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New Living Translation



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A NOTE TO READERS

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

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

We believe that the New Living Translation—which combines the latest biblical scholarship with a clear, dynamic writing style—will communicate God's word powerfully to all who read it. We publish it with the prayer that God will use it to speak his timeless truth to the church and the world in a fresh, new way.

The Publishers

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

Old Testament

Genesis

The Account of Creation

1 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

***Translation Notes** 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, . . .*

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 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.

The Man and Woman in Eden

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

***Translation Notes** 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.

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.

The Man and Woman Sin

3 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.”

Paradise Lost: God's Judgment

²⁰Then the man—Adam—named
his wife Eve, because she would
be the mother of all who live.*

²¹And the LORD God made cloth-
ing 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.

Cain and Abel

4 Now Adam* had sexual rela-
tions with his wife, Eve, and
she became pregnant. When
she gave birth to Cain, she said,
“With the LORD’s help, I have pro-
duced* a man!” ²Later she gave

***Translation Notes** 2:21 Or *took a part of the man's side*. 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.”

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.

The Descendants of Cain

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!"

The Birth of Seth

²⁵ Adam 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."

²⁶ When Seth grew up, he had a son and named him Enosh. At that time people first began to worship the LORD by name.

The Descendants of Adam

5 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."

³ When 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.

⁶ When Seth was 105 years old, he became the father of* Enosh.

⁷ After the birth of* Enosh, Seth lived another 807 years, and he had other sons and daughters.

⁸ Seth lived 912 years, and then he died.

⁹ When Enosh was 90 years old, he became the father of Kenan.

¹⁰ After the birth of Kenan, Enosh lived another 815 years, and he had other sons and daughters. ¹¹Enosh lived 905 years, and then he died.

¹² When 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.

¹⁴ Kenan lived 910 years, and then he died.

¹⁵ When 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.

¹⁷ Mahalalel lived 895 years, and then he died.

¹⁸ When Jared was 162 years old, he became the father of Enoch.

¹⁹ After the birth of Enoch, Jared lived another 800 years, and he had other sons and daughters.

***Translation Notes** 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." 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.

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.

A World Gone Wrong

6 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 lifespan 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.

The Story of Noah

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.

The Flood Covers the Earth

7 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

***Translation Notes** 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.

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.

The Flood Recedes

8 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.”

God Confirms His Covenant

9 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

***Translation Notes** 7:20 Hebrew *15 cubits* [6.9 meters]. 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*.

Mark

John the Baptist Prepares the Way

1 This is the Good News about Jesus the Messiah, the Son of God.* It began² just as the prophet Isaiah had written:

“Look, I am sending my messenger ahead of you, and he will prepare your way.*

³ He is a voice shouting in the wilderness,
‘Prepare the way for the LORD’s coming!
Clear the road for him!’*”

⁴This messenger was John the Baptist. He was in the wilderness and preached that people should be baptized to show that they had repented of their sins and turned to God to be forgiven.⁵ All of Judea, including all the people of Jerusalem, went out to see and hear John. And when they confessed their sins, he baptized them in the Jordan River.⁶ His clothes were woven from coarse camel hair, and he wore a leather belt around his waist. For food he ate locusts and wild honey.

⁷John announced: “Someone is coming soon who is greater than I am—so much greater that I’m not even worthy to stoop down

like a slave and untie the straps of his sandals.⁸ I baptize you with* water, but he will baptize you with the Holy Spirit!”

The Baptism and Temptation of Jesus

⁹One day Jesus came from Nazareth in Galilee, and John baptized him in the Jordan River.¹⁰ As Jesus came up out of the water, he saw the heavens splitting apart and the Holy Spirit descending on him* like a dove.¹¹ And a voice from heaven said, “You are my dearly loved Son, and you bring me great joy.”

¹²The Spirit then compelled Jesus to go into the wilderness,¹³ where he was tempted by Satan for forty days. He was out among the wild animals, and angels took care of him.

¹⁴Later on, after John was arrested, Jesus went into Galilee, where he preached God’s Good News.* ¹⁵**“The time promised by God has come at last!”** he announced. **“The Kingdom of God is near! Repent of your sins and believe the Good News!”**

The First Disciples

¹⁶One day as Jesus was walking along the shore of the Sea of Galilee, he saw Simon* and his brother Andrew throwing a net into the

water, for they fished for a living.

