

THE
one
year[®]
BIBLE
for Women




new living
TRANSLATION[®]

THE
**one
year**[®]
BIBLE
for Women



NLT[®]

TYNDALE HOUSE PUBLISHERS
CAROL STREAM, ILLINOIS

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

The One Year Bible copyright © 1985, 1986, 1987, 1989, 1991, 1996, 2004 by Tyndale House Publishers. All rights reserved.

Devotional material copyright © Stephen Arterburn and Misty Arterburn.

Authors are represented by the literary agency of WordServe Literary, www.wordserveliterary.com.

Interior images are the property of their respective copyright holders, and all rights are reserved. Bird pattern © Rawpixel/Adobe; shadow overlay © Kassie Bartow Art/Design Cuts; leaf shadow © ffforn studio store/Creative Market; plant pattern © Wan/Rawpixel; modern pattern © Aum/Rawpixel; geometric pattern © Kul/Rawpixel; flower pattern © katie/Rawpixel.

Designed by Libby Dykstra

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

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

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

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

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

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

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

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

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

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

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

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

ISBN 978-1-4964-4944-3 Hardcover

ISBN 978-1-4964-4945-0 Softcover

Printed in the United States of America

28	27	26	25	24	23	22
7	6	5	4	3	2	1

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



CONTENTS

Foreword by Misty Arterburn.....	A5
<i>The One Year Bible</i> User's Guide	A7
Publisher's Note	A11
Introduction to the <i>New Living Translation</i>	A12

CANONICAL LISTING OF BIBLE BOOKS

Genesis / January 1	1	Jeremiah / October 3.....	896
Exodus / January 25	78	Lamentations / October 29	987
Leviticus / February 16.....	149	Ezekiel / November 1	999
Numbers / March 3	198	Daniel / November 25.....	1074
Deuteronomy / March 23.....	264	Hosea / December 5.....	1102
Joshua / April 10	322	Joel / December 9	1115
Judges / April 23	362	Amos / December 10.....	1120
Ruth / May 5	401	Obadiah / December 13	1130
1 Samuel / May 7.....	407	Jonah / December 14.....	1132
2 Samuel / May 22	454	Micah / December 15	1135
1 Kings / June 6.....	500	Nahum / December 17	1143
2 Kings / June 21	546	Habakkuk / December 18.....	1146
1 Chronicles / July 5	594	Zephaniah / December 19	1150
2 Chronicles / July 20.....	641	Haggai / December 20	1154
Ezra / August 5.....	693	Zechariah / December 21	1157
Nehemiah / August 11	710	Malachi / December 30.....	1178
Esther / August 18	731	Matthew / January 1	3
Job / August 21	741	Mark / February 15	147
Psalms / January 1 and July 3.....	4, 590	Luke / March 13.....	234
Proverbs / January 1.....	4	John / April 30	385
Ecclesiastes / September 2.....	784	Acts / June 3.....	492
Song of Songs / September 6.....	795	Romans / July 12	618
Isaiah / September 8	803	1 Corinthians / August 4	692

2 Corinthians / August 26	762	Philemon / October 29	990
Galatians / September 14	825	Hebrews / October 30	992
Ephesians / September 22	855	James / November 17	1051
Philippians / September 29	882	1 Peter / November 22	1066
Colossians / October 4	902	2 Peter / November 27	1082
1 Thessalonians / October 9	920	1 John / November 30	1090
2 Thessalonians / October 13	934	2 John / December 6	1106
1 Timothy / October 16	944	3 John / December 7	1110
2 Timothy / October 22	963	Jude / December 8	1114
Titus / October 26	979	Revelation / December 9	1119



With deep affection and high regard, I am thrilled to finally greet you as I would an esteemed friend in warmest hug: *Hi, lady. I'm so glad to see you.* And welcome to *The One Year Bible for Women*.

Though perhaps we've never met, you have been on my mind and in my heart for a very long time. It is no small feat this particular Bible has made its way into your hands and you've opened it for a look. Many prayers have been offered, and much love, toward this long-awaited moment. I'll tell you the whole story, but ultimately it boils down to this: I have an invitation for you.

Hold that thought—

It was early January 2020 while yet optimistically welcoming in the new year that I received a little invitation of my own. It came unexpectedly and landed heavy in my heart. I froze in my tracks like the snowman outside my window, silent and motionless. I would be making an important decision, just like you, whether to accept the invitation.

I resisted. It was an enormous privilege to be invited and would be an equally enormous mission should I choose to accept it, however simple it sounded: Read through *The One Year Bible* and write a daily meditation specifically for women.

Have you read the Bible much? Its pages hold the profound message of *hope* and *life* for all humanity, a gift far beyond comprehension. Its pages also present a profound challenge for all—to understand God's inspired Word and apply it wisely in our lives today.

What has been your journey with Scripture? If you are like me, then you have found incredible beauty, deep healing, and the love of God through his Word, and you have been saved and strengthened as a result. But there have also been setbacks. You have wrestled with painful, confusing passages about our ancient sisters and then reached for truth with even more fervor. Other times, you've simply stepped away, dejected. You've noted triumphant heroines hailed alongside even the meekest of women in both Old and New Testaments, and conversely you have noted shocking imagery and oppressions.

I made my decision. In reverence and reluctance-mixed-with-compulsion, I accepted the invitation to write. And since I am not one to gloss over hard stuff in favor of fluff, one thing was certain: I would go where the Scriptures led, and likely straight toward the hard stuff. So it began, right as the rest of 2020 unleashed its many challenges. There were tears and struggles—and gifts at every turn. I'll get to those, but first, my invitation for you:

What are you doing for . . . say . . . the next 365 days of your life?

If you're holding this Bible, chances are you're already considering giving it a go, but I would love to invite you more formally: Would you consider joining me for a journey through Scripture this year? It would be my honor and, I trust, our mutual enrichment. We could read this Bible together, a day at a time, and see what we find in epic adventure and camaraderie.

Whether it's your first time through or you've followed this method of Scripture reading for years, I also trust that within these pages you will experience a fresh move of God in your life.

Together, we will encounter the leadership of Deborah, the sorrow of Job's wife, the bravery of Jehosheba, and critical contributions from female disciples of Jesus. We will lean into the hard spaces and dare to keep seeking and growing. We will practice new skills, because practice makes progress. And I love to make progress.

What might God have in store for you as you pursue him this year? I received three special gifts while writing for this project, and it makes me wonder: What surprises await you?

I first received the gift of *obligation*, which did not seem like a gift at the time. I'd committed to read and press for answers, so no longer would I put off troublesome passages until a more convenient time. Now was the time. I would dig for answers until answers came. And far better than that, spiritual awakening came.

This resulted in the second gift: strengthened assurance that *answers are there if we want them*. God wants to be known and will faithfully reveal himself to the seeker. May we ever move *toward* him in reaching for truth.

The third gift was born of my own moving toward him. Through reaching and seeking, protest and wrestling, striving and struggling for yet another year—as with every new season, time and again—I unfailingly landed on one persistent conclusion: *God is good*.

He is good. And he is *for* us.

He is *for* humanity, for women and for men, for everyone.

He is for me, and he is for *you*.

He is for children. And *he* has invited *us* to come to him as such—eager to learn and openhearted.

Will you join me in responding to him? Please find me on Facebook, and let me know if you accept my invitation and how it is going along the way. I would love to hear from you!

I pray for you now and always, that you keep seeking, keep growing, and *keep the faith!*

May God richly bless you through his Word this year.

With all my love as your sister in Christ,

Misty



Your word is a lamp to guide my feet and a light for my path.

PSALM 119:105

The One Year Bible is divided into daily readings designed to guide you through the entire Bible in a year. But the arrangement doesn't take you straight through from Genesis to Revelation. Instead, each day you will find a portion of the Old Testament and the New Testament, plus short readings from Psalms and Proverbs. These four daily readings are grouped on consecutive pages, giving freshness and diversity to each day's reading experience. Many people have tried to read through the entire Bible in a year, but they quickly become frustrated when they get stuck in harder passages. This reading plan has helped millions of readers, including those who tried before but became frustrated, to successfully complete their reading of the entire Bible. And reading through the Bible will ensure that you will spend significant time engaged with God's Word.

Time spent genuinely engaged with God's Word has the potential to change your life. "The word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires" (Hebrews 4:12). The Bible isn't just a book of human wisdom. It comes from God himself, and in it he gives us the wisdom and knowledge needed to live a life of faith. "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work" (2 Timothy 3:16-17).

Time spent in the Scriptures, in a very real sense, is time spent with God. There is no better place in this world for us to hear from God. The Bible is a special gift, but a gift we often leave on the shelf—unopened and unread. And as we open it and read its pages, we are opening a door to a relationship with the Author. He's waiting there to speak to us, with the help of his ever-present Spirit. He gave us the Scriptures because he wants us to hear from and know him. Approach your reading each day with this knowledge and expectation.

Engaging More Deeply with Scripture

In *The One Year Bible*, you are encouraged to read through the entire Bible in a year, and its structure provides a systematic daily plan for this. Most readers do their daily reading silently, often in a single sitting. However, since many of the readings are fairly long, it is easy to get distracted and to start "reading just to finish." If this is the case for you, you may find it helpful to slow down to engage more fully in the listening process.

Following is a list of concrete practices or tools that should help you engage more deeply

with Scripture. (Since everyone is different, not all of these practices may work for you. And some of the practices work better for longer passages, as opposed to single verses, and vice versa.) Use these tools to help you engage with God's Word more deeply.

Practice 1—Read It Aloud: This practice will slow you down and allow you to focus. Reading aloud takes about twice as long as silent reading. It also allows you to encounter God's Word twice—through both your eyes and ears—leading you to a more nuanced interaction with the text. (This is especially useful as you approach a longer passage.) As you read aloud, you could try to read the text interpretively—add color to your expression to help you more completely take in and express the message. You could even dramatize a scene. And if others are around, don't be afraid to share the experience with them!

Practice 2—Copy It: Take out a pen and paper and copy a verse or passage of particular interest. If you are a visual learner, this should help you focus on the text more intensely. It will also force you to slow down even more and approach it phrase by phrase, helping you savor the text as you would a meal of many courses. If you have some talent with your pen, express the meaning of the text with different kinds of scripts and ink colors. This will help you focus on the meaning in greater detail. Typing the text into your computer and formatting the text creatively could accomplish the same sort of thing. If your rendering turns out really well, frame it or send it to friends to encourage their reflection.

Practice 3—Summarize It: Take a journal or computer and write a summary for each reading in this Bible with just a single sentence. This could be a simple content summary, or perhaps a summary of what God said to you through the passage. Reading with this practice can help you stay focused and also help you create a personal tool for Bible review. As you finish reading a Bible book, summarize the entire book's core message in a sentence or paragraph. Then at the end of the year, try to summarize the message of the whole Bible. From your perspective, what is the Bible's unified message?

Practice 4—Paraphrase It: Take out a pen and paper, or start up your computer, and put some verses into your own words. Try to capture all the important parts of the passage without leaving anything out. This will help you pay attention to the details and to the rich meanings of the words. Drink in the text, digest its meaning, and write it again from the unique perspective God has given you. Don't worry about the word order; focus on the message. You will likely find that this leaves you with nuggets of wisdom to take away and to continue to think about.

Practice 5—Divide It: This practice is somewhat the opposite of summarizing the broad strokes of a passage. To divide a text, choose a particular sentence that is especially meaningful to you, like "The LORD is my shepherd" (Psalm 23:1). Highlight each word of the sentence successively, and read it over and over again. This will allow you to see the verse from varied angles.

THE LORD is my shepherd.

The LORD is my shepherd.

The LORD IS my shepherd.

The LORD is MY shepherd.

The LORD is my SHEPHERD.

As you do this, you will likely see truths in the text that you were blind to before.

