

# FOLLOWING IN THE STEPS OF JESUS

LIVING A CHRIST-LIKE LIFE IN THE 21<sup>ST</sup> CENTURY

- March 9*            “Feasting on Scripture, Fasting from Fear”
- March 16*           “Loving the Weak, Helping the Strong”
- March 23*           “Carrying Crosses, Abandoning Burdens”
- March 30*           “Walking like a Lamb, Roaring Like a Lion”
- April 6*             “Standing on Earth, Looking to Heaven”

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The Collects of Holy Week and Eastertide invite us to walk in Christ's steps.

**O** BLESSED Saviour, who by thy cross and passion hast given life unto the world: Grant that we thy servants may be given grace to take up the cross and follow thee through life and death; whom with the Father and the Holy Spirit we worship and glorify, one God, for ever and ever. Amen. (*Collect of Holy Cross Day, p. 321*)

**A** LMIGHTY and everlasting God, who, of thy tender love towards mankind, hast sent thy Son our Saviour Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility: Mercifully grant, that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. Amen. (*Collect of Holy Week, p. 150*)

**G** RANT, O Lord, that as we are baptized into the death of thy blessed Son our Saviour Jesus Christ, so by continual mortifying our corrupt affections we may be buried with him; and that, through the grave, and gate of death, we may pass to our joyful resurrection; for his merits, who died, and was buried, and rose again for us, thy Son Jesus Christ our Lord. Amen. (*Collect of Easter Even, p. 180*)

**A** LMIGHTY God, who hast given thine only Son to be unto us both a sacrifice for sin, and also an example of godly life: Give us grace that we may always most thankfully receive that his inestimable benefit, and also daily endeavour ourselves to follow the blessed steps of his most holy life; through the same Jesus Christ our Lord. Amen. (*Collect of Easter 2, p. 191*)

Jacob had twelve sons.

(Genesis 29-30)

Names in blue type correspond to geographical allotments:

	Name	Birth Reference	Notes
1	Reuben	Genesis 29.31	
2	Simeon	Genesis 29.33	
3	Levi	Genesis 29.34	<i>Levi's descendants are given the ministry of the temple and certain cities</i>
4	Judah	Genesis 29.35	
5	Dan	Genesis 30.6	
6	Naphtali	Genesis 30.8	
7	Gad	Genesis 30.11	
8	Asher	Genesis 30.13	
9	Issachar	Genesis 30.18	
10	Zebulun	Genesis 30.20	
11	Joseph	Genesis 30.24	<i>Joseph's sons, Manasseh and Ephraim, are adopted by Jacob (Genesis 48.5)</i>
12	Benjamin	Genesis 35.18	

The land was apportioned among the sons.

(Joshua 13-21)



Jacob predicts the future of his sons and their descendants.

(Genesis 49.1-12 abbreviated)

**T**HEN Jacob called his sons and said, “Gather yourselves together, that I may tell you what shall happen to you in days to come. Assemble and listen, O sons of Jacob, listen to Israel your father:

Reuben, you are my firstborn ... unstable as water, you shall not have pre-eminence.

Simeon and Levi are brothers ... I will divide them in Jacob.

Zebulun shall dwell at the shore of the sea; he shall become a haven for ships.

Judah, your brothers shall praise you; your hand shall be on the neck of your enemies; your father's sons shall bow down before you. **Judah is a lion's cub; from the prey, my son, you have gone up.**

**He stooped down; he crouched as a lion and as a lioness; who dares rouse him?** The scepter shall not depart from Judah, nor the ruler's staff from between his feet, until tribute comes to him; and to him shall be the obedience of the peoples. Binding his foal to the vine and his donkey's colt to the choice vine, he has washed his garments in wine and his vesture in the blood of grapes. His eyes are darker than wine, and his teeth whiter than milk ...

Issachar is a strong donkey ... and became a servant at forced labor ...

Dan shall judge his people ...

