this world. As the Apostle John wrote, “Don’t be attached to this world or whatever is in it. If anyone is attached to this world, the love of God the Father is not in him”. So there are only two paths. If we don’t enter by the narrow gate that leads to eternal life, we enter by the wide gate that leads to destruction. If we do not enter God’s kingdom, we enter Satan’s kingdom. We must choose one path and not be like the double-minded.
“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. 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? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. 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? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What
shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

14.4 Explanation - Principle 4: Trust in God’s Provision

God provides food for the birds and adorns the grass with flowers. The birds and the grass remain only a short time, yet God gives them what they need. People are more important than birds or grass, so if God takes care of the birds and the grass, he will also take care of us. This does not at all mean that we do not need to work; it means God will provide the resources we need in order to get food and clothes. So we are not to worry, but to set our minds
on obeying God. This is the reason we are to pray for the honor of God’s name, the coming of his kingdom, and the doing of his will before we ask God for our daily food. The most important thing in human life is to enter God’s kingdom by faith in the Lord Jesus. If we do this, there is no reason to worry about tomorrow, for God causes all things to work together for our good (Romans 8:28).

14.5 Key Point
The most important thing in human life is to enter God’s kingdom by faith in the Lord Jesus.

Discussion Questions
1. How can we trust in God to provide for our daily needs?
2. What is the most important thing in life?

Memory Verse
You cannot serve God and money. (Matthew 6:24)
A Prayer for Freedom from Worry

O Lord God, we confess that we are worried and distracted by many things. Help us to seek first your kingdom and its righteousness, so that we may be given all we need; to the praise of you who gives us all things to enjoy. Amen.
15.0 If we listen to people’s everyday conversation, we often hear them saying things like, “He lied to me,” or “She stole my money”. However, the Lord Jesus teaches that if we find fault with others, God may find fault with us. Listen as he teaches us . . .
15.1 Scripture Text

1 “Judge not, that you be not judged. 2 For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you.

3 Why do you see the speck that is in your brother’s eye, but do not notice the log that is in your own eye? 4 Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye? 5 You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye. 6 Do not give dogs what is holy, and do not throw your pearls before pigs, lest they trample them underfoot and turn to attack you.”
15.2 Explanation - Principle 5: Do Not Judge Others

If we find fault with others, God will find fault with us on the day when he judges all people. As the Apostle Paul wrote, “Who are you to find fault with someone else’s servant? His master is the one who decides if he is approved or not.” Since God graciously forgives our sins, we should forgive the sins of others. If we are aware of our own faults, we will treat others with compassion. If we are harsh and judgmental to others, it shows we have never received God’s grace, and that our relationship with him is not what it should be. Since everyone has many faults of their own, no one is qualified to condemn anyone else. If those who have many faults of their own find fault with others, they are acting like hypocrites.

15.3 Explanation

Even though we are not to condemn others, we are not to ignore their faults either. Some people hate God and have contempt for his mercy. They seek to harm God’s people and those who
proclaim God’s good news of salvation. Jesus said that such people are like senseless dogs and pigs. Holy things and pearls represent the truth that Jesus taught. It is not appropriate to teach such truths to dogs and pigs. Jesus himself did not speak to those who hated God, such as King Herod and Pilate.

15.4 Scripture Text

7 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.
8 For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.
9 Or which one of you, if his son asks him for bread, will give him a stone?
10 Or if he asks for a fish, will give him a serpent?
11 If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!”
15.5 Explanation - Principle 6: Seek God’s Gifts

People who repent of their sin and believe in the Lord Jesus Christ become God’s sons and daughters. Because we are his children, we can make requests of him. As the Lord Jesus said, “If you remain in me, and my word remains in you, ask whatever you want, and it will be done.” By this, the Lord means that whatever we need to become mature in our faith will certainly be given. But God will not give us things that will separate us from him. As the Apostle James wrote, “You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures”. When we pray, we must ask God with right motives. Then we will become spiritually mature and complete in every way.

15.6 Key Point

We must pray to God with right motives.
Discussion Questions
1. How can we avoid judging other people?
2. What are some reasons we might pray but not receive what we ask for?

Memory Verse
Judge not, that you be not judged. (Matthew 7:1)

Praying According to God’s Will
Father God, who gives generously to all people, thank you that you give good things to those who ask you. Help us to pray for those things which are according to your will, for we know that whatever we ask in the name of the Lord Jesus will be done for us. Amen.
Chapter Sixteen: Enter at the Narrow Gate
(Matthew 7:12-14)

16.0 In this lesson, Jesus speaks about two paths. There is a broad path on which many people go to destruction. There is also a narrow path on which only a few travel to eternal life. On which path are you going?

