

EXODUS

Israel Oppressed in Egypt

1 These are the names of the sons of Israel who came to Egypt with Jacob; each came with his family:

² Reuben, Simeon, Levi, and Judah;

³ Issachar, Zebulun, and Benjamin;

⁴ Dan and Naphtali; Gad and Asher.

⁵ The total number of Jacob's descendants^a was seventy;⁸ Joseph was already in Egypt.

⁶ Joseph and all his brothers and all that generation eventually died. ⁷ But the Israelites were fruitful, increased rapidly, multiplied, and became extremely numerous so that the land was filled with them.

⁸ A new king, who did not know about Joseph, came to power in Egypt. ⁹ He said to his people, "Look, the Israelite people are more numerous and powerful than we are. ¹⁰ Come, let's deal shrewdly with them; otherwise they will multiply further, and when war breaks out, they will join our enemies, fight against us, and leave the country." ¹¹ So the Egyptians assigned taskmasters over the Israelites to oppress them with forced labor. They built Pithom and Rameses as supply cities for Pharaoh. ¹² But the more they oppressed them, the more they multiplied and spread so that the Egyptians came to dread^c the Israelites. ¹³ They worked the Israelites ruthlessly¹⁴ and made their lives bitter with difficult labor in brick and mortar and in all kinds of fieldwork. They ruthlessly imposed all this work on them.

¹⁵ The king of Egypt said to the Hebrew midwives — the first whose name was Shiprah and the second whose name was Puah — ¹⁶ "When you help the Hebrew women give birth, observe them as they deliver. If the child is a son, kill him, but if it's a daughter, she may live." ¹⁷ The midwives, however, feared God and did not do as the king of Egypt had told them; they let the boys live. ¹⁸ So the king of Egypt summoned the midwives and asked them, "Why have you done this and let the boys live?"

¹⁹ The midwives said to Pharaoh, "The Hebrew women are not like the Egyptian women, for they are vigorous and give birth before the midwife can get to them."

²⁰ So God was good to the midwives, and the people multiplied and became

very numerous. ²¹ Since the midwives feared God, he gave them families. ²² Pharaoh then commanded all his people: "You must throw every son born to the Hebrews into the Nile, but let every daughter live."

Moses's Birth and Adoption

2 Now a man from the family of Levi married a Levite woman. ² The woman became pregnant and gave birth to a son; when she saw that he was beautiful,⁹ she hid him for three months. ³ But when she could no longer hide him, she got a papyrus basket for him and coated it with asphalt and pitch. She placed the child in it and set it among the reeds by the bank of the Nile. ⁴ Then his sister stood at a distance in order to see what would happen to him.

⁵ Pharaoh's daughter went down to bathe at the Nile while her servant girls walked along the riverbank. She saw the basket among the reeds, sent her slave girl, took it, ⁶ opened it, and saw him, the child — and there he was, a little boy, crying. She felt sorry for him and said, "This is one of the Hebrew boys."

⁷ Then his sister said to Pharaoh's daughter, "Should I go and call a Hebrew woman who is nursing to nurse the boy for you?"

⁸ "Go," Pharaoh's daughter told her. So the girl went and called the boy's mother. ⁹ Then Pharaoh's daughter said to her, "Take this child and nurse him for me, and I will pay your wages." So the woman took the boy and nursed him. ¹⁰ When the child grew older, she brought him to Pharaoh's daughter, and he became her son. She named him Moses, ¹¹ "Because," she said, "I drew him out of the water."

Moses in Midian

¹¹ Years later,¹² after Moses had grown up, he went out to his own people¹³ and observed their forced labor. He saw an Egyptian striking a Hebrew, one of his people. ¹² Looking all around and seeing no one, he struck the Egyptian dead and hid him in the sand. ¹³ The next day he went out and saw two Hebrews fighting. He asked the one in the wrong, "Why are you attacking your neighbor?"¹⁴

^a 1:5 Lit of people issuing from Jacob's loins ⁸ 1:5 LXX, DSS read 75; Gn 46:27; Ac 7:14 ^c 1:12 Or Egyptians loathed ⁹ 2:2 Or healthy ¹¹ 2:10 The name Moses sounds like "drawing out" in Hb and "born" in Egyptian. ¹² 2:11 Lit And it was in those days ¹³ 2:11 Lit his brothers ¹⁴ 2:13 Or fellow Hebrew

¹⁴“Who made you a commander and judge over us?” the man replied. “Are you planning to kill me as you killed the Egyptian?”

Then Moses became afraid and thought, “What I did is certainly known.”

¹⁵When Pharaoh heard about this, he tried to kill Moses. But Moses fled from Pharaoh and went to live in the land of Midian, and sat down by a well.

¹⁶Now the priest of Midian had seven daughters. They came to draw water and filled the troughs to water their father’s flock. ¹⁷Then some shepherds arrived and drove them away, but Moses came to their rescue and watered their flock. ¹⁸When they returned to their father Reuel,⁴ he asked, “Why have you come back so quickly today?”

¹⁹They answered, “An Egyptian rescued us from the shepherds. He even drew water for us and watered the flock.”

²⁰“So where is he?” he asked his daughters. “Why then did you leave the man behind? Invite him to eat dinner.”

²¹Moses agreed to stay with the man, and he gave his daughter Zipporah to Moses in marriage. ²²She gave birth to a son whom he named Gershom,⁵ for he said, “I have been a resident alien in a foreign land.”

²³After a long time, the king of Egypt died. The Israelites groaned because of their difficult labor; and they cried out; and their cry for help because of the difficult labor ascended to God. ²⁴And God heard their groaning; and God remembered his covenant with Abraham, with Isaac, and with Jacob; ²⁵and God saw the Israelites; and God knew.

Moses and the Burning Bush

3 Meanwhile, Moses was shepherding the flock of his father-in-law Jethro, the priest of Midian. He led the flock to the far side of the wilderness and came to Horeb,⁶ the mountain of God. ²Then the angel of the LORD appeared to him in a flame of fire within a bush. As Moses looked, he saw that the bush was on fire but was not consumed. ³So Moses thought, “I must go over and look at this remarkable sight. Why isn’t the bush burning up?”

⁴When the LORD saw that he had gone over to look, God called out to him from the bush, “Moses, Moses!”

“Here I am,” he answered.

⁵“Do not come closer,” he said. “Remove the sandals from your feet, for the place where you are standing is holy ground.”

⁶Then he continued, “I am the God of your father,⁶ the God of Abraham, the God of Isaac, and the God of Jacob.” Moses hid his face because he was afraid to look at God.

⁷Then the LORD said, “I have observed the misery of my people in Egypt, and have heard them crying out because of their oppressors. I know about their sufferings,⁸ and I have come down to rescue them from the power of the Egyptians and to bring them from that land to a good and spacious land, a land flowing with milk and honey — the territory of the Canaanites, Hethites, Amorites, Perizzites, Hivites, and Jebusites.⁹ So because the Israelites’ cry for help has come to me, and I have also seen the way the Egyptians are oppressing them,¹⁰ therefore, go. I am sending you to Pharaoh so that you may lead my people, the Israelites, out of Egypt.”

¹¹But Moses asked God, “Who am I that I should go to Pharaoh and that I should bring the Israelites out of Egypt?”

¹²He answered, “I will certainly be with you, and this will be the sign to you that I am the one who sent you: when you bring the people out of Egypt, you will all worship¹ God at this mountain.”

¹³Then Moses asked God, “If I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ what should I tell them?”