Raiders shall raid Gad, but he shall raid at their heels.

Asher's food shall be rich, and he shall yield royal delicacies.

Naphtali is a doe let loose that bears beautiful fawns.

Joseph is a fruitful bough, a fruitful bough by a spring ...

Benjamin is a ravenous wolf, in the morning devouring the prey and at evening dividing the spoil.

David, the son of Jesse the Bethlehemite, arises from Judah to become king.

(1 Samuel 16.1, 11-13)

**T**HE Lord said to Samuel, “How long will you grieve over Saul, since I have rejected him from being king over Israel? Fill your horn with oil, and go. I will send you to Jesse the Bethlehemite (of Judah), for I have provided for myself a king among his sons” ... Then Samuel said to Jesse, “Are all your sons here?” And he said, “There remains yet the youngest, but behold, he is keeping the sheep.” And Samuel said to Jesse, “Send and get him, for we will not sit down till he comes here.” And he sent and brought him in. Now he was ruddy and had beautiful eyes and was handsome. And the Lord said, “Arise, anoint him, for this is he.” Then Samuel took the horn of oil and anointed him in the midst of his brothers. And the Spirit of the Lord rushed upon David from that day forward.

The Lord makes a covenant with David.

(2 Samuel 7.12-14)

**T**HUS says the Lord: “When your days are fulfilled and you lie down with your fathers, I will raise up your offspring after you, who shall come from your body, and I will establish his kingdom. He shall build a house for my name, and I will establish the throne of his kingdom forever. I will be to him a father, and he shall be to me a son.”

David had 21 sons (not including the sons of his concubines).  
(1 Chronicles 3)

1	Amnon	
2	Daniel (Chileab)	
3	Absalom	
4	Adonijah	
5	Shephatiah	
6	Ithream	
7	<i>(An infant who died without being named)</i>	
8	Shimea	
9	Shobab	
10	<b>Nathan</b>	<i>According to Luke 3.31, the ancestor of Jesus, possibly through Mary</i>
11	<b>Solomon</b>	<i>According to Matthew 1.7, the ancestor of Jesus, through Joseph. In Matthew 1.20, the angel addresses Joseph as "son of David."</i>
12	Ibhar	
13	Elishama	
14	Eliphelet	
15	Nogah	
16	Nepheg	
17	Japhia	
18	Elishama	
19	Eliada	
20	Eliphelet	
21	<i>(One further unnamed son who died in infancy)</i>	

The Prophet Isaiah describes the Messiah who will bear the sins of many.

(Isaiah 53.1-8, 12)

**W**HO has believed what he has heard from us? And to whom has the arm of the Lord been revealed? For he grew up before him like a young plant, and like a root out of dry ground; he had no form or majesty that we should look at him, and no beauty that we should desire him. He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. All we like sheep have gone astray; we have turned—every one—to his own way; and the Lord has laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he opened not his mouth; **like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he opened not his mouth** ... Therefore I will divide him a portion with the many, and he shall divide the spoil with the strong, because he poured out his soul to death and was numbered with the transgressors; yet he bore the sin of many, and makes intercession for the transgressors.



