



THE
**one
year**[®]
BIBLE

NEW TESTAMENT

Illustrated Edition



new living
TRANSLATION[®]

TO:

FROM:

DATE:



NEW TESTAMENT
Illustrated Edition



NLT®

TYNDALE HOUSE PUBLISHERS
CAROL STREAM, ILLINOIS

Visit Tyndale online at newlivingtranslation.com and tyndale.com.

Cover photograph of landscape by Claudia Chiavazza on Unsplash.com. Cover illustration of branch icon copyright © Alice Noir/TheNounProject.com. All rights reserved. Interior illustration of book icon copyright © Scott Desmond/TheNounProject.com. All rights reserved. Interior photograph of seagulls by Frida Lannerstrom on Unsplash.com.

The One Year Bible New Testament copyright © 2023 by Tyndale House Ministries. All rights reserved.

The One Year Bible New Testament is an edition of the *Holy Bible*, New Living Translation.

Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. All rights reserved.

The text of the *Holy Bible*, New Living Translation, may be quoted in any form (written, visual, electronic, or audio) up to and inclusive of five hundred (500) verses without express written permission of the publisher, provided that the verses quoted do not account for more than twenty-five percent (25%) of the work in which they are quoted, and provided that a complete book of the Bible is not quoted.

When the *Holy Bible*, New Living Translation, is quoted, one of the following credit lines must appear on the copyright page or title page of the work:

Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

Unless otherwise indicated, all Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked *NLT* are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

When quotations from the *NLT* text are used in nonsalable media, such as church bulletins, orders of service, newsletters, transparencies, or similar media, a complete copyright notice is not required, but the initials *NLT* must appear at the end of each quotation.

Quotations in excess of five hundred (500) verses or twenty-five percent (25%) of the work, or other permission requests, must be approved in writing by Tyndale House Publishers. Send requests by email to permission@tyndale.com.

Publication of any commentary or other Bible reference work produced for commercial sale that uses the New Living Translation requires written permission for use of the *NLT* text.

Tyndale, *New Living Translation*, *NLT*, the New Living Translation logo, and *The One Year* are registered trademarks of Tyndale House Ministries. *One Year* and *The One Year* logo are trademarks of Tyndale House Ministries.

For information about special discounts for bulk purchases, please contact Tyndale House Publishers at csresponse@tyndale.com, or call 1-855-277-9400.

ISBN 978-1-4964-7896-2 Softcover Lakeside Haven

Printed in India

29	28	27	26	25	24	23
7	6	5	4	3	2	1

Tyndale House Publishers and Wycliffe Bible Translators share the vision for an understandable, accurate translation of the Bible for every person in the world. Each sale of the *Holy Bible*, New Living Translation, benefits Wycliffe Bible Translators. Wycliffe is working with partners around the world to accomplish Vision 2025—an initiative to start a Bible translation program in every language group that needs it by the year 2025.

CONTENTS

ENRICHING YOUR READING OF <i>THE ONE YEAR BIBLE NEW TESTAMENT</i>	A6
PUBLISHER'S NOTE	A9

MATTHEW JANUARY 1.....	page 1	1 TIMOTHY OCTOBER 16	page 309
MARK FEBRUARY 15	page 49	2 TIMOTHY OCTOBER 22.....	page 315
LUKE MARCH 13	page 78	TITUS OCTOBER 26.....	page 319
JOHN APRIL 30.....	page 127	PHILEMON OCTOBER 29	page 322
ACTS JUNE 3	page 166	HEBREWS OCTOBER 30	page 323
ROMANS JULY 12	page 212	JAMES NOVEMBER 17	page 341
1 CORINTHIANS AUGUST 4.....	page 236	1 PETER NOVEMBER 22	page 346
2 CORINTHIANS AUGUST 26	page 258	2 PETER NOVEMBER 27	page 352
GALATIANS SEPTEMBER 14	page 277	1 JOHN NOVEMBER 30.....	page 355
EPHESIANS SEPTEMBER 22.....	page 285	2 JOHN DECEMBER 6	page 361
PHILIPPIANS SEPTEMBER 29	page 292	3 JOHN DECEMBER 7	page 362
COLOSSIANS OCTOBER 4	page 297	JUDE DECEMBER 8	page 363
1 THESSALONIANS OCTOBER 9....	page 302	REVELATION DECEMBER 9.....	page 364
2 THESSALONIANS OCTOBER 13...	page 306		

ENRICHING YOUR READING OF The One Year Bible New Testament

The New Testament itself witnesses to the life-changing power of Scripture. Hebrews 4:12 tells us that “the word of God is alive and powerful” and that it “exposes our innermost thoughts and desires.” And 2 Timothy 3:16-17 says, “All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.” Time spent in Scripture, in a very real sense, is time spent with God. There is no better place to hear from God than in its pages, and that’s something we can do almost anywhere.