¹⁴God replied to Moses, “I AM WHO I AM.⁶ This is what you are to say to the Israelites: I AM has sent me to you.” ¹⁵God also said to Moses, “Say this to the Israelites: The LORD, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you. This is my name forever; this is how I am to be remembered in every generation.

¹⁶“Go and assemble the elders of Israel and say to them: The LORD, the God of your fathers, the God of Abraham, Isaac, and Jacob, has appeared to me and said: I have paid close attention to you and to what has been done to you in Egypt. ¹⁷And I have promised you that I will bring you up from the misery of Egypt to the land of the Canaanites, Hethites, Amorites,

⁴2:18 Jethro’s clan or last name was Reuel; Ex 3:1. ⁵2:22 In Hb the name *Gershom* sounds like the phrase “a stranger there.” ⁶3:1 Moses’s father-in-law’s first name was *Jethro*; Ex 2:18. ⁷3:1 = Desolation; another name for Mount Sinai; Dt 4:10, 15; 18:16; Mal 4:4. ⁸3:6 Sam, some LXX mss read *fathers*; Ac 7:32

⁹3:12 Or *serve* ¹⁰3:14 Or *I AM BECAUSE I AM, or I WILL BE WHO I WILL BE*

Perizzites, Hivites, and Jebusites — a land flowing with milk and honey.¹⁸ They will listen to what you say. Then you, along with the elders of Israel, must go to the king of Egypt and say to him: The LORD, the God of the Hebrews, has met with us. Now please let us go on a three-day trip into the wilderness so that we may sacrifice to the LORD our God.

¹⁹“However, I know that the king of Egypt will not allow you to go, even under force from a strong hand.²⁰ But when I stretch out my hand and strike Egypt with all my miracles that I will perform in it, after that, he will let you go.²¹ And I will give these people such favor with the Egyptians that when you go, you will not go empty-handed.²² Each woman will ask her neighbor and any woman staying in her house for silver and gold jewelry, and clothing, and you will put them on your sons and daughters. So you will plunder the Egyptians.”

Miraculous Signs for Moses

4 Moses answered, “What if they won’t believe me and will not obey me but say, ‘The LORD did not appear to you?’”

²The LORD asked him, “What is that in your hand?”

“A staff,” he replied.

³“Throw it on the ground,” he said. So Moses threw it on the ground, it became a snake, and he ran from it.⁴ The LORD told Moses, “Stretch out your hand and grab it by the tail.” So he stretched out his hand and caught it, and it became a staff in his hand.⁵ “This will take place,” he continued, “so that they will believe that the LORD, the God of their fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has appeared to you.”

⁶In addition the LORD said to him, “Put your hand inside your cloak.” So he put his hand inside his cloak, and when he took it out, his hand was diseased, resembling snow.⁷ “Put your hand back inside your cloak,” he said. So he put his hand back inside his cloak, and when he took it out, it had again become like the rest of his skin.⁸ “If they will not believe you and will not respond to the evidence of the first sign, they may believe the evidence of the second sign.⁹ And if they don’t believe even these two signs or listen to what you say, take some water from the Nile and pour it on the dry ground. The

water you take from the Nile will become blood on the ground.”

¹⁰But Moses replied to the LORD, “Please, Lord, I have never been eloquent — either in the past or recently or since you have been speaking to your servant — because my mouth and my tongue are sluggish.”⁸

¹¹The LORD said to him, “Who placed a mouth on humans? Who makes a person mute or deaf, seeing or blind? Is it not I, the LORD?¹² Now go! I will help you speak^c and I will teach you what to say.”

¹³Moses said, “Please, Lord, send someone else.”¹⁰

¹⁴Then the LORD’s anger burned against Moses, and he said, “Isn’t Aaron the Levite your brother? I know that he can speak well. And also, he is on his way now to meet you. He will rejoice when he sees you.¹⁵ You will speak with him and tell him what to say. I will help both you and him to speak^d and will teach you both what to do.¹⁶ He will speak to the people for you. He will serve as a mouth for you, and you will serve as God to him.¹⁷ And take this staff in your hand that you will perform the signs with.”

Moses’s Return to Egypt

¹⁸Then Moses went back to his father-in-law Jethro and said to him, “Please let me return to my relatives in Egypt and see if they are still living.”

Jethro said to Moses, “Go in peace.”

¹⁹Now in Midian the LORD told Moses, “Return to Egypt, for all the men who wanted to kill you are dead.”²⁰ So Moses took his wife and sons, put them on a donkey, and returned to the land of Egypt. And Moses took God’s staff in his hand.

²¹The LORD instructed Moses, “When you go back to Egypt, make sure you do before Pharaoh all the wonders that I have put within your power. But I will harden his heart^f so that he won’t let the people go.²² And you will say to Pharaoh: This is what the LORD says: Israel is my firstborn son.²³ I told you: Let my son go so that he may worship me, but you refused to let him go. Look, I am about to kill your firstborn son!”

²⁴On the trip, at an overnight campsite, it happened that the LORD confronted him and intended to put him to death.²⁵ So Zipporah took a flint, cut off her son’s foreskin, threw it at Moses’s feet, and said,

^a 4:6 A reference to whiteness or flakiness of the skin ^b 4:10 Lit heavy of mouth and heavy of tongue
^c 4:12 Lit will be with your mouth ^d 4:13 Lit send by the hand of whom you will send ^e 4:15 Lit will be with your mouth and with his mouth ^f 4:21 Or will make him stubborn

"You are a bridegroom of blood to me!"²⁶ So he let him alone. At that time she said, "You are a bridegroom of blood," referring to the circumcision.

Reunion of Moses and Aaron

²⁷ Now the LORD had said to Aaron, "Go and meet Moses in the wilderness." So he went and met him at the mountain of God and kissed him. ²⁸ Moses told Aaron everything the LORD had sent him to say, and about all the signs he had commanded him to do. ²⁹ Then Moses and Aaron went and assembled all the elders of the Israelites. ³⁰ Aaron repeated everything the LORD had said to Moses and performed the signs before the people. ³¹ The people believed, and when they heard that the LORD had paid attention to them and that he had seen their misery, they knelt low and worshiped.

Moses Confronts Pharaoh

5 Later, Moses and Aaron went in and said to Pharaoh, "This is what the LORD, the God of Israel, says: Let my people go, so that they may hold a festival for me in the wilderness."

² But Pharaoh responded, "Who is the LORD that I should obey him by letting Israel go? I don't know^a the LORD, and besides, I will not let Israel go."

³ They answered, "The God of the Hebrews has met with us. Please let us go on a three-day trip into the wilderness so that we may sacrifice to the LORD our God, or else he may strike us with plague or sword."

⁴ The king of Egypt said to them, "Moses and Aaron, why are you causing the people to neglect their work? Get to your labor!" ⁵ Pharaoh also said, "Look, the people of the land are so numerous, and you would stop them from their labor."

Further Oppression of Israel

⁶ That day Pharaoh commanded the overseers of the people as well as their foremen: ⁷ "Don't continue to supply the people with straw for making bricks, as before. They must go and gather straw for themselves. ⁸ But require the same quota of bricks from them as they were making before; do not reduce it. For they are slackers — that is why they are crying out, 'Let us go and sacrifice to our God.' ⁹ Impose heavier work on the men. Then they will be occupied with it and not pay attention to deceptive words."

