

In some of the letters of Paul, the apostle talks about something called the “traditions”. He also refers to “teaching” (Tit 1:9; 2Jn 1:9,10) or “sound doctrine” (1Tim 4:6; 1Tim 6:1). These aren’t general references to abstract theology, but refer to a body of teaching which the apostles memorized, taught and modeled for new Christians as they went around building the New Testament churches. These weren’t sporadic or ad hoc, but I believe they were laid out in a way which made it easy to remember. These are doctrines (teachings) that the early church presented to those who became Christians, and they were expected to master them and live by them.

Writing to transfer information was not regular when the New Testament was written, and published documents that everyone could have a copy of were almost unknown. This suggests to me that these teachings were laid out in a way which would be easier to model by the apostles and learn and master by the new Christians. In fact, in Hebrews and 1 Corinthians, the writer(s) scold(s) people because they had not yet mastered this body of teaching.

The goal of this document is to lay out all the core teachings of the New Testament in a way which makes it easier to model for mature Christians and easier to learn and live by for new Christians.

Head/Jesus is God/Jesus is anointed

- The Holy Spirit descended on Jesus as a dove, and anointed Him to preach, heal, deliver.
- The same Spirit will guide us into all truth, declare to us all things that are coming, and declare to us the things that are from Jesus.

Head/Jesus is God/Jesus is Creator God

- Jesus the Word was the Creator.
- Grace and truth are realized in Jesus.
- He is the image of God.
- By Him and for Him all things were created.
- All the fullness of God dwells in Jesus.

Head/Jesus is God/Jesus is the Son of God

- Jesus is the Father's Son, the radiance of the Father's glory.
- All things were delivered to Jesus by the Father.
- Jesus upholds all things by the word of His power.
- Jesus created all things.
- Jesus is the Alpha and the Omega, the Almighty.

Head/Jesus is God/Jesus is the Son of Man

- Jesus is the Son of man, born the descendant of David.

Head/Jesus is King/He was born King of the Jews

- The wise men sought He who was born King of the Jews.
- The people cried, "Hosanna, Blessed is Jesus, the King of Israel".

Head/Jesus is King/Jesus will return

- Jesus will return even as He left.
- No one but the Father knows when, but we will know it is soon when we see the signs.
- Jesus said to watch and be ready.

Head/Jesus is Lord/Jesus is our High Priest

- All things were put under Jesus.
- He makes atonement for us and can help those who are tempted.
- Jesus is a High Priest according to the order of Melchizedek.
- Jesus, our High Priest, sat down on the right hand of God.
- Through His own blood He purchased eternal redemption.
- Christ was offered once to bear sins.

Head/Jesus is Lord/Jesus is the Good Shepherd

- Out of Judah came a Governor who would shepherd Israel.
- The Good Shepherd lays down his life for the sheep, and enters by the door; the sheep hear His voice.
- The thief comes to kill, steal and destroy; Jesus came that we might have life abundantly.
- Jesus gives His sheep eternal life, and keeps them in the name of the Father.

Head/Jesus is Lord/Jesus is the Lord of circumstances

- Jesus gave His disciples instructions on where to find the donkey.
- He said if he silenced the multitude the rocks would cry out.

Head/Jesus is Lord/Jesus was sent by the Father

- Jesus was lifted up and He is drawing all men to Himself.
- Jesus came as a light; walk in the light.
- Jesus spoke from the Father who sent Him.
- No one comes to the Father but through Jesus.
- The Father gave Jesus authority over all flesh; Jesus gives eternal life.
- Jesus did the work the Father gave Him.

Head/Wisdom/Wisdom of Jesus

- As a youth, Jesus increased in wisdom.
- Jesus responded in wisdom to the Jewish leaders trying to trip Him up.

Eyes/Direction/Direction by the Spirit

- The Holy Spirit led Jesus into the wilderness to be tempted.
- The Holy Spirit led Peter to visit Cornelius.
- The Spirit led the Antioch church leaders to send Barnabas and Paul on missions.
- The Spirit led Paul to go to Jerusalem, though he was warned along the way.

Eyes/Direction/Direction by dreams

- Joseph was given direction by God in dreams, and he obeyed.

Eyes/Direction/Wise planning

- Paul's planning regarding the Corinthians was not in fleshly wisdom but spiritual wisdom.

Eyes/Focus/Lamp of the Body

- Where your treasure is, there will your heart be; lay treasure up in heaven.
- No one can serve God and wealth.
- Don't be anxious for anything; seek first His Kingdom, and He will take care of the rest.
- To him who has, more will be given; he who doesn't have will have it taken away.
- If your eye is good (focused), your whole body is full of light.
- It is your Father's good pleasure to give you the Kingdom; give to the needy and make purses which don't grow old or fail, treasure in heaven.

Eyes/Watch/Watch and pray

- No one knows when the Son will return but the Father.
- Be watchful and pray, not allowing your heart to be loaded down.

Eyes/Watch/Watch for that day

- No one knows when the Son will return but the Father.
- Be watchful and pray, not allowing your heart to be loaded down.

Mouth/Pray/Ask, seek, knock

- Keep asking, keep seeking, keep knocking.
- The Father will give good gifts (the Holy Spirit) to you who ask.
- If you are persistent, he whom you ask will give you everything you need.

Mouth/Pray/Pray for the Church

Pray...

- That they would be filled with knowledge of God's will in spiritual wisdom and understanding.
- That they would walk worthy of the Lord to please Him in all respects.
- That they would bear fruit in every good work and increase in the knowledge of God.
- That they would be strengthened with all power, by the might of His glory.
- That they be fit to be partakers of the inheritance of the saints in light.
- That God would count us worthy of our calling.
- That God would fulfill every desire of goodness and work of faith with power.
- That the name of Jesus would be glorified in us, by the grace of God and Jesus.
- That the word of God would spread rapidly.