This is a special edition of the New Testament designed for daily reading that will help you complete the entire New Testament in a year. This gives you a simple and defined pathway to follow. But once you’ve started down that pathway, how do you actually engage with these living and powerful texts? The following offers you some general principles to keep in mind as you read, along with some specific ideas for how to connect Scripture to your life.

📖 **READ PRAYERFULLY.** Without God’s help through his Spirit, our understanding of Scripture will always be limited. Always begin your reading time by asking for God’s help. Ask him to reveal to you whatever he wants you to see as you read.

📖 **READ WITH AWARENESS OF BOTH THE WHOLE AND THE PARTS.** As you begin your reading of any Bible passage, look at the passage as an entire unit before focusing in on key individual verses. Also remind yourself of what came before, what you read in the previous reading. This will protect you from taking individual verses out of context and enable you to make accurate interpretations and applications. This is a reminder that context is important for a true understanding of any verse in God’s Word.

 **READ IMPORTANT PASSAGES OVER AND OVER AGAIN.** As you come to important passages, especially those that speak very clearly to you, mark them so you can come back to them again and again. You are unlikely to see everything in any passage the first time you read it. In fact, some passages could be read daily for a lifetime without ever fully plumbing their depths.

 **READ SCRIPTURE OUT LOUD.** Reading aloud slows you down and allows you to encounter God's Word twice—through your eyes and your ears—leading you to a deeper understanding of the passage.

Feel free to journal in the margins and highlight special verses and passages. You might use colored highlighters, pens, or pencils to shade or underline praises, promises, and commands. Or you might highlight all the verses you would like to memorize, or all the verses that reveal God's attributes. You might choose different colors to mark different categories of verses. For example, promises might be marked by green and commands by yellow while God's attributes might be highlighted in blue. The practice of marking the text will help you to reflect more deeply as you read and also enable you to find special verses later.

SHARE WHAT YOU HAVE DISCOVERED. God's Word is good news whether it comes in a story or parable, an account of one of Jesus' miracles, a word of promise, or a wise proverb. When you've read something helpful, thought provoking, or inspiring, share it. By doing so, you will not only be an encouragement to someone else, but you'll find that the message becomes more real for you, too.





PUBLISHER'S NOTE

The One Year Bible New Testament divides the entire NLT New Testament into 365 daily readings, making it easy for regular Bible readers to read through the New Testament in a year. Instead of following a Bible reading chart and experiencing the delay finding your place each day, you will find the text already set off into daily readings, ready for your quiet reading and reflection. This fulfills our goal at Tyndale to make the Bible as accessible as possible for people no matter what their background or walk of life.

The *Holy Bible*, New Living Translation was first published in 1996. It quickly became one of the most popular Bible translations in the English-speaking world. While the NLT's influence was rapidly growing, the Bible Translation Committee determined that an additional investment in scholarly review and text refinement could make it even better. So shortly after its initial publication, the committee began an eight-year process with the purpose of increasing the level of the NLT's precision without sacrificing its easy-to-understand quality. This second-generation text was completed in 2004, with minor changes subsequently introduced in 2007, 2013, and 2015.

The goal of any Bible translation is to convey the meaning and content of the ancient Hebrew, Aramaic, and Greek texts as accurately as possible to contemporary readers. The challenge for our translators was to create a text that would communicate as clearly and powerfully to today's readers as the original texts did to readers and listeners in the ancient biblical world. The resulting translation is easy to read and understand, while also accurately communicating the meaning and content of the original biblical texts. The NLT is a general-purpose text especially good for study, devotional reading, and reading aloud in worship services.

We believe that the New Living Translation—which combines the latest biblical scholarship with a clear, dynamic writing style—will communicate God's word powerfully to all who read it. We publish it with the prayer that God will use it to speak his timeless truth to the church and the world in a fresh, new way. May this year and every year be enriched as you enjoy daily portions from God's word.