^a5:2 Or *recognize*

¹⁰ So the overseers and foremen of the people went out and said to them, "This is what Pharaoh says: 'I am not giving you straw. ¹¹ Go get straw yourselves wherever you can find it, but there will be no reduction at all in your workload.'" ¹² So the people scattered throughout the land of Egypt to gather stubble for straw. ¹³ The overseers insisted, "Finish your assigned work each day, just as you did when straw was provided." ¹⁴ Then the Israelite foremen, whom Pharaoh's slave drivers had set over the people, were beaten and asked, "Why haven't you finished making your prescribed number of bricks yesterday or today, as you did before?"

¹⁵ So the Israelite foremen went in and cried for help to Pharaoh: "Why are you treating your servants this way? ¹⁶ No straw has been given to your servants, yet they say to us, 'Make bricks!' Look, your servants are being beaten, but it is your own people who are at fault."

¹⁷ But he said, "You are slackers. Slackers! That is why you are saying, 'Let us go sacrifice to the LORD.'" ¹⁸ Now get to work. No straw will be given to you, but you must produce the same quantity of bricks."

¹⁹ The Israelite foremen saw that they were in trouble when they were told, "You cannot reduce your daily quota of bricks."

²⁰ When they left Pharaoh, they confronted Moses and Aaron, who stood waiting to meet them.

²¹ "May the LORD take note of you and judge," they said to them, "because you have made us reek to Pharaoh and his officials — putting a sword in their hand to kill us!"

²² So Moses went back to the LORD and asked, "Lord, why have you caused trouble for this people? And why did you ever send me?" ²³ Ever since I went in to Pharaoh to speak in your name he has caused trouble for this people, and you haven't rescued your people at all."

6 But the LORD replied to Moses, "Now you will see what I will do to Pharaoh: because of a strong hand he will let them go, and because of a strong hand he will drive them from his land."

God Promises Freedom

² Then God spoke to Moses, telling him, "I am the LORD. ³ I appeared to Abraham, Isaac, and Jacob as God Almighty, but I was not known to them by my name

‘the LORD.’^a ⁴I also established my covenant with them to give them the land of Canaan, the land they lived in as aliens. ⁵Furthermore, I have heard the groaning of the Israelites, whom the Egyptians are forcing to work as slaves, and I have remembered my covenant.

⁶“Therefore tell the Israelites: I am the LORD, and I will bring you out from the forced labor of the Egyptians and rescue you from slavery to them. I will redeem you with an outstretched arm and great acts of judgment. ⁷I will take you as my people, and I will be your God. You will know that I am the LORD your God, who brought you out from the forced labor of the Egyptians. ⁸I will bring you to the land that I swore^b to give to Abraham, Isaac, and Jacob, and I will give it to you as a possession. I am the LORD.” ⁹Moses told this to the Israelites, but they did not listen to him because of their broken spirit and hard labor.

¹⁰Then the LORD spoke to Moses, ¹¹“Go and tell Pharaoh king of Egypt to let the Israelites go from his land.”

¹²But Moses said in the LORD’s presence: “If the Israelites will not listen to me, then how will Pharaoh listen to me, since I am such a poor speaker?” ¹³Then the LORD spoke to Moses and Aaron and gave them commands concerning both the Israelites and Pharaoh king of Egypt to bring the Israelites out of the land of Egypt.

Genealogy of Moses and Aaron

¹⁴These are the heads of their fathers’ families:

The sons of Reuben, the firstborn of Israel:

Hanoch and Pallu, Hezron and Carmi. These are the clans of Reuben.

¹⁵ The sons of Simeon: Jemuel, Jamin, Ohad, Jachin, Zohar, and Shaul, the son of a Canaanite woman. These are the clans of Simeon.

¹⁶ These are the names of the sons of Levi according to their family records: Gershon, Kohath, and Merari. Levi lived 137 years.

¹⁷ The sons of Gershon: Libni and Shimei, by their clans.

¹⁸ The sons of Kohath: Amram, Izhar, Hebron, and Uzziel.

Kohath lived 133 years.

The sons of Merari:

Mahli and Mushi.

These are the clans of the Levites according to their family records.

²⁰ Amram married his father’s sister Jochebed, and she bore him Aaron and Moses. Amram lived 137 years.

²¹ The sons of Izhar:

Korah, Nepheg, and Zichri.

²² The sons of Uzziel:

Mishael, Elzaphan, and Sithri.

²³ Aaron married Elisheba, daughter of Amminadab and sister of Nahshon.

She bore him Nadab and Abihu,

Eleazar and Ithamar.

²⁴ The sons of Korah:

Assir, Elkanah, and Abiasaph.

These are the clans of the Korahites.

²⁵ Aaron’s son Eleazar married

one of the daughters of Putiel,

and she bore him Phinehas.

These are the heads of the Levite

families by their clans.

²⁶It was this Aaron and Moses whom the LORD told, “Bring the Israelites out of the land of Egypt according to their military divisions.” ²⁷Moses and Aaron were the ones who spoke to Pharaoh king of Egypt in order to bring the Israelites out of Egypt.

Moses and Aaron Before Pharaoh

²⁸On the day the LORD spoke to Moses in the land of Egypt, ²⁹he said to him, “I am the LORD; tell Pharaoh king of Egypt everything I am telling you.”

³⁰But Moses replied in the LORD’s presence, “Since I am such a poor speaker, how will Pharaoh listen to me?”

7 The LORD answered Moses, “See, I have made you like God to Pharaoh, and Aaron your brother will be your prophet. ²You must say whatever I command you; then Aaron your brother must declare it to Pharaoh so that he will let the Israelites go from his land. ³But I will harden Pharaoh’s heart and multiply my signs and wonders in the land of Egypt. ⁴Pharaoh will not listen to you, but I will put my hand into Egypt and bring the military divisions of my people the Israelites out of the land of Egypt by great acts of

^a6:3 LORD (in small capitals) stands for the personal name of God, which in Hb is *Yahweh*. There is a long tradition of substituting “LORD” for “Yahweh” out of reverence. ^b6:8 Lit *raised my hand* ^c6:12 Lit *I have uncircumcised lips*, also in v. 30

judgment. ⁵The Egyptians will know that I am the LORD when I stretch out my hand against Egypt and bring out the Israelites from among them."

⁶So Moses and Aaron did this; they did just as the LORD commanded them. ⁷Moses was eighty years old and Aaron eighty-three when they spoke to Pharaoh.

⁸The LORD said to Moses and Aaron, ⁹"When Pharaoh tells you, 'Perform a miracle,' tell Aaron, 'Take your staff and throw it down before Pharaoh. It will become a serpent.'" ¹⁰So Moses and Aaron went in to Pharaoh and did just as the LORD had commanded. Aaron threw down his staff before Pharaoh and his officials, and it became a serpent. ¹¹But then Pharaoh called the wise men and sorcerers — the magicians of Egypt, and they also did the same thing by their occult practices. ¹²Each one threw down his staff, and it became a serpent. But Aaron's staff swallowed their staffs. ¹³However, Pharaoh's heart was hard, and he did not listen to them, as the LORD had said.

The First Plague: Water Turned to Blood

¹⁴Then the LORD said to Moses, "Pharaoh's heart is hard: He refuses to let the people go. ¹⁵Go to Pharaoh in the morning. When you see him walking out to the water, stand ready to meet him by the bank of the Nile. Take in your hand the staff that turned into a snake. ¹⁶Tell him: The LORD, the God of the Hebrews, has sent me to tell you: Let my people go, so that they may worship ¹⁷me in the wilderness, but so far you have not listened. ¹⁷This is what the LORD says: Here is how you will know that I am the LORD. Watch. I am about to strike the water in the Nile with the staff in my hand, and it will turn to blood. ¹⁸The fish in the Nile will die, the river will stink, and the Egyptians will be unable to drink water from it."