Mouth/Pray/Pray as Jesus taught

Pray...

- Pray for "us", not "me".
- "Father, give us power and enabling to bring honor and glory to your name."
- "Father, help us to bring your kingdom to earth as it is in heaven."
- "Father, enable and strengthen us to see your will done on earth as it is in heaven."
- "Father, give us our daily bread and everything we need this day to see your kingdom come, your will be done."
- "Father, forgive us our debts as we forgive our debtors; let nothing keep us from doing your will."
- "Father, lead us not into temptation, sifting and trials, but deliver us from evil."
- "Father, sanctify your disciples in truth."
- "Father, make your disciples one in Jesus."
- "Father, make known your name to the disciples, so the Father's love and Jesus can be in them."

Mouth/Pray/Persevere in Prayer

- Pray and do not give up.
- Pray at all times in the Spirit, and be watchful in all perseverance.
- Continue steadfastly in prayer.
- God wants all people to be saved and come to the knowledge of the truth.
- Pray, lifting up holy hands without anger and doubting.

Mouth/Speak/Men speak out of their hearts

- Blasphemy of the Holy Spirit will not be forgiven.
- An evil person doesn't speak good things; a good person doesn't speak evil things.
- Out of the abundance of the heart the mouth speaks.
- Men will give an account for every idle word they speak.
- By your words you will be justified, by your words you will be condemned.
- Do not swear; anything more than "yes" or "no" is evil.

Mouth/Speak/Testify

- Jesus set the apostles as eye-witnesses of His death and resurrection and to preach repentance and remission of sins.
- Jesus opened the minds of the disciples that they might understand the Scriptures.
- Wait for the promise of the Father, so you can be clothed in power.
- Jesus must increase, we must decrease; He gives the Spirit without measure.
- It is right to do what God says (testify) rather than what man says.
- Faith comes by hearing, and hearing by the word of God.
- Let your life be worthy of the gospel; let your speech be with grace, seasoned with salt.

Mouth/Teach/Teach against evil doctrine

- Teach against seducing spirits and doctrines of demons.
- Many deceivers have gone out in the world; watch yourself, don't lose what you have accomplished.
- Whoever doesn't remain in the doctrine of Christ doesn't have God.

Mouth/Teach/Teach with authority

- Teach with authority as Jesus did.
- Disciples should be unafraid, and speak, and not be silent.
- Command, and teach, and be a good example.
- Pay attention to your teaching.
- Preach the word, in season and out of season, correct, rebuke.
- Avoid a factious man after the first and second warning.

Mouth/Teach/Teach with integrity

- Teach the word of His grace; trust the Lord to grant signs and wonders.
- Live what you teach.
- The manifold wisdom of God is made known to powers in heaven through the Church.
- Proclaim Jesus so you can present every man perfect in Christ.
- Do not teach out of uncleanness, error or deception.
- Don't speak to please men, but God.
- Command men not to teach a different doctrine.
- The goal of our teaching is love from a pure heart, a good conscience and a sincere faith.
- Hold the pattern of sound words in faith and love.
- Diligently show yourself approved as one who handles the Word of truth accurately.
- If anyone teaches a different doctrine, he is conceited and knows nothing.
- Teach sound doctrine; show yourself an example of good works.
- Teachers receive a heavier judgment.

Shoulders/Serve/Authority of those who serve

- Weapons of servant-leaders are not of the flesh, but mighty to the casting down of strongholds.
- Weapons of servant-leaders cast down imaginations and every high thing exalted against the knowledge of God.
- Weapons of servant-leaders bring every thought captive to the obedience of Christ.
- If you boast, boast in the Lord.
- Servant leaders pray that those they work with do no evil.
- Use your authority as a servant-leader to see people become perfect in Jesus.
- God gives servant-leaders authority for building people up, not tearing them down.
- The authority of servant-leaders does not depend on man, but on revelation from God.
- Give no place to legalistic people, not for a minute, so that the truth may continue with those you serve.

Shoulders/Serve/Bear burdens

- The strong ought to bear the weaknesses of the weak and not just please themselves.
- As Christ did, each should please his neighbor for that which is good, to build him up.
- Accept one another, as Christ accepted you.
- The spiritual should restore someone caught in a fault.
- Bear one another's burdens.
- A man deceives himself when he thinks he is something and he is nothing.
- Whatever a man sows he will reap, either flesh or spirit.
- Don't be weary in doing good.

Shoulders/Serve/The greatest is the servant of allowing

- Whoever desires to be great should be a servant.
- If you want to be first, you should be last and servant of all.
- The Son of Man came to serve, not to be served.
- The least among you will be great.

Shoulders/Serve/Jesus modeled serving

- Jesus washed the feet of His disciples.
- They called Him Teacher and Lord, and rightly so; if He washed their feet, they ought to wash one another's feet.
- He did this as an example to them; the servant is not greater than his Lord.
- Have the mind of Jesus, who though He existed as God, emptied Himself.
- He humbled Himself by becoming obedient, even to the death of the cross.
- The Father exalted Him, giving Him the name above all names.
- At the name of Jesus, every knee will bow and every tongue confess that He is Lord, to the glory of the Father.

Shoulders/Serve/Overseers and servants

- Elders and deacons should have good character and reputations.
- They must be tested, and serve if they are blameless.
- An elder must be able to exhort in sound doctrine.
- Elders are God's stewards and must be blameless.
- Elders are to shepherd the flock, exercise oversight and be good examples.

Shoulders/Serve/Submit to those who serve

- The household of Stephanas set themselves to serve, refreshing the spirits of those they served.
- Acknowledge and submit to such as these.
- Show your love to those who serve the Church.
- Respect and honor those who labor among you.
- Clothe yourselves to humility and submit to one another.
- God resists the proud but gives grace to the humble.
- Humble yourself under God's hand that He may exalt you in due time.