16.1 Scripture Text

12 “So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets.”
16.2 Explanation - Principle 7: Treat Others as You Wish to Be Treated

The meaning of this command is the same as his command to love our neighbors as ourselves. There is only one way to do this. It is to repent of sin and believe in the Lord Jesus. When we do so, he will give us his grace. His grace produces the eight characteristics and the new nature. Only by means of having the eight characteristics and the new nature is it possible to love God and others.

16.3 Scripture Text

13 “Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many.
14 For the gate is narrow and the way is hard that leads to life, and those who find it are few.”
16.4 Explanation - Principle 8: Enter by the Narrow Gate

There are only two paths in life. Every person must choose which one he will take. The path of faith in the Lord Jesus has a narrow gate. The gate is narrow because only Jesus died in order to save us from our sins. As he said, “I am the way, and the truth, and the life. No one comes to the Father except through me.” The way is hard because Jesus said, “If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it” (Matthew 16:24-25). The people of this world, the old sinful nature, and the devil oppose all who go this way, so those who go through the narrow gate are few. But this is the way that leads to peace, joy, and eternal life with God. If we have repented of sin, and believed in the Lord Jesus Christ alone, then we are on this path. All those who pay no attention to God and who reject his gospel are on the path with the wide gate. The gate is wide because one can believe in any religion or no religion, or follow any teacher but Jesus. This path is easy to travel,
and many go on it because one can do as one pleases. The people of this world, the sinful nature, and the devil will praise those who go that way. But this road leads to hell. If we think and act in the same way as the people in this world, then we are on this path.

Table 5: Eight Principles of Living According to God’s Will

<table>
<thead>
<tr>
<th></th>
<th>Store up treasure in heaven (Mt. 6:19-21, 13:44, 19:21)</th>
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<tr>
<td>2</td>
<td>Serve God with a whole heart (Mt. 6:22-23)</td>
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<td>3</td>
<td>Serve God rather than money (Mt. 6:24)</td>
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<td>4</td>
<td>Trust in God’s provision (Mt. 6:25-34)</td>
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<td>5</td>
<td>Do not find fault with others (Mt. 7:1-6)</td>
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<td>6</td>
<td>Seek God’s gifts (Mt. 7:7-11)</td>
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<tr>
<td>7</td>
<td>Treat others as you wish to be treated (Mt. 7:12)</td>
</tr>
<tr>
<td>8</td>
<td>Enter by the narrow gate (Mt. 7:13-14)</td>
</tr>
</tbody>
</table>
Application: Ask, and it Will Be Given

16.5 The Lord Jesus said, “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened” (Matthew 7:7). Those who wish to enter God’s kingdom should carefully consider the difficulty of becoming his disciples. As he said, “If anyone comes to me and does not hate his own father and mother and wife and children and brothers and sisters, yes, and even his own life, he cannot be my disciple. Whoever does not bear his own cross and come after me cannot be my disciple. For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it begin to mock him, saying, ‘This man began to build and was not able to finish.’ Or what king, going out to encounter another king in war, will not sit down first and deliberate whether he is able with ten thousand to meet him who comes against him with twenty thousand? And if not,
while the other is yet a great way off, he sends a delegation and asks for terms of peace. So therefore, any one of you who does not renounce all that he has cannot be my disciple”. In saying this, Jesus meant that we cannot follow him and also depend on ourselves or the gods. We must trust in God alone. When we do, we are sure to receive his grace.

16.6 The Lord Jesus welcomes into the kingdom of God all who repent and believe. He said, “What man of you, having a hundred sheep, if he has lost one of them, does not leave the ninety-nine in the open country, and go after the one that is lost, until he finds it? And when he has found it, he lays it on his shoulders, rejoicing. And when he comes home, he calls together his friends and his neighbors, saying to them, ‘Rejoice with me, for I have found my sheep that was lost.’ Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance. Or what woman, having ten silver coins, if she loses one coin, does not light a lamp and sweep the house and seek diligently until she finds
it? And when she has found it, she calls together her friends and neighbors, saying, ‘Rejoice with me, for I have found the coin that I had lost.’ Just so, I tell you, there is joy before the angels of God over one sinner who repents”.