The Publishers

A full introduction to the NLT can be found at tyndale.com/nlt/process.

A complete list of the translators can be found at tyndale.com/nlt/scholars.



JANUARY 1 | MATTHEW 1:1-2:12

This is a record of the ancestors of Jesus the Messiah, a descendant of David and of Abraham:

- ² Abraham was the father of Isaac.
Isaac was the father of Jacob.
Jacob was the father of Judah and his brothers.
- ³ Judah was the father of Perez and Zerah (whose mother was Tamar).
Perez was the father of Hezron.
Hezron was the father of Ram.
- ⁴ Ram was the father of Amminadab.
Amminadab was the father of Nahshon.
Nahshon was the father of Salmon.
- ⁵ Salmon was the father of Boaz (whose mother was Rahab).
Boaz was the father of Obed (whose mother was Ruth).
Obed was the father of Jesse.
- ⁶ Jesse was the father of King David.
David was the father of Solomon (whose mother was Bathsheba, the widow of Uriah).
- ⁷ Solomon was the father of Rehoboam.
Rehoboam was the father of Abijah.
Abijah was the father of Asa.
- ⁸ Asa was the father of Jehoshaphat.
Jehoshaphat was the father of Jehoram.
Jehoram was the father of Uzziah.
- ⁹ Uzziah was the father of Jotham.
Jotham was the father of Ahaz.
Ahaz was the father of Hezekiah.
- ¹⁰ Hezekiah was the father of Manasseh.
Manasseh was the father of Amon.
Amon was the father of Josiah.
- ¹¹ Josiah was the father of Jehoiahin and his brothers
(born at the time of the exile to Babylon).
- ¹² After the Babylonian exile:
Jehoiahin was the father of Shealtiel.
Shealtiel was the father of Zerubbabel.
- ¹³ Zerubbabel was the father of Abiud.
Abiud was the father of Eliakim.
Eliakim was the father of Azor.
- ¹⁴ Azor was the father of Zadok.
Zadok was the father of Akim.
Akim was the father of Eliud.
- ¹⁵ Eliud was the father of Eleazar.
Eleazar was the father of Matthan.
Matthan was the father of Jacob.
- ¹⁶ Jacob was the father of Joseph, the husband of Mary.
Mary gave birth to Jesus, who is called the Messiah.

¹⁷All those listed above include fourteen generations from Abraham to David, fourteen from David to the Babylonian exile, and fourteen from the Babylonian exile to the Messiah.

¹⁸This is how Jesus the Messiah was born. His mother, Mary, was engaged to be married to Joseph. But before the marriage took place, while she was still a virgin, she became pregnant through the power of the Holy Spirit. ¹⁹Joseph, to whom she was engaged, was a righteous man and did not want to disgrace her publicly, so he decided to break the engagement quietly.

²⁰As he considered this, an angel of the Lord appeared to him in a dream. "Joseph, son of David," the angel said, "do not be afraid to take Mary as your wife. For the child within her was conceived by the Holy Spirit. ²¹And she will have a son, and you are to name him Jesus, for he will save his people from their sins."

²²All of this occurred to fulfill the Lord's message through his prophet:

²³ "Look! The virgin will conceive a child!
She will give birth to a son,
and they will call him Immanuel,
which means 'God is with us.'"

²⁴When Joseph woke up, he did as the angel of the Lord commanded and took Mary as his wife. ²⁵But he did not have sexual relations with her until her son was born. And Joseph named him Jesus.

♦^{2:1} Jesus was born in Bethlehem in Judea, during the reign of King Herod. About that time some wise men from eastern lands arrived in Jerusalem, asking, "Where is the newborn king of the Jews? We saw his star as it rose, and we have come to worship him."

³King Herod was deeply disturbed when he heard this, as was everyone in Jerusalem. ⁴He called a meeting of the leading priests and teachers of religious law and asked, "Where is the Messiah supposed to be born?"

⁵"In Bethlehem in Judea," they said, "for this is what the prophet wrote:

⁶ 'And you, O Bethlehem in the land of Judah,
are not least among the ruling cities of Judah,
for a ruler will come from you
who will be the shepherd for my people Israel.'"