Shoulders/Serve/Serve God's people

- Paul preached through the night and healed as needed.
- Pray for God's people that they would be blameless and complete in the will of God.
- If someone doesn't provide for his own oikos, he has denied the faith and is worse than an unbeliever.
- Elders who rule well are worthy of double honor.

Heart/Faith/Faith commanded

- Don't be afraid; you are valuable to the Father.
- Don't have an evil heart of unbelief, falling away from God.
- Exhort one another daily lest anyone be hardened by sin.
- We who believe enter God's rest.
- Give diligence to enter into the sabbath rest designated for God's people.
- The word of God is living, active, piercing to divide soul and spirit.
- Having patiently endured, Abraham obtained the promise.
- Without faith it is impossible to please God.
- You must believe God exists and He is a rewarder of those who seek Him.

Heart/Faith/Lack of faith

- Jesus could not do many miracles because His countrymen did not believe in Him.
- Jesus corrected the unbelief of His disciples.
- Zacharias was struck mute for unbelief.
- Ask for wisdom without doubting.
- The unbelieving man will receive nothing from the Lord.

Heart/Faith/Jesus modeled faith

- By faith, Jesus cursed a fig tree and it withered away.
- All things you ask in prayer believing, you will receive.
- Jesus corrected Peter when he walked on water and sank.
- All things are possible if you believe.
- Lord I do believe; help my unbelief.
- Casting out demons takes faith, prayer and fasting.

Heart/Faith/Faith displayed by people around Jesus

- The Centurion told Jesus to speak and his servant would be healed; Jesus marveled at his faith.
- A Canaanite woman asked Jesus to heal her daughter and refused to be offended; Jesus healed her daughter.
- Jesus told a paralytic his faith had healed him.
- A woman with an issue of blood pushed through the crowd to touch Jesus and was healed.
- A nobleman believed and Jesus healed his son.

Heart/Forgiveness/Authority to forgive

- Forgive, comfort and confirm your love for those disciplined in the Church.
- Paul had the authority to forgive so the devil couldn't gain an advantage.

Heart/Forgiveness/We are commanded to forgive others

- You need to forgive 7*70 times, not just 7 times.
- The Father will not forgive you if you don't forgive others.
- Occasions of stumbling will come; woe to him through whom they come.
- When you have done what is commanded, consider yourself an unworthy servant.
- To whom much is forgiven, the same love much.
- Jesus forgave a sinful woman saying her faith had saved her.

Heart/Love/Love commanded

- The Father glorified Jesus and was glorified in Jesus.
- Jesus gave a new commandment, that we should love one another.
- Everyone will know we are His disciples if we love one another.
- Greater love has no one than to lay down his life for his friend.
- The whole law is fulfilled in loving our neighbor.
- Imitate God as children and walk in love.
- Be like minded having the same love.
- In humility, count others better than yourself.
- Don't just look to your own things, but also the things of others.
- You are taught by God to love others; abound in it.
- If you love your brother, you walk in the light and have no occasion for stumbling.
- Everyone who loves is born of God.
- If you love others God remains in you and His love is perfected in you.
- God is love; whoever remains in God remains in love.
- Perfect love casts out fear.
- We love Him because He first loved us.
- If you claim to love God but don't love your brother, you lie.
- If you don't love your brother whom you have seen, you cannot love God whom you haven't seen.
- Love is to walk in the commands of Jesus.

Heart/Love/Love for Jesus

- Mary loved Jesus; she went to the tomb to prepare His body for burial.
- Let anyone who doesn't love Jesus be cursed.

Heart/Love/What it means to love

- Love your enemy, bless those who curse you, do good to those who hate you, pray for those who mistreat you.
- Be children of your Father in heaven, who does good to all.
- The Father is kind to the unthankful and evil.
- As you would like others to do for you, do for them.
- Lend to those who have need expecting nothing back.
- Love the Lord with all your heart and love others as yourself.
- The good Samaritan was a neighbor to the victim of robbers.
- Knowledge puffs up, but love builds up.
- Some eat and their conscience being weak is defiled.
- Do not allow your liberty to become a stumbling block for the weak.
- If through your knowledge a weak person perishes, you are sinning.
- Spiritual gifts without love are useless.
- Love never fails.
- Faith, hope and love remain; the greatest of these is love.
- He who doesn't love His brother remains in death.
- We know love because Jesus laid down His life for us.
- We ought to lay down our lives for our brothers.
- Love not in word only, but in deed and truth.
- Don't imitate evil, but do good; he who does good is of God.

Heart/Relationship/Relationships are important

- Do not resist evil; give to him who asks.
- If you owe anything, get it resolved before you stand before the judge.
- Jesus told John that Mary was his mother; John took care of her from that point on.

Heart/Relationship/Oikos (household) relationships

- Whoever divorces his wife (or husband) except for fornication makes her an adulteress (him an adulterer).
- Because of fornication, each man should have his own wife, each woman her own husband.
- The married should give to each other the sexual affection due.
- If people don't have self-control, they should marry.
- It is better to marry than to burn.
- A person is bound to their spouse as long as they live.
- Singles can marry whomever they desire, only in the Lord.
- Do not be unequally yoked with unbelievers.
- Come out from among them and touch no unclean thing.
- The husband is the head of the wife as Christ is head of the Church.
- Husband, love your wife as Christ loved the Church; don't be bitter toward her.
- Wife, respect your husband.
- Jesus gave Himself for the church to sanctify and cleanse it by the word, holy, without spot, wrinkle or defect.
- Children, obey and honor your parents.
- Fathers, don't provoke your children so they don't get discouraged.
- Servants (employees), obey your masters (employers) as Christ.
- Servants (employees), work hard when no one is watching.
- Work as for the Lord and not for men.
- Masters (employers), don't threaten your servants (employees).
- Woman, adorn yourself with modesty, propriety and good works.
- Those with believing masters (bosses) should not despise them, but serve them.
- A woman's beauty should be the hidden beauty of a gentle and quiet spirit.
- Husband honor your wife as the weaker vessel and joint heir of grace.
- Husband, your prayers will be hindered if you don't honor your wife.