16.7 Key Point
Enter by the narrow gate.

Discussion Questions
1. How can we treat others in the same way we want to be treated?
2. Why did Jesus describe faith in him as like a narrow gate?
3. What will happen to those people on the broad road?
Memory Verse

“Enter by the narrow gate; for the gate is wide and the road is easy that leads to destruction, and there are many who go through it.” (Matthew 7:13)

A Prayer for Holiness

Lord, cleanse us from everything that makes us unclean. Discipline us for our good, so that we may share in your holiness, for without holiness no one will see you. Amen.
Chapter Seventeen: A Tree and Its Fruit
(Matthew 7:15-23)

17.0 Some people serve God falsely, for outward show. Others serve God sincerely, from the heart. In this lesson, the Lord Jesus speaks about how to tell these two apart.

17.1 Three Final Teachings: At the end of the sermon on the mount, Jesus gave his disciples three commandments: 1) avoid teachers of false doctrines; 2) do God’s will; and 3) build on a firm foundation.
17.2 Scripture Text

15 “Beware of false prophets, who come to you in sheep’s clothing but inwardly are ravenous wolves. 16 You will recognize them by their fruits. Are grapes gathered from thornbushes, or figs from thistles? 17 So, every healthy tree bears good fruit, but the diseased tree bears bad fruit. 18 A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit. 19 Every tree that does not bear good fruit is cut down and thrown into the fire. 20 Thus you will recognize them by their fruits.”

17.3 Explanation - The First Command: Avoid False Prophets

There are many teachers of religion in this world. Some of them teach God’s truth, and some teach the devil’s lies. How are we to tell them apart? There are two methods. First, those who correctly teach God’s truth live holy lives;
they are like good trees that bear good fruit. Second, their teaching agrees with the Bible. Such teachers will be called great in God’s kingdom. Those who teach false doctrines do not live holy lives; they are like bad trees that bear bad fruit. Their teaching does not come from the Bible. Like this world, our sinful nature, and the devil, teachers of false doctrines are the enemies of all Christians, for their teachings lead people on the broad way to hell. As the Lord Jesus said, “If the blind lead the blind, both will fall into a pit”. But we can be kept safe from false teaching through prayer and reading the Bible. If any teaching is not in the Bible, we should reject it.
“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. On that day many will say to me, ‘Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?’ And then will I declare to them, ‘I never knew you; depart from me, you workers of lawlessness.’ ”

At the end of time, the Lord Jesus will return to this earth in order to judge all people. On that day, those who have repented of their sin and believed in the Lord Jesus will be saved from the punishment of their sins. But those who have
paid no attention to God, and who opposed the gospel of the Lord Jesus will be condemned. Some of them will say they did good works in Jesus’ name, but actually they just used Jesus’ name as a mantra to get the things they wanted. They claimed to serve him, but in reality they were serving themselves. They had no real relationship with the Lord Jesus, so he will say to them, “I never knew you”. For this reason they will have to depart from him.
17.6 Key Point
The Lord Jesus said, “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven.”

Discussion Questions
1. Have you met false teachers? How can we distinguish between true and false ones?
2. How can you be sure that you are doing God’s will?

Memory Verse
You will recognize them by their fruits. (Matthew 7:20)

A Prayer to Become Jesus’ True Disciples
Lord Jesus, send God the Holy Spirit to live in our hearts, that we may be your true disciples, to the glory of God the Father. Amen.
18.0 Have you ever built a house? If you have, you know that the foundation of the house is very important. In this chapter, the Lord Jesus speaks about two kinds of foundations. On which of the two are you building?
18.1 Scripture Text

24 “Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock.

25 And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.”

18.2 Explanation - The Third Command: Build on a Firm Foundation
The wise person hears Jesus’ teaching and puts it into practice. He believes in the Lord Jesus, loves God and his neighbor, and stores up treasure in heaven. Even when trouble or persecution comes on account of the faith, this person
stands firm. At the last day when God judges all people, this person will be welcomed into heaven. The foolish person hears Jesus’ teaching and approves of it, but does not put it into practice. He pays attention only to his own desires. He deceives himself, thinking that God isn’t important. At the last day when God judges all people, this person will be condemned to remain forever in hell.

18.3 Scripture Text

28 And when Jesus finished these sayings, the crowds were astonished at his teaching, 29 for he was teaching them as one who had authority, and not as their scribes.
18.4 Explanation

The crowds who heard Jesus’ teaching were astonished, because Jesus’ teaching was based only on his own authority. He said he had power to decide who enters heaven or hell. He said he knew God’s will. He revealed the secrets of the human heart. He did many miracles to show that his teaching is true. In such ways, Jesus proved that he is God’s Son, who perfectly represents Almighty God in this world.