## Jesus is frequently described as the Lamb in the New Testament.

1	John 1.29	Look, the <b>Lamb</b> of God, who takes away the sin of the world!
2	John 1.36	Look, the <b>Lamb</b> of God!
3	Acts 8.32	Like a sheep he was led to the slaughter and like a <b>lamb</b> before its shearer is silent.
4	1 Corinthians 5.7	For Christ, our Passover <b>lamb</b> , has been sacrificed.
5	Revelation 5.6	I saw a <b>Lamb</b> standing, as though it had been slain.
6	Revelation 5.8	The twenty-four elders fell down before the <b>Lamb</b> .
7	Revelation 5.12	Worthy is the <b>Lamb</b> who was slain,
8	Revelation 5.13	To him who sits on the throne and to the <b>Lamb</b> be blessing and honor and glory.
9	Revelation 6.1	The <b>Lamb</b> opened one of the seven seals.
10	Revelation 6.16	The wrath of the <b>Lamb</b> .
11	Revelation 7.9	Standing before the throne and before the <b>Lamb</b>
12	Revelation 7.10	Salvation belongs to our God who sits on the throne, and to the <b>Lamb</b> !
13	Revelation 7.14	They have washed their robes and made them white in the blood of the <b>Lamb</b> .
14	Revelation 7.17	For the <b>Lamb</b> in the midst of the throne will be their shepherd.
15	Revelation 12.11	They have conquered him by the blood of the <b>Lamb</b> .
16	Revelation 13.8	The book of life of the <b>Lamb</b> .
17	Revelation 14.1	On Mount Zion stood the <b>Lamb</b> .
18	Revelation 14.4	It is these who follow the <b>Lamb</b> wherever he goes.
19	Revelation 14.10	In the presence of the <b>Lamb</b> .
20	Revelation 15.3	And they sing the song of Moses, the servant of God, and the song of the <b>Lamb</b> .
21	Revelation 17.14	They will make war on the <b>Lamb</b> .
22	Revelation 17.14	The <b>Lamb</b> will conquer.
23	Revelation 19.7	The marriage of the <b>Lamb</b> has come,
24	Revelation 19.9	Blessed are those who are invited to the marriage supper of the <b>Lamb</b> .
25	Revelation 21.9	Come, I will show you the Bride, the wife of the <b>Lamb</b> .
26	Revelation 21.14	The twelve apostles of the <b>Lamb</b> .
27	Revelation 21.22	I saw no temple in the city, for its temple is the Lord God the Almighty and the <b>Lamb</b> .
28	Revelation 21.23	Its lamp is the <b>Lamb</b> .
29	Revelation 21.27	Only those who are written in the <b>Lamb's</b> book of life.
30	Revelation 22.1	Flowing from the throne of God and of the <b>Lamb</b> .
31	Revelation 22.3	The throne of God and of the <b>Lamb</b> will be in it.

St. John the Divine sees a vision of the Lion who is also the Lamb.  
(Revelation 5)

**T**HEN I saw in the right hand of him who was seated on the throne a scroll written within and on the back, sealed with seven seals. And I saw a mighty angel proclaiming with a loud voice, “Who is worthy to open the scroll and break its seals?” And no one in heaven or on earth or under the earth was able to open the scroll or to look into it, and I began to weep loudly because no one was found worthy to open the scroll or to look into it. And one of the elders said to me, “Weep no more; behold, **the Lion of the tribe of Judah, the Root of David, has conquered**, so that he can open the scroll and its seven seals.” And between the throne and the four living creatures and among the elders **I saw a Lamb standing, as though it had been slain**, with seven horns and with seven eyes, which are the seven spirits of God sent out into all the earth. And he went and took the scroll from the right hand of him who was seated on the throne. And when he had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb, each holding a harp, and golden bowls full of incense, which are the prayers of the saints. And they sang a new song, saying, “Worthy are you to take the scroll and to open its seals, for you were slain, and by your blood you ransomed people for God from every tribe and language and people and nation, and you have made them a kingdom and priests to our God, and they shall reign on the earth.” Then I looked, and I heard around the throne and the living creatures and the elders the voice of many angels, numbering myriads of myriads and thousands of thousands, saying with a loud voice, “Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!” And I heard every creature in heaven and on earth and under the earth and in the sea, and all that is in them, saying, “To him who sits on the throne and to the Lamb be blessing and honor and glory and might forever and ever!” And the four living creatures said, “Amen!” and the elders fell down and worshiped.

A popular image of Jesus is as the meek and mild one.