⁷Then Herod called for a private meeting with the wise men, and he learned from them the time when the star first appeared. ⁸Then he told them, "Go to Bethlehem and search carefully for the child. And when you find him, come back and tell me so that I can go and worship him, too!"

⁹After this interview the wise men went their way. And the star they had seen in the east guided them to Bethlehem. It went ahead of them and stopped over the place where the child was. ¹⁰When they saw the star, they were filled with joy! ¹¹They entered the house and saw the child with his mother, Mary, and they bowed down and worshiped him. Then they opened their treasure chests and gave him gifts of gold, frankincense, and myrrh.

¹²When it was time to leave, they returned to their own country by another route, for God had warned them in a dream not to return to Herod.

After the wise men were gone, an angel of the Lord appeared to Joseph in a dream. “Get up! Flee to Egypt with the child and his mother,” the angel said. “Stay there until I tell you to return, because Herod is going to search for the child to kill him.”

¹⁴That night Joseph left for Egypt with the child and Mary, his mother, ¹⁵and they stayed there until Herod’s death. This fulfilled what the Lord had spoken through the prophet: “I called my Son out of Egypt.”

¹⁶Herod was furious when he realized that the wise men had outwitted him. He sent soldiers to kill all the boys in and around Bethlehem who were two years old and under, based on the wise men’s report of the star’s first appearance. ¹⁷Herod’s brutal action fulfilled what God had spoken through the prophet Jeremiah:

¹⁸ “A cry was heard in Ramah—
weeping and great mourning.
Rachel weeps for her children,
refusing to be comforted,
for they are dead.”

¹⁹When Herod died, an angel of the Lord appeared in a dream to Joseph in Egypt. ²⁰“Get up!” the angel said. “Take the child and his mother back to the land of Israel, because those who were trying to kill the child are dead.”

²¹So Joseph got up and returned to the land of Israel with Jesus and his mother. ²²But when he learned that the new ruler of Judea was Herod’s son Archelaus, he was afraid to go there. Then, after being warned in a dream, he left for the region of Galilee. ²³So the family went and lived in a town called Nazareth. This fulfilled what the prophets had said: “He will be called a Nazarene.”

♦^{3:1}In those days John the Baptist came to the Judean wilderness and began preaching. His message was, ²“Repent of your sins and turn to God, for the Kingdom of Heaven is near.” ³The prophet Isaiah was speaking about John when he said,

“He is a voice shouting in the wilderness,
‘Prepare the way for the LORD’s coming!
Clear the road for him!’”

⁴John’s clothes were woven from coarse camel hair, and he wore a leather belt around his waist. For food he ate locusts and wild honey. ⁵People from Jerusalem and from all of Judea and all over the Jordan Valley went out to see and hear John. ⁶And when they confessed their sins, he baptized them in the Jordan River.

But when he [John the Baptist] saw many Pharisees and Sadducees coming to watch him baptize, he denounced them. “You brood of snakes!” he exclaimed. “Who warned you to flee the coming wrath? ⁸Prove by the way you live that you have repented of your sins and turned to God. ⁹Don’t just say to each other, ‘We’re safe, for we are descendants of Abraham.’ That means nothing, for I tell you, God can create children of Abraham from these very stones. ¹⁰Even now the ax of God’s judgment is poised, ready to sever the roots of the trees. Yes, every tree that does not produce good fruit will be chopped down and thrown into the fire.

¹¹“I baptize with water those who repent of their sins and turn to God. But someone is coming soon who is greater than I am—so much greater that I’m not worthy even to be his slave and carry his sandals. He will baptize you with the Holy Spirit and with fire. ¹²He is ready to separate the chaff from the wheat with his winnowing fork. Then he will clean up the threshing area, gathering the wheat into his barn but burning the chaff with never-ending fire.”

¹³Then Jesus went from Galilee to the Jordan River to be baptized by John. ¹⁴But John tried to talk him out of it. “I am the one who needs to be baptized by you,” he said, “so why are you coming to me?”

¹⁵But Jesus said, “It should be done, for we must carry out all that God requires.” So John agreed to baptize him.

¹⁶After his baptism, as Jesus came up out of the water, the heavens were opened and he saw the Spirit of God descending like a dove and settling on him. ¹⁷And a voice from heaven said, “This is my dearly loved Son, who brings me great joy.”

♦^{4:1}Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. ²For forty days and forty nights he fasted and became very hungry.

