

The Sermon on the Mount **(Matthew 5-7; Richard Hooper tr.)**

5 When he saw the crowds he went up the mountain. And when he had sat down, his disciples gathered around him, and opening his mouth ²he taught them, saying:

³Happy are the poor in spirit because the Kingdom of Heaven is theirs.

⁴Happy are the mourners because they will be comforted.

⁵Happy are the timid because they will inherit the earth.

⁶Happy are those who hunger and thirst for justice because they will be fed.

⁷Happy are the merciful because they will receive mercy.

⁸Happy are the pure of heart because they will see God.

⁹Happy are the peacemakers because they will be called the sons of God.

¹⁰Happy are those who have been persecuted for the sake of justice because theirs is the Kingdom of Heaven.

¹¹Happy are you when they revile and persecute you and speak every evil about you for my sake.

¹²Rejoice and exalt because your reward will be great in heaven. For thus they persecuted the prophets before you.

¹³You are the salt of the earth. But if the salt loses its taste, how will it be seasoned? It has no use except to be thrown out and trampled by men.

¹⁴You are the light of the world. A city lying on top of a mountain cannot be hidden. ¹⁵Nor do men light a candle and place it under a basket, but rather upon a candlestick, and it gives light to all in the house. ¹⁶In the same way shine out your light before men so that they may see your good deeds and glorify your Father in heaven.

¹⁷Don't think that I have come to destroy the Law or the Prophets. I have not come to destroy, but to fulfill. ¹⁸Truly I tell you, until heaven and earth pass away, neither one comma nor a single serif will pass from the law until all these things come to pass. ¹⁹Whoever destroys one of the lowliest commandments and so teaches others, he will be called the lowliest in the Kingdom of Heaven. But whoever will obey them and so teach, he will be called great in the Kingdom of Heaven. ²⁰For I tell you that unless your justice is greater than that of the scribes and the Pharisees, you will not enter into the Kingdom of Heaven.

²¹You have heard that it was said by the ancients: "Thou shalt not kill. Whosoever murders shall be brought to judgement." ²²But I tell you that everyone who is angry with his brother will be brought to judgement. Whoever says "Fool!" to his brother will be brought before the Temple Council. Whoever says "Stupid!" will be sent to the fires of hell. ²³For if you bring your offering before the altar and then remember that your brother has something against you, ²⁴abandon your offering there before the altar and go first to make up with your brother, and only then come back to make your offering. ²⁵Make friends with your adversary whenever you meet with him on the road so that your adversary doesn't hand you over to the judge, and the judge to the officer, and you be thrown

into prison. ²⁶I tell you truly, you will not get out until you have paid your last penny.

²⁷You have heard that it was said, “Thou shalt not commit adultery.” ²⁸But I tell you that every man who has looked upon a woman with desire already has committed adultery with her in his heart. ²⁹If your right eye causes you to sin, tear it out and cast it from you. For it is better that you lose one of your parts than that your whole body be cast into hell. ³⁰And if your right hand causes you to sin, cut it off and cast it from you. For it is better that you lose one of your parts than that your whole body go to hell.

³¹It has been said, “Whenever a man would send his wife out of his house, then let him write her a bill of divorcement.” ³²But I tell you that every man who divorces his wife except on a charge of fornication turns her into an adulteress, and whoever marries a divorced woman commits adultery with her.

³³Again, you have heard that it was said by the ancients: “And ye shall not swear by my name falsely, and if a man vow a vow unto the Lord, he shall not break his word.” ³⁴But I tell you, don’t swear at all, neither by heaven because it is the throne of God, ³⁵nor by the earth because it is the footstool for His feet, not by Jerusalem because it is the city of the great king, ³⁶nor by your own head because you cannot make even one hair white or black. ³⁷Let your oath be “Yes, yes” or “No, no.” Anything beyond this is evil.

³⁸You have heard that it has been said, “An eye for an eye, and a tooth for a tooth.” ³⁹But I tell you, do not stand up against evil. But whoever strikes you upon the right cheek, turn the other to him as well. ⁴⁰And if someone wishes to sue you and take your shirt, give him your coat also. ⁴¹And if someone compels you to journey for a mile, go with him for two. ⁴²Give to someone who asks of you, and do not turn away from one who wishes to borrow.

⁴³You have heard that it was said: “Thou shalt love thy neighbor and hate thine enemy.” ⁴⁴But I say to you: Love your enemies and pray for those who persecute you. ⁴⁵Thus you will be the sons of your Father, who makes His sun rise over the evil and the good and sends rain upon the just and the unjust. ⁴⁶For if you love those who love you, what reward will you have? Do not even the publicans do the same? ⁴⁷And if you greet only your brother, what do you do more than others? Do not even the gentiles do the same? ⁴⁸Therefore be perfect, as your father in heaven is perfect.

6 Beware showing off your righteousness before men or you will not have a reward from your Father in heaven.

²Therefore, when you give charity, do not blow your own horn, as the hypocrites do in the synagogues and in the streets so that they might be honored by men. Truly I tell you, they have their reward. ³When you give charity, don’t let your left hand know what your right hand is doing ⁴so that your charity may be in secret. And your Father, observing you in secret, will reward you.

⁵And when you pray, don’t be like the hypocrites. They love to pray standing in the synagogues and on street corners so that they might be seen by men. Truly I tell you, they have their reward.

⁶But when you pray, go into your cellar, shut the door, and pray to your Father in secret. And your Father, observing you in secret, will reward you.