Heart/Relationship/Relationship with the Church

- The Corinthians were wrong to allow divisions.
- When you take communion, you proclaim the Lord's death until He comes.
- If you eat or drink in an unworthy way you are guilty of the body and blood of Jesus.
- Each person should examine him or her self, and so eat.
- Live in peace and the God of peace will be with you.
- Be perfected, comforted and of the same mind.
- Let your brothers and sisters be your glory before the Lord at His coming.
- Pray the Church will stand fast in the Lord.
- Pray the Church would abound in love toward one another.
- Pray the Lord establish the Church blameless in holiness.
- If you are sick, call the elders to pray and anoint you with oil.
- Confess your offenses and pray for one another that you be healed.
- The prayer of faith will heal the sick.
- He who turns a sinner will save a soul from death and cover a multitude of sin.

Heart/Righteousness/Righteousness by faith

- Abraham was not justified by works.
- He believed God and it was accounted to him for righteousness.
- God gives life to the dead and calls the things which are not as though they were.
- Without hope, Abraham in hope believed; he didn't waver through unbelief.
- Abraham was fully assured that what God had promised He was able to perform.
- Jews sought to establish their own righteousness and did not submit to God's.
- Christ is the fulfillment of the law to everyone who believes.
- A man is not justified by the works of the Law, but through faith in Jesus.
- No flesh will be justified by the works of the Law.
- Through the Law we die to the Law that we might live to God.
- We are crucified with Christ; it is no longer we who live, but Christ lives in us.
- The life we live in the flesh, we live by faith in the Son of God.
- Don't reject God's grace; if righteousness is from the law, Christ died for nothing.
- We are the circumcision who worship God in the Spirit, rejoice in Jesus and have no confidence in the flesh.

Heart/Righteousness/Importance of Church discipline

- If your brother sins, confront him alone.
- If he doesn't listen, take two or more with you.
- If he doesn't listen, tell it to the Church.
- If he doesn't listen to the Church, treat him as an unbeliever.
- What you bind on earth is bound in heaven; what you loose on earth is loosed in heaven.
- If two of you agree on anything they ask, it will be done by the Father.
- Where two or more are gathered in His name, Jesus is there in the midst.
- If there is sin which separates from God in the Church, mourn that it might be removed from you.
- Deliver the sinner to Satan for the destruction of the flesh, that the spirit might be saved in the day of Jesus.
- Have no company with sinners claiming Christianity who practice evil.
- We do not judge unbelievers, but those in the Church.
- Put away the wicked man from among yourselves.

Heart/Righteousness/Righteousness demonstrated

- The wise men from the East sought Jesus so they could worship Him.
- Joseph and Mary followed the Law in presenting Jesus to God.
- Joseph of Arimathea and Nicodemus buried Jesus in an unused tomb.

Heart/Righteousness/None righteous

- If you judge another but practice the same things, you will not escape the judgment of God.
- There is no partiality with God; doers of the Law are justified, not just hearers.
- God will judge the secrets of men according to the gospel.
- There is none righteous, none who does good.
- By the works of the Law, no flesh will be justified in His sight.
- All have sinned and fall short of the glory of God.
- All are justified freely by His grace through the redemption that is in Jesus.
- Many walk as enemy of the cross of Jesus.
- The god of many is their belly.

Heart/Righteousness/Personal righteousness

- Unless your personal righteousness exceeds that of the scribes and Pharisees, you will not enter the Kingdom of heaven.
- If you are angry with your brother without a cause, you have committed murder in your heart.
- Everyone who gazes at a woman to lust after her commits adultery with her in his heart.
- Out of the heart proceeds wickedness that defiles a man and separates him from God.
- Good church leadership stands against false teachers.
- The Jews are saved through the grace of the Lord Jesus as the Gentiles are.

Heart/Righteousness/Self righteous

- People who are convinced of their own righteousness and despise all others will not be forgiven.
- He who exalts himself will be humbled; he who humbles himself will be exalted.
- Those who don't receive the kingdom as little children will not enter into it.

Heart/Righteous/Unrighteous

- Pharisees opposed Jesus because he didn't submit to their legalism.
- Evil people will be sowed into the assembly of God's people by the devil.
- The Jewish leaders killed Jesus because He threatened their power.
- Those living in sins leading to death will not inherit God's Kingdom.
- Flee fornication.
- The Law is not to be used on the good, but the unrighteous.
- Godliness with contentment is great gain.
- If we have food and clothing, we should be content.
- The love of money is a root of all kinds of evil.
- Men will be lovers of pleasure rather than lovers of God.
- Men will hold a form of godliness but deny its power; turn away from these.
- To the pure, all things are pure; to the defiled, nothing is pure.
- Some profess to know God, but by their deeds they deny Him.
- Some are abominable, disobedient and unfit for any good work.
- The Lord will punish the unrighteous in the day of judgment.
- Those who walk after the flesh in the lust of defilement and despise authority are unrighteous.

Heart/Salvation/Salvation is by grace through faith

- We need to work in the lives of others for the obedience of faith among the nations.
- The gifts and callings of God are irrevocable.
- God bound all to disobedience so He might have mercy on all.
- We are sanctified in Jesus.
- The Father chose us to be holy and without defect before Him in love.
- We have redemption by His blood, forgiveness of our trespasses, by the Father's grace.
- The Father made His grace abound toward us in all wisdom and prudence.
- We were made alive when we were dead in transgressions and sins.
- God, rich in mercy, made us alive with Christ; by grace we have been saved.
- By grace we have been saved through faith, not of ourselves; it is the gift of God.
- The grace of God appeared, bringing salvation to men.
- We have heard and know the grace of God in truth.
- Let no one judge you in eating, drinking, or with respect to a holiday.
- Draw near boldly to the throne of grace and receive grace to help in the time of need.