Practice 6—Personalize It: Embrace or claim Scripture personally by taking a verse or passage that clearly applies to you and replacing the nouns or pronouns with your own name. This will drive home the truth that God is speaking about you and to you. The verse that

includes the text we just divided in Practice 5 might read, “The LORD is Susan’s shepherd. Susan has all that she needs.” You might also personalize it this way for a friend, your spouse, or your children.

Practice 7—Pray It: Many passages are helpful for guiding our prayers. They remind us of what is true and what is important to God. We can use these reminders as prayer prompts. Again, take the verse we looked at from Psalm 23. It might inspire a prayer like this: “Lord, you have reminded me that you are my Shepherd and that you can provide all that I need. As one of your sheep, I confess that I often don’t follow you very closely. I’m often one of the lost sheep—one of those you need to search for in stormy weather and carry home. I can see that if I followed you more closely, I’d also be much closer to all that you have to offer me. The unmet needs I’m always complaining about would be better met if I just stayed near to my Shepherd. And I suppose sometimes I wander away looking to satisfy my wants rather than my real needs. Dear Shepherd, help me to stay close to your loving care and protection. Forgive my tendency to wander. Amen.”

Practice 8—Memorize It: Putting Scripture to memory is the likely result of many of these other practices. For many of us, if we copy or read a verse again and again, we will soon know it by heart. To begin memorizing a text, repeating it is the best place to start. Read or copy a text three times a day for an entire month and then begin to recite it aloud for yourself on a regular basis. Then, if the appropriate opportunity arises, recite it for others. (Remember to learn the reference, too, so you can more easily locate it.) The psalm writer reminds us of why Scripture memorization is so important: “I have hidden your word in my heart, that I might not sin against you” (Psalm 119:11).

Practice 9—Share It: God’s Word is good news, whether it comes in a story or parable, an account of one of Jesus’ miracles, a psalm of praise, a promise of hope, or a wise proverb. When you’ve read something helpful, thought provoking, or inspiring, share it. As you do, you’ll find that the message becomes more real for you too. If it’s a story, retell it to someone in your own words. Try to capture all the details. If it’s a short promise or proverb, email it to a friend, post it on an announcement board or refrigerator, carve it into a piece of wood to hang on a wall, bring it up for discussion with friends over coffee, or tweet it for anyone who might be watching. If you’ve heard from God and it means something to you, take the time to share it.

Practice 10—Live It: It’s not just important to read and listen to God’s Word. We also need to find ways to put it into practice. (Keeping this in mind as you read will also help you to focus.) We are reminded of this in the book of James: “Don’t just listen to God’s word. You must do what it says. Otherwise, you are only fooling yourselves” (James 1:22). As you reflect on God’s Word, conclude your time by thinking up ways to live it out. What can you put into action today?

Other Ways to Use the One-Year Reading Plan

Though *The One Year Bible* has led millions of readers through the Bible in one year, its arrangement is equally useful for guiding you through the Bible in two years, or even longer. If you feel too rushed or want to spend more time on each day’s selections, here are a few other suggestions:

The Split One-Year Plan. Schedule time in both the morning and evening. Read the New Testament and Psalms selections in the morning and the Old Testament and Proverbs selections in the evening.

The Two-Year Plan. During the first year, read the Old Testament and Proverbs selections. Then during the second year, read the selections from the New Testament and Psalms.

The Three-Year Plan. Read the Old Testament selection the first year, the New Testament selection the second year, and the Psalms and Proverbs selections during the third year.

The Words of Praise and Wisdom Plan. Read the Psalms and Proverbs selections for each day. This will take you through the Psalms twice and Proverbs once during the year, giving you words of praise and wisdom to live by each day.

You need not limit yourself to these suggested plans. The arrangement of *The One Year Bible* makes it easy to devise any number of Bible reading plans to meet your particular needs.



PUBLISHER'S NOTE



The One Year Bible for Women has been prepared especially for women who wish to read through the entire Bible in one year and to reflect daily on the women whose lives and stories unfold in the pages of Scripture. Millions of readers have enjoyed the convenient daily reading format featuring a passage from the Old Testament, the New Testament, Psalms, and Proverbs. In 365 daily readings, you will journey through the entire Bible and read through Psalms twice!

This special edition of *The One Year Bible* includes devotional reflections from Misty Arterburn, an author and speaker with rich life experience as a Life Recovery group facilitator and mother of five. We have prepared a user's guide, which appears on page A7, to help you explore a variety of ways to engage with God's Word using *The One Year Bible for Women*.

This edition of *The One Year Bible* contains the entire text of the *Holy Bible*, New Living Translation. Each revision of the New Living Translation has increased the level of the NLT's precision without sacrificing its easy-to-understand quality. This second-generation text was completed in 2004, with minor changes subsequently introduced in 2007, 2013, and 2015. To see a complete list of the scholars involved in the New Living Translation Bible Translation Committee, please visit tyndale.com/nlt/scholars.

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

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



INTRODUCTION TO THE NEW LIVING TRANSLATION



Translation Philosophy and Methodology

English Bible translations tend to be governed by one of two general translation theories. The first theory has been called “formal-equivalence,” “literal,” or “word-for-word” translation. According to this theory, the translator attempts to render each word of the original language into English and seeks to preserve the original syntax and sentence structure as much as possible in translation. The second theory has been called “dynamic-equivalence,” “functional-equivalence,” or “thought-for-thought” translation. The goal of this translation theory is to produce in English the closest natural equivalent of the message expressed by the original-language text, both in meaning and in style.

Both of these translation theories have their strengths. A formal-equivalence translation preserves aspects of the original text—including ancient idioms, term consistency, and original-language syntax—that are valuable for scholars and professional study. It allows a reader to trace formal elements of the original-language text through the English translation. A dynamic-equivalence translation, on the other hand, focuses on translating the message of the original-language text. It ensures that the meaning of the text is readily apparent to the contemporary reader. This allows the message to come through with immediacy, without requiring the reader to struggle with foreign idioms and awkward syntax.

The translators of the New Living Translation set out to render the message of the original texts of Scripture into clear, contemporary English. As they did so, they kept the concerns of both formal-equivalence and dynamic-equivalence in mind. On the one hand, they translated as simply and literally as possible when that approach yielded an accurate, clear, and natural English text. Many words and phrases were rendered literally and consistently into English, preserving essential literary and rhetorical devices, ancient metaphors, and word choices that give structure to the text and provide echoes of meaning from one passage to the next.

On the other hand, the translators rendered the message more dynamically when the literal rendering was hard to understand, was misleading, or yielded archaic or foreign wording. They clarified difficult metaphors and terms to aid in the reader's understanding. The translators first struggled with the meaning of the words and phrases in the ancient context; then they rendered the message into clear, natural English. Their goal was to be both faithful to the ancient texts and eminently readable.

The New Living Translation was first published in 1996. Shortly after its initial publication, the Bible Translation Committee began a process of further committee review and translation refinement. The purpose of this continued revision was to increase the level of precision without sacrificing the text's easy-to-understand quality. This second-edition text was completed in 2004, and additional updates with minor changes were subsequently introduced in 2007, 2013, and 2015.

The Texts behind the New Living Translation

The Old Testament translators used the Masoretic Text of the Hebrew Bible as represented in *Biblia Hebraica Stuttgartensia* (1977), with its extensive system of textual notes. The translators also further compared the Dead Sea Scrolls, the Septuagint and other Greek manuscripts, the Samaritan Pentateuch, the Syriac Peshitta, the Latin Vulgate, and any other versions or manuscripts that shed light on the meaning of difficult passages.

The New Testament translators used the two standard editions of the Greek New Testament: the *Greek New Testament*, published by the United Bible Societies (UBS, fourth revised edition, 1993), and *Novum Testamentum Graece*, edited by Nestle and Aland (NA, twenty-seventh edition, 1993). These two editions, which have the same text but differ in punctuation and textual notes, represent, for the most part, the best in modern textual scholarship. However, in cases where strong textual or other scholarly evidence supported the decision, the translators sometimes chose to differ from the UBS and NA Greek texts and followed variant readings found in other ancient witnesses. Significant textual variants of this sort are always noted in the textual notes of the New Living Translation.

Translation Issues

The translators have made a conscious effort to provide a text that can be easily understood by the typical reader of modern English. To this end, we sought to use only vocabulary and language structures in common use today. We avoided using language likely to become quickly dated or that reflects only a narrow subdialect of English, with the goal of making the New Living Translation as broadly useful and timeless as possible.

But our concern for readability goes beyond the concerns of vocabulary and sentence structure. We are also concerned about historical and cultural barriers to understanding the Bible, and we have sought to translate terms shrouded in history and culture in ways that can be immediately understood. To this end:

- We have converted ancient weights and measures (for example, “ephah” [a unit of dry volume] or “cubit” [a unit of length]) to modern English (American) equivalents, since the ancient measures are not generally meaningful to today’s readers. Then in the textual footnotes we offer the literal Hebrew, Aramaic, or Greek measures, along with modern metric equivalents.
- Instead of translating ancient currency values literally, we have expressed them in common terms that communicate the message. For example, in the Old Testament, “ten shekels of silver” becomes “ten pieces of silver” to convey the intended message.
- Since the names of Hebrew months are unknown to most contemporary readers, and since the Hebrew lunar calendar fluctuates from year to year in relation to the solar calendar used today, we have looked for clear ways to communicate the time of year the Hebrew months (such as Abib) refer to. Where it is possible to define a specific ancient date in terms of our modern calendar, we use modern dates in the text. A textual footnote then gives the literal Hebrew date and states the rationale for our rendering. (See, for example, the text and note at Ezra 6:15.)
- Since ancient references to the time of day differ from our modern methods of denoting time, we have used renderings that are instantly understandable to the modern reader. Accordingly, we have rendered specific times of day by using approximate equivalents in terms of our common “o’clock” system.

- When the meaning of a proper name (or a wordplay inherent in a proper name) is relevant to the message of the text, its meaning is often illuminated with a textual footnote. For example, in Exodus 2:10 the text reads: "The princess named him Moses, for she explained, 'I lifted him out of the water.'"
- Many words and phrases carry a great deal of cultural meaning that was obvious to the original readers but needs explanation in our own culture. For example, the phrase "they beat their breasts" (Luke 23:48) in ancient times meant that people were very upset, often in mourning. In our translation we chose to translate this phrase dynamically for clarity: "They went home *in deep sorrow*."
- Metaphorical language is sometimes difficult for contemporary readers to understand, so at times we have chosen to translate or illuminate the meaning of a metaphor. For example, the ancient poet writes, "Your neck is *like* the tower of David" (Song of Songs 4:4). We have rendered it "Your neck is *as beautiful as* the tower of David" to clarify the intended positive meaning of the simile.
- When the content of the original language text is poetic in character, we have rendered it in English poetic form. Hebrew poetry often uses parallelism, a literary form where a second phrase (or in some instances a third or fourth) echoes the initial phrase in some way. Whenever possible, we sought to represent these parallel phrases in natural poetic English.
- The Greek term *hoi Ioudaioi* is literally translated "the Jews" in many English translations. In the Gospel of John, however, this term doesn't always refer to the Jewish people generally. In some contexts, it refers more particularly to the Jewish religious leaders. We have attempted to capture the meaning in these different contexts by using terms such as "the people" (with a footnote: Greek *the Jewish people*) or "the Jewish leaders," where appropriate.
- One challenge we faced was how to translate accurately the ancient biblical text that was originally written in a context where male-oriented terms were used to refer to humanity generally. We needed to respect the nature of the ancient context while also trying to make the translation clear to a modern audience that tends to read male-oriented language as applying only to males. Often the original text, though using masculine nouns and pronouns, clearly intends that the message be applied to both men and women. A typical example is found in the New Testament letters, where the believers are called "brothers" (*adelphoi*). Yet it is clear from the content of these letters that they were addressed to all the believers—male and female. Thus, we have usually translated this Greek word as "brothers and sisters" in order to represent the historical situation more accurately.