⁷When you pray, don’t babble like the gentiles. For they imagine that in their wordiness they will be heard favorably. ⁸Do not imitate them! For your Father knows what you need before you ask him.

⁹Therefore, pray as follows:

Our Father who are in heaven,
may your name be sanctified!

¹⁰May your kingdom come,
may your will be accomplished
upon the earth, just as it is in heaven.

¹¹Give us the bread we need every day

¹²and forgive us our sins
as we forgive those who have sinned against us.

¹³And do not lead us into temptation,
but save us from evil.

¹⁴ For if you forgive men their wrongs, your Father in heaven will forgive you. ¹⁵But if you do not forgive men, neither will your Father pardon your sins.

¹⁶And when you fast, don't put on a sad face like the hypocrites. For they disfigure their faces so that men might notice their fasting. Truly I tell you, they have their reward. ¹⁷But when you fast, anoint your head and wash your face ¹⁸so that your fasting may not be apparent to men, but rather to your Father secretly. And your Father, observing you secretly, will reward you.

¹⁹Do not store up your treasures upon the earth, where moths and rust consume them and where thieves break in and steal. ²⁰Store up your treasures in heaven, where neither moths nor rust consume them, and where thieves neither break in nor steal. ²¹For where your treasure is, there will your heart be also.

²²The lamp of the soul is the eye. If therefore your eye is sound, your whole body will be full of light. ²³But if your eye is evil, your whole body will be full of darkness. And if the light within you is darkness, how great is that darkness?

²⁴No man can be slave to two masters. For either he will hate one and love the other, or he will be devoted to one and think little of the other. You cannot serve God and money.

²⁵Therefore I say to you: Do not let your soul worry about what you will eat or what you will drink, nor your body about what you will wear. Is not the soul worth more than food and the body more than clothes? ²⁶Look at the birds of the sky, how they neither plant nor harvest nor store up in barns, but your heavenly Father feeds them. Are you not worth more than they are? ²⁷Who of you by worrying can add one foot to his height? ²⁸And why do you worry about your clothes? Consider the lilies of the field and how they grow! They neither toil away nor spin yarn. ²⁹But I tell you that not even Solomon in all his glory was decked out like one of them. ³⁰And if God so clothes the grass of the field, which is here today and cast into the oven tomorrow, will he not clothe you all the more, you people of little faith? ³¹Therefore don't worry and say, "What will we eat? What will we drink? What will we put on?" ³²Those are all things that the gentiles crave. For your heavenly Father knows that you need them. ³³Seek first the Kingdom of God and His righteousness, and all these things will be granted you. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day's evil is evil enough.

⁷ Do not judge so that you will not be judged. ²For you will be judged by the judgement you make, and you will be measured by the measurement you take. ³Why do you look at the speck in your brother's eye but don't notice the two-by-four in your own eye? ⁴Or how can you say to your

brother, “Remove the speck from your eye!” when—look!—there is a two-by-four in yours!

⁵Hypocrite! First take the two-by-four out of your own eye, and then you can see clearly enough to take out the speck from your brother’s eye.

⁶Do not give what is holy to dogs nor scatter your pearls before pigs lest they trample on them with their feet and turn to gore you.

⁷Ask, and it will be given to you. Search, and you will find. Knock, and the door will be opened.

⁸For everyone who asks will receive, and everyone who seeks will find, and to everyone who knocks the door will be opened.

⁹Is there a man among you who, when his son asks for bread, would give him a stone? ¹⁰Or when he asks for a fish would give him a snake? ¹¹Therefore if you, evil as you are, know how to give good gifts to your children, how much more will your Father who is in heaven give good gifts to those who ask Him?

¹²Treat men just as you would wish them to treat you. For that is the Law and the Prophets.

¹³Enter through the narrow gate. For wide is the gate and easy the road leading to destruction, and many are those who proceed upon it. ¹⁴For narrow is the gate and tortuous is the road leading to life, and few are those who find it.

¹⁵Turn away from false prophets, who come to you in sheep’s clothing, but inside they are ravenous wolves. ¹⁶You will know them from their fruits. Do men gather grapes from thorns, or figs from thistles? ¹⁷Thus every good tree bears beautiful fruit, but the worthless tree bears evil fruits. ¹⁸The good tree cannot bring forth evil fruits, nor the worthless tree beautiful fruits. ¹⁹Every tree not bearing beautiful fruit is chopped down and cast into the fire. ²⁰Thus from their fruits you will know them.

²¹Not everyone saying to me, “Lord, Lord!” will enter into the Kingdom of Heaven, but rather whoever carries out the will of my Father in heaven. ²²Many will say to me today, “Lord, Lord, have we not prophesied in your name, and have we not cast out demons in your name, and have we not performed miracles in your name?” ²³And then I shall confess to them that “I have never known you. Get away from me, you sinners!”

²⁴Whoever hears these words of mine and acts upon them will be like the wise man who has built his house upon the rock. ²⁵And the rains came down and the rivers rose and the winds blew and they fell upon that house. And it did not fall, for its foundations had been laid upon the rock. ²⁶And whoever hears these words of mine and does not act upon them will be like the foolish man who has built his house upon the sand. ²⁷And the rains came down and the rivers rose and the winds blew and they dashed against that house. And it fell, and its fall was great.

²⁸And when Jesus ended his speech, the crowds were amazed at his teaching. ²⁹For he taught like someone with authority, and not like the scribes.