Heart/Salvation/Salvation comes from Jesus

- There is salvation in no other name under heaven than Jesus.
- Being justified by faith, we have peace with God through our Lord Jesus.
- While we were yet sinners, Christ died for us.
- Being justified by His blood, we will be saved from God's wrath through Him.
- If you confess with your mouth Jesus is Lord, and believe in your heart that God raised Him from the dead, you will be saved.
- With the heart one believes resulting in righteousness, and with the mouth confession is made resulting in salvation.
- Whoever will call on the name of the Lord will be saved.

Heart/Salvation/Jesus saves from sin

- We died to sin, being baptized into the death of Jesus and raised in newness of life; we should live in sin no longer.
- He who has died has been freed from sin.
- Consider yourself to be dead to sin but alive to God in Jesus.
- Sin will not have dominion over you, for you are not under law, but under grace.
- The Father joined us to Christ so we could produce fruit to God.
- In my flesh dwells no good thing.
- Thank God, Jesus Christ our Lord will deliver me from the body of death.
- The law of the Spirit of life in Christ Jesus made me free from the law of sin and death.
- If the Spirit dwells in you, you are not in the flesh but in the Spirit.
- If the Spirit of Him who raised Jesus from the dead dwells in you, He will give life to your mortal bodies through His Spirit.
- Jesus gave Himself for our sin, that He might deliver us out of this present evil age.
- We should no longer walk as the rest of the world walks; we didn't learn Christ that way.
- He reconciled us in the body of His flesh through death, to present us holy, without defect, and blameless before Him.
- We were dead through trespasses; He made us alive with Him having forgiven us.
- Put to death your members.
- Put off the old man and put on the new, who is renewed in the image of Jesus.
- May God Himself sanctify you completely.
- He saved us through the washing of regeneration and renewing by the Holy Spirit.
- As children of obedience, just as He who called you is holy, you yourselves also be holy in all your behavior.
- Do not sin.
- Anyone who claims to be in Him ought to walk as He walked.
- He who does righteousness is righteous, even as He is righteous.
- He who sins is of the devil; Jesus came to destroy the works of the devil.
- Everyone who hopes to see Jesus purifies himself even as He is pure.

Hand/Gifts/Give generously

- Do not do your charitable giving before men, to be seen by them.
- A poor widow gave more than all others, because she gave out of her lack all she had.
- Give and it will be given to you, the same measure measured back to you.
- Abound in giving as you abound in everything.
- God will supply every need according to His riches in glory in Christ Jesus.
- The rich should do good, be rich in good works, be ready to distribute, willing to share.

Hand/Gifts/Spiritual gifts

- Paul wanted to impart spiritual gifts to the Romans so they could be established.
- Each of us has gifts differing according to the grace given to us.
- Love without hypocrisy; in honor, prefer one another.
- To each one the manifestation of the Spirit is given for the profit of all.
- One Spirit produces all the gifts, distributing to each one separately as He desires.
- All members of the body are important.
- God has set the members, each one of them, in the body, just as He desired.
- Earnestly desire the best gifts.
- Follow after love and earnestly desire spiritual gifts, especially prophesy.
- Let all things be done to build each other up.
- Gifts are given for the perfecting of the saints, to the work of serving, to the building up of the body of Christ.
- Stir up the gift of God which is in you.
- As each has received a gift, employ it in serving one another.

Stomach/Strength/Courage

- Watch and stand firm in the faith.
- Be courageous and strong.
- Stand up and do not be afraid.

Stomach/Strength/God's will

- God wants us strengthened with power through His Spirit.
- God wants Christ to dwell in our hearts through faith.
- God wants us rooted and grounded in love.
- The Father wants us filled with the fullness of God.
- God wants us strengthened in the grace that is in Jesus.
- God wants us to commit the things we have heard to faithful men who will be able to teach others also.

Stomach/Strength/Hold fast

- Wage a good warfare, holding faith and a good conscience.
- Fight the good fight of faith and take hold of eternal life.
- Keep the command without spot, blameless until His appearing.
- Guard what is committed to you.
- If we endure, we will reign with Him.
- Do not be quickly shaken in your minds, or troubled.
- Love the truth so by it you may be saved.

Stomach/Strength/Jesus modeled strength

- Jesus fashioned a whip of chords and used it to throw the money changers out of the temple.
- The Jews feared Him because the multitude was astonished at his teaching.
- The blind and lame came to Him in the temple, and He healed them.

Stomach/Strength/Stand

- Be strong in the Lord and in the strength of His might.
- Put on the whole armor of God that you may be able to stand against the devil.
- Our war is against spiritual powers, not flesh and blood.
- Having done all, stand.
- Be sober, self-controlled and watchful.
- The devil seeks whom he may devour.
- Withstand him, steadfast in your faith.

Loins/Parent/Parents model discipleship

- Be imitators of Godly men.
- Provide a good example to those you help in the Lord.
- Impart your soul, not just the word, to those you work with.
- Behave yourself as holy, righteous and blameless toward other believers.
- Be imitators of godly men and women who provide a good example.
- When you become a father or a mother to someone in the gospel, encourage them to imitate you.
- God's kingdom is not in word only, but in power.

Legs/Disciples/Disciples are blessed

- Blessed are disciples who are poor in spirit,
 - who mourn,
 - who are gentle,
 - who hunger and thirst for righteousness,
 - who are merciful,
 - pure in heart,
 - peacemakers,
 - and who are persecuted.

Legs/Disciples/Disciples are called

- John the Baptist was called to go before Jesus.
- Mary, a virgin pledged to Joseph, was called to be the mother of Jesus.
- Behold, the servant of the Lord, be it done to me according to your word.
- Peter was called of the Lord to feed His sheep.
- Jesus prayed all night before He called His disciples.