We should emphasize that all masculine nouns and pronouns used to represent God (for example, "Father") have been maintained without exception. All decisions of this kind have been driven by the concern to reflect accurately the intended meaning of the original texts of Scripture.

Lexical Consistency in Terminology

For the sake of clarity, we have translated certain original-language terms consistently, especially within synoptic passages and for commonly repeated rhetorical phrases, and within certain word categories such as divine names and non-theological technical terminology (e.g., liturgical, legal, cultural, zoological, and botanical terms). For theological terms, we have allowed a greater semantic range of acceptable English words or phrases for a single Hebrew or Greek word. We have avoided some theological terms that are not readily understood by many

modern readers. For example, we avoided using words such as “justification” and “sanctification,” which are carryovers from Latin translations. In place of these words, we have provided renderings such as “made right with God” and “made holy.”

The Spelling of Proper Names

Many individuals in the Bible, especially the Old Testament, are known by more than one name (e.g., Uzziah/Azariah). For the sake of clarity, we have tried to use a single spelling for any one individual, footnoting the literal spelling whenever we differ from it. This is especially helpful in delineating the kings of Israel and Judah. King Joash/Jehoash of Israel has been consistently called Jehoash, while King Joash/Jehoash of Judah is called Joash. A similar distinction has been used to distinguish between Joram/Jehoram of Israel and Joram/Jehoram of Judah. All such decisions were made with the goal of clarifying the text for the reader. When the ancient biblical writers clearly had a theological purpose in their choice of a variant name (e.g., Esh-baal/Ishbosheth), the different names have been maintained with an explanatory footnote.

The Rendering of Divine Names

In the Old Testament, all appearances of *'el*, *'elohim*, or *'eloah* have been translated “God,” except where the context demands the translation “god(s).” We have generally rendered the tetragrammaton (*YHWH*) consistently as “the LORD,” utilizing a form with small capitals that is common among English translations. This will distinguish it from the name *'adonai*, which we render “Lord.” When *'adonai* and *YHWH* appear together, we have rendered it “Sovereign LORD.” This also distinguishes *'adonai YHWH* from cases where *YHWH* appears with *'elohim*, which is rendered “LORD God.” When *YH* (the short form of *YHWH*) and *YHWH* appear together, we have rendered it “LORD GOD.” When *YHWH* appears with the term *tseba'oth*, we have rendered it “LORD of Heaven's Armies” to translate the meaning of the name. In a few cases, we have utilized the transliteration, *Yahweh*, when the personal character of the name is being invoked in contrast to another divine name or the name of some other god (for example, see Exodus 3:15; 6:2-3).

In the Gospels and Acts, the Greek word *christos* has normally been translated as “Messiah” when the context assumes a Jewish audience. When a Gentile audience can be assumed (which is consistently the case in the Epistles and Revelation), *christos* has been translated as “Christ.” The Greek word *kurios* is consistently translated “Lord,” except that it is translated “LORD” wherever the New Testament text explicitly quotes from the Old Testament, and the text there has it in small capitals.

Textual Footnotes

The New Living Translation provides several kinds of textual footnotes, all designated in the text with an asterisk:

- When for the sake of clarity the NLT renders a difficult or potentially confusing phrase dynamically, we generally give the literal rendering in a textual footnote. This allows the reader to see the literal source of our dynamic rendering and how our translation relates to other more literal translations. These notes are prefaced with “Hebrew,” “Aramaic,” or “Greek,” identifying the language of the underlying source text. For example, in Acts 2:42 we translated the literal “breaking of bread” (from the Greek) as “the Lord's Supper” to clarify that this verse refers to the ceremonial practice of the church rather than just an

ordinary meal. Then we attached a footnote to “the Lord’s Supper,” which reads: “Greek *the breaking of bread*.”

- Textual footnotes are also used to show alternative renderings, prefaced with the word “Or.” These normally occur for passages where an aspect of the meaning is debated. On occasion, we also provide notes on words or phrases that represent a departure from long-standing tradition. These notes are prefaced with “Traditionally rendered.” For example, the footnote to the translation “serious skin disease” at Leviticus 13:2 says: “Traditionally rendered *leprosy*. The Hebrew word used throughout this passage is used to describe various skin diseases.”
- When our translators follow a textual variant that differs significantly from our standard Hebrew or Greek texts (listed earlier), we document that difference with a footnote. We also footnote cases when the NLT excludes a passage that is included in the Greek text known as the *Textus Receptus* (and familiar to readers through its translation in the King James Version). In such cases, we offer a translation of the excluded text in a footnote, even though it is generally recognized as a later addition to the Greek text and not part of the original Greek New Testament.
- All Old Testament passages that are quoted in the New Testament are identified by a textual footnote at the New Testament location. When the New Testament clearly quotes from the Greek translation of the Old Testament, and when it differs significantly in wording from the Hebrew text, we also place a textual footnote at the Old Testament location. This note includes a rendering of the Greek version, along with a cross-reference to the New Testament passage(s) where it is cited (for example, see notes on Psalms 8:2; 53:3; Proverbs 3:12).
- Some textual footnotes provide cultural and historical information on places, things, and people in the Bible that are probably obscure to modern readers. Such notes should aid the reader in understanding the message of the text. For example, in Acts 12:1, “King Herod” is named in this translation as “King Herod Agrippa” and is identified in a footnote as being “the nephew of Herod Antipas and a grandson of Herod the Great.”
- When the meaning of a proper name (or a wordplay inherent in a proper name) is relevant to the meaning of the text, it is either illuminated with a textual footnote or included within parentheses in the text itself. For example, the footnote concerning the name “Eve” at Genesis 3:20 reads: “*Eve* sounds like a Hebrew term that means ‘to give life.’” This wordplay in the Hebrew illuminates the meaning of the text, which goes on to say that Eve “would be the mother of all who live.”

As we submit this translation for publication, we recognize that any translation of the Scriptures is subject to limitations and imperfections. Anyone who has attempted to communicate the richness of God’s word into another language will realize it is impossible to make a perfect translation. Recognizing these limitations, we sought God’s guidance and wisdom throughout this project. Now we pray that he will accept our efforts and use this translation for the benefit of the church and of all people.

We pray that the New Living Translation will overcome some of the barriers of history, culture, and language that have kept people from reading and understanding God’s word. We hope that readers unfamiliar with the Bible will find the words clear and easy to understand and that readers well versed in the Scriptures will gain a fresh perspective. We pray that readers will gain insight and wisdom for living, but most of all that they will meet the God of the Bible and be forever changed by knowing him.

The Bible Translation Committee



WOMAN ENTERED AT PRECISELY THE RIGHT TIME. *All creation had preceded her, and in all creation there was yet a void. Her absence was observable and felt, mysteriously unsettling before she had even appeared. Creation was incomplete. From a garden filled with every provision and goodness, paradoxically man would experience lack. With all other creatures blessed to fill the earth and multiply, he was notably alone. Had there been a mistake or some oversight? Would the creation of Eve occur in mere afterthought, a problem solved for Adam? Far from it. Rather, God had been setting his stage, methodically unfolding his masterful plan. Granted a sacred season of aloneness, man would discover his God-given design for relationship. Despite his capacity for outreach, laughter, and all forms of reciprocal love, as of yet there were no means for such. We envision God's thrill in unveiling what he had known all along: that woman would meet man in exhilarating match, a helper both stronger and weaker than he. God thus blessed the two in equal commission that each would contribute uniquely, reflecting in great splendor the image of a holy God. All this, his gift in bringing forth his epic masterpiece in creation: woman.*

GENESIS 1:1–2:25

In the beginning God created the heavens and the earth.* ²The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters.

³Then God said, "Let there be light," and there was light. ⁴And God saw that the light was good. Then he separated the light from the darkness. ⁵God called the light "day" and the darkness "night."

And evening passed and morning came, marking the first day.

⁶Then God said, "Let there be a space between the waters, to separate the waters of the heavens from the waters of the earth." ⁷And that is what happened. God made this space to separate the waters of the earth from the waters of the heavens.

⁸God called the space "sky."

And evening passed and morning came, marking the second day.

⁹Then God said, "Let the waters beneath the sky flow together into one place, so dry ground may appear." And that is what happened. ¹⁰God called the dry ground "land" and the waters "seas." And God saw that it was good. ¹¹Then God said, "Let the land sprout with vegetation—every sort of seed-bearing plant, and trees that

grow seed-bearing fruit. These seeds will then produce the kinds of plants and trees from which they came." And that is what happened. ¹²The land produced vegetation—all sorts of seed-bearing plants, and trees with seed-bearing fruit. Their seeds produced plants and trees of the same kind. And God saw that it was good.

¹³And evening passed and morning came, marking the third day.

¹⁴Then God said, "Let lights appear in the sky to separate the day from the night. Let them be signs to mark the seasons, days, and years. ¹⁵Let these lights in the sky shine down on the earth." And that is what happened. ¹⁶God made two great lights—the larger one to govern the day, and the smaller one to govern the night. He also made the stars. ¹⁷God set these lights in the sky to light the earth, ¹⁸to govern the day and night, and to separate the light from the darkness. And God saw that it was good.

¹⁹And evening passed and morning came, marking the fourth day.

²⁰Then God said, "Let the waters swarm with fish and other life. Let the skies be filled with birds of every kind." ²¹So God created great sea creatures and every living thing that scurries and swarms in the water, and every sort of bird—each producing

offspring of the same kind. And God saw that it was good. ²²Then God blessed them, saying, "Be fruitful and multiply. Let the fish fill the seas, and let the birds multiply on the earth."

²³And evening passed and morning came, marking the fifth day.

²⁴Then God said, "Let the earth produce every sort of animal, each producing offspring of the same kind—livestock, small animals that scurry along the ground, and wild animals." And that is what happened.

²⁵God made all sorts of wild animals, livestock, and small animals, each able to produce offspring of the same kind. And God saw that it was good.

²⁶Then God said, "Let us make human beings* in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth,* and the small animals that scurry along the ground."

²⁷ So God created human beings* in his own image.

In the image of God he created them;
male and female he created them.

²⁸Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."

²⁹Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food.

³⁰And I have given every green plant as food for all the wild animals, the birds in the sky, and the small animals that scurry along the ground—everything that has life." And that is what happened.

³¹Then God looked over all he had made, and he saw that it was very good!

And evening passed and morning came, marking the sixth day.

^{2:1}So the creation of the heavens and the earth and everything in them was completed. ²On the seventh day God had finished his work of creation, so he rested* from all his work. ³And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

⁴This is the account of the creation of the heavens and the earth.

When the LORD God made the earth and the heavens, ⁵neither wild plants nor grains

were growing on the earth. For the LORD God had not yet sent rain to water the earth, and there were no people to cultivate the soil. ⁶Instead, springs* came up from the ground and watered all the land. ⁷Then the LORD God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person.

⁸Then the LORD God planted a garden in Eden in the east, and there he placed the man he had made. ⁹The LORD God made all sorts of trees grow up from the ground—trees that were beautiful and that produced delicious fruit. In the middle of the garden he placed the tree of life and the tree of the knowledge of good and evil.

¹⁰A river flowed from the land of Eden, watering the garden and then dividing into four branches. ¹¹The first branch, called the Pishon, flowed around the entire land of Havilah, where gold is found. ¹²The gold of that land is exceptionally pure; aromatic resin and onyx stone are also found there. ¹³The second branch, called the Gihon, flowed around the entire land of Cush. ¹⁴The third branch, called the Tigris, flowed east of the land of Asshur. The fourth branch is called the Euphrates.

¹⁵The LORD God placed the man in the Garden of Eden to tend and watch over it. ¹⁶But the LORD God warned him, "You may freely eat the fruit of every tree in the garden—¹⁷except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die."