¹⁷Jesus called out to them, **"Come, follow me, and I will show you how to fish for people!"** ¹⁸And they left their nets at once and followed him.

¹⁹A little farther up the shore Jesus saw Zebedee's sons, James and John, in a boat repairing their nets. ²⁰He called them at once, and they also followed him, leaving their father, Zebedee, in the boat with the hired men.

Jesus Casts Out an Evil Spirit

²¹Jesus and his companions went to the town of Capernaum. When the Sabbath day came, he went into the synagogue and began to teach. ²²The people were amazed at his teaching, for he taught with real authority—quite unlike the teachers of religious law.

²³Suddenly, a man in the synagogue who was possessed by an evil* spirit cried out, ²⁴"Why are you interfering with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!"

²⁵But Jesus reprimanded him. **"Be quiet! Come out of the man,"** he ordered. ²⁶At that, the evil spirit screamed, threw the man into a convulsion, and then came out of him.

²⁷Amazement gripped the audience, and they began to discuss what had happened. "What sort of new teaching is this?" they asked excitedly. "It has such authority! Even evil spirits obey his orders!"

²⁸The news about Jesus spread

quickly throughout the entire region of Galilee.

Jesus Heals Many People

²⁹After Jesus left the synagogue with James and John, they went to Simon and Andrew's home. ³⁰Now Simon's mother-in-law was sick in bed with a high fever. They told Jesus about her right away. ³¹So he went to her bedside, took her by the hand, and helped her sit up. Then the fever left her, and she prepared a meal for them.

³²That evening after sunset, many sick and demon-possessed people were brought to Jesus. ³³The whole town gathered at the door to watch. ³⁴So Jesus healed many people who were sick with various diseases, and he cast out many demons. But because the demons knew who he was, he did not allow them to speak.

Jesus Preaches in Galilee

³⁵Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. ³⁶Later Simon and the others went out to find him. ³⁷When they found him, they said, "Everyone is looking for you."

³⁸But Jesus replied, **"We must go on to other towns as well, and I will preach to them, too. That is why I came."** ³⁹So he traveled throughout

***Translation Notes** 1:1 Some manuscripts do not include *the Son of God*. 1:2 Mal 3:1. 1:3 Isa 40:3 (Greek version). 1:8 Or *in*; also in 1:8b. 1:10 Or *toward him*, or *into him*. 1:14 Some manuscripts read *the Good News of the Kingdom of God*. 1:16 Simon is called "Peter" in 3:16 and thereafter. 1:23 Greek *unclean*; also in 1:26, 27.

the region of Galilee, preaching in the synagogues and casting out demons.

Jesus Heals a Man with Leprosy

⁴⁰A man with leprosy came and knelt in front of Jesus, begging to be healed. "If you are willing, you can heal me and make me clean," he said.

⁴¹Moved with compassion,* Jesus reached out and touched him. "I am willing," he said. "Be healed!" ⁴²Instantly the leprosy disappeared, and the man was healed. ⁴³Then Jesus sent him on his way with a stern warning: ⁴⁴"Don't tell anyone about this. Instead, go to the priest and let him examine you. Take along the offering required in the law of Moses for those who have been healed of leprosy.* This will be a public testimony that you have been cleansed."

⁴⁵But the man went and spread the word, proclaiming to everyone what had happened. As a result, large crowds soon surrounded Jesus, and he couldn't publicly enter a town anywhere. He had to stay out in the secluded places, but people from everywhere kept coming to him.

Jesus Heals a Paralyzed Man

2 When Jesus returned to Capernaum several days later, the news spread quickly that he was back home. ²Soon the house where he was staying was so packed with visitors that there was no more room, even outside the door. While he was preaching

God's word to them, ³four men arrived carrying a paralyzed man on a mat. ⁴They couldn't bring him to Jesus because of the crowd, so they dug a hole through the roof above his head. Then they lowered the man on his mat, right down in front of Jesus. ⁵Seeing their faith, Jesus said to the paralyzed man, "My child, your sins are forgiven."