Legs/Disciples/Disciples are taught of the Lord

- Jesus taught His disciples about personal righteousness in the Sermon on the Mount.
- Jesus warned the disciples about the yeast (doctrine) of the Pharisees and the Sadducees.
- Jesus said John the Baptist was Elijah who was to come.
- Jesus told His disciples He would be crucified.
- Jesus taught His disciples what to look for when He returned.
- New wine (life in the Spirit) must be put in new wine skins.
- Jesus taught the disciples that God's kingdom was within them.
- Whoever seeks to save his life loses it, whoever loses it preserves it.
- Jesus taught the two disciples on the road to Emmaus.
- Jesus taught that He was the bread of life, that His body was food indeed and His blood drink indeed.
- Jesus came from heaven to do the Father's will, that all He sent Jesus should not perish but have eternal life.
- As Jesus lives because of the Father, so we live because of Jesus.
- The Spirit gives life, the flesh profits nothing; the words of Jesus are spirit and life.
- Jesus gave the disciples the Father's words, and the world hated them.

Legs/Disciples/Disciples are tested

- Jesus was tempted by the devil; He fought it off with the word.
- When delivered up, don't be anxious or premeditate what to say; the Spirit will speak through you.
- Disciples will be hated by all men for His sake, but he who endures to the end will be saved.
- The disciples were all scattered, like sheep, and stumbled because of Him.
- Satan asked Jesus for the disciples that he might sift them as wheat.
- Blessed is he who finds no occasion for stumbling in Jesus.

Legs/Disciples/Disciples bear fruit

- Farmer and the seed: the seed is the word of God.
- Not doing the word will make you unproductive.
- The Master gives us resources and tells us to conduct business till he comes.
- Those who bear fruit are blessed by the Master and given more responsibility.
- The disciples were pruned by the word Jesus spoke to them.
- Remain in the vine (Jesus) and you will bear much fruit.
- If we remain in Him and His words remain in us, we will ask what we desire, and it will be done for us.
- The Father is glorified if we bear much fruit; thus we will be His disciples.
- Disciples are friends of Jesus if they do what He said.
- He chose the disciples, that they should go and bear fruit, and that their fruit should remain.
- Whatever disciples ask of the Father in the name of Jesus, He will give it to them.

Legs/Disciples/Disciples confess Him before men

- Whoever confesses Jesus before men, He will confess before the Father in heaven.
- He who doesn't take his cross and follow Him isn't worthy of Him.
- He who seeks his life will lose it, he who loses his life for Jesus will find it.
- Everyone who confesses Jesus before men, He will confess before the angels of God.

Legs/Disciples/Disciples face persecution

- Be wise as serpents and harmless as doves.
- You will be hated by all men for the sake of Jesus.
- A disciple should be like his Teacher and Lord.
- Woe when men speak well of you, for so their fathers did to the false prophets.
- Those who persecute disciples do so because they do not know the Father or Jesus.
- In the world you will have trouble, but Jesus overcame the world.
- The Father comforts us in our afflictions so we can comfort others.

Legs/Disciples/Disciples fast

- When you fast, don't be like hypocrites and have sad faces.
- Don't fast to be seen of men, but to be seen of the Father, who will reward you in secret.

Legs/Disciples/Disciples find rest in Jesus

- Come to Jesus, all who labor and are heavily burdened, and He will give you rest.
- Jesus is gentle and humble in heart, and you will find rest for your souls.
- His yoke is easy, and His burden is light.
- Jesus took the disciples to a deserted place to rest.

Legs/Disciples/Disciples follow Jesus

- Jesus corrected those who weren't sincere about following Him.
- The disciples left all to follow Him.
- Those who left houses, family and lands for His sake would receive a hundred times and inherit eternal life.
- Jesus has the words of life and the disciples of Jesus believe He is the Christ, the Son of the living God.
- One died for all, therefore all died; we should no longer live to ourselves, but to Jesus who died and rose again for us.
- He who knew no sin was made to be sin on our behalf, that in Him we might become the righteousness of God.

Legs/Disciples/Disciples lose their lives for Jesus

- If you desire to come after Jesus you should deny yourself, take up your cross and follow Him.
- Whoever desires to save their lives will lose it, but whoever loses their life for His sake will find it.
- Whoever doesn't bear his own cross and come after Him can't be His disciple.
- As Christians, we need to count the cost of serving Jesus.
- Salt is good, but if it has become flat and tasteless, it is thrown out.

Legs/Disciples/Disciples make discipleship

- All authority has been given to Jesus in heaven and on earth.
- As you go, therefore, make disciples of all culture groups.
- Baptize disciples in the name of the Father, the Son, and the Holy Spirit.
- Teach disciples to observe all Jesus commanded us.
- Paul and Barnabas preached the Gospel and made many disciples.
- God opened a door of faith to the nations for them.

Legs/Disciples/Disciples obey the Lord

- Joseph, the husband of Mary, received direction from the Lord in dreams and obeyed.
- We are the salt of the world; if we lose our saltiness, we are good for nothing but to be thrown away.
- We are the light of the world; a light should be put out where it gives light to everyone.
- Not everyone who calls Jesus Lord will enter Heaven, but he who does the will of the Father.
- The man who comes to Jesus, hears His words and does them is wise, building his house on a rock.
- Those who hear God's word and do it are blessed.
- Moses and the children were baptized in the sea and cloud, but God was not pleased with their disobedience.
- No fornicator, unclean or covetous person has any inheritance in God's Kingdom.
- Because of these things, the wrath of God comes on the children of disobedience.
- Continue to obey as you always do, working out your salvation with fear and trembling.
- Be obedient and ready for every good work, speak evil of no one, and do not be contentious.
- Be doers of the word and not just hearers.