¹⁸Then the LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him." ¹⁹So the LORD God formed from the ground all the wild animals and all the birds of the sky. He brought them to the man* to see what he would call them, and the man chose a name for each one. ²⁰He gave names to all the livestock, all the birds of the sky, and all the wild animals. But still there was no helper just right for him.

²¹So the LORD God caused the man to fall into a deep sleep. While the man slept, the LORD God took out one of the man's ribs* and closed up the opening. ²²Then the LORD God made a woman from the rib, and he brought her to the man.

²³"At last!" the man exclaimed.

"This one is bone from my bone,
and flesh from my flesh!
She will be called 'woman,'
because she was taken from 'man.'"

²⁴This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.

²⁵Now the man and his wife were both naked, but they felt no shame.

1:1 Or *In the beginning when God created the heavens and the earth, ... Or When God began to create the heavens and the earth, ...* 1:26a Or *man*; Hebrew reads *adam*. 1:26b As in Syriac version; Hebrew reads *all the earth*. 1:27 Or *the man*; Hebrew reads *ha-adam*. 2:2 Or *ceased*; also in 2:3. 2:6 Or *mist*. 2:19 Or *Adam*, and so throughout the chapter. 2:21 Or *took a part of the man's side*.

MATTHEW 1:1–2:12

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

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

Eleazar was the father of Matthan.
Matthan was the father of Jacob.

- ¹⁶ Jacob was the father of Joseph, the husband of Mary.

Mary gave birth to Jesus, who is called the Messiah.

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

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

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

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

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

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

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

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

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

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

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

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

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

1:1 Greek *Jesus the Messiah, Son of David and son of Abraham*.
1:3 Greek *Aram*, a variant spelling of Ram; also in 1:4. See 1 Chr 2:9-10. 1:7 Greek *Asaph*, a variant spelling of Asa; also in 1:8. See 1 Chr 3:10. 1:8a Greek *Joram*, a variant spelling of Jehoram; also in 1:8b. See 1 Kgs 22:50 and note at 1 Chr 3:11. 1:8b Or *ancestor*; also in 1:11. 1:10 Greek *Amos*, a variant spelling of Amon; also in 1:10b. See 1 Chr 3:14. 1:11 Greek *Jeconiah*, a variant spelling of Jehoiachin; also in 1:12. See 2 Kgs 24:6 and note at 1 Chr 3:16. 1:19 Greek *to divorce her*. 1:21 *Jesus* means "The LORD saves." 1:23 Isa 7:14; 8:8, 10 (Greek version). 2:1 Or *royal astrologers*; Greek reads *magi*; also in 2:7, 16. 2:2 Or *star in the east*. 2:6a Greek *the rulers*. 2:6b Mic 5:2; 2 Sam 5:2.

PSALM 1:1-6

- ¹ Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers.
- ² But they delight in the law of the LORD, meditating on it day and night.
- ³ They are like trees planted along the riverbank,

bearing fruit each season.
Their leaves never wither,
and they prosper in all they do.

- ⁴ But not the wicked!
They are like worthless chaff, scattered by the wind.
- ⁵ They will be condemned at the time of judgment.
Sinners will have no place among the godly.
- ⁶ For the LORD watches over the path of the godly,
but the path of the wicked leads to destruction.

PROVERBS 1:1-6

These are the proverbs of Solomon, David's son, king of Israel.

- ² Their purpose is to teach people wisdom and discipline,
to help them understand the insights of the wise.
- ³ Their purpose is to teach people to live disciplined and successful lives,
to help them do what is right, just, and fair.
- ⁴ These proverbs will give insight to the simple,
knowledge and discernment to the young.
- ⁵ Let the wise listen to these proverbs and become even wiser.
Let those with understanding receive guidance
- ⁶ by exploring the meaning in these proverbs and parables,
the words of the wise and their riddles.

LIFE BEFORE SHAME. *Was it ever a thing? Just the pause to consider it will send most of us shaking our heads and blinking our eyes in sheer bafflement. We are told Adam and Eve were both naked yet unashamed. We are awestruck and mesmerized by the notion. As women, many of us were conditioned from a very early age to accept opinions about our bodies and our behaviors. Soon came judgments and rejections that sent us questioning our worth. But let us stay here with Eve, in her unmarried, fresh state. Let us share in this space for a moment. And linger.*

GENESIS 3:1-4:26

The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, "Did God really say you

must not eat the fruit from any of the trees in the garden?"

²"Of course we may eat fruit from the trees in the garden," the woman replied. ³"It's only

the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, "You must not eat it or even touch it; if you do, you will die."

⁴"You won't die!" the serpent replied to the woman. ⁵"God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil."

⁶The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. ⁷At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.

⁸When the cool evening breezes were blowing, the man* and his wife heard the LORD God walking about in the garden. So they hid from the LORD God among the trees. ⁹Then the LORD God called to the man, "Where are you?"

¹⁰He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked."

¹¹"Who told you that you were naked?" the LORD God asked. "Have you eaten from the tree whose fruit I commanded you not to eat?"

¹²The man replied, "It was the woman you gave me who gave me the fruit, and I ate it."

¹³Then the LORD God asked the woman, "What have you done?"

"The serpent deceived me," she replied. "That's why I ate it."

¹⁴Then the LORD God said to the serpent,

"Because you have done this, you are cursed

more than all animals, domestic and wild. You will crawl on your belly, groveling in the dust as long as you live.

¹⁵ And I will cause hostility between you and the woman, and between your offspring and her offspring.

He will strike* your head, and you will strike his heel."

¹⁶Then he said to the woman,

"I will sharpen the pain of your pregnancy, and in pain you will give birth.

And you will desire to control your husband, but he will rule over you.*"

¹⁷And to the man he said,

"Since you listened to your wife and ate from the tree whose fruit I commanded you not to eat,

the ground is cursed because of you.

All your life you will struggle to scratch a living from it.

¹⁸ It will grow thorns and thistles for you, though you will eat of its grains.

¹⁹ By the sweat of your brow will you have food to eat until you return to the ground from which you were made. For you were made from dust, and to dust you will return."

²⁰Then the man—Adam—named his wife Eve, because she would be the mother of all who live.* ²¹And the LORD God made clothing from animal skins for Adam and his wife.

²²Then the LORD God said, "Look, the human beings* have become like us, knowing both good and evil. What if they reach out, take fruit from the tree of life, and eat it? Then they will live forever!" ²³So the LORD God banished them from the Garden of Eden, and he sent Adam out to cultivate the ground from which he had been made. ²⁴After sending them out, the LORD God stationed mighty cherubim to the east of the Garden of Eden. And he placed a flaming sword that flashed back and forth to guard the way to the tree of life.

^{4:1}Now Adam* had sexual relations with his wife, Eve, and she became pregnant. When she gave birth to Cain, she said, "With the LORD's help, I have produced* a man!" ²Later she gave birth to his brother and named him Abel.

When they grew up, Abel became a shepherd, while Cain cultivated the ground. ³When it was time for the harvest, Cain presented some of his crops as a gift to the LORD. ⁴Abel also brought a gift—the best portions of the firstborn lambs from his flock. The LORD accepted Abel and his gift, ⁵but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected.

⁶"Why are you so angry?" the LORD asked Cain. "Why do you look so dejected? ⁷You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master."

⁸One day Cain suggested to his brother, "Let's go out into the fields."* And while they were in the field, Cain attacked his brother, Abel, and killed him.

⁹Afterward the LORD asked Cain, "Where is your brother? Where is Abel?"

"I don't know," Cain responded. "Am I my brother's guardian?"

¹⁰But the LORD said, "What have you done? Listen! Your brother's blood cries out to me

from the ground! ¹¹Now you are cursed and banished from the ground, which has swallowed your brother's blood. ¹²No longer will the ground yield good crops for you, no matter how hard you work! From now on you will be a homeless wanderer on the earth."

¹³Cain replied to the LORD, "My punishment* is too great for me to bear! ¹⁴You have banished me from the land and from your presence; you have made me a homeless wanderer. Anyone who finds me will kill me!"

¹⁵The LORD replied, "No, for I will give a sevenfold punishment to anyone who kills you." Then the LORD put a mark on Cain to warn anyone who might try to kill him. ¹⁶So Cain left the LORD's presence and settled in the land of Nod,* east of Eden.

¹⁷Cain had sexual relations with his wife, and she became pregnant and gave birth to Enoch. Then Cain founded a city, which he named Enoch, after his son. ¹⁸Enoch had a son named Irad. Irad became the father of* Mehujael. Mehujael became the father of Methushael. Methushael became the father of Lamech.

¹⁹Lamech married two women. The first was named Adah, and the second was Zillah.

²⁰Adah gave birth to Jabal, who was the first of those who raise livestock and live in tents.

²¹His brother's name was Jubal, the first of all who play the harp and flute. ²²Lamech's other wife, Zillah, gave birth to a son named Tubal-cain. He became an expert in forging tools of bronze and iron. Tubal-cain had a sister named Naamah. ²³One day Lamech said to his wives,

"Adah and Zillah, hear my voice;
listen to me, you wives of Lamech.
I have killed a man who attacked me,
a young man who wounded me.

²⁴ If someone who kills Cain is punished seven times,
then the one who kills me will be
punished seventy-seven times!"

²⁵Adam had sexual relations with his wife again, and she gave birth to another son. She named him Seth,* for she said, "God has granted me another son in place of Abel, whom Cain killed." ²⁶When Seth grew up, he had a son and named him Enosh. At that time people first began to worship the LORD by name.

3:8 Or Adam, and so throughout the chapter. 3:15 Or bruise; also in 3:15b. 3:16 Or And though you will have desire for your husband, / he will rule over you. 3:20 Eve sounds like a Hebrew term that means "to give life." 3:22 Or the man; Hebrew reads ha-adam. 4:1a Or the man; also in 4:25. 4:1b Or I have acquired. Cain sounds like a Hebrew term that can mean "produce" or "acquire." 4:8 As in Samaritan Pentateuch, Greek and Syriac versions, and Latin Vulgate; Masoretic Text lacks

"Let's go out into the fields." 4:13 Or My sin. 4:16 Nod means "wandering." 4:18 Or the ancestor of, and so throughout the verse. 4:25 Seth probably means "granted"; the name may also mean "appointed."

MATTHEW 2:13–3:6

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

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

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

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

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

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

^{3:1}In those days John the Baptist came to the Judean wilderness and began preaching. His message was, ²"Repent of your sins and turn to God, for the Kingdom of Heaven is near."*

³The prophet Isaiah was speaking about John when he said,

"He is a voice shouting in the wilderness,
'Prepare the way for the LORD's coming!
Clear the road for him!'"*

⁴John's clothes were woven from coarse camel hair, and he wore a leather belt around his waist. For food he ate locusts and wild

honey. ⁵People from Jerusalem and from all of Judea and all over the Jordan Valley went out to see and hear John. ⁶And when they confessed their sins, he baptized them in the Jordan River.

2:15 Hos 11:1. 2:18 Jer 31:15. 3:2 Or *has come, or is coming soon*. 3:3 Isa 40:3 (Greek version).

PSALM 2:1-12

- ¹ Why are the nations so angry?
Why do they waste their time with futile plans?
- ² The kings of the earth prepare for battle;
the rulers plot together
against the LORD
and against his anointed one.
- ³ "Let us break their chains," they cry,
"and free ourselves from slavery to God."
- ⁴ But the one who rules in heaven laughs.
The Lord scoffs at them.
- ⁵ Then in anger he rebukes them,
terrifying them with his fierce fury.
- ⁶ For the Lord declares, "I have placed my
chosen king on the throne
in Jerusalem,* on my holy mountain."
- ⁷ The king proclaims the LORD's decree:
"The LORD said to me, 'You are my son.*
Today I have become your Father.*"
- ⁸ Only ask, and I will give you the nations as
your inheritance,

- the whole earth as your possession.
- ⁹ You will break* them with an iron rod
and smash them like clay pots."
- ¹⁰ Now then, you kings, act wisely!
Be warned, you rulers of the earth!
- ¹¹ Serve the LORD with reverent fear,
and rejoice with trembling.
- ¹² Submit to God's royal son,* or he will
become angry,
and you will be destroyed in the midst
of all your activities—
for his anger flares up in an instant.
But what joy for all who take refuge
in him!