¹⁹So the LORD said to Moses, "Tell Aaron: Take your staff and stretch out your hand over the waters of Egypt — over their rivers, canals, ponds, and all their water reservoirs — and they will become blood. There will be blood throughout the land of Egypt, even in wooden and stone containers."

²⁰Moses and Aaron did just as the LORD had commanded; in the sight of Pharaoh and his officials, he raised the staff and struck the water in the Nile, and all the water in the Nile was turned to blood. ²¹The fish in the Nile died, and the river

smelled so bad the Egyptians could not drink water from it. There was blood throughout the land of Egypt.

²²But the magicians of Egypt did the same thing by their occult practices. So Pharaoh's heart was hard, and he would not listen to them, as the LORD had said. ²³Pharaoh turned around, went into his palace, and didn't take even this to heart. ²⁴All the Egyptians dug around the Nile for water to drink because they could not drink the water from the river. ²⁵Seven days passed after the LORD struck the Nile.

The Second Plague: Frogs

8 Then the LORD said to Moses, "Go in to Pharaoh and tell him: This is what the LORD says: Let my people go, so that they may worship me. ²But if you refuse to let them go, then I will plague all your territory with frogs. ³The Nile will swarm with frogs; they will come up and go into your palace, into your bedroom and on your bed, into the houses of your officials and your people, and into your ovens and kneading bowls. ⁴The frogs will come up on you, your people, and all your officials."

⁵The LORD then said to Moses, "Tell Aaron: Stretch out your hand with your staff over the rivers, canals, and ponds, and cause the frogs to come up onto the land of Egypt." ⁶When Aaron stretched out his hand over the waters of Egypt, the frogs came up and covered the land of Egypt. ⁷But the magicians did the same thing by their occult practices and brought frogs up onto the land of Egypt.

⁸Pharaoh summoned Moses and Aaron and said, "Appeal to the LORD to remove the frogs from me and my people. Then I will let the people go and they can sacrifice to the LORD."

⁹Moses said to Pharaoh, "You may have the honor of choosing. When should I appeal on behalf of you, your officials, and your people, that the frogs be taken away from you and your houses, and remain only in the Nile?"

¹⁰"Tomorrow," he answered.

Moses replied, "As you have said, so that you may know there is no one like the LORD our God, ¹¹the frogs will go away from you, your houses, your officials, and your people. The frogs will remain only in the Nile." ¹²After Moses and Aaron went out from Pharaoh, Moses cried out to the LORD for help concerning the frogs that he had brought against Pharaoh. ¹³The

¹⁶7:16 Or *serve*; Ex 4:23

MATTHEW

The Genealogy of Jesus Christ

1 An account of the genealogy of Jesus Christ, the Son of David, the Son of Abraham:

From Abraham to David

- ² Abraham fathered ^a Isaac,
Isaac fathered Jacob,
Jacob fathered Judah
and his brothers,
³ Judah fathered Perez and Zerah
by Tamar,
Perez fathered Hezron,
Hezron fathered Aram,
⁴ Aram fathered Amminadab,
Amminadab fathered Nahshon,
Nahshon fathered Salmon,
⁵ Salmon fathered Boaz by Rahab,
Boaz fathered Obed by Ruth,
Obed fathered Jesse,
⁶ and Jesse fathered King David.

From David to the Babylonian Exile

- David fathered Solomon ^b
by Uriah's wife,
⁷ Solomon fathered Rehoboam,
Rehoboam fathered Abijah,
Abijah fathered Asa, ^c
⁸ Asa ^c fathered Jehoshaphat,
Jehoshaphat fathered Joram, ^d
Joram fathered Uzziah,
⁹ Uzziah fathered Jotham,
Jotham fathered Ahaz,
Ahaz fathered Hezekiah,
¹⁰ Hezekiah fathered Manasseh,
Manasseh fathered Amon, ^e
Amon fathered Josiah,
¹¹ and Josiah fathered Jeconiah
and his brothers
at the time of the exile
to Babylon.

From the Exile to the Christ

- ¹² After the exile to Babylon
Jeconiah fathered Shealtiel,
Shealtiel fathered
Zerubbabel,
¹³ Zerubbabel fathered Abiud,
Abiud fathered Eliakim,
Eliakim fathered Azor,
¹⁴ Azor fathered Zadok,
Zadok fathered Achim,
Achim fathered Eliud,

- ¹⁵ Eliud fathered Eleazar,
Eleazar fathered Matthan,
Matthan fathered Jacob,
¹⁶ and Jacob fathered Joseph
the husband of Mary,
who gave birth to Jesus who is called
the Christ.

¹⁷ So all the generations from Abraham to David were fourteen generations; and from David until the exile to Babylon, fourteen generations; and from the exile to Babylon until the Christ, fourteen generations.

The Nativity of the Christ

¹⁸ The birth of Jesus Christ came about this way: After his mother Mary had been engaged ^d to Joseph, it was discovered before they came together that she was pregnant from the Holy Spirit. ¹⁹ So her husband Joseph, being a righteous man, and not wanting to disgrace her publicly, decided to divorce her secretly.

²⁰ But after he had considered these things, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, don't be afraid to take Mary as your wife, because what has been conceived in her is from the Holy Spirit. ²¹ She will give birth to a son, and you are to name him Jesus, because he will save his people from their sins."

²² Now all this took place to fulfill what was spoken by the Lord through the prophet:

²³ **See, the virgin will
become pregnant
and give birth to a son,
and they will
name him Immanuel,** ^g

which is translated "God is with us."

²⁴ When Joseph woke up, he did as the Lord's angel had commanded him. He married her ²⁵ but did not have sexual relations with her until she gave birth to a son. ^h And he named him Jesus.

Wise Men Visit the King

2 After Jesus was born in Bethlehem of Judea in the days of King Herod, wise men from the east arrived in Jerusalem, ² saying, "Where is he who has been born

^a1:2 In vv. 2-16 either a son, as here, or a later descendant, as in v. 8 ^b1:6 Other mss add *King*

^c1:7,8 Other mss read *Asaph* ^d1:8 = Jehoram ^e1:10 Other mss read *Amos* ^f1:18 Or *betrotted*

^g1:23 Is 7:14 ^h1:25 Other mss read *to her firstborn son*

king of the Jews? For we saw his star at its rising and have come to worship him."^a

³When King Herod heard this, he was deeply disturbed, and all Jerusalem with him.⁴ So he assembled all the chief priests and scribes of the people and asked them where the Christ would be born.

⁵"In Bethlehem of Judea," they told him, "because this is what was written by the prophet:

⁶ **And you, Bethlehem, in the land of Judah,
are by no means least
among the rulers of Judah:
Because out of you will come
a ruler
who will shepherd my people
Israel.**^b

⁷Then Herod secretly summoned the wise men and asked them the exact time the star appeared.⁸ He sent them to Bethlehem and said, "Go and search carefully for the child. When you find him, report back to me so that I too can go and worship him."^c

⁹After hearing the king, they went on their way. And there it was — the star they had seen at its rising. It led them until it came and stopped above the place where the child was.¹⁰ When they saw the star, they were overwhelmed with joy.¹¹ Entering the house, they saw the child with Mary his mother, and falling to their knees, they worshiped him.¹² Then they opened their treasures and presented him with gifts: gold, frankincense, and myrrh.¹³ And being warned in a dream not to go back to Herod, they returned to their own country by another route.