⁶But some of the teachers of religious law who were sitting there thought to themselves, ⁷"What is he saying? This is blasphemy! Only God can forgive sins!"

⁸Jesus knew immediately what they were thinking, so he asked them, "Why do you question this in your hearts? ⁹Is it easier to say to the paralyzed man 'Your sins are forgiven,' or 'Stand up, pick up your mat, and walk'? ¹⁰So I will prove to you that the Son of Man* has the authority on earth to forgive sins." Then Jesus turned to the paralyzed man and said, ¹¹"Stand up, pick up your mat, and go home!"

¹²And the man jumped up, grabbed his mat, and walked out through the stunned onlookers. They were all amazed and praised God, exclaiming, "We've never seen anything like this before!"

Jesus Calls Levi (Matthew)

¹³Then Jesus went out to the lakeshore again and taught the crowds that were coming to him. ¹⁴As he walked along, he saw Levi son of Alphaeus sitting at his tax collector's booth. "Follow me and be my

disciple," Jesus said to him. So Levi got up and followed him.

¹⁵Later, Levi invited Jesus and his disciples to his home as dinner guests, along with many tax collectors and other disreputable sinners. (There were many people of this kind among Jesus' followers.) ¹⁶But when the teachers of religious law who were Pharisees* saw him eating with tax collectors and other sinners, they asked his disciples, "Why does he eat with such scum?"

¹⁷When Jesus heard this, he told them, "Healthy people don't need a doctor—sick people do. I have come to call not those who think they are righteous, but those who know they are sinners."

A Discussion about Fasting

¹⁸Once when John's disciples and the Pharisees were fasting, some people came to Jesus and asked, "Why don't your disciples fast like John's disciples and the Pharisees do?"

¹⁹Jesus replied, "Do wedding guests fast while celebrating with the groom? Of course not. They can't fast while the groom is with them. ²⁰But someday the groom will be taken away from them, and then they will fast.

²¹"Besides, who would patch old clothing with new cloth? For the new patch would shrink and rip away from the old cloth, leaving an even bigger tear than before.

²²"And no one puts new wine into old wineskins. For the wine would burst the wineskins, and

the wine and the skins would both be lost. New wine calls for new wineskins."

A Discussion about the Sabbath

²³One Sabbath day as Jesus was walking through some grain-fields, his disciples began breaking off heads of grain to eat. ²⁴But the Pharisees said to Jesus, "Look, why are they breaking the law by harvesting grain on the Sabbath?"

²⁵Jesus said to them, "Haven't you ever read in the Scriptures what David did when he and his companions were hungry? ²⁶He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions."

²⁷Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. ²⁸So the Son of Man is Lord, even over the Sabbath!"

Jesus Heals on the Sabbath

3 Jesus went into the synagogue again and noticed a man with a deformed hand. ²Since it was the Sabbath, Jesus' enemies watched him closely. If he healed the man's hand, they planned to accuse him of working on the Sabbath.

*Translation Notes 1:41 Some manuscripts read *Moved with anger*. 1:44 See Lev 14:2-32. 2:10 "Son of Man" is a title Jesus used for himself. 2:16a Greek *the scribes of the Pharisees*. 2:16b Greek *with tax collectors and sinners*.

³Jesus said to the man with the deformed hand, **"Come and stand in front of everyone."** ⁴Then he turned to his critics and asked, **"Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?"** But they wouldn't answer him.

⁵He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, **"Hold out your hand."** So the man held out his hand, and it was restored! ⁶At once the Pharisees went away and met with the supporters of Herod to plot how to kill Jesus.

Crowds Follow Jesus

⁷Jesus went out to the lake with his disciples, and a large crowd followed him. They came from all over Galilee, Judea, ⁸Jerusalem, Idumea, from east of the Jordan River, and even from as far north as Tyre and Sidon. The news about his miracles had spread far and wide, and vast numbers of people came to see him.

⁹Jesus instructed his disciples to have a boat ready so the crowd would not crush him. ¹⁰He had healed many people that day, so all the sick people eagerly pushed forward to touch him. ¹¹And whenever those possessed by evil* spirits caught sight of him, the spirits would throw them to the ground in front of him shrieking, "You are the Son of God!" ¹²But Jesus sternly commanded the spirits not to reveal who he was.