**Gentle Jesus, Meek and Mild**

*By Charles Wesley (1707 – 1788)*

1 Gentle Jesus, meek and mild,  
Look upon a little child;  
Pity my simplicity,  
Suffer me to come to Thee.

2 Lamb of God, I look to Thee;  
Thou shalt my example be:  
Thou art gentle, meek and mild;  
Thou wast once a little child.

3 Fain I would be as Thou art;  
Give me Thine obedient heart:  
Thou art pitiful and kind;  
Let me have Thy loving mind.

4 Loving Jesus, gentle Lamb,  
In Thy gracious hands I am;  
Make me, Saviour, what Thou art,  
Live Thyself within my heart.

However ....

Jesus cleanses the temple.

(Mark 11.15-19)

*(See also Matthew 21.10-17 and Luke 19.45-48)*

**A**ND they came to Jerusalem. And he entered the temple and began to drive out those who sold and those who bought in the temple, and he overturned the tables of the money-changers and the seats of those who sold pigeons. And he would not allow anyone to carry anything through the temple. And he was teaching them and saying to them, "Is it not written, 'My house shall be called a house of prayer for all the nations'? But you have made it a den of robbers." And the chief priests and the scribes heard it and were seeking a way to destroy him, for they feared him, because all the crowd was astonished at his teaching. And when evening came they went out of the city.

(John 2:13-22)

**T**HE Passover of the Jews was at hand, and Jesus went up to Jerusalem. In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers sitting there. And making a whip of cords, he drove them all out of the temple, with the sheep and oxen. And he poured out the coins of the money-changers and overturned their tables. And he told those who sold the pigeons, "Take these things away; do not make my Father's house a house of trade." His disciples remembered that it was written, "Zeal for your house will consume me." So the Jews said to him, "What sign do you show us for doing these things?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "It has taken forty-six years to build this temple, and will you raise it up in three days?" But he was speaking about the temple of his body.

### The “Woes” of Jesus.

1	Matthew 11.21; Luke 10.13	<b>Woe</b> to you, Chorazin!
2	Matthew 11.21; Luke 10.13	<b>Woe</b> to you, Bethsaida!
3	Matthew 18.7; Luke 17.1	<b>Woe</b> to the world for temptations to sin!
4	Matthew 18.7	<b>Woe</b> to the one by whom the temptation comes!
5	Matthew 23.13; Luke 11.52	<b>Woe</b> to you, scribes and Pharisees, hypocrites! For you shut the kingdom of heaven in people's faces.
6	Matthew 23.15	<b>Woe</b> to you, scribes and Pharisees, hypocrites!
7	Matthew 23.16	<b>Woe</b> to you, blind guides,
8	Matthew 23.23; Luke 11.42	<b>Woe</b> to you, scribes and Pharisees, hypocrites! For you tithe mint and dill and cumin, and have neglected the weightier matters of the law: justice and mercy and faithfulness.
9	Matthew 23.25	<b>Woe</b> to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and the plate, but inside they are full of greed and self-indulgence.
10	Matthew 23.27	<b>Woe</b> to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs.
11	Matthew 23.29; Luke 11.47	<b>Woe</b> to you, scribes and Pharisees, hypocrites! For you build the tombs of the prophets.
12	Matthew 26.24; Mark 14.21; Luke 22.22	<b>Woe</b> to that man by whom the Son of Man is betrayed!
13	Luke 6.24	<b>Woe</b> to you who are rich, for you have received your consolation.
14	Luke 6.25	<b>Woe</b> to you who are full now, for you shall be hungry.
15	Luke 6.25	<b>Woe</b> to you who laugh now, for you shall mourn and weep.
16	Luke 6.26	<b>Woe</b> to you, when all people speak well of you, for so their fathers did to the false prophets.
17	Luke 11.43	<b>Woe</b> to you Pharisees! For you love the best seat in the synagogues and greetings in the marketplaces.
18	Luke 11.44	<b>Woe</b> to you! For you are like unmarked graves, and people walk over them without knowing it.
19	Luke 11.46	<b>Woe</b> to you lawyers also! For you load people with burdens hard to bear, and you yourselves do not touch the burdens with one of your fingers.