Legs/Disciples/Disciples provide for others

- Jesus told the disciples to feed a multitude of people three times; Jesus multiplied food so the disciples could feed them.
- Those who come first will bear the heat and labor of the day; the first will be last and the last first.
- Many are called but few are chosen.

Legs/Disciples/Disciples put off hypocrisy

- Whatever measure you use in judging will be measured to you.
- Don't point to a speck in your brother's eye when you have a beam in your own.
- Remove the beam from your eye so you can see to remove the speck from your brother's eye.

Legs/Disciples/Disciples run to win

- Run that you can win.
- Beat your body and bring it into subjection so after you preach to others you will not be disqualified.
- Give no occasion of stumbling in anything, but commend yourselves as servants of God.
- Consider those things which are gain as loss for Christ; suffer the loss of all things that you might know Him.
- Press on to take hold of that for which you were taken hold of by Christ.
- Press toward the goal for the prize of the high calling of God in Jesus.
- Lay aside every sin which entangles you and run with perseverance the race set before you.
- Don't grow weary; you have not resisted to blood, striving against sin.

Legs/Disciples/Disciples see God's Kingdom

- Jesus said some standing there would not taste death until they saw the Kingdom of heaven come in power.
- Jesus was transfigured before Peter, James and John, and His face shone like the sun.
- The Father said Jesus was His son and they should listen to Him.

Legs/Disciples/Disciples serve Jesus

- Mary came to the tomb with others to prepare the body of Jesus for burial.
- Many women who followed Jesus and served Him watched from afar as He died.
- Joseph boldly asked Pilate for the body of Jesus after He died and buried Him in a new tomb.

Legs/Disciples/Disciples step out in faith

- Mary believed that Jesus could help when the wedding party ran out of wine; He did.

Legs/Disciples/Disciples value people

- The Son of Man did not come to destroy men's lives, but to save them.
- Though Paul disagreed, Barnabas valued Mark enough to split with Paul.
- Paul valued the people on a ship and prayed for them; God granted his prayer and spared them.

Legs/Disciples/Disciples will be with Jesus

- The real family of Jesus are disciples who do the will of the Father.
- Jesus will come again and receive His disciples to Himself so we can be with Him.
- Jesus did not leave His disciples as orphans; the Spirit teaches us all things, and reminds us of what Jesus said.

Feet/Strategy/Reach all the world

- Jesus told the disciples that they would build the Church from Jerusalem, to Judea, Samaria, and the uttermost parts of the world.
- The disciples did not shrink from declaring to people, teaching them publicly and from house to house.
- The disciples testified of repentance toward God and faith toward Jesus throughout the known world.

Feet/Strategy/Lay a solid foundation

- Peter told Jesus He was the Christ, the Son of God; flesh and blood did not reveal this, but the Father in heaven.
- This revelation of the identity of Jesus is the foundation of His Church (assembly).
- Jesus gave us the keys to the Kingdom of Heaven.
- Whatever we bind on earth will have been bound in heaven.
- Whatever we release (loose) on earth shall have been released (loosed) in heaven.
- A man must be born again or he will not see God's Kingdom.
- A man must be born of water and of the Spirit or he will not see God's Kingdom.
- God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life.
- Light came into the world, and men loved darkness rather than light, for their works were evil.
- The disciples continued in the apostle's teaching and fellowship, in the breaking of bread and in prayer.
- Paul laid a foundation in the Corinthians, Jesus Himself, and expected them to build on that and grow.
- No one can lay any other foundation than Jesus.
- Cleanse yourself from all defilement of the flesh and spirit, perfecting holiness in the fear of God.
- Godly sorrow produces repentance to salvation, with no regret.
- God's firm foundation stands on two things: God knows those who are His, and everyone who names the name of the Lord should depart from unrighteousness.
- The believers spoken to in Hebrews should be teachers, but they need milk, not solid food.
- Solid food is for the adult who by use have their senses exercised to discern good and evil.

Feet/Strategy/Use healing and miracles

- Jesus healed every disease and sickness among the people.
- Because Jesus did miracles, great multitudes followed Him and heard His teaching.
- Jesus raised Lazarus from the dead; He is the resurrection and the life.
- Whoever believes in Jesus will still live, even if he dies.
- Jesus did many signs so people would believe He is the Christ, the Son of God, and might have life in His name.
- The apostles did many signs and wonders among the people.
- Paul and Silas did miracles in Philippi, and a jailer and his household (oikos) were saved.
- On an island called Malta after a ship wreck, Paul did many miracles and healed people.
- Christ worked signs and wonders by the Spirit through Paul for the obedience of the Gentiles.
- We need to demonstrate the Spirit's power, that their faith will not be in the wisdom of men but the power of God.

Feet/Strategy/Bring the Kingdom of God

- The Kingdom of Heaven is small like a mustard seed, but it becomes a tree when it is grown.
- The Kingdom of Heaven is like yeast which leavens bread.
- The Kingdom of Heaven is like a treasure which a person sells everything to gain.
- Anyone who does not receive God's Kingdom like a little child will not enter into it.
- The Kingdom of Heaven is like a seed which grows, even though you don't know how.
- There will be no end to the increase of Christ's government (His Kingdom).

Feet/Strategy/Strategy of Jesus

- Jesus told the disciples He would be mocked, scourged and crucified, and rise on the third day.
- The King sends his servants into the streets to bring them all in.
- Many are called, but few are chosen.

Feet/Strategy/Prepare the way

- John the Baptist came to prepare the way for Jesus.

Feet/Strategy/Repent

- John the Baptist: repent for the Kingdom of Heaven is at hand.
- Jesus: repent for the Kingdom of Heaven is at hand.
- Jesus: repent and believe the Gospel of the Kingdom.
- Jesus taught the people that if they didn't repent, they would perish as other sinners had perished.
- Peter preached, the multitude were pierced to the heart; Peter said repent, be baptized and they would receive the Holy Spirit.