Jesus Chooses the Twelve Apostles

¹³Afterward Jesus went up on a mountain and called out the ones he wanted to go with him. And they came to him. ¹⁴Then he appointed twelve of them and called them his apostles.* They were to accompany him, and he would send them out to preach, ¹⁵giving them authority to cast out demons. ¹⁶These are the twelve he chose:

- Simon (whom he named Peter),
- ¹⁷ James and John (the sons of Zebedee, but Jesus nicknamed them "Sons of Thunder"*),
- ¹⁸ Andrew,
- Philip,
- Bartholomew,
- Matthew,
- Thomas,
- James (son of Alphaeus),
- Thaddaeus,
- Simon (the zealot*),
- ¹⁹ Judas Iscariot (who later betrayed him).

Jesus and the Prince of Demons

²⁰One time Jesus entered a house, and the crowds began to gather again. Soon he and his disciples couldn't even find time to eat. ²¹When his family heard what was happening, they tried to take him away. "He's out of his mind," they said.

²²But the teachers of religious law who had arrived from Jerusalem said, "He's possessed by Satan,* the prince of demons. That's

where he gets the power to cast out demons."

²³Jesus called them over and responded with an illustration. "How can Satan cast out Satan?" he asked. ²⁴"A kingdom divided by civil war will collapse. ²⁵Similarly, a family splintered by feuding will fall apart. ²⁶And if Satan is divided and fights against himself, how can he stand? He would never survive. ²⁷Let me illustrate this further. Who is powerful enough to enter the house of a strong man and plunder his goods? Only someone even stronger—someone who could tie him up and then plunder his house.

²⁸"I tell you the truth, all sin and blasphemy can be forgiven, ²⁹but anyone who blasphemes the Holy Spirit will never be forgiven. This is a sin with eternal consequences." ³⁰He told them this because they were saying, "He's possessed by an evil spirit."

The True Family of Jesus

³¹Then Jesus' mother and brothers came to see him. They stood outside and sent word for him to come out and talk with them. ³²There was a crowd sitting around Jesus, and someone said, "Your mother and your brothers* are outside asking for you."

³³Jesus replied, "Who is my mother? Who are my brothers?" ³⁴Then he looked at those around him and said, "Look, these are my mother and brothers. ³⁵Anyone who does God's will is my brother and sister and mother."

Parable of the Farmer Scattering Seed

4 Once again Jesus began teaching by the lakeshore. A very large crowd soon gathered around him, so he got into a boat. Then he sat in the boat while all the people remained on the shore. ²He taught them by telling many stories in the form of parables, such as this one:

³"Listen! A farmer went out to plant some seed. ⁴As he scattered it across his field, some of the seed fell on a footpath, and the birds came and ate it. ⁵Other seed fell on shallow soil with underlying rock. The seed sprouted quickly because the soil was shallow. ⁶But the plant soon wilted under the hot sun, and since it didn't have deep roots, it died. ⁷Other seed fell among thorns that grew up and choked out the tender plants so they produced no grain. ⁸Still other seeds fell on fertile soil, and they sprouted, grew, and produced a crop that was thirty, sixty, and even a hundred times as much as had been planted!" ⁹Then he said, "Anyone with ears to hear should listen and understand."

¹⁰Later, when Jesus was alone with the twelve disciples and with the others who were gathered

***Translation Notes** 3:11 Greek *unclean*; also in 3:30. 3:14 Some manuscripts do not include *and called them his apostles*. 3:17 Greek *whom he named Boanerges, which means Sons of Thunder*. 3:18 Greek *the Cananean*, an Aramaic term for Jewish nationalists. 3:22 Greek *Beelzeboul*; other manuscripts read *Beezeboul*; Latin version reads *Beelzebub*. 3:32 Some manuscripts add *and sisters*.

around, they asked him what the parables meant.

¹¹He replied, "You are permitted to understand the secret* of the Kingdom of God. But I use parables for everything I say to outsiders, ¹²so that the Scriptures might be fulfilled:

'When they see what I do,
they will learn nothing.
When they hear what I say,
they will not understand.
Otherwise, they will turn
to me
and be forgiven.'**

¹³Then Jesus said to them, "If you can't understand the meaning of this parable, how will you understand all the other parables?