2:6 Hebrew *on Zion*. 2:7a Or *Son*; also in 2:12. 2:7b Or *Today I reveal you as my son*. 2:9 Greek version reads *rule*. Compare Rev 2:27. 2:12 The meaning of the Hebrew is uncertain.

PROVERBS 1:7-9

- ⁷ Fear of the LORD is the foundation of true
knowledge,
but fools despise wisdom and discipline.
- ⁸ My child,* listen when your father
corrects you.
Don't neglect your mother's instruction.
- ⁹ What you learn from them will crown you
with grace
and be a chain of honor around your
neck.

1:8 Hebrew *My son*; also in 1:10, 15.

SOMETIMES GOD ASKS QUESTIONS. *The all-knowing, all-powerful, ever-present God asks Adam and Cain, "Where are you?" "Why are you so angry?" "What have you done?" Does God not know what is happening? Does he need to be informed? When we were children, our parents may have called us to account in similar fashion. As a mother or caregiver, we may have done likewise, inviting confession on information we already have. This solely benefits the child. An opportunity to come forward, to bring what is secret into light, to enter back into truth, to reconnect with the one who loves us. A chance to come clean.*

GENESIS 5:1-7:24

This is the written account of the descendants of Adam. When God created human beings,* he made them to be like himself. ²He created them male and female, and he blessed them and called them "human."

- ³When Adam was 130 years old, he became the father of a son who was just like him—in his very image. He named his son Seth. ⁴After the birth of Seth, Adam lived another 800 years, and he had other sons and daughters. ⁵Adam lived 930 years, and then he died.

- ⁶When Seth was 105 years old, he became the father of* Enosh. ⁷After the birth of* Enosh, Seth lived another 807 years, and he had other sons and daughters. ⁸Seth lived 912 years, and then he died.
- ⁹When Enosh was 90 years old, he became the father of Kenan. ¹⁰After the birth of Kenan, Enosh lived another 815 years, and he had other sons and daughters. ¹¹Enosh lived 905 years, and then he died.
- ¹²When Kenan was 70 years old, he became the father of Mahalalel. ¹³After the birth of Mahalalel, Kenan lived another 840 years,

and he had other sons and daughters.

¹⁴Kenan lived 910 years, and then he died.

¹⁵When Mahalalel was 65 years old, he became the father of Jared. ¹⁶After the birth of Jared, Mahalalel lived another 830 years, and he had other sons and daughters. ¹⁷Mahalalel lived 895 years, and then he died.

¹⁸When Jared was 162 years old, he became the father of Enoch. ¹⁹After the birth of Enoch, Jared lived another 800 years, and he had other sons and daughters. ²⁰Jared lived 962 years, and then he died.

²¹When Enoch was 65 years old, he became the father of Methuselah. ²²After the birth of Methuselah, Enoch lived in close fellowship with God for another 300 years, and he had other sons and daughters.

²³Enoch lived 365 years, ²⁴walking in close fellowship with God. Then one day he disappeared, because God took him.

²⁵When Methuselah was 187 years old, he became the father of Lamech. ²⁶After the birth of Lamech, Methuselah lived another 782 years, and he had other sons and daughters. ²⁷Methuselah lived 969 years, and then he died.

²⁸When Lamech was 182 years old, he became the father of a son. ²⁹Lamech named his son Noah, for he said, "May he bring us relief* from our work and the painful labor of farming this ground that the LORD has cursed." ³⁰After the birth of Noah, Lamech lived another 595 years, and he had other sons and daughters.

³¹Lamech lived 777 years, and then he died.

³²After Noah was 500 years old, he became the father of Shem, Ham, and Japheth.

^{6:1}Then the people began to multiply on the earth, and daughters were born to them. ²The sons of God saw the beautiful women* and took any they wanted as their wives. ³Then the LORD said, "My Spirit will not put up with* humans for such a long time, for they are only mortal flesh. In the future, their normal life-span will be no more than 120 years."

⁴In those days, and for some time after, giant Nephilites lived on the earth, for whenever the sons of God had intercourse with women, they gave birth to children who became the heroes and famous warriors of ancient times.

⁵The LORD observed the extent of human wickedness on the earth, and he saw that everything they thought or imagined was consistently and totally evil. ⁶So the LORD was sorry he had ever made them and put them on the earth. It broke his heart. ⁷And the LORD

said, "I will wipe this human race I have created from the face of the earth. Yes, and I will destroy every living thing—all the people, the large animals, the small animals that scurry along the ground, and even the birds of the sky. I am sorry I ever made them." ⁸But Noah found favor with the LORD.

⁹This is the account of Noah and his family. Noah was a righteous man, the only blameless person living on earth at the time, and he walked in close fellowship with God. ¹⁰Noah was the father of three sons: Shem, Ham, and Japheth.

¹¹Now God saw that the earth had become corrupt and was filled with violence. ¹²God observed all this corruption in the world, for everyone on earth was corrupt. ¹³So God said to Noah, "I have decided to destroy all living creatures, for they have filled the earth with violence. Yes, I will wipe them all out along with the earth!"

¹⁴"Build a large boat* from cypress wood* and waterproof it with tar, inside and out. Then construct decks and stalls throughout its interior. ¹⁵Make the boat 450 feet long, 75 feet wide, and 45 feet high.* ¹⁶Leave an 18-inch opening* below the roof all the way around the boat. Put the door on the side, and build three decks inside the boat—lower, middle, and upper.

¹⁷"Look! I am about to cover the earth with a flood that will destroy every living thing that breathes. Everything on earth will die. ¹⁸But I will confirm my covenant with you. So enter the boat—you and your wife and your sons and their wives. ¹⁹Bring a pair of every kind of animal—a male and a female—into the boat with you to keep them alive during the flood. ²⁰Pairs of every kind of bird, and every kind of animal, and every kind of small animal that scurries along the ground, will come to you to be kept alive. ²¹And be sure to take on board enough food for your family and for all the animals."

²²So Noah did everything exactly as God had commanded him.

^{7:1}When everything was ready, the LORD said to Noah, "Go into the boat with all your family, for among all the people of the earth, I can see that you alone are righteous. ²Take with you seven pairs—male and female—of each animal I have approved for eating and for sacrifice,* and take one pair of each of the others. ³Also take seven pairs of every kind of bird. There must be a male and a female in each pair to ensure that all life will survive on the earth after the flood. ⁴Seven days from now I

will make the rains pour down on the earth. And it will rain for forty days and forty nights, until I have wiped from the earth all the living things I have created."

⁵So Noah did everything as the LORD commanded him.

⁶Noah was 600 years old when the flood covered the earth. ⁷He went on board the boat to escape the flood—he and his wife and his sons and their wives. ⁸With them were all the various kinds of animals—those approved for eating and for sacrifice and those that were not—along with all the birds and the small animals that scurry along the ground. ⁹They entered the boat in pairs, male and female, just as God had commanded Noah. ¹⁰After seven days, the waters of the flood came and covered the earth.

¹¹When Noah was 600 years old, on the seventeenth day of the second month, all the underground waters erupted from the earth, and the rain fell in mighty torrents from the sky. ¹²The rain continued to fall for forty days and forty nights.

¹³That very day Noah had gone into the boat with his wife and his sons—Shem, Ham, and Japheth—and their wives. ¹⁴With them in the boat were pairs of every kind of animal—domestic and wild, large and small—along with birds of every kind. ¹⁵Two by two they came into the boat, representing every living thing that breathes. ¹⁶A male and female of each kind entered, just as God had commanded Noah. Then the LORD closed the door behind them.

¹⁷For forty days the floodwaters grew deeper, covering the ground and lifting the boat high above the earth. ¹⁸As the waters rose higher and higher above the ground, the boat floated safely on the surface. ¹⁹Finally, the water covered even the highest mountains on the earth, ²⁰rising more than twenty-two feet* above the highest peaks. ²¹All the living things on earth died—birds, domestic animals, wild animals, small animals that scurry along the ground, and all the people. ²²Everything that breathed and lived on dry land died. ²³God wiped out every living thing on the earth—people, livestock, small animals that scurry along the ground, and the birds of the sky. All were destroyed. The only people who survived were Noah and those with him in the boat. ²⁴And the floodwaters covered the earth for 150 days.

^{5:1} Or *man*; Hebrew reads *adam*; similarly in ^{5:2}. ^{5:6} Or *the ancestor of*; also in ^{5:9}, 12, 15, 18, 21, 25. ^{5:7} Or *the birth of this ancestor of*; also in ^{5:10}, 13, 16, 19, 22, 26. ^{5:29} *Noah* sounds like a Hebrew term that can mean "relief" or "comfort." ^{6:2} Hebrew *daughters of men*; also in ^{6:4}. ^{6:3} Greek version reads *will*

not remain in. ^{6:14a} Traditionally rendered *an ark*. ^{6:14b} Or *gopher wood*. ^{6:15} Hebrew *300 cubits* [138 meters] *long, 50 cubits* [23 meters] *wide, and 30 cubits* [13.8 meters] *high*. ^{6:16} Hebrew *an opening of 1 cubit* [46 centimeters]. ^{7:2} Hebrew *of each clean animal*; similarly in ^{7:8}. ^{7:20} Hebrew *15 cubits* [6.9 meters].

MATTHEW 3:7–4:11

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

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

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

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

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

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

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

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

'People do not live by bread alone, but by every word that comes from the mouth of God.*'"

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

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

⁷Jesus responded, "The Scriptures also say, 'You must not test the LORD your God.'**"

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

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

'You must worship the LORD your God and serve only him.'**"

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

3:7 Or coming to be baptized. 3:11a Or in. 3:11b Or in the Holy Spirit and in fire. 3:15 Or for we must fulfill all righteousness. 3:16 Some manuscripts read opened to him. 4:3 Greek the tempter. 4:4 Deut 8:3. 4:6 Ps 91:11-12. 4:7 Deut 6:16. 4:10 Deut 6:13.

PSALM 3:1-8

A psalm of David, regarding the time David fled from his son Absalom.

¹ O LORD, I have so many enemies;
so many are against me.

² So many are saying,
"God will never rescue him!" *Interlude**

³ But you, O LORD, are a shield around me;
you are my glory, the one who holds
my head high.

⁴ I cried out to the LORD,
and he answered me from his
holy mountain. *Interlude*

⁵ I lay down and slept,
yet I woke up in safety,
for the LORD was watching over me.

⁶ I am not afraid of ten thousand enemies
who surround me on every side.

⁷ Arise, O LORD!
Rescue me, my God!
Slap all my enemies in the face!
Shatter the teeth of the wicked!

⁸ Victory comes from you, O LORD.

May you bless your people. *Interlude*

3:2 Hebrew *Selah*. The meaning of this word is uncertain, though it is probably a musical or literary term. It is rendered *Interlude* throughout the Psalms.

PROVERBS 1:10-19

¹⁰ My child, if sinners entice you,
turn your back on them!

¹¹ They may say, "Come and join us.
Let's hide and kill someone!
Just for fun, let's ambush the innocent!"

¹² Let's swallow them alive, like the grave*;
let's swallow them whole, like those
who go down to the pit of death.

¹³ Think of the great things we'll get!
We'll fill our houses with all the stuff
we take.

¹⁴ Come, throw in your lot with us;
we'll all share the loot."