³During that time the devil came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.”

⁴But Jesus told him, “No! The Scriptures say,

‘People do not live by bread alone,
but by every word that comes from the mouth of God.’”

⁵Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, ⁶and said, “If you are the Son of God, jump off! For the Scriptures say,

‘He will order his angels to protect you.
And they will hold you up with their hands
so you won’t even hurt your foot on a stone.’”

⁷Jesus responded, “The Scriptures also say, ‘You must not test the LORD your God.’”

⁸Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. ⁹“I will give it all to you,” he said, “if you will kneel down and worship me.”

¹⁰“Get out of here, Satan,” Jesus told him. “For the Scriptures say,

‘You must worship the LORD your God
and serve only him.’”

¹¹Then the devil went away, and angels came and took care of Jesus.

JANUARY 4 | MATTHEW 4:12-25

When Jesus heard that John had been arrested, he left Judea and returned to Galilee. ¹³He went first to Nazareth, then left there and moved to Capernaum, beside the Sea of Galilee, in the region of Zebulun and Naphtali. ¹⁴This fulfilled what God said through the prophet Isaiah:

¹⁵ "In the land of Zebulun and of Naphtali,
beside the sea, beyond the Jordan River,
in Galilee where so many Gentiles live,
¹⁶ the people who sat in darkness
have seen a great light.
And for those who lived in the land where death casts its shadow,
a light has shined."

¹⁷From then on Jesus began to preach, "Repent of your sins and turn to God, for the Kingdom of Heaven is near."

¹⁸One day as Jesus was walking along the shore of the Sea of Galilee, he saw two brothers—Simon, also called Peter, and Andrew—throwing a net into the water, for they fished for a living. ¹⁹Jesus called out to them, "Come, follow me, and I will show you how to fish for people!" ²⁰And they left their nets at once and followed him.

²¹A little farther up the shore he saw two other brothers, James and John, sitting in a boat with their father, Zebedee, repairing their nets. And he called them to come, too. ²²They immediately followed him, leaving the boat and their father behind.

²³Jesus traveled throughout the region of Galilee, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness. ²⁴News about him spread as far as Syria, and people soon began bringing to him all who were sick. And whatever their sickness or disease, or if they were demon possessed or epileptic or paralyzed—he healed them all. ²⁵Large crowds followed him wherever he went—people from Galilee, the Ten Towns, Jerusalem, from all over Judea, and from east of the Jordan River.

One day as he saw the crowds gathering, Jesus went up on the mountainside and sat down. His disciples gathered around him,² and he began to teach them.

- ³ “God blesses those who are poor and realize their need for him,
for the Kingdom of Heaven is theirs.
- ⁴ God blesses those who mourn,
for they will be comforted.
- ⁵ God blesses those who are humble,
for they will inherit the whole earth.
- ⁶ God blesses those who hunger and thirst for justice,
for they will be satisfied.
- ⁷ God blesses those who are merciful,
for they will be shown mercy.
- ⁸ God blesses those whose hearts are pure,
for they will see God.
- ⁹ God blesses those who work for peace,
for they will be called the children of God.
- ¹⁰ God blesses those who are persecuted for doing right,
for the Kingdom of Heaven is theirs.

¹¹“God blesses you when people mock you and persecute you and lie about you and say all sorts of evil things against you because you are my followers. ¹²Be happy about it! Be very glad! For a great reward awaits you in heaven. And remember, the ancient prophets were persecuted in the same way.

¹³“You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless.

¹⁴“You are the light of the world—like a city on a hilltop that cannot be hidden. ¹⁵No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. ¹⁶In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

¹⁷“Don’t misunderstand why I have come. I did not come to abolish the law of Moses or the writings of the prophets. No, I came to accomplish their purpose. ¹⁸I tell you the truth, until heaven and earth disappear, not even the smallest detail of God’s law will disappear until its purpose is achieved. ¹⁹So if you ignore the least commandment and teach others to do the same, you will be called the least in the Kingdom of Heaven. But anyone who obeys God’s laws and teaches them will be called great in the Kingdom of Heaven.

²⁰“But I warn you—unless your righteousness is better than the righteousness of the teachers of religious law and the Pharisees, you will never enter the Kingdom of Heaven!

²¹“You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’ ²²But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell.

²³"So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, ²⁴leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.