¹⁴The farmer plants seed by taking God's word to others. ¹⁵The seed that fell on the footpath represents those who hear the message, only to have Satan come at once and take it away. ¹⁶The seed on the rocky soil represents those who hear the message and immediately receive it with joy.

¹⁷But since they don't have deep roots, they don't last long. They fall away as soon as they have problems or are persecuted for believing God's word. ¹⁸The seed that fell among the thorns represents others who hear God's word, ¹⁹but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced.

²⁰And the seed that fell on good

soil represents those who hear and accept God's word and produce a harvest of thirty, sixty, or even a hundred times as much as had been planted!"

Parable of the Lamp

²¹Then Jesus asked them, "Would anyone light a lamp and then put it under a basket or under a bed? Of course not! A lamp is placed on a stand, where its light will shine. ²²For everything that is hidden will eventually be brought into the open, and every secret will be brought to light. ²³Anyone with ears to hear should listen and understand."

²⁴Then he added, "Pay close attention to what you hear. The closer you listen, the more understanding you will be given*—and you will receive even more. ²⁵To those who listen to my teaching, more understanding will be given. But for those who are not listening, even what little understanding they have will be taken away from them."

Parable of the Growing Seed

²⁶Jesus also said, "The Kingdom of God is like a farmer who scatters seed on the ground. ²⁷Night and day, while he's asleep or awake, the seed sprouts and grows, but he does not understand how it happens. ²⁸The earth produces the crops on its own. First a leaf blade pushes through, then the heads of wheat are formed, and finally the grain ripens. ²⁹And as soon as the grain is ready, the

farmer comes and harvests it with a sickle, for the harvest time has come."

Parable of the Mustard Seed

³⁰Jesus said, "How can I describe the Kingdom of God? What story should I use to illustrate it? ³¹It is like a mustard seed planted in the ground. It is the smallest of all seeds, ³²but it becomes the largest of all garden plants; it grows long branches, and birds can make nests in its shade."

³³Jesus used many similar stories and illustrations to teach the people as much as they could understand. ³⁴In fact, in his public ministry he never taught without using parables; but afterward, when he was alone with his disciples, he explained everything to them.

Jesus Calms the Storm

³⁵As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake." ³⁶So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). ³⁷But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

³⁸Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"

³⁹When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly

the wind stopped, and there was a great calm. ⁴⁰Then he asked them, "Why are you afraid? Do you still have no faith?"

⁴¹The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him!"

Jesus Heals a Demon-Possessed Man

5 So they arrived at the other side of the lake, in the region of the Gerasenes.* ²When Jesus climbed out of the boat, a man possessed by an evil* spirit came out from the tombs to meet him. ³This man lived in the burial caves and could no longer be restrained, even with a chain. ⁴Whenever he was put into chains and shackles—as he often was—he snapped the chains from his wrists and smashed the shackles. No one was strong enough to subdue him. ⁵Day and night he wandered among the burial caves and in the hills, howling and cutting himself with sharp stones.

⁶When Jesus was still some distance away, the man saw him, ran to meet him, and bowed low before him. ⁷With a shriek, he screamed, "Why are you interfering with me, Jesus, Son of the Most High God? In the name of God, I beg you, don't torture me!"

⁸For Jesus had already said to the

*Translation Notes 4:11 Greek *mystery*. 4:12 Isa 6:9-10 (Greek version). 4:24 Or *The measure you give will be the measure you get back*. 5:1 Other manuscripts read *Gadarenes*; still others read *Gergesenes*. See Matt 8:28; Luke 8:26. 5:2 Greek *unclean*; also in 5:8, 13.