¹⁵ My child, don't go along with them!
Stay far away from their paths.

¹⁶ They rush to commit evil deeds.
They hurry to commit murder.

¹⁷ If a bird sees a trap being set,
it knows to stay away.

¹⁸ But these people set an ambush for
themselves;
they are trying to get themselves killed.

¹⁹ Such is the fate of all who are greedy for
money;
it robs them of life.

1:12 Hebrew like *Sheol*.

WE HAVE AN ENEMY, cunning and sly, skilled in the art of deception. Oddly, this same enemy is well versed in truth. Satan knows the Scriptures. In an epic battle of wits while Jesus was depleted from fasting, Satan used God's words in an attempt to con Jesus. We are reminded of the Garden of Eden when Satan slithered to twist and cast doubt on God's words with Eve. If ever we've been wounded by the twisting of Scripture, we can surely know who is behind such schemes. We can follow the example of Jesus, who rested on true-truth and applied it rightly.

I am confirming my covenant with you.

GENESIS 9:11

GENESIS 8:1–10:32

But God remembered Noah and all the wild animals and livestock with him in the boat. He sent a wind to blow across the earth, and the floodwaters began to recede. ²The underground waters stopped flowing, and the torrential rains from the sky were stopped. ³So the floodwaters gradually receded from the earth. After 150 days, ⁴exactly five months from the time the flood began,* the boat came to rest on the mountains of Ararat. ⁵Two and a half months later,* as the waters continued to go down, other mountain peaks became visible.

⁶After another forty days, Noah opened the window he had made in the boat ⁷and released a raven. The bird flew back and forth until the floodwaters on the earth had dried up. ⁸He also released a dove to see if the water had receded and it could find dry ground. ⁹But the dove could find no place to land because the water still covered the ground. So it returned to the boat, and Noah held out his hand and drew the dove back inside. ¹⁰After waiting another seven days, Noah released the dove again. ¹¹This time the dove returned to him in the evening with a fresh olive leaf in its beak. Then Noah knew that the floodwaters were almost gone. ¹²He waited another seven days and then released the dove again. This time it did not come back.

¹³Noah was now 601 years old. On the first day of the new year, ten and a half months after the flood began,* the floodwaters had almost dried up from the earth. Noah lifted back the covering of the boat and saw that the surface of the ground was drying. ¹⁴Two more months went by,* and at last the earth was dry!

¹⁵Then God said to Noah, ¹⁶"Leave the boat, all of you—you and your wife, and your sons and their wives. ¹⁷Release all the animals—the birds, the livestock, and the small animals that scurry along the ground—so they can be fruitful and multiply throughout the earth."

¹⁸So Noah, his wife, and his sons and their wives left the boat. ¹⁹And all of the large and small animals and birds came out of the boat, pair by pair.

²⁰Then Noah built an altar to the LORD, and there he sacrificed as burnt offerings the animals and birds that had been approved for that purpose.* ²¹And the LORD was pleased with the aroma of the sacrifice and said to himself, "I will never again curse the ground because of the human race, even though everything they think or imagine is bent toward evil from childhood. I will never again destroy all living things. ²²As long as the earth remains, there will be planting and harvest, cold and heat, summer and winter; day and night."

^{9:1}Then God blessed Noah and his sons and told them, "Be fruitful and multiply. Fill the earth. ²All the animals of the earth, all the birds of the sky, all the small animals that scurry along the ground, and all the fish in the sea will look on you with fear and terror. I have placed them in your power. ³I have given them to you for food, just as I have given you grain and vegetables. ⁴But you must never eat any meat that still has the lifeblood in it.

⁵"And I will require the blood of anyone who takes another person's life. If a wild animal kills a person, it must die. And anyone who murders a fellow human must die. ⁶If anyone takes a human life, that person's life will also be taken by human hands. For God made human beings* in his own image. ⁷Now be fruitful and multiply, and repopulate the earth."

⁸Then God told Noah and his sons, ⁹"I hereby confirm my covenant with you and your descendants, ¹⁰and with all the animals that were on the boat with you—the birds, the livestock, and all the wild animals—every living creature on earth. ¹¹Yes, I am confirming my covenant with you. Never again will floodwaters kill all living creatures; never again will a flood destroy the earth."

¹²Then God said, "I am giving you a sign of my covenant with you and with all living creatures, for all generations to come. ¹³I have placed my rainbow in the clouds. It is the sign of my covenant with you and with all the earth. ¹⁴When I send clouds over the earth, the rainbow will appear in the clouds, ¹⁵and I will remember my covenant with you and with all living creatures. Never again will the floodwaters destroy all life. ¹⁶When I see the rainbow in the clouds, I will remember the eternal covenant between God and every living creature on earth." ¹⁷Then God said to Noah, "Yes, this rainbow is the sign of the covenant I am confirming with all the creatures on earth."

¹⁸The sons of Noah who came out of the boat with their father were Shem, Ham, and Japheth. (Ham is the father of Canaan.) ¹⁹From these three sons of Noah came all the people who now populate the earth.

²⁰After the flood, Noah began to cultivate the ground, and he planted a vineyard. ²¹One day he drank some wine he had made, and he became drunk and lay naked inside his tent. ²²Ham, the father of Canaan, saw that his father was naked and went outside and told his brothers. ²³Then Shem and Japheth took a robe, held it over their shoulders, and backed into the tent to cover their father. As they did this, they looked the other way so they would not see him naked.

²⁴When Noah woke up from his stupor, he learned what Ham, his youngest son, had done.

²⁵Then he cursed Canaan, the son of Ham:

"May Canaan be cursed!

May he be the lowest of servants to his relatives."

²⁶Then Noah said,

"May the LORD, the God of Shem, be blessed, and may Canaan be his servant!

²⁷ May God expand the territory of Japheth!

May Japheth share the prosperity of Shem,*
and may Canaan be his servant."

²⁸Noah lived another 350 years after the great flood. ²⁹He lived 950 years, and then he died.

^{10:1}This is the account of the families of Shem, Ham, and Japheth, the three sons of Noah. Many children were born to them after the great flood.

²The descendants of Japheth were Gomer, Magog, Madai, Javan, Tubal, Meshech, and Tiras.

³The descendants of Gomer were Ashkenaz, Riphath, and Togarmah.

⁴The descendants of Javan were Elishah, Tarshish, Kittim, and Rodanim.* ⁵Their descendants became the seafaring peoples that spread out to various lands, each identified by its own language, clan, and national identity.

⁶The descendants of Ham were Cush, Mizraim, Put, and Canaan.

⁷The descendants of Cush were Seba, Havilah, Sabtah, Raamah, and Sabteca. The descendants of Raamah were Sheba and Dedan.

⁸Cush was also the ancestor of Nimrod, who was the first heroic warrior on earth.

⁹Since he was the greatest hunter in the world,* his name became proverbial.

People would say, "This man is like Nimrod, the greatest hunter in the world."

¹⁰He built his kingdom in the land of Babylonia,* with the cities of Babylon, Erech, Akkad, and Calneh. ¹¹From there he expanded his territory to Assyria,* building the cities of Nineveh, Rehoboth-ir, Calah, ¹²and Resen (the great city located between Nineveh and Calah).

¹³Mizraim was the ancestor of the Ludites, Anamites, Lehabites, Naphtuhites,

¹⁴Pathrusites, Casluhites, and the Capthorites, from whom the Philistines came.*

¹⁵Canaan's oldest son was Sidon, the ancestor of the Sidonians. Canaan was also the ancestor of the Hittites,* ¹⁶Jebusites, Amorites, Girgashites, ¹⁷Hivites, Arkites, Sinites, ¹⁸Arvadites, Zemarites, and Hamathites. The Canaanite clans eventually spread out, ¹⁹and the territory of Canaan extended from Sidon in the north to Gerar and Gaza in the south, and east as far as Sodom, Gomorrah, Admah, and Zeboiim, near Lasha.

²⁰These were the descendants of Ham, identified by clan, language, territory, and national identity.

²¹Sons were also born to Shem, the older brother of Japheth.* Shem was the ancestor of all the descendants of Eber.

²²The descendants of Shem were Elam, Asshur, Arphaxad, Lud, and Aram.

²³The descendants of Aram were Uz, Hul, Gether, and Mash.

²⁴Arphaxad was the father of Shelah,* and Shelah was the father of Eber.

²⁵Eber had two sons. The first was named Peleg (which means "division"), for during

his lifetime the people of the world were divided into different language groups. His brother's name was Joktan.

²⁶Joktan was the ancestor of Almodad, Sheleph, Hazarmaveth, Jerah, ²⁷Hadoram, Uzal, Diklah, ²⁸Obal, Abimael, Sheba, ²⁹Ophir, Havilah, and Jobab. All these were descendants of Joktan. ³⁰The territory they occupied extended from Mesha all the way to Sephar in the eastern mountains.

³¹These were the descendants of Shem, identified by clan, language, territory, and national identity.

³²These are the clans that descended from Noah's sons, arranged by nation according to their lines of descent. All the nations of the earth descended from these clans after the great flood.

8:4 Hebrew *on the seventeenth day of the seventh month*; see 7:11. 8:5 Hebrew *On the first day of the tenth month*; see 7:11 and note on 8:4. 8:13 Hebrew *On the first day of the first month*; see 7:11. 8:14 Hebrew *The twenty-seventh day of the second month arrived*; see note on 8:13. 8:20 Hebrew *every clean animal and every clean bird*. 9:6 Or *man*; Hebrew reads *ha-adam*. 9:27 Hebrew *May he live in the tents of Shem*. 10:4 As in some Hebrew manuscripts and Greek version (see also 1 Chr 1:7); most Hebrew manuscripts read *Dodanim*. 10:9 Hebrew *a great hunter before the LORD*; also in 10:9b. 10:10 Hebrew *Shinar*. 10:11 Or *From that land Assyria went out*. 10:14 Hebrew *Casluhites, from whom the Philistines came, and Capthorites*. Compare Jer 47:4; Amos 9:7. 10:15 Hebrew *ancestor of Heth*. 10:21 Or *Shem, whose older brother was Japheth*. 10:24 Greek version reads *Arphaxad was the father of Cainan, Cainan was the father of Shelah*. Compare Luke 3:36.

MATTHEW 4:12-25

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

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

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

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

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

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

4:15-16 Isa 9:1-2 (Greek version). 4:17 Or *has come, or is coming soon*. 4:25 Greek *Decapolis*.

PSALM 4:1-8

For the choir director: A psalm of David, to be accompanied by stringed instruments.

- 1 Answer me when I call to you,
O God who declares me innocent.
Free me from my troubles.
Have mercy on me and hear my prayer.
- 2 How long will you people ruin my reputation?
How long will you make groundless accusations?
How long will you continue your lies? *Interlude*
- 3 You can be sure of this:
The LORD set apart the godly for himself.
The LORD will answer when I call to him.
- 4 Don't sin by letting anger control you.
Think about it overnight and remain silent. *Interlude*
- 5 Offer sacrifices in the right spirit,
and trust the LORD.
- 6 Many people say, "Who will show us better times?"
Let your face smile on us, LORD.
- 7 You have given me greater joy
than those who have abundant harvests
of grain and new wine.
- 8 In peace I will lie down and sleep,
for you alone, O LORD, will keep me safe.

PROVERBS 1:20-23

²⁰ Wisdom shouts in the streets.
She cries out in the public square.

- ²¹ She calls to the crowds along the main street,
to those gathered in front of the city gate:
²² "How long, you simpletons,
will you insist on being simpleminded?"

- How long will you mockers relish your mocking?
How long will you fools hate knowledge?
²³ Come and listen to my counsel.
I'll share my heart with you
and make you wise."

