



SERMON ON THE MOUNT

BibleProject Scholar Team Translation

Engaging with multiple translations of the Bible is a good habit to develop. The Bible comes to us from a different time and culture. Additionally, no two languages are the same, so any effort to render the Bible into another language involves interpretation. This means that no single translation can capture every element of the original. Reading the same passages and stories in different translations can help us see how one text can be understood from different angles, and it also encourages repeated listening and meditation.

This new translation of the Sermon on the Mount from the BibleProject Scholar team has two goals. We have consistently used the same English words to represent matching Greek words, no matter how often they're repeated. And we also aimed to bring fresh language to these familiar words of Jesus. The result is a slightly clunky but more literal rendering of these ancient Greek words into English. You'll have to pay attention when reading it, but hopefully, it will spark new insights!

The Nine-Fold Good Life

- ³How good is life for the poor in spirit,
because theirs is the Kingdom of the skies.
- ⁴How good is life for those who grieve,
because they will be comforted.
- ⁵How good is life for the unimportant,
because they will inherit the land.
- ⁶How good is life for those who hunger and thirst for right relationships,
because they will be satisfied.
- ⁷How good is life for those who show mercy,
because they will be shown mercy.
- ⁸How good is life for the pure in heart,
because they will see God.
- ⁹How good is life for the peacemakers,
because they will be called children of God.
- ¹⁰How good is life for those who have been persecuted
on account of doing-what-is-right,
because theirs is the Kingdom of the skies.
- ¹¹How good is life for you
when they insult you
and persecute
and speak any evil lies against you
on account of me.
- ¹²Celebrate and shout for joy,
because your reward is great in the skies,
because this is how they persecuted the prophets before you.

The Salt of the Land

- ¹³You are the salt of the land.
But if the salt becomes unsalty,
with what can it be made salty again?
It's useful for nothing,
except to be thrown out and stepped on by humans.

The Light and the City

¹⁴You are the light of the world.

A city that is set up on a mountain is not able to be hidden,

¹⁵and they don't light a candle and place it under a basket.

Rather, upon a candlestand,

and it will shine on everyone in the house.

¹⁶In the same way, let your light shine before people

so that they can see your good works,

and so they can give honor to your Father who is in the skies.

A Greater Righteousness

¹⁷Don't suppose that I have come to do away with the Torah or the Prophets.

I have not come to do away with them but to fill them full.

¹⁸Because truly I tell you,

until the sky and the land pass on,

not one dot or one squiggle will pass on from the Torah

until all things have taken place.

¹⁹Therefore, whoever undoes one of the least of these commands,

and then they teach people to do this,

that person will be called least in the Kingdom of the skies.

And whoever does the commands,

and then teaches people to do this,

that person will be called great in the Kingdom of the skies.

²⁰Because truly I tell you,

unless your doing-what-is-right far surpasses the scribes and Pharisees,

you won't be entering into the Kingdom of the skies.

Murder and Anger

²¹You have heard that it was said to the ancients,

"You will not murder,"

and "Whoever murders

will be guilty by the court."

²²"And I say to you

that anyone who is angry with his brother

will be guilty by the court;

and whoever calls his brother "good-for-nothing!"

will be guilty by the sanhedrin;

and whoever says "fool!"

will be guilty of the fire of gehenna.

²³Therefore, if you are presenting your offering at the altar,
and there remember that your brother has something against you,
²⁴leave your offering there before the altar
and go, first be reconciled to your brother,
and then come and present your offering.
²⁵Settle matters in a friendly way with your legal-opponent
while you are with him on the way,
so that your opponent doesn't hand you over to the court-judge,
and the court-judge to the officer,
so that you are thrown into prison.
²⁶Truly I say to you,
you will not come out of there
until you have paid back the last coin.

Adultery and Lust

²⁷You have heard that it was said,
"You will not commit adultery."
²⁸And I say to you that
anyone who goes on looking at a woman in order to cultivate lust for her,
he has already committed adultery with her in his heart.
²⁹If your right eye causes your downfall,
tear it out and throw it from you;
for it is better for you to lose one of the parts of your body
than for your whole body to be thrown into gehenna.
³⁰If your right hand causes your downfall,
cut it off and throw it from you;
for it is better for you to lose one of the parts of your body
than for your whole body to go off into gehenna.

Divorce and Remarriage

³¹It has also been said,
"Whoever sends away his wife,
he must give her a certificate of divorce."
³²And I say to you that
anyone who sends away his wife,
except on the ground of sexual immorality,
he makes her the victim of adultery,
and whoever marries a divorced woman
commits adultery.