²⁵"When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. ²⁶And if that happens, you surely won't be free again until you have paid the last penny."

JANUARY 6 | MATTHEW 5:27-48

"You have heard the commandment that says, 'You must not commit adultery.' ²⁸But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart. ²⁹So if your eye—even your good eye—causes you to lust, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. ³⁰And if your hand—even your stronger hand—causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.

³¹"You have heard the law that says, 'A man can divorce his wife by merely giving her a written notice of divorce.' ³²But I say that a man who divorces his wife, unless she has been unfaithful, causes her to commit adultery. And anyone who marries a divorced woman also commits adultery.

³³"You have also heard that our ancestors were told, 'You must not break your vows; you must carry out the vows you make to the LORD.' ³⁴But I say, do not make any vows! Do not say, 'By heaven!' because heaven is God's throne. ³⁵And do not say, 'By the earth!' because the earth is his footstool. And do not say, 'By Jerusalem!' for Jerusalem is the city of the great King. ³⁶Do not even say, 'By my head!' for you can't turn one hair white or black. ³⁷Just say a simple, 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one.

³⁸"You have heard the law that says the punishment must match the injury: 'An eye for an eye, and a tooth for a tooth.' ³⁹But I say, do not resist an evil person! If someone slaps you on the right cheek, offer the other cheek also. ⁴⁰If you are sued in court and your shirt is taken from you, give your coat, too. ⁴¹If a soldier demands that you carry his gear for a mile, carry it two miles. ⁴²Give to those who ask, and don't turn away from those who want to borrow.

⁴³"You have heard the law that says, 'Love your neighbor' and hate your enemy. ⁴⁴But I say, love your enemies! Pray for those who persecute you! ⁴⁵In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. ⁴⁶If you love only those who love you, what reward is there for that? Even corrupt tax collectors do that much. ⁴⁷If you are kind only to your friends, how are you different from anyone else? Even pagans do that. ⁴⁸But you are to be perfect, even as your Father in heaven is perfect."

"Watch out! Don't do your good deeds publicly, to be admired by others, for you will lose the reward from your Father in heaven. ²When you give to someone in need, don't do as the hypocrites do—blowing trumpets in the synagogues and streets to call attention to their acts of charity! I tell you the truth, they have received all the reward they will ever get. ³But when you give to someone in need, don't let your left hand know what your right hand is doing. ⁴Give your gifts in private, and your Father, who sees everything, will reward you.

⁵"When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. ⁶But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

⁷"When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. ⁸Don't be like them, for your Father knows exactly what you need even before you ask him! ⁹Pray like this:

Our Father in heaven,

may your name be kept holy.

¹⁰ May your Kingdom come soon.

May your will be done on earth,
as it is in heaven.

¹¹ Give us today the food we need,

¹² and forgive us our sins,

as we have forgiven those who sin against us.

¹³ And don't let us yield to temptation,
but rescue us from the evil one.

¹⁴"If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵But if you refuse to forgive others, your Father will not forgive your sins.

¹⁶"And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷But when you fast, comb your hair and wash your face. ¹⁸Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

¹⁹"Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. ²⁰Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. ²¹Wherever your treasure is, there the desires of your heart will also be.

²²"Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. ²³But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!

²⁴"No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money."

“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? ²⁶Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? ²⁷Can all your worries add a single moment to your life?

²⁸“And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, ²⁹yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

³¹“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³²These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

³⁴“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

♦^{7:1}“Do not judge others, and you will not be judged. ²For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged.

³“And why worry about a speck in your friend’s eye when you have a log in your own? ‘How can you think of saying to your friend, ‘Let me help you get rid of that speck in your eye,’ when you can’t see past the log in your own eye? ⁴Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend’s eye.

⁶“Don’t waste what is holy on people who are unholy. Don’t throw your pearls to pigs! They will trample the pearls, then turn and attack you.

⁷“Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. ⁸For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.

⁹“You parents—if your children ask for a loaf of bread, do you give them a stone instead? ¹⁰Or if they ask for a fish, do you give them a snake? Of course not! ¹¹So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.

¹²“Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets.

¹³“You can enter God’s Kingdom only through the narrow gate. The highway to hell is broad, and its gate is wide for the many who choose that way. ¹⁴But the gateway to life is very narrow and the road is difficult, and only a few ever find it.”