Jesus got angry with the disciples' hard hearts.

(Mark 10.13-15)

*(See also Matthew 19.13-15 and Luke 18.15-17)*

**A**ND they were bringing children to him that he might touch them, and the disciples rebuked them. But when Jesus saw it, **he was indignant** and said to them, "Let the children come to me; do not hinder them, for to such belongs the kingdom of God. Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it." And he took them in his arms and blessed them, laying his hands on them.

And he didn't suffer fools gladly.

(Mark 3.1-6)

*(See also Matthew 12.9-14 and Luke 6.6-11)*

**A**GAIN he entered the synagogue, and a man was there with a withered hand. And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. And he said to the man with the withered hand, "Come here." And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent. And **he looked around at them with anger, grieved at their hardness of heart**, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him.

He railed against the religious leaders.

(Matthew 23.1-7, 14)

**T**HEN Jesus said to the crowds and to his disciples, “The scribes and the Pharisees sit on Moses' seat, so do and observe whatever they tell you, but not the works they do. For they preach, but do not practice. They tie up heavy burdens, hard to bear, and lay them on people's shoulders, but they themselves are not willing to move them with their finger. They do all their deeds to be seen by others. For they make their phylacteries broad and their fringes long, and they love the place of honor at feasts and the best seats in the synagogues and greetings in the marketplaces and being called rabbi by others. But woe to you, scribes and Pharisees, hypocrites! For you shut the kingdom of heaven in people's faces. For you neither enter yourselves nor allow those who would enter to go in.”

(Luke 11.37-41, 45-46, 52)

**W**HILE Jesus was speaking, a Pharisee asked him to dine with him, so he went in and reclined at table. The Pharisee was astonished to see that he did not first wash before dinner. And the Lord said to him, “Now you Pharisees cleanse the outside of the cup and of the dish, but inside you are full of greed and wickedness. You fools! Did not he who made the outside make the inside also? But give as alms those things that are within, and behold, everything is clean for you. One of the lawyers answered him, “Teacher, in saying these things you insult us also.” And he said, “Woe to you lawyers also! For you load people with burdens hard to bear, and you yourselves do not touch the burdens with one of your fingers. Woe to you lawyers! For you have taken away the key of knowledge. You did not enter yourselves, and you hindered those who were entering.”

But Jesus also taught us to be “gentle, meek and mild.”

(Matthew 11:28-30)

**J**ESUS said, “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

(Matthew 5.1-12)

*(See also Luke 6.20-23)*

**S**EEING the crowds, he went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying: “Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.”



As he approached the end of his life, the Lion became the Lamb.

(Luke 22.47-53)

*(See also Matthew 26-47-56, Mark 14.43-52 and John 18.1-11)*

**W**HILE he was still speaking, there came a crowd, and the man called Judas, one of the twelve, was leading them. He drew near to Jesus to kiss him, but Jesus said to him, “Judas, would you betray the Son of Man with a kiss?” And when those who were around him saw what would follow, they said, “Lord, shall we strike with the sword?” And one of them struck the servant of the high priest and cut off his right ear. But Jesus said, “No more of this!” And he touched his ear and healed him. Then Jesus said to the chief priests and officers of the temple and elders, who had come out against him, “Have you come out as against a robber, with swords and clubs? When I was with you day after day in the temple, you did not lay hands on me. But this is your hour, and the power of darkness.”