Application: Be Doers of the Word

18.5 In the Sermon on the Mount, the Lord Jesus told his disciples that they must be poor in spirit, meek, mourn for their sins, hunger and thirst for righteousness, show mercy, be pure in heart, make peace with others, and be ready to experience persecution. If his disciples have these eight characteristics, then they will be like light for the world. The Lord Jesus came to this world to fulfill God’s law and the teachings of the prophets. He gave them six examples of the behavior that pleases God. He told them to
པའི་ཆེད་དུ་གཙོ་བོ་ཡེ་ཤུ་འཇིག་རྟེན་འདིར་ཕེབས། ཉེ་གནས་རྣམས་ལ་དཀོན་མཆོག་ཐུགས་མཉེས་པའི་སྤྱོད་ལམ་གྱིི་དཔེ་དྲུག་བཞག་པར་མཛད། དཀོན་མཆོག་གི་བྱ་དགའ་འཐོབ་པའི་ཆེད་དུ་ཉེ་གནས་རྣམས་ཀྱིས་གསང་བའི་ཐོག་ནས་སྦྱིན་པ་གཏོང་བ་དང༌། ལོ་ལམ་འདེབས་པ། ལོ་གནས་བཅས་སྲུང་དགོས། མོ་ཚོས་དཀོན་མཆོག་གི་ཞིང་ཁམས་སུ་ནོར་གསོག་མཁན་དང་གཅིག དཀོན་མཆོག་ལ་བློ་རྩེ་གཅིག་གིས་འཇུག་པའི་སེམས་ཡོད་མཁན་དང་གཉིས། རྒྱ་མིན་ཏེ་དཀོན་མཆོག་གི་ཐུགས་དགོངས་སྒྲུབ། དེ་ལྟར་བྱས་ན་ཁོ་ཚོ་ནི་རྨང་གཞི་བརྟན་པོར་རྩིག་པའི་ཤེས་རབ་ཅན་དང་འདྲ་བར་འགྱུར་རོ། 18.6 It is easy for Christians to think that this is fine teaching, but not put it into practice. As the Apostle James wrote, “ . . be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and
not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing”. Without God’s grace, no one can put the words of the Lord Jesus into practice. It is God’s grace which gives us the faith to believe in the Lord Jesus. It is God’s grace that produces in our hearts the eight characteristics and the new nature. By it we can obey God sincerely, from our hearts, and to receive his gift of eternal life. If you would like to know how to do these things, please see the next chapter.

18.7 Key Point
Build on a firm foundation; do what the Lord Jesus requires.
Discussion Questions
1. How can you build a firm foundation of faith?
2. What does it mean to be a doer of God’s word?

Memory Verse
But be doers of the word, and not merely hearers who deceive themselves. (James 1:22)

A Prayer for Obedience
Lord, help us not only to hear your word, but to do it, so that we may be able to bear fruit for you and will be blessed in what we do. Amen.
Chapter Nineteen: Jesus’ Invitation