WHAT WAS IT LIKE FOR NOAH'S WIFE, *this mission of the ark? Was it easy for her to support such an outlandish task? Did God helpfully speak directly to her so she could partner in fervor and shared urgency? Or was she faced with more common battles we may recognize, like warring disbelief, resistance to the call, and dissension with her husband? We know that ultimately this woman and her family made it on board that ship. Any prior resistance was soon answered in the raging flood, and her efforts were rewarded in that most beautiful rainbow and promise. We can tackle our hard things today.*

GENESIS 11:1–13:4

At one time all the people of the world spoke the same language and used the same words.

²As the people migrated to the east, they found a plain in the land of Babylonia* and settled there.

³They began saying to each other, "Let's make bricks and harden them with fire." (In this region bricks were used instead of stone, and tar was used for mortar.) ⁴Then they said, "Come, let's build a great city for ourselves with a tower that reaches into the sky. This will make us famous and keep us from being scattered all over the world."

⁵But the LORD came down to look at the city and the tower the people were building. ⁶"Look!" he said. "The people are united, and they all speak the same language. After this, nothing they set out to do will be impossible for them! ⁷Come, let's go down and confuse the people with different languages. Then they won't be able to understand each other."

⁸In that way, the LORD scattered them all over the world, and they stopped building the city. ⁹That is why the city was called Babel,* because that is where the LORD confused the people with different languages. In this way he scattered them all over the world.

¹⁰This is the account of Shem's family.

Two years after the great flood, when Shem was 100 years old, he became the father of* Arphaxad. ¹¹After the birth of* Arphaxad, Shem lived another 500 years and had other sons and daughters.

¹²When Arphaxad was 35 years old, he became the father of Shelah. ¹³After the birth of Shelah, Arphaxad lived another

403 years and had other sons and daughters.*

¹⁴When Shelah was 30 years old, he became the father of Eber. ¹⁵After the birth of Eber, Shelah lived another 403 years and had other sons and daughters.

¹⁶When Eber was 34 years old, he became the father of Peleg. ¹⁷After the birth of Peleg, Eber lived another 430 years and had other sons and daughters.

¹⁸When Peleg was 30 years old, he became the father of Reu. ¹⁹After the birth of Reu, Peleg lived another 209 years and had other sons and daughters.

²⁰When Reu was 32 years old, he became the father of Serug. ²¹After the birth of Serug, Reu lived another 207 years and had other sons and daughters.

²²When Serug was 30 years old, he became the father of Nahor. ²³After the birth of Nahor, Serug lived another 200 years and had other sons and daughters.

²⁴When Nahor was 29 years old, he became the father of Terah. ²⁵After the birth of Terah, Nahor lived another 119 years and had other sons and daughters.

²⁶After Terah was 70 years old, he became the father of Abram, Nahor, and Haran.

²⁷This is the account of Terah's family. Terah was the father of Abram, Nahor, and Haran; and Haran was the father of Lot. ²⁸But Haran died in Ur of the Chaldeans, the land of his birth, while his father, Terah, was still living. ²⁹Meanwhile, Abram and Nahor both married. The name of Abram's wife was Sarai, and the name of Nahor's wife was Milcah. (Milcah and her sister Iscah were

daughters of Nahor's brother Haran.)³⁰ But Sarai was unable to become pregnant and had no children.

³¹One day Terah took his son Abram, his daughter-in-law Sarai (his son Abram's wife), and his grandson Lot (his son Haran's child) and moved away from Ur of the Chaldeans. He was headed for the land of Canaan, but they stopped at Haran and settled there. ³²Terah lived for 205 years* and died while still in Haran.

^{12:1}The LORD had said to Abram, "Leave your native country, your relatives, and your father's family, and go to the land that I will show you. ²I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others. ³I will bless those who bless you and curse those who treat you with contempt. All the families on earth will be blessed through you."

⁴So Abram departed as the LORD had instructed, and Lot went with him. Abram was seventy-five years old when he left Haran. ⁵He took his wife, Sarai, his nephew Lot, and all his wealth—his livestock and all the people he had taken into his household at Haran—and headed for the land of Canaan. When they arrived in Canaan, ⁶Abram traveled through the land as far as Shechem. There he set up camp beside the oak of Moreh. At that time, the area was inhabited by Canaanites.

⁷Then the LORD appeared to Abram and said, "I will give this land to your descendants.*" And Abram built an altar there and dedicated it to the LORD, who had appeared to him. ⁸After that, Abram traveled south and set up camp in the hill country, with Bethel to the west and Ai to the east. There he built another altar and dedicated it to the LORD, and he worshiped the LORD. ⁹Then Abram continued traveling south by stages toward the Negev.

¹⁰At that time a severe famine struck the land of Canaan, forcing Abram to go down to Egypt, where he lived as a foreigner. ¹¹As he was approaching the border of Egypt, Abram said to his wife, Sarai, "Look, you are a very beautiful woman. ¹²When the Egyptians see you, they will say, 'This is his wife. Let's kill him; then we can have her!'" ¹³So please tell them you are my sister. Then they will spare my life and treat me well because of their interest in you."

¹⁴And sure enough, when Abram arrived in Egypt, everyone noticed Sarai's beauty. ¹⁵When the palace officials saw her, they sang her praises to Pharaoh, their king, and Sarai

was taken into his palace. ¹⁶Then Pharaoh gave Abram many gifts because of her—sheep, goats, cattle, male and female donkeys, male and female servants, and camels.

¹⁷But the LORD sent terrible plagues upon Pharaoh and his household because of Sarai, Abram's wife. ¹⁸So Pharaoh summoned Abram and accused him sharply. "What have you done to me?" he demanded. "Why didn't you tell me she was your wife?" ¹⁹Why did you say, 'She is my sister,' and allow me to take her as my wife? Now then, here is your wife. Take her and get out of here!" ²⁰Pharaoh ordered some of his men to escort them, and he sent Abram out of the country, along with his wife and all his possessions.

^{13:1}So Abram left Egypt and traveled north into the Negev, along with his wife and Lot and all that they owned. ²(Abram was very rich in livestock, silver, and gold.) ³From the Negev, they continued traveling by stages toward Bethel, and they pitched their tents between Bethel and Ai, where they had camped before. ⁴This was the same place where Abram had built the altar, and there he worshiped the LORD again.

11:2 Hebrew *Shinar*. 11:9 Or *Babylon*. *Babel* sounds like a Hebrew term that means "confusion." 11:10 Or *the ancestor of*; also in 11:12, 14, 16, 18, 20, 22, 24. 11:11 Or *the birth of this ancestor of*; also in 11:13, 15, 17, 19, 21, 23, 25. 11:12-13 Greek version reads ¹²When Arphaxad was 135 years old, he became the father of Cainan. ¹³After the birth of Cainan, Arphaxad lived another 430 years and had other sons and daughters, and then he died. When Cainan was 130 years old, he became the father of Shelah. After the birth of Shelah, Cainan lived another 330 years and had other sons and daughters, and then he died. Compare Luke 3:35-36. 11:32 Some ancient versions read *145 years*; compare 11:26 and 12:4. 12:7 Hebrew *seed*.

MATTHEW 5:1-26

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

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

for they will be called the children of God.

¹⁰ God blesses those who are persecuted for doing right,
for the Kingdom of Heaven is theirs.

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

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

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

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

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

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

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

²⁵ "When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to

the judge, who will hand you over to an officer, and you will be thrown into prison. ²⁶ And if that happens, you surely won't be free again until you have paid the last penny.^{*}"

5:3 Greek *poor in spirit*. 5:6 Or *for righteousness*. 5:21 Exod 20:13; Deut 5:17. 5:22a Some manuscripts add *without cause*. 5:22b Greek uses an Aramaic term of contempt: *If you say to your brother, 'Raca.'* 5:22c Greek *if you say, 'You fool!'* 5:22d Greek *Gehenna*; also in 5:29, 30. 5:23 Greek *gift*; also in 5:24. 5:26 Greek *the last kodrantes* [i.e., quadrans].

PSALM 5:1-12

For the choir director: A psalm of David, to be accompanied by the flute.

- 1 O LORD, hear me as I pray;
pay attention to my groaning.
- 2 Listen to my cry for help, my King and my God,
for I pray to no one but you.
- 3 Listen to my voice in the morning, LORD.
Each morning I bring my requests to you and wait expectantly.
- 4 O God, you take no pleasure in wickedness;
you cannot tolerate the sins of the wicked.
- 5 Therefore, the proud may not stand in your presence,
for you hate all who do evil.
- 6 You will destroy those who tell lies.
The LORD detests murderers and deceivers.
- 7 Because of your unfailing love, I can enter your house;
I will worship at your Temple with deepest awe.
- 8 Lead me in the right path, O LORD,
or my enemies will conquer me.
Make your way plain for me to follow.
- 9 My enemies cannot speak a truthful word.
Their deepest desire is to destroy others.
Their talk is foul, like the stench from an open grave.
Their tongues are filled with flattery.^{*}
- 10 O God, declare them guilty.
Let them be caught in their own traps.
Drive them away because of their many sins,
for they have rebelled against you.
- 11 But let all who take refuge in you rejoice;
let them sing joyful praises forever.
Spread your protection over them,
that all who love your name may be filled with joy.
- 12 For you bless the godly, O LORD;
you surround them with your shield of love.

5:9 Greek version reads *with lies*. Compare Rom 3:13.

PROVERBS 1:24-28

²⁴ "I [Wisdom] called you so often, but you wouldn't come.

I reached out to you, but you paid no attention.

²⁵ You ignored my advice and rejected the correction I offered.

²⁶ So I will laugh when you are in trouble!

I will mock you when disaster overtakes you—

²⁷ when calamity overtakes you like a storm, when disaster engulfs you like a cyclone, and anguish and distress overwhelm you.

²⁸ "When they cry for help, I will not answer. Though they anxiously search for me, they will not find me."

OBJECTIFICATION OF WOMEN *has its roots in early history. Sarai, Abram's wife, was treated like a possession, taken into Pharaoh's harem and eventually tossed back to Abram in disposable fashion. Equally rooted in early history is the sheer strength of women not only to survive hardship but also to rise up through adversity. We will watch it happen time and again as we read through Scripture this year. And once Jesus arrives on earth, born of a strong and outrageously courageous woman, he teaches us all, time and again, the true place we hold in creation and in his heart.*

GENESIS 13:5–15:21

Lot, who was traveling with Abram, had also become very wealthy with flocks of sheep and goats, herds of cattle, and many tents. ⁶But the land could not support both Abram and Lot with all their flocks and herds living so close together. ⁷So disputes broke out between the herdsmen of Abram and Lot. (At that time Canaanites and Perizzites were also living in the land.)

⁸Finally Abram said to Lot, "Let's not allow this conflict to come between us or our herdsmen. After all, we are close relatives! ⁹The whole countryside is open to you. Take your choice of any section of the land you want, and we will separate. If you want the land to the left, then I'll take the land on the right. If you prefer the land on the right, then I'll go to the left."

¹⁰Lot took a long look at the fertile plains of the Jordan Valley in the direction of Zoar. The whole area was well watered everywhere, like the garden of the LORD or the beautiful land of Egypt. (This was before the LORD destroyed Sodom and Gomorrah.) ¹¹Lot chose for himself the whole Jordan Valley to the east of them. He went there with his flocks and servants and parted company with his uncle Abram. ¹²So Abram settled in the land of Canaan, and Lot moved his tents to a place near Sodom and settled among the cities of the plain. ¹³But the people of this area were extremely wicked and constantly sinned against the LORD.

¹⁴After Lot had gone, the LORD said to Abram,

"Look as far as you can see in every direction—north and south, east and west. ¹⁵I am giving all this land, as far as you can see, to you and your descendants* as a permanent possession. ¹⁶And I will give you so many descendants that, like the dust of the earth, they cannot be counted! ¹⁷Go and walk through the land in every direction, for I am giving it to you."

¹⁸So Abram moved his camp to Hebron and settled near the oak grove belonging to Mamre. There he built another altar to the LORD.