Feet/Strategy/Seek the lost

- It is not the will of the Father in heaven that one of these little ones should perish.
- Jesus called his disciples and appointed the twelve that He might send them out to preach.
- Jesus gave his disciples authority to heal sicknesses and to cast out demons.
- Don't go from house to house, but stay in the worthy oikos.
- Heal the sick and tell them God's kingdom has come near to them.

Feet/Walk/Walk harmlessly

- Whoever causes a little one to stumble would be better off cast into the sea with a millstone hung around his neck.
- Accept one who is weak in faith and do not dispute over opinions.
- Some have faith to eat all things, but the weak in faith eat only vegetables.
- To the Lord every knee will bow, and every tongue will confess to God.
- It is good not to do anything by which your brother stumbles, is offended or is made weak.
- Let no one seek his own, but each his neighbor's good.
- Give no occasion for stumbling.

Feet/Walk/Walk in God's will

- Joseph went to Bethlehem with Mary who gave birth to Jesus there, fulfilling Scripture.
- It is the will of the Lord that we overcome.

Feet/Walk/Walk in growth

- Paul encouraged the Thessalonians because their faith and love of each other grew.
- Peter said to put away all wickedness, deceit, hypocrisy, envy, and evil speaking, and like babies long for the pure milk of the word that by it you may grow.
- John wrote to little children — their sins are forgiven and they know the Father.
- John wrote to young men and women — they have overcome the evil one, they are strong, and the word of God remains in them.
- John wrote to fathers and mothers — they know Him who is from the beginning.

Feet/Walk/Walk in humility

- Bless those who persecute you; bless and don't curse.
- Don't set your mind on high things, but associate with the humble; don't be wise in your own conceits.
- Do not think beyond the things which are written, so none is puffed up against one another.
- God makes you different, and what you have you received from Him, so don't boast as if you had not received it.
- Sanctify the Lord God in your heart, always ready to give an answer to everyone who asks you a reason concerning the hope that is in you, with humility and fear, having a good conscience.

Feet/Walk/Walk in moral excellence

- You are children of light, children of the day; you don't belong to night or darkness.
- God granted to us precious promises that we might become partakers of the divine nature, having escaped the corruption that is in the world by lust.
- In all diligence, in faith -> moral excellence -> knowledge -> perseverance -> godliness -> brotherly affection -> love.
- Be diligent to make your calling and election sure; if you do these things, you will never stumble.
- God is light, and in Him is no darkness at all.
- If we say that we have fellowship with Him and walk in the darkness, we lie and don't tell the truth.
- If we confess our sins, He is faithful and righteous to forgive us the sins and to cleanse us from all unrighteousness.

Feet/Walk/Walk in perseverance

- Establish your hearts, for the coming of the Lord is at hand.
- When you have suffered you have ceased from sin that you should no longer live the rest of your time in the flesh for the lusts of men, but for the will of God.

Feet/Walk/Walk in the Spirit

- You will receive power when the Holy Spirit comes upon you, and you will be witnesses of Jesus.
- They were all filled with the Holy Spirit and they spoke the word of God with boldness.
- With great power the apostles gave testimony of the resurrection; great grace was on them all.
- Stephen, full of faith and the Holy Spirit, performed signs and wonders among the people.
- Don't be conformed to the world, but be transformed by the renewing of your mind, so you may prove what is the good, well-pleasing and perfect will of God.
- You cannot complete in the flesh what is begun by the Spirit.
- He who supplies the Spirit to us and does miracles among us does it by the hearing of faith.
- Because we are children, God sent the Spirit of His Son into our hearts.
- In Christ only faith working through love is important; walk by the Spirit and you won't fulfill the lust of the flesh.
- If you are led by the Spirit, you are not under the law.
- Those who practice the deeds of the flesh will not inherit the Kingdom of God.
- Those who belong to Christ have crucified the flesh with its passions and lusts.
- If we live by the Spirit, let us also walk by the Spirit, not conceited, not provoking nor envying each other.
- Walk as children of light; the fruit of the Spirit is in all goodness, righteousness and truth, proving what pleases the Lord.
- Watch carefully how you walk, not as unwise, but as wise, redeeming the time.
- Don't be drunk with wine, which is dissipation, but be filled with the Spirit.
- You died, and your life is hidden with Christ in God.
- This is the will of God, your sanctification; God called us not for uncleanness, but in sanctification and honor.
- By this we know that He remains in us, by the Spirit which He gave us.

Feet/Walk/Walk in the traditions

- Hold firm the traditions, even as they were delivered to you.
- God chose you from the beginning for salvation through sanctification of the Spirit and belief in the truth.
- Stand firm and hold the traditions which you were taught, whether by word or by letter (Scripture).
- Withdraw yourself from every brother who walks in rebellion and not after the tradition which you received.
- If any man doesn't obey the word, note that man and have no company with him so he might be ashamed.

Feet/Walk/Walk in unity

- Look out for those who cause divisions and occasions of stumbling, contrary to the doctrine, and turn away from them.
- We should all speak the same thing, and there should be no divisions among us.
- We should be perfected together in the same mind and in the same judgment.
- Jesus wasn't divided.

Feet/Walk/Walk in wisdom

- Walk in wisdom toward those who are outside, redeeming the time.
- Walk properly toward those who are outside, and have need of nothing.
- The Father wants the eyes of our hearts enlightened, that we may know what is the hope of His calling.
- If a bond-servant could get free they should use it, but otherwise they should be content as they are.
- Don't throw pearls (godly correction in love) before swine, lest they trample them, turn and tear you to pieces.
- The wisdom of the world is foolishness with God.

Feet/Walk/Walk under authority

- Let every soul be in subjection to the higher authorities for conscience sake.
- Abstain from fleshly lusts, which war against the soul; have good behavior among the nations.
- Subject yourselves to every ordinance of man for the Lord's sake; this is the will of God.
- Honor all men; love the brothers; fear God; honor the king.