Oaths and Truth-Telling

³³Again, you have heard that it was said to the ancients,

“Do not break your oath,
but fulfill to the Lord the vows you have made.”

³⁴And I tell you,

do not swear an oath at all,
not by the sky,
because it is God’s throne;

³⁵not by the land,
because it is his footstool;
not by Jerusalem,
because it is the city of the Great King.

³⁶And do not swear by your head,
for you cannot make even one hair white or black.

³⁷But let your word be “yes, yes” or “no, no.”
Anything beyond this comes from the evil one.

Revenge and Retaliation

³⁸You have heard that it was said,
“An eye in recompense for an eye, and a tooth in recompense for a tooth.”

³⁹And I say to you,
do not resist-in-kind an evil person,
but whoever slaps you on your right cheek,
turn the other to him also.

⁴⁰If anyone wants to sue you and take your shirt,
let him have your coat also.

⁴¹Whoever forces you to go one mile,
go with him two.

⁴²To the one who asks of you,
give.
And the one who wants to borrow from you,
don’t turn away.

Enemy Love

⁴³You have heard that it was said,
“You will love your neighbor,
and you will hate your enemy.”

⁴⁴And I say to you,
love your enemies,
and pray for those who persecute you

⁴⁵so that you may be children of your Father who is in the skies.
For he causes his sun to rise on the evil and the good,
and he sends rain on the righteous and the unrighteous.

⁴⁶For if you love those who love you,
what reward do you have?
Do not even the tax collectors do the same?

⁴⁷If you greet only your brothers,
what more are you doing than others?
Do not even the nations do the same?

Be Whole

⁴⁸Therefore, you are to be whole,
as your Father in the skies is whole.

True Righteousness and Real Reward

^{6:1}Be careful about your doing-what-is-right.
Don't do it in front of people
for the purpose of being seen by them.
If you do, you will have no reward from your Father in the skies.

Generosity to the Poor

²So then,
when you do acts of generous-giving,
don't signal with a trumpet before you,
like the hypocrites do in the gathering places and alleyways
for the purpose of being honored by people.
Truly I tell you, they have fully received their reward.

³But you,
when you do acts of generous-giving,
don't let your left hand know what your right hand is doing
⁴so that your generous-giving is done in hiddenness,
and your Father who sees what is done in hiddenness.
He will fully reward you.

Praying Like Jesus

⁵And when you pray, don't be like the hypocrites,
because they love to pray
while standing in the gathering places and at the corners of wide streets
for the purpose of being visible to people.
Truly I tell you, they have fully received their reward.

⁶But you,
when you pray,
enter into your inner-room and shut the door,
so you can pray to your Father in hiddenness.
And your Father, who sees what is done in hiddenness,
he will fully reward you.

⁷And when you are praying,
don't use meaningless repetition like the nations,
because they suppose that they will be heard on account of their many words.

⁸So don't be like them,
because your Father knows what you need before you even ask him.

⁹Therefore, when you pray, do it this way:

Our Father who is in the skies,
may your name be recognized as holy.

¹⁰May your Kingdom come,
and may your will be done
as it is in the skies,
so also on the land.

¹¹Our daily provision of bread,
give to us today.

¹²And forgive us our debts,
just as we also have forgiven those indebted to us.

¹³And don't lead us to be tested,
but deliver us from the evil one.

¹⁴For if you forgive people their transgressions,
your Father in the skies will also forgive you.

¹⁵But if you will not forgive people,
then neither will your Father forgive your transgressions.

Fasting

¹⁶And when you fast,
don't look gloomy like the hypocrites,
for they make their faces look disfigured
so that their fasting will be visible to people.
Truly I tell you, they have fully received their reward.

¹⁷But you, when you fast,
anoint your head with oil
and wash your face

¹⁸so that your fasting won't be visible to people,
but to your Father in a hidden way.
And your Father, who sees what is hidden,
he will fully reward you.

True Wealth and Real Reward

¹⁹Don't store up for yourselves stored-wealth on the land,
where moth and nibbler can ruin,
and where thieves break in and steal.

²⁰But store up for yourselves stored-wealth in the sky,
where neither moth nor nibbler can ruin,
and where thieves can't break in or steal.

²¹For where your stored-wealth is, there your heart will be also.

The Generous or Greedy Eye

²²The lamp of the body is the eye;
so then if your eye is genuine-and-generous,
your whole body will be radiant.

²³But if your eye is bad-and-greedy,
your whole body will be dark.

If then the light that is in you is darkness,
how great is the darkness!