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God hates drunkenness

GALATIANS 5:19-21 • *pg 1754*

Church leaders should not be controlled by alcohol

TITUS 1:7 • *pg 1796*

ANGER

Anger can lead to murder

GENESIS 4:3-8 • *pg 8*

Anger leads to evil actions

PSALM 37:8 • *pg 845*

Showing anger is foolish

PROVERBS 12:16 • *pg 967*

Gentle words can soothe anger

PROVERBS 15:1 • *pg 971*

Being quick-tempered is foolish

ECCLESIASTES 7:9 • *pg 1006*

God becomes angry when we are ruled by anger

AMOS 1:11 • *pg 1372*

Anger is like murdering someone

MATTHEW 5:21-22 • *pg 1447*

Jesus grew angry at sin

JOHN 2:13-17 • *pg 1592*

Anger can give Satan a place in your life

EPHESIANS 4:26-27 • *pg 1760*

Christians should get rid of anger

COLOSSIANS 3:8 • *pg 1773*

Leaders in the church should not be quick-tempered

TITUS 1:7 • *pg 1796*

Be slow to become angry

JAMES 1:19 • *pg 1821*

APPEARANCE

God is not impressed by someone's appearance

1 SAMUEL 16:7 • *pg 434*

Physical beauty fades

PROVERBS 31:30 • *pg 999*

Do not worry about clothes

MATTHEW 6:25-34 • *pg 1450*

Appearances can be deceiving

MATTHEW 23:27 • *pg 1482*

Christians should care more about their spiritual welfare than their physical appearance

1 TIMOTHY 2:9-10 • *pg 1785*

Do not judge others by their appearance

JAMES 2:2-4 • *pg 1821*

Inner beauty is more important than physical beauty

1 PETER 3:1-6 • *pg 1829*

ASSURANCE

God always holds his children

PSALM 37:23-24 • *pg 845*

God will never abandon his people

PSALM 138:8 • *pg 940*

God's promises last forever

JEREMIAH 32:40 • *pg 1190*

False assurance is dangerous

LUKE 18:18-30 • *pg 1573*

We can be assured of eternal life

JOHN 5:24 • *pg 1598*

God will not refuse any who come to him

JOHN 6:37-40 • *pg 1600*

Our place in God's family is secure

JOHN 10:27-28 • *pg 1610*

Christians have peace with God

ROMANS 5:1-5 • *pg 1690*

Nothing can separate us from God's love

ROMANS 8:35-39 • *pg 1696*

Salvation cannot be canceled

ROMANS 11:29 • *pg 1701*

Accountability should help others

GALATIANS 6:1 • *pg 1754*

Our salvation was guaranteed before Creation

EPHESIANS 1:4-5 • *pg 1756*

Assurance comes from faith

EPHESIANS 3:12 • *pg 1759*

God will guard what has been entrusted to him

2 TIMOTHY 1:12 • *pg 1791*

ATTITUDE

Bad attitudes hurt our relationship with God

GENESIS 4:6-7 • *pg 8*

Bad attitudes lead to poor decisions

NUMBERS 14:1-4 • *pg 226*

Always trust God for your life

PROVERBS 29:25 • *pg 995*

Choose a positive attitude

HABAKKUK 3:17-19 • *pg 1409*

God will reward the meek

MATTHEW 5:5 • *pg 1446*

God gives Christians a new attitude

PHILIPPIANS 1:20-25 • *pg 1765*

We should imitate Jesus' attitude

PHILIPPIANS 2:5 • *pg 1766*

Christians should always rejoice

PHILIPPIANS 4:4 • *pg 1768*

Never be anxious

PHILIPPIANS 4:6-7 • *pg 1768*

AUTHORITY *SEE ALSO RESPECT*

God will hold people in authority accountable for their actions

DANIEL 4:31 • *pg 1330*

Jesus is the highest authority

MATTHEW 28:18 • *pg 1495*

God gave government its authority

JOHN 19:11 • *pg 1625*

Christians should obey the government

ROMANS 13:1-2 • *pg 1703*

Parents are authorities to their children

EPHESIANS 6:1 • *pg 1762*

The Bible is our authority

2 TIMOTHY 3:16 • *pg 1794*

Church leaders are authoritative

HEBREWS 13:17 • *pg 1818*

BAPTISM

Baptism signifies repentance

MATTHEW 3:11 • *pg 1444*

All followers of Jesus should be baptized

MATTHEW 28:19 • *pg 1495*

Jesus was baptized

MARK 1:9 • *pg 1496*

Jesus baptizes with the Holy Spirit

JOHN 1:32-33 • *pg 1590*

Baptism is closely linked with a changed life

ACTS 2:38 • *pg 1633*

New Christians should be baptized

ACTS 8:12-17 • *pg 1644*