(Matthew 26.57-68)

*(See also Mark 14.53-65, Luke 22.54-71 and John 18.12-14, 19-24)*

**T**HEN those who had seized Jesus led him to Caiaphas the high priest, where the scribes and the elders had gathered. And Peter was following him at a distance, as far as the courtyard of the high priest, and going inside he sat with the guards to see the end. Now the chief priests and the whole council were seeking false testimony against Jesus that they might put him to death, but they found none, though many false witnesses came forward. At last two came forward and said, “This man said, ‘I am able to destroy the temple of God, and to rebuild it in three days.’” And the high priest stood up and said, “Have you no answer to make? What is it that these men testify against you?” But Jesus remained silent. And the high priest said to him, “I adjure you by the living God, tell us if you are the Christ, the Son of God.” Jesus said to him, “You have said so. But I tell you, from now on you will see the Son of Man seated at the right hand of Power and coming on the clouds of heaven.” Then the high priest tore his robes and said, “He has uttered blasphemy. What further witnesses do we need? You have now heard his blasphemy. What is your judgment?” They answered, “He deserves death.” Then they spit in his face and struck him. And some slapped him, saying, “Prophecy to us, you Christ! Who is it that struck you?”

(John 18.28-40)

*(See also Matthew 27.1-2, 11-14 Mark 15.1-5 Luke 23.1-5)*

**T**HEN they led Jesus from the house of Caiaphas to the governor's headquarters. It was early morning. They themselves did not enter the governor's headquarters, so that they would not be defiled, but could eat the Passover. So Pilate went outside to them and said, "What accusation do you bring against this man?" They answered him, "If this man were not doing evil, we would not have delivered him over to you." Pilate said to them, "Take him yourselves and judge him by your own law." The Jews said to him, "It is not lawful for us to put anyone to death." This was to fulfill the word that Jesus had spoken to show by what kind of death he was going to die. So Pilate entered his headquarters again and called Jesus and said to him, "Are you the King of the Jews?" Jesus answered, "Do you say this of your own accord, or did others say it to you about me?" Pilate answered, "Am I a Jew? Your own nation and the chief priests have delivered you over to me. What have you done?" Jesus answered, "My kingdom is not of this world. If my kingdom were of this world, my servants would have been fighting, that I might not be delivered over to the Jews. But my kingdom is not from the world." Then Pilate said to him, "So you are a king?" Jesus answered, "You say that I am a king. For this purpose I was born and for this purpose I have come into the world—to bear witness to the truth. Everyone who is of the truth listens to my voice." Pilate said to him, "What is truth?" After he had said this, he went back outside to the Jews and told them, "I find no guilt in him. But you have a custom that I should release one man for you at the Passover. So do you want me to release to you the King of the Jews?" They cried out again, "Not this man, but Barabbas!" Now Barabbas was a robber.

(Matthew 27.27-30 + John 19.4-5)

*(See also Mark 15.16-19)*

**T**HEN the soldiers of the governor took Jesus into the governor's headquarters, and they gathered the whole battalion before him. And they stripped him and put a scarlet robe on him, and twisting together a crown of thorns, they put it on his head and put a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" And they spit on him and took the reed and struck him on the head.<sup>1</sup> Pilate went out again and said to them, "See, I am bringing him out to you that you may know that I find no guilt in him." So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them, "Behold the man!"<sup>2</sup>

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<sup>1</sup> Matthew 27.27-30

<sup>2</sup> John 19.4-5

The Apostles also taught the way of gentleness.

(2 Corinthians 10.1)

**I**, PAUL, myself entreat you, by the meekness and gentleness of Christ—I who am humble when face to face with you, but bold toward you when I am away!

(Ephesians 4.1-3)

**I** THEREFORE, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.

(Colossians 3.12-15)

**P**UT on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body.

(Galatians 5.22-23)

**B**UT the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

(1 Timothy 6.11)

**P**URSUERIGHTeousness, godliness, faith, love, steadfastness, gentleness.

(1 Peter 3.13-17)

**N**OW who is there to harm you if you are zealous for what is good? But even if you should suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled, but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect, having a good conscience, so that, when you are slandered, those who revile your good behavior in Christ may be put to shame. For it is better to suffer for doing good, if that should be God's will, than for doing evil.