19.0 Like the crowd on the hillside two thousand years ago, you have now heard or read the teachings of Jesus. The Lord Jesus has said that everyone must pass through either the narrow gate that leads to life, or though the wide gate that leads to destruction. Which one will you choose? The Lord Jesus spoke about the day at the end of time when he will judge everyone. Will he say to you, “You who are blessed by my Father, come and, take the kingdom that was prepared for you”; or will he say to you, “Depart from me, you evildoers”? (Matthew 7:23). You have heard Jesus speak of the house built on rock and the house built on sand. Are you building on the rock or on the sand?
Some people want to build their house by worshipping the gods. They serve them with expensive rituals. But gods and spirits can harm us, and serving them with rituals costs a lot of money. The Lord Jesus is more powerful than all gods, for he is the Son of Almighty God. He protects all who trust in him, so that curses and spirits cannot harm them. Some people want to build their house by accumulating merit. But God is infinitely holy and we are sinful. Even in one hundred thousand lifetimes we cannot accumulate enough merit to be worthy of receiving salvation. Others try to build their house by believing in Jesus and also in the gods, but this is impossible, because we cannot serve two masters. Only the Lord Jesus has the power to save us from sin. As he said, “Worship the Lord your God, and serve him only”. The only way to enter God’s kingdom is to repent of our sins and believe in the Lord Jesus Christ. Only he can restore our relationship with God.
19.2 Anyone can repent of their sins and receive God’s gift of eternal life through faith in the Lord Jesus Christ. People who are murderers or thieves or handicapped or blacksmiths or fishermen or prostitutes or butchers can be saved through faith in the Lord Jesus. People who are educated or uneducated, rich or poor, Tibetan, Indian, Mongolian, or Chinese can repent of their sins and believe in the Lord Jesus, for God desires everyone to be saved and to come to the knowledge of the truth. Those who believe may meet with trouble. Their family may be upset or unhappy. They may be driven out of their home. They may lose their job or even be arrested. But believers who experience these things are not alone. They have entered God’s kingdom, and they are members of the family of Almighty God. As the Lord Jesus said, “Truly, I say to you, there is no one who has left house or wife or brothers or parents or children, for the sake of the kingdom of God, who will not receive many times more in this time, and in the age to come eternal life” (Luke 18:29-30). Everyone who believes is God’s son or daughter. He takes away their shame and
19.3 In order to be saved and to have a right relationship with God, there are five things we must do: 1) First, we must admit that we are sinners. Since everyone has a sinful nature, it is not possible for anyone to be without sin. We sin each day, and our sin offends a holy God; as a result our relationship with God is ruined. The result of this is shame and death. That death is not only passing away from this life, but also having to remain apart from God forever in hell. 2) Second, we must sincerely repent of our sin. If we do not love God and hate sin, we cannot be saved. 3) Thirdly, we must carefully consider the difficulty of following the Lord Jesus. On the cross, the Lord Jesus gave his life to save us. This is why the Lord Jesus said that we cannot be his disciples unless we deal
mercilessly with temptation (Matthew 5:29-30), forsake all we have (Luke 14:33), love God more than our parents (Luke 14:26), and give up our own desires in order to obey him (Luke 9:23). And we must do these things daily (Luke 9:23) for the rest of our lives. 4) Fourthly, we must believe in the Lord Jesus alone. He died on the cross to pay the penalty for our sins. He was raised to life to make us right with God. Since no one else died to suffer the penalty for our sins, it is not possible to be saved by depending on anyone or anything else. 5) We must pray to Jesus. As it says in the Bible, “If you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved.” Since we do not know the future, it is best to do this now.
<table>
<thead>
<tr>
<th>Table 6: How to Believe in Jesus</th>
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<tbody>
<tr>
<td>• Admit that you are a sinner.</td>
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<tr>
<td>• Repent.</td>
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<tr>
<td>• Consider carefully the cost of following Jesus.</td>
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<tr>
<td>• Believe only in Jesus.</td>
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<tr>
<td>• Pray to Jesus to save you.</td>
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</table>
Chapter Twenty:
How to Receive Eternal Life

20.0 How do I pray to receive the salvation of the Lord Jesus? Pray like this:

20.1 “Lord Jesus, I admit that I have disobeyed God’s word and sinned against you and others. Now I repent and believe in you, trusting in your grace alone. Opening the door of my heart, I invite you in. From now on you are my Saviour and I will serve you. Thank you for giving me your wonderful salvation.”
20.2 If you have sincerely prayed this prayer, there are some things you must do. Just as infants grow up to become adults, so new believers in Jesus need to become mature and complete in their faith. Believers must no longer live according to their own desires, but live according to God’s will. The Lord Jesus said, “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 the second is like it: ‘You shall love your neighbor as yourself.’” Five ways to do this are: 1) Read the Bible or listen to it daily; 2) Worship God and pray to him; 3) Meet with other believers; 4) Love and serve others; and 5) Tell others about the Lord Jesus. There are many resources available on the gsungrab.org web site to help you.
Table 7: How to Follow Jesus Christ

- Read and obey the Bible everyday.
- Worship only God everyday.
- Meet together with other believers.
- Love God and others.
- Tell others about Jesus.

20.3 In the Parable of the Sower, the Lord Jesus taught us that some people hear the gospel joyfully, but because they have no firm root, they believe for a while and then lose their faith. Others fall away because the worries and problems of this world oppress the word and it doesn't bear fruit. How then can we know that we are not one of these people whose faith will fail? First, we must remember that our salvation depends only on God’s promises, and that his promises are always true. Second, we must remember that God’s grace always produces fruit, such as the eight characteristics. When we and others see such
fruit in our lives, we can be sure that we are on the way that leads to eternal life.

A Prayer for Assurance of Salvation

Lord, you have said that whoever comes to you will by no means be cast out. We rely on your promises. Make us to know that our sins have been forgiven and that there is now no condemnation for us who are in Christ Jesus. Give us the fruit of your Holy Spirit in our lives so that we may know we are your people. Amen.
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

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- English Textbook Book One
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