

AHF Core Teaching - 50 Jesus Commands – part 1

1. *Be Reconciled*

Matthew 5:23-24

- Learn to walk in harmony with others, discerning their needs and building bridges.
- Valuing people more than things

2. *Do Not Commit Adultery*

Matthew 5:29

- Learn to protect your marriage and your children
- Mastering the appetites of the physical senses and building the spiritual senses
To discern right from wrong.

3. *Keep Your Word*

Matthew 5:37

- Learning to make commitments you keep and recognizing how personal integrity
Feeds our confidence and influence.
- Understanding the power of words and expectations

4. *Go the Extra Mile*

Matthew 5:38-42

- Giving beyond what is required to change the context of the relationship.
Roman law required any Jew to carry a Roman backpack for one mile in any direction. By offering to go beyond a mile, the follower of Jesus made the Romans curious and created a door for sharing your beliefs.

5. *Love Your Enemies*

Matthew 5:44-46

- Destroying your enemies, by making them your friends. Whatever you give energy too expands. By feeding hate you get more hate. By loving enemies we feed another powerful spirit, and it in turn, feeds us with peace of mind.