The Flight into Egypt

¹³After they were gone, an angel of the Lord appeared to Joseph in a dream, saying, "Get up! Take the child and his mother, flee to Egypt, and stay there until I tell you. For Herod is about to search for the child to kill him."¹⁴ So he got up, took the child and his mother during the night, and escaped to Egypt.¹⁵ He stayed there until Herod's death, so that what was spoken by the Lord through the prophet might be fulfilled: **Out of Egypt I called my Son.**^d

The Massacre of the Innocents

¹⁶Then Herod, when he realized that he had been outwitted by the wise men,

flew into a rage. He gave orders to massacre all the boys in and around Bethlehem who were two years old and under, in keeping with the time he had learned from the wise men.¹⁷ Then what was spoken through Jeremiah the prophet was fulfilled:

¹⁸ **A voice was heard in Ramah,
weeping,^e and great mourning,
Rachel weeping for her children;
and she refused to be consoled,
because they are no more.**^f

The Return to Nazareth

¹⁹After Herod died, an angel of the Lord appeared in a dream to Joseph in Egypt,²⁰ saying, "Get up, take the child and his mother, and go to the land of Israel, because those who intended to kill the child are dead."²¹ So he got up, took the child and his mother, and entered the land of Israel.²² But when he heard that Archelaus was ruling over Judea in place of his father Herod, he was afraid to go there. And being warned in a dream, he withdrew to the region of Galilee.²³ Then he went and settled in a town called Nazareth to fulfill what was spoken through the prophets, that he would be called a Nazarene.

The Herald of the Christ

3 In those days John the Baptist came, preaching in the wilderness of Judea² and saying, "Repent, because the kingdom of heaven has come near!"³ For he is the one spoken of through the prophet Isaiah, who said:

**A voice of one crying out
in the wilderness:
Prepare the way for the Lord;
make his paths straight!**⁴

⁴Now John had a camel-hair garment with a leather belt around his waist, and his food was locusts and wild honey.⁵ Then people from Jerusalem, all Judea, and all the vicinity of the Jordan were going out to him,⁶ and they were baptized by him in the Jordan River, confessing their sins.

⁷When he saw many of the Pharisees and Sadducees coming to his baptism, he said to them, "Brood of vipers! Who warned you to flee from the coming wrath?"⁸ Therefore produce fruit consistent with¹ repentance.⁹ And don't presume to say to yourselves, 'We have

^a2:2 Or to pay him homage ^b2:6 Mc 5:2 ^c2:8 Or and pay him homage ^d2:11 Or they paid him homage

^e2:15 Hs 11:1 ^f2:18 Other mss read Ramah, lamentation, and weeping, ^g2:18 Jr 31:15 ^h3:3 Is 40:3

ⁱ3:8 Lit fruit worthy of

Abraham as our father.⁷ For I tell you that God is able to raise up children for Abraham from these stones.¹⁰ The ax is already at the root of the trees. Therefore, every tree that doesn't produce good fruit will be cut down and thrown into the fire.

¹¹ "I baptize you with^a water for repentance, but the one who is coming after me is more powerful than I. I am not worthy to remove^b his sandals. He himself will baptize you with the Holy Spirit and fire.¹² His winnowing shovel is in his hand, and he will clear his threshing floor and gather his wheat into the barn. But the chaff he will burn with fire that never goes out."

The Baptism of Jesus

¹³ Then Jesus came from Galilee to John at the Jordan, to be baptized by him.¹⁴ But John tried to stop him, saying, "I need to be baptized by you, and yet you come to me?"

¹⁵ Jesus answered him, "**Allow it for now, because this is the way for us to fulfill all righteousness.**" Then John allowed him to be baptized.

¹⁶ When Jesus was baptized, he went up immediately from the water. The heavens suddenly opened for him,^c and he saw the Spirit of God descending like a dove and coming down on him.¹⁷ And a voice from heaven said: "This is my beloved Son, with whom I am well-pleased."

The Temptation of Jesus

4 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.² After he had fasted forty days and forty nights, he was hungry.³ Then the tempter approached him and said, "If you are the Son of God, tell these stones to become bread."

⁴ He answered, "**It is written: Man must not live on bread alone but on every word that comes from the mouth of God.**"^d

⁵ Then the devil took him to the holy city, had him stand on the pinnacle of the temple,^e and said to him, "If you are the Son of God, throw yourself down. For it is written:

He will give his angels orders concerning you, and they will support you with their hands so that you will not strike your foot against a stone."^f

⁷ Jesus told him, "**It is also written: Do not test the Lord your God.**"^g

⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor.⁹ And he said to him, "I will give you all these things if you will fall down and worship me."^h

¹⁰ Then Jesus told him, "**Go away,ⁱ Satan! For it is written: Worship the Lord your God, and serve only him.**"ⁱ

¹¹ Then the devil left him, and angels came and began to serve him.

Ministry in Galilee

¹² When he heard that John had been arrested, he withdrew into Galilee.¹³ He left Nazareth and went to live in Capernaum by the sea, in the region of Zebulun and Naphtali.¹⁴ This was to fulfill what was spoken through the prophet Isaiah:

15 Land of Zebulun and land of Naphtali, along the road by the sea, beyond the Jordan, Galilee of the Gentiles.

16 The people who live in darkness have seen a great light, and for those living in the land of the shadow of death, a light has dawned.^{j,k}

¹⁷ From then on Jesus began to preach, "**Repent, because the kingdom of heaven has come near.**"

The First Disciples

¹⁸ As he was walking along the Sea of Galilee, he saw two brothers, Simon (who is called Peter), and his brother Andrew. They were casting a net into the sea — for they were fishermen.¹⁹ "**Follow me,**" he told them, "**and I will make you fish for^l people.**"²⁰ Immediately they left their nets and followed him.

²¹ Going on from there, he saw two other brothers, James the son of Zebedee, and his brother John. They were in a boat with Zebedee their father, preparing their nets, and he called them.²² Immediately they left the boat and their father and followed him.

Teaching, Preaching, and Healing

²³ Now Jesus began to go all over Galilee, teaching in their synagogues, preaching the good news of the kingdom, and

^a3:11 Or in ^b3:11 Or to carry ^c3:16 Other mss omit for him ^d4:4 Dt 8:3 ^e4:6 Ps 91:11-12

^f4:7 Dt 6:16 ^g4:9 Or and pay me homage ^h4:10 Other mss read "Get behind me" ⁱ4:10 Dt 6:13

^j4:16 Lit dawned on them ^k4:15-16 Is 9:1-2 ^l4:19 Or you fishers of

healing every^a disease and sickness^b among the people.²⁴ Then the news about him spread throughout Syria. So they brought to him all those who were afflicted, those suffering from various diseases and intense pains, the demon-possessed, the epileptics, and the paralytics. And he healed them.²⁵ Large crowds followed him from Galilee, the Decapolis, Jerusalem, Judea, and beyond the Jordan.

THE SERMON ON THE MOUNT

5 When he saw the crowds, he went up on the mountain, and after he sat down, his disciples came to him.² Then^c he began to teach them, saying:

The Beatitudes

- ³ "Blessed are the poor in spirit, for the kingdom of heaven is theirs.
⁴ Blessed are those who mourn, for they will be comforted.
⁵ Blessed are the humble, for they will inherit the earth.
⁶ Blessed are those who hunger and thirst for righteousness, for they will be filled.
⁷ Blessed are the merciful, for they will be shown mercy.
⁸ Blessed are the pure in heart, for they will see God.
⁹ Blessed are the peacemakers, for they will be called sons of God.
¹⁰ Blessed are those who are persecuted because of righteousness, for the kingdom of heaven is theirs.