^{14:1}About this time war broke out in the region. King Amraphel of Babylonia,* King Arioch of Ellasar, King Kedorlaomer of Elam, and King Tidal of Goiim ²fought against King Bera of Sodom, King Birsha of Gomorrah, King Shinab of Admah, King Shemeber of Zeboiim, and the king of Bela (also called Zoar).

³This second group of kings joined forces in Siddim Valley (that is, the valley of the Dead Sea*). ⁴For twelve years they had been subject to King Kedorlaomer, but in the thirteenth year they rebelled against him.

⁵One year later Kedorlaomer and his allies arrived and defeated the Rephaites at Ashteroth-karnaim, the Zuzites at Ham, the Emmites at Shaveh-kiriathaim, ⁶and the Horites at Mount Seir, as far as El-paran at the edge of the wilderness. ⁷Then they turned back and came to En-mishpat (now called Kadesh) and conquered all the territory of the Amalekites, and also the Amorites living in Hazazon-tamar.

⁸Then the rebel kings of Sodom, Gomorrah,

Admah, Zeboiim, and Bela (also called Zoar) prepared for battle in the valley of the Dead Sea.* ⁹They fought against King Kedorlaomer of Elam, King Tidal of Goiim, King Amraphel of Babylonia, and King Arioch of Ellasar—four kings against five. ¹⁰As it happened, the valley of the Dead Sea was filled with tar pits. And as the army of the kings of Sodom and Gomorrah fled, some fell into the tar pits, while the rest escaped into the mountains. ¹¹The victorious invaders then plundered Sodom and Gomorrah and headed for home, taking with them all the spoils of war and the food supplies. ¹²They also captured Lot—Abram's nephew who lived in Sodom—and carried off everything he owned.

¹³But one of Lot's men escaped and reported everything to Abram the Hebrew, who was living near the oak grove belonging to Mamre the Amorite. Mamre and his relatives, Eshcol and Aner, were Abram's allies.

¹⁴When Abram heard that his nephew Lot had been captured, he mobilized the 318 trained men who had been born into his household. Then he pursued Kedorlaomer's army until he caught up with them at Dan. ¹⁵There he divided his men and attacked during the night. Kedorlaomer's army fled, but Abram chased them as far as Hobah, north of Damascus. ¹⁶Abram recovered all the goods that had been taken, and he brought back his nephew Lot with his possessions and all the women and other captives.

¹⁷After Abram returned from his victory over Kedorlaomer and all his allies, the king of Sodom went out to meet him in the valley of Shaveh (that is, the King's Valley).

¹⁸And Melchizedek, the king of Salem and a priest of God Most High,* brought Abram some bread and wine. ¹⁹Melchizedek blessed Abram with this blessing:

"Blessed be Abram by God Most High,
Creator of heaven and earth.

²⁰ And blessed be God Most High,
who has defeated your enemies for you."

Then Abram gave Melchizedek a tenth of all the goods he had recovered.

²¹The king of Sodom said to Abram, "Give back my people who were captured. But you may keep for yourself all the goods you have recovered."

²²Abram replied to the king of Sodom, "I solemnly swear to the LORD, God Most High, Creator of heaven and earth, ²³that I will not take so much as a single thread or sandal thong from what belongs to you. Otherwise you might say, 'I am the one who made Abram

rich.' ²⁴I will accept only what my young warriors have already eaten, and I request that you give a fair share of the goods to my allies—Aner, Eshcol, and Mamre."

^{15:1}Some time later, the LORD spoke to Abram in a vision and said to him, "Do not be afraid, Abram, for I will protect you, and your reward will be great."

²But Abram replied, "O Sovereign LORD, what good are all your blessings when I don't even have a son? Since you've given me no children, Eliezer of Damascus, a servant in my household, will inherit all my wealth. ³You have given me no descendants of my own, so one of my servants will be my heir."

⁴Then the LORD said to him, "No, your servant will not be your heir, for you will have a son of your own who will be your heir." ⁵Then the LORD took Abram outside and said to him, "Look up into the sky and count the stars if you can. That's how many descendants you will have!"

⁶And Abram believed the LORD, and the LORD counted him as righteous because of his faith.

⁷Then the LORD told him, "I am the LORD who brought you out of Ur of the Chaldeans to give you this land as your possession."

⁸But Abram replied, "O Sovereign LORD, how can I be sure that I will actually possess it?"

⁹The LORD told him, "Bring me a three-year-old heifer, a three-year-old female goat, a three-year-old ram, a turtledove, and a young pigeon." ¹⁰So Abram presented all these to him and killed them. Then he cut each animal down the middle and laid the halves side by side; he did not, however, cut the birds in half. ¹¹Some vultures swooped down to eat the carcasses, but Abram chased them away.

¹²As the sun was going down, Abram fell into a deep sleep, and a terrifying darkness came down over him. ¹³Then the LORD said to Abram, "You can be sure that your descendants will be strangers in a foreign land, where they will be oppressed as slaves for 400 years. ¹⁴But I will punish the nation that enslaves them, and in the end they will come away with great wealth. ¹⁵(As for you, you will die in peace and be buried at a ripe old age.) ¹⁶After four generations your descendants will return here to this land, for the sins of the Amorites do not yet warrant their destruction."

¹⁷After the sun went down and darkness fell, Abram saw a smoking firepot and a flaming torch pass between the halves of the carcasses. ¹⁸So the LORD made a covenant with Abram that day and said, "I have given this

land to your descendants, all the way from the border of Egypt* to the great Euphrates River—¹⁹the land now occupied by the Kenites, Kenizzites, Kadmonites, ²⁰Hittites, Perizzites, Rephaites, ²¹Amorites, Canaanites, Girgashites, and Jebusites.”

^{13:15} Hebrew *seed*; also in 13:16. ^{14:1} Hebrew *Shinar*; also in 14:9. ^{14:3} Hebrew *Salt Sea*. ^{14:8} Hebrew *Siddim Valley* (see 14:3); also in 14:10. ^{14:18} Hebrew *El-Elyon*; also in 14:19, 20, 22. ^{15:18} Hebrew *the river of Egypt*, referring either to an eastern branch of the Nile River or to the Brook of Egypt in the Sinai (see Num 34:5).

MATTHEW 5:27-48

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

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

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

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

⁴³“You have heard the law that says, ‘Love your neighbor’* and hate your enemy. ⁴⁴But

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

^{5:27} Exod 20:14; Deut 5:18. ^{5:29} Greek *your right eye*. ^{5:30} Greek *your right hand*. ^{5:31} Deut 24:1. ^{5:33} Num 30:2. ^{5:38} Greek *the law that says: ‘An eye for an eye and a tooth for a tooth.’* Exod 21:24; Lev 24:20; Deut 19:21. ^{5:41} Greek *million* [4,854 feet or 1,478 meters]. ^{5:43} Lev 19:18. ^{5:44} Some manuscripts add *Bless those who curse you. Do good to those who hate you. Compare Luke 6:27-28.* ^{5:47} Greek *your brothers*.

PSALM 6:1-10

*For the choir director: A psalm of David, to be accompanied by an eight-stringed instrument.**

- ¹ O LORD, don’t rebuke me in your anger or discipline me in your rage.
- ² Have compassion on me, LORD, for I am weak.
Heal me, LORD, for my bones are in agony.
- ³ I am sick at heart.
How long, O LORD, until you restore me?
- ⁴ Return, O LORD, and rescue me.
Save me because of your unfailing love.
- ⁵ For the dead do not remember you.
Who can praise you from the grave?*
- ⁶ I am worn out from sobbing.
All night I flood my bed with weeping, drenching it with my tears.
- ⁷ My vision is blurred by grief;
my eyes are worn out because of all my enemies.
- ⁸ Go away, all you who do evil,
for the LORD has heard my weeping.
- ⁹ The LORD has heard my plea;
the LORD will answer my prayer.
- ¹⁰ May all my enemies be disgraced and terrified.
May they suddenly turn back in shame.

^{6:1}TITLE Hebrew with *stringed instruments; according to the sheminith.* ^{6:5} Hebrew *from Sheol?*

PROVERBS 1:29-33

- ²⁹ “For they hated knowledge and chose not to fear the LORD.
- ³⁰ They rejected my [Wisdom’s] advice and paid no attention when I corrected them.

- ³¹ Therefore, they must eat the bitter fruit of living their own way, choking on their own schemes.
- ³² For simpletons turn away from me—to death.

- Fools are destroyed by their own complacency.
- ³³ But all who listen to me will live in peace, untroubled by fear of harm."

SOMETIMES WE BECOME OVERLY FOCUSED on our rights and demands. If someone has wronged us, it is natural to want justice, and we may be eager to settle the score. We may even do battle, whether on military battlegrounds or in the centers of our kitchens. In his Sermon on the Mount, however, Jesus cut straight to the heart of the matter, blowing past any perceived entitlements: "You have heard" that under the law you have these rights and those rights and are justified in revenge. "But I say" that there is another path. A different type of strength. One that requires uprightness and humility. Yes, even love.

GENESIS 16:1–18:15

Now Sarai, Abram's wife, had not been able to bear children for him. But she had an Egyptian servant named Hagar. ²So Sarai said to Abram, "The LORD has prevented me from having children. Go and sleep with my servant. Perhaps I can have children through her." And Abram agreed with Sarai's proposal. ³So Sarai, Abram's wife, took Hagar the Egyptian servant and gave her to Abram as a wife. (This happened ten years after Abram had settled in the land of Canaan.)

⁴So Abram had sexual relations with Hagar, and she became pregnant. But when Hagar knew she was pregnant, she began to treat her mistress, Sarai, with contempt. ⁵Then Sarai said to Abram, "This is all your fault! I put my servant into your arms, but now that she's pregnant she treats me with contempt. The LORD will show who's wrong—you or me!"

⁶Abram replied, "Look, she is your servant, so deal with her as you see fit." Then Sarai treated Hagar so harshly that she finally ran away.

⁷The angel of the LORD found Hagar beside a spring of water in the wilderness, along the road to Shur. ⁸The angel said to her, "Hagar, Sarai's servant, where have you come from, and where are you going?"

"I'm running away from my mistress, Sarai," she replied.

⁹The angel of the LORD said to her, "Return to your mistress, and submit to her authority."

¹⁰Then he added, "I will give you more descendants than you can count."

¹¹And the angel also said, "You are now pregnant and will give birth to a son. You are to name him Ishmael (which means 'God hears'), for the LORD has heard your cry of

distress. ¹²This son of yours will be a wild man, as untamed as a wild donkey! He will raise his fist against everyone, and everyone will be against him. Yes, he will live in open hostility against all his relatives."

¹³Thereafter, Hagar used another name to refer to the LORD, who had spoken to her. She said, "You are the God who sees me." ¹⁴So that well was named Beer-lahai-roi (which means "well of the Living One who sees me"). It can still be found between Kadesh and Bered.

¹⁵So Hagar gave Abram a son, and Abram named him Ishmael. ¹⁶Abram was eighty-six years old when Ishmael was born.

^{17:1}When Abram was ninety-nine years old, the LORD appeared to him and said, "I am El-Shaddai—'God Almighty.' Serve me faithfully and live a blameless life. ²I will make a covenant with you, by which I will guarantee to give you countless descendants."

³At this, Abram fell face down on the ground. Then God said to him, ⁴"This is my covenant with you: I will make you the father of a multitude of nations! ⁵What's more, I am changing your name. It will no longer be Abram. Instead, you will be called Abraham,* for you will be the father of many nations. ⁶I will make you extremely fruitful. Your descendants will become many nations, and kings will be among them!

⁷"I will confirm my covenant with you and your descendants* after you, from generation to generation. This is the everlasting covenant: I will always be your God and the God of your descendants after you. ⁸And I will give the entire land of Canaan, where you now live