²⁴No one is able to serve two masters;
for either he will hate the one and love the other,
or he will be devoted to one and despise the other.
You are not able to serve God and wealth.

Wealth and Worry

- ²⁵Because of this I say to you,
do not worry about your life-being,
what you will eat or what you will drink,
not even about your body,
what you will put on.
Isn't the living-self more than food
and the body more than clothing?
- ²⁶Look at the birds of the air,
how they don't sow seed,
and they don't harvest,
and they don't gather into barns,
and yet your Father in the skies feeds them.
Aren't you all much more valuable than they?
- ²⁷And who among you is able to add an hour to your lifespan by worry?
- ²⁸And about clothing, why do you worry?
Pay attention to the lilies of the field, how they grow.
They don't labor, and they don't weave cloth.
- ²⁹But I say to you all
that not even Solomon with all his honor clothed himself like one of these.
- ³⁰Now, if the grass of the field,
which is there today and tomorrow is tossed into the furnace,
is clothed this way by God,
won't he much more clothe you all, who have so little trust?!
- ³¹So then, don't worry, saying,
"What will we eat?"
or "What will we drink?"
or "What will we wear for clothing?".
- ³²For the nations, they constantly seek for all these things,
and your Father in the skies knows that you need all that.
- ³³Rather, first of all seek for his Kingdom and doing-what-is-right by him,
and all these things will be added to you.
- ³⁴So then, don't worry about tomorrow.
Tomorrow can worry about itself!
Each day has enough trouble of its own.

On Not Judging Others

^{7:1}Do not judge
so that you will not be judged.
²Because with the judgment that you judge,
you will be judged.
And with the measure that you measure,
it will be measured to you.

The Speck in the Eye

³Why do you see the speck in the eye of your brother,
but you don't perceive the beam in your eye?
⁴Or how can you say to your brother,
"Allow me to take out the speck from your eye,"
and look, the beam is in your eye!?
⁵Hypocrite! First take out the beam from your eye,
and then you can see clearly the speck in the eye of your brother.
⁶Do not give what is holy to dogs,
and don't throw your pearls in front of pigs,
so they don't trample them with their feet
and turning around, they will tear you apart.

Ask, Seek, Knock

⁷Ask and it will be given to you,
seek and you will find,
knock and it will be opened for you.
⁸For everyone who asks will receive,
and the one who seeks will find,
and to the one who knocks, it will be opened.
⁹Or what person is among you who,
when their son asks for bread,
will give him a rock?
¹⁰Or when he asks for a fish,
will give him a snake?
¹¹So then, if you all are bad,
but you know to give good gifts to your children,
how much more will your Father in the skies
give good things to those who ask.

The Golden Rule

¹²So then, everything you desire
that people do to you,
so also you do to them,
for this is the Torah and the Prophets.

The Two Gates and Roads

¹³Enter through the narrow gate.
Because wide is the gate
and broad is the road that leads to ruin,
and those who enter through it are many.
¹⁴How narrow is the gate
and constricted is the road that leads to life,
and those who find it are few.

The Two Trees and Two Prophets

¹⁵Watch out for illegitimate prophets,
who come to you in the clothing of sheep,
but inside they are wolves who snatch.
¹⁶By their fruits you will recognize them.
Do people gather grapes from thorn bushes
or figs from thistles?
¹⁷Similarly, every good tree produces good fruit,
but the diseased tree produces bad fruit.
¹⁸A good tree cannot produce bad fruit,
and a diseased tree cannot produce good fruit.
¹⁹Every tree that does not produce good fruit
is cut down and thrown into the fire.
²⁰So then, by their fruit you will recognize them.
²¹Not everyone who says to me,
"Master, master!"
will enter into the Kingdom of the skies,
but rather the one who does the desire of my Father in the skies.
²²Many will say to me on that day,
"Master, master,
didn't we prophesy in your name,
and cast out demons in your name,
and do many mighty acts in your name?"

²³And then I will confess to them,
 “I have never known you;
 go away from me,
 you who act as if there is no Torah.”

The Two Houses

²⁴So then, everyone who hears these words of mine
 and does them,
 they will be like a wise man
 who built his house on the rock.

²⁵And the rain came down,
 and the rivers came,
 and the winds blew,
 and they fell upon that house,
 but it did not fall,
 because its foundation was on the rock.

²⁶And everyone who hears these words of mine
 and does not do them,
 they will be like a foolish man
 who built his house on the sand.

²⁷And the rain came down,
 and the rivers came,
 and the winds blew,
 and they fell upon that house.
 And it fell,
 and its falling was huge.