¹¹ "You are blessed when they insult you and persecute you and falsely say every kind of evil against you because of me.
¹² Be glad and rejoice, because your reward is great in heaven. For that is how they persecuted the prophets who were before you.

Believers Are Salt and Light

¹³ "You are the salt of the earth. But if the salt should lose its taste, how can it be made salty?^d It's no longer good for anything but to be thrown out and trampled under people's feet.

¹⁴ "You are the light of the world. A city situated on a hill cannot be hidden.¹⁵ No

one lights a lamp and puts it under a basket, but rather on a lampstand, and it gives light for all who are 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 in heaven.

Christ Fulfills the Law

¹⁷ "Don't think that I came to abolish the Law or the Prophets. I did not come to abolish but to fulfill.¹⁸ For truly I tell you, until heaven and earth pass away, not the smallest letter^e or one stroke of a letter will pass away from the law until all things are accomplished.¹⁹ Therefore, whoever breaks one of the least of these commands and teaches others to do the same will be called least in the kingdom of heaven. But whoever does and teaches these commands will be called great in the kingdom of heaven.²⁰ For I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will never get into the kingdom of heaven.

Murder Begins in the Heart

²¹ "You have heard that it was said to our ancestors, **Do not murder**,^f and whoever murders will be subject to judgment.
²² But I tell you, everyone who is angry with his brother or sister^g will be subject to judgment. Whoever insults^h his brother or sister, will be subject to the court.ⁱ Whoever says, "You fool!" will be subject to hellfire.^j ²³ So if you are offering your gift on the altar, and there you remember that your brother or sister has something against you,²⁴ leave your gift there in front of the altar. First go and be reconciled with your brother or sister, and then come and offer your gift.²⁵ Reach a settlement quickly with your adversary while you're on the way with him to the court, or your adversary will hand you over to the judge, and the judge to^k the officer, and you will be thrown into prison.
²⁶ Truly I tell you, you will never get out of there until you have paid the last penny.^l

Adultery Begins in the Heart

²⁷ "You have heard that it was said, **Do not commit adultery**.^m ²⁸ But I tell you, everyone who looks at a woman lustfully has already committed adultery with her in

^a 4:23 Or every kind of ^b 4:23 Or physical ailment ^c 5:2 Lit Then opening his mouth ^d 5:13 Or how can the earth be salted? ^e 5:18 Or not one iota; iota is the smallest letter of the Gk alphabet.

^f 5:21 Ex 20:13; Dt 5:17 ^g 5:22 Other mss add without a cause ^h 5:22 Lit Whoever says 'Raca'; an Aramaic term of abuse that puts someone down, insulting one's intelligence ⁱ 5:22 Lit Sanhedrin

^j 5:22 Lit the gehenna of fire ^k 5:25 Other mss read judge will hand you over to ^l 5:26 Lit quadrans, the smallest and least valuable Roman coin, worth 1/64 of a daily wage ^m 5:27 Ex 20:14; Dt 5:18

his heart.²⁹ If your right eye causes you to sin, gouge it out and throw it away. For it is better that you lose one of the parts of your body than for your whole body to 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 the parts of your body than for your whole body to go into hell.

Divorce Practices Censured

³¹“It was also said, **Whoever divorces his wife must give her a written notice of divorce.**^a ³²But I tell you, everyone who divorces his wife, except in a case of sexual immorality, causes her to commit adultery. And whoever marries a divorced woman commits adultery.

Tell the Truth

³³“Again, you have heard that it was said to our ancestors, **You must not break your oath, but you must keep your oaths to the Lord.**^b ³⁴But I tell you, don’t take an oath at all: either by heaven, because it is God’s throne;³⁵ or by the earth, because it is his footstool; or by Jerusalem, because it is the city of the great King.³⁶ Do not swear by your head, because you cannot make a single hair white or black.³⁷ But let your ‘yes’ mean ‘yes,’ and your ‘no’ mean ‘no.’ Anything more than this is from the evil one.

Go the Second Mile

³⁸“You have heard that it was said, **An eye for an eye and a tooth for a tooth.**^c ³⁹But I tell you, don’t resist^d an evildoer. On the contrary, if anyone slaps you on your right cheek, turn the other to him also.⁴⁰ As for the one who wants to sue you and take away your shirt, let him have your coat as well.⁴¹ And if anyone forces you to go one mile, go with him two.⁴² Give to the one who asks you, and don’t turn away from the one who wants to borrow from you.

Love Your Enemies

⁴³“You have heard that it was said, **Love your neighbor^e** and hate your enemy.⁴⁴ But I tell you, love your enemies^f and pray for those who^g persecute you,⁴⁵ so that you may be^h children of your Father

in heaven. For he causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.⁴⁶ For if you love those who love you, what reward will you have? Don’t even the tax collectors do the same?⁴⁷ And if you greet only your brothers and sisters, what are you doing out of the ordinary? Don’t even the Gentilesⁱ do the same?⁴⁸ Be perfect, therefore, as your heavenly Father is perfect.

How to Give

6“Be careful not to practice your righteousness^k in front of others to be seen by them. Otherwise, you have no reward with your Father in heaven.² So whenever you give to the poor, don’t sound a trumpet before you, as the hypocrites do in the synagogues and on the streets, to be applauded by people. Truly I tell you, they have their reward.³ But when you give to the poor, don’t 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.¹

How to Pray

⁵“Whenever you pray, you must not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners to be seen by people. Truly I tell you, they have their reward.⁶ But when you pray, go into your private room, shut your door, and pray to your Father who is in secret. And your Father who sees in secret will reward you.⁷ When you pray, don’t babble like the Gentiles, since they imagine they’ll be heard for their many words.⁸ Don’t be like them, because your Father knows the things you need before you ask him.

The Lord’s Prayer

⁹“Therefore, you should pray like this:
 Our Father in heaven,
 your name be honored as holy.
¹⁰ Your kingdom come.
 Your will be done
 on earth as it is in heaven.
¹¹ Give us today our daily bread.ⁿ
¹² And forgive us our debts,
 as we have also forgiven our debtors.

^a5:31 Dt 24:1 ^b5:33 Lv 19:12; Nm 30:2; Dt 23:21 ^c5:38 Ex 21:24; Lv 24:20; Dt 19:21 ^d5:39 Or don’t set yourself against, or don’t retaliate against ^e5:43 Lv 19:18 ^f5:44 Other mss add bless those who curse you, do good to those who hate you, ^g5:44 Other mss add mistreat you and ^h5:45 Or may become, or may show yourselves to be ⁱ5:47 Or doing that is superior; lit doing more ^j5:47 Other mss read tax collectors ^k6:1 Other mss read charitable giving ^l6:4 Other mss read will himself reward you openly ^m6:6 Other mss add openly ⁿ6:11 Or our necessary bread, or our bread for tomorrow

¹³ And do not bring us into ^a temptation, but deliver us from the evil one.^b

¹⁴ “For if you forgive others their offenses, your heavenly Father will forgive you as well. ¹⁵ But if you don’t forgive others,^c your Father will not forgive your offenses.

How to Fast

¹⁶ “Whenever you fast, don’t be gloomy like the hypocrites. For they make their faces unattractive^d so that their fasting is obvious to people. Truly I tell you, they have their reward. ¹⁷ But when you fast, put oil on your head and wash your face,¹⁸ so that your fasting isn’t obvious to others but to your Father who is in secret. And your Father who sees in secret will reward you.^e

God and Possessions

¹⁹ “Don’t store up for yourselves treasures^f on earth, where moth and rust destroy and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves don’t break in and steal. ²¹ For where your treasure is, there your heart will be also.

²² “The eye is the lamp of the body. 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. So if the light within you is darkness, how deep is that darkness!

²⁴ “No one can serve two masters, since either he will hate one and love the other, or he will be devoted to one and despise the other. No man can serve both God and money.

The Cure for Anxiety

²⁵ “Therefore I tell you: Don’t worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn’t life more than food and the body more than clothing? ²⁶ Consider the birds of the sky: They don’t sow or reap or gather into barns, yet your heavenly Father feeds them. Aren’t you worth more than they? ²⁷ Can any of you add one moment to his life span^g by worrying? ²⁸ And why do you worry about clothes? Observe how the wildflowers of the field grow: They don’t labor or spin thread. ²⁹ Yet I tell you that not even Solomon in all his

splendor was adorned like one of these. ³⁰ If that’s how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won’t he do much more for you — you of little faith? ³¹ So don’t worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ ³² For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. ³³ But seek first the kingdom of God^h and his righteousness, and all these things will be provided for you. ³⁴ Therefore don’t worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.

Do Not Judge

7 “Do not judge, so that you won’t be judged. ² For you will be judged by the same standard with which you judge others, and you will be measured by the same measure you use. ³ Why do you look at the splinter in your brother’s eye but don’t notice the beam of wood in your own eye? ⁴ Or how can you say to your brother, ‘Let me take the splinter out of your eye,’ and look, there’s a beam of wood in your own eye? ⁵ Hypocrite! First take the beam of wood out of your eye, and then you will see clearly to take the splinter out of your brother’s eye. ⁶ Don’t give what is holy to dogs or toss your pearls before pigs, or they will trample them under their feet, turn, and tear you to pieces.

Ask, Search, Knock

⁷ “Ask, and it will be given to you. Seek, and you will find. Knock, and the doorⁱ will be opened to you. ⁸ For everyone who asks receives, and the one who seeks finds, and to the one who knocks, the door will be opened. ⁹ Who among 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 snake? ¹¹ If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him. ¹² Therefore, whatever you want others to do for you, do also the same for them, for this is the Law and the Prophets.

Entering the Kingdom

¹³ “Enter through the narrow gate. For the gate is wide and the road broad that leads

^a6:13 Or do not cause us to come into ^b6:13 Or from evil; some later mss add For yours is the kingdom and the power and the glory forever. Amen. ^c6:15 Other mss add their wrongdoing

^d6:16 Or unrecognizable, or disfigured ^e6:18 Other mss add openly ^f6:19 Or valuables

^g6:27 Or add a single cubit to his height ^h6:33 Other mss omit of God ⁱ7:7 Lit and it

to destruction, and there are many who go through it.¹⁴ How narrow is the gate and difficult the road that leads to life, and few find it.

¹⁵ "Be on your guard against false prophets who come to you in sheep's clothing but inwardly are ravaging wolves.¹⁶ You'll recognize them by their fruit. Are grapes gathered from thornbushes or figs from thistles?¹⁷ In the same way, every good tree produces good fruit, but a bad tree produces bad fruit.¹⁸ A good tree can't produce bad fruit; neither can a bad tree produce good fruit.¹⁹ Every tree that doesn't produce good fruit is cut down and thrown into the fire.²⁰ So you'll recognize them by their fruit.

²¹ "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who does the will of my Father in heaven.²² On that day many will say to me, 'Lord, Lord, didn't we prophesy in your name, drive out demons in your name, and do many miracles in your name?'²³ Then I will announce to them, 'I never knew you. Depart from me, you lawbreakers!'^{A,B}

The Two Foundations

²⁴ "Therefore, everyone who hears these words of mine and acts on them will be like a wise man who built his house on the rock.²⁵ The rain fell, the rivers rose, and the winds blew and pounded that house. Yet it didn't collapse, because its foundation was on the rock.²⁶ But everyone who hears these words of mine and doesn't act on them will be like a foolish man who built his house on the sand.²⁷ The rain fell, the rivers rose, the winds blew and pounded that house, and it collapsed. It collapsed with a great crash."

²⁸ When Jesus had finished saying these things, the crowds were astonished at his teaching,²⁹ because he was teaching them like one who had authority, and not like their scribes.

A Man Cleansed

O When he came down from the mountain, large crowds followed him.² Right away a man with leprosy^c came up and knelt before him, saying, "Lord, if you are willing, you can make me clean."³ Reaching out his hand, Jesus touched him, saying, "I am willing; be made clean." Immediately his leprosy was cleansed.

⁴ Then Jesus told him, "See that you don't tell anyone; but go, show yourself to the priest, and offer the gift that Moses commanded, as a testimony to them."

A Centurion's Faith

⁵ When he entered Capernaum, a centurion came to him, pleading with him,⁶ "Lord, my servant is lying at home paralyzed, in terrible agony."

⁷ He said to him, "Am I to come and heal him?"⁸

⁸ "Lord," the centurion replied, "I am not worthy to have you come under my roof. But just say the word, and my servant will be healed.⁹ For I too am a man under authority, having soldiers under my command.¹⁰ I say to this one, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my servant, 'Do this!' and he does it."

¹⁰ Hearing this, Jesus was amazed and said to those following him, "Truly I tell you, I have not found anyone in Israel with so great a faith.¹¹ I tell you that many will come from east and west to share the banquet¹ with Abraham, Isaac, and Jacob in the kingdom of heaven.¹² But the sons of the kingdom will be thrown into the outer darkness where there will be weeping and gnashing of teeth."¹³ Then Jesus told the centurion, "Go. As you have believed, let it be done for you." And his servant was healed that very moment.⁶

Healings at Capernaum

¹⁴ Jesus went into Peter's house and saw his mother-in-law lying in bed with a fever.¹⁵ So he touched her hand, and the fever left her. Then she got up and began to serve him.¹⁶ When evening came, they brought to him many who were demon-possessed. He drove out the spirits with a word and healed all who were sick,¹⁷ so that what was spoken through the prophet Isaiah might be fulfilled:

He himself took our weaknesses and carried our diseases.¹⁸

The Cost of Following Jesus

¹⁸ When Jesus saw a large crowd¹ around him, he gave the order to go to the other side of the sea.¹⁹ A scribe approached him and said, "Teacher, I will follow you wherever you go."

²⁰ Jesus told him, "Foxes have dens, and birds of the sky have nests, but the Son of Man has no place to lay his head."

^A7:23 Lit you who work lawlessness ^B7:23 Ps 6:8 ^C8:2 Gk leprosy; a term for various skin diseases, also in v. 3; see Lv 13–14 ¹8:7 Or 'I will come and heal him.' ²8:9 Lit under me ³8:11 Lit recline at the table ⁶8:13 Or that hour; lit very hour ⁸8:17 Is 53:4 ¹⁸8:18 Other mss read saw large crowds

What Do You Do After the Dust Settles?

By Jack and Phyllis Poe, Chaplains, Oklahoma City Police Department

A disaster is a traumatic event of such magnitude and intensity that it overwhelms a person's ability to cope. It can involve death or serious injury and produces emotions of helplessness, intense fear, and terror. Such events challenge a person's sense of self, safety, and trust and his belief that life is predictable and just.

What happens during and after a disaster? At least three phases can be seen in most disasters. Knowing these predictable patterns won't make you immune to suffering but it will give you a perspective in which you can begin to find redemption in the midst of pain. Understanding these patterns will give you wisdom in relating to others who are suffering.

1. The Heroic Phase

This phase comes during the impact and in the period just after the impact. People are thrust into a situation where they are forced to take heroic actions to save themselves and others. This is where you find people most affected and the emotional impact is most direct and strongest.

2. The Honeymoon Phase

The honeymoon phase can vary in length. It begins early and can last up to six months following the disaster. During this phase some positive things happen:

- Bonding between complete strangers takes place with the potential of this becoming a life long relationship
- New community support groups are formed. They focus on the specific needs caused by the disaster.
- Old community support groups are revitalized.

3. The Disillusionment Phase

This phase generally begins when the disaster is no longer news worthy. The results are

- Strong feelings of disappointment
- The development of secondary trauma
- There is a strong desire for closure

4. Moving from Victim to Survivor

As you and others transition from the Honeymoon to the Disillusionment Phase, here are some positive actions you can take

- Focus on those things you can change and not on things you can't change.
- Overcome helplessness by setting new, achievable goals.
- Forgive. When you do so repeatedly and consistently, you expel the bitterness that remains.
- Acknowledge and let go of anger appropriately. Angry people die at a rate three times greater than those who aren't angry. *Anger* is one letter short of *danger*.
- Success comes in *cans* not *can'ts*. Persevere.
- Reach out. Kindness is something you can never give away. It always comes back.
- Rebuild trust by confiding in others. Only that which is mentionable is manageable. You cannot not-communicate. What you don't say says volumes.
- Don't waste the crisis. Ask yourself, "What can I learn from this experience?" Growth is the best defense against burnout.
- Life is a balancing act between emotion and reason. Find constructive ways of releasing strong emotions. This is the first step of recovery.
- Maintain a sense of humor.
- Life isn't fair. To live is to suffer.
- Let go and let God.

"Love always outdoes evil, and darkness can never put out the light . . . We come here with a prayer in our hearts, but with tears in our eyes; but with no tears, there'd be no rainbows in our hearts."

From Jack Poe's Prayer, Eighth Anniversary of the Bombing of the Murrah Federal Building in Oklahoma City.

Law Enforcement Code of Ethics (revised, 1991)

As a law enforcement officer, my fundamental duty is to serve the community; to safeguard lives and property; to protect the innocent against deception, the weak against oppression or intimidation, the peaceful against violence or disorder; and to respect the constitutional rights of all to liberty, equality, and justice.

I will keep my private life unsullied as an example to all and will behave in a manner that does not bring discredit to me or to my agency. I will maintain courageous calm in the face of danger, scorn, or ridicule; develop self-restraint; and be constantly mindful of the welfare of others. Honest in thought and deed both in my personal and official life, I will be exemplary in obeying the law and the regulations of my department. Whatever I see or hear of a confidential nature or that is confided to me in my official capacity will be kept ever secret unless revelation is necessary in the performance of my duty.

I will never act officiously or permit personal feelings, prejudices, political beliefs, aspirations, animosities, or friendships to influence my decisions. With no compromise for crime and with relentless prosecution of criminals, I will enforce the law courteously and appropriately without fear or favor, malice or ill will, never employing unnecessary force or violence and never accepting gratuities.

I recognize the badge of my office as a symbol of public faith, and I accept it as a public trust to be held so long as I am true to the ethics of police service. I will never engage in acts of corruption or bribery, nor will I condone such acts by other police officers. I will cooperate with all legally authorized agencies and their representatives in the pursuit of justice.

I know that I alone am responsible for my own standard of professional performance and will take every reasonable opportunity to enhance and improve my level of knowledge and competence.

I will constantly strive to achieve these objectives and ideals, dedicating myself before God to my chosen profession . . . law enforcement.

Law Enforcement/Police Code of Conduct (1989; renamed 1991)

All law enforcement officers must be fully aware of the ethical responsibilities of their position and must strive constantly to live up to the highest possible standards of professional policing.

The International Association of Chiefs of Police believes it important that police officers have clear advice and counsel available to assist them in performing their duties consistent with these standards, and has adopted the following ethical mandates as guidelines to meet these ends.

Primary Responsibilities of a Police Officer

A police officer acts as an official representative of government who is required and trusted to work within the law. The officer's powers and duties are conferred by statute. The fundamental duties of a police officer include serving the community; safeguarding lives and property; protecting the innocent; keeping the peace; and ensuring the rights of all to liberty, equality, and justice.

Performance of the Duties of a Police Officer

A police officer shall perform all duties impartially, without favor or affection or ill will and without regard to status, sex, race, religion, political belief, or aspiration. All citizens will be treated equally with courtesy, consideration, and dignity.

Officers will never allow personal feelings, animosities, or friendships to influence official conduct. Laws will be enforced appropriately and courteously and, in carrying out their responsibilities, officers will strive to obtain maximum cooperation from the public. They will conduct themselves in appearance and deportment in such a manner as to inspire confidence and respect for the position of public trust they hold.

Discretion

A police officer will use responsibly the discretion vested in his position and exercise it within the law. The principle of reasonableness will guide the officer's determinations, and the officer will consider all surrounding circumstances in determining whether any legal action shall be taken.

Consistent and wise use of discretion, based on professional policing competence, will do much to preserve good relationships and retain the confidence of the public. There can be difficulty in choosing between conflicting courses of action. It is important to remember that a timely word of advice rather than arrest—which may be correct in appropriate circumstances—can be a more effective means of achieving a desired end.

Use of Force

A police officer will never employ unnecessary force or violence and will use only such force in the discharge of duty as is reasonable in all circumstances.

The use of force should be used only with the greatest restraint and only after discussion, negotiation, and persuasion have been found to be inappropriate or ineffective. While the use of force is occasionally unavoidable, every police officer will refrain from unnecessary infliction of pain or suffering and will never engage in cruel, degrading, or inhuman treatment of any person.

Confidentiality

Whatever a police officer sees, hears, or learns that is of a confidential nature will be kept secret unless the performance of duty or legal provision requires otherwise.

Members of the public have a right to security and privacy, and information obtained about them must not be improperly divulged.

Integrity

A police officer will not engage in acts of corruption or bribery, nor will an officer condone such acts by other police officers.

The public demands that the integrity of police officers be above reproach. Police officers must, therefore, avoid any conduct that might compromise integrity and thus undercut the public confidence in a law enforcement agency. Officers will refuse to accept any gifts, presents, subscriptions, favors, gratuities, or promises that could be interpreted as seeking to cause the officer to refrain from performing official responsibilities honestly and within the law. Police officers must not receive private or special advantage from their official status. Respect from the public cannot be bought; it can only be earned and cultivated.

Cooperation with Other Police Officers and Agencies

Police officers will cooperate with all legally authorized agencies and their representatives in the pursuit of justice.

An officer or agency may be one among many organizations that may provide law enforcement services to a jurisdiction. It is imperative that a police officer assist colleagues fully and completely with respect and consideration at all times.

Personal-Professional Capabilities

Police officers will be responsible for their own standard of professional performance and will take every reasonable opportunity to enhance and improve their level of knowledge and competence.

Through study and experience, a police officer can acquire the high level of knowledge and competence that is essential for the efficient and effective performance of duty. The acquisition of knowledge is a never-ending process of personal and professional development that should be pursued constantly.

Private Life

Police officers will behave in a manner that does not bring discredit to their agencies or themselves.

A police officer's character and conduct while off duty must always be exemplary, thus maintaining a position of respect in the community in which he or she lives and serves. The officer's personal behavior must be beyond reproach.