



**It is the weak who are cruel. Gentleness can only be expected  
from the strong.** Leo Rosten

*“the little ones” - the lowly  
the powerless*

**are often**

preyed on by

**strong**

**POWERFUL**

**wealthy**

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*Honourable are the meek,  
for they will inherit the earth*

*One kind word can warm three winter months*

Japanese proverb

**The gentle have nothing to prove**

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.” Mt

11:28-30

عَفْهَلَه تَبْر حَلْفَه . هَلْبَه مَحْر : اَتَبَد كُرْ .

am I tranquil that me from learn and ; you upon yoke my take

هَمَحْبِي كُرْ نَلْز : هَمَحْتَسَم كُرْ اَه . نُسُك

tranquillity you find will and ; heart my in am I gentle/lowly and

لِبْعَبْجَه .

being inmost your in

*The Peshitta, Mt 11:29*

His burden is light because it is not weighed down by desires and the need to accumulate and control

Jesus' tranquillity is not conforming, but seeing himself 'warts and all' and accepting his shadow side.

Does not need group membership for identity

**<sup>6</sup> Honourable are those who hunger and thirst for righteousness, for they will be filled.**

Psalm 42:1–2 (NRSV)

<sup>1</sup> As a deer longs for flowing streams,  
so my soul longs for you, O God.

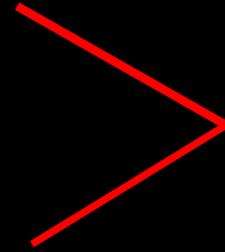
<sup>2</sup> My soul thirsts for God,  
for the living God.

When shall I come and behold  
the face of God?

Psalm 63:1 (NRSV)

<sup>1</sup> O God, you are my God, I seek you,  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no  
water.

Hunger  
and  
Thirst



*BASIC*  
*GUT LEVEL*

Yearn

for what is

RIGHT

GOOD

JUST

*Honourable are those who hunger and thirst for what is good, for they will be filled*

**Affirm the positive**

Seeking and finding goodness everywhere is a measure of mental health

A truly good person seeks neither praise nor reward

## **7 Honourable are the merciful, for they will be shown mercy**

A little bit of mercy  
makes the world less  
cold and more just.

Pope Francis

We are all called to be  
healers, to restore  
others

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**No one who conceals  
transgressions will prosper,  
but one who confesses and  
forsakes them will obtain mercy.**

Proverbs 28:13

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## **<sup>8</sup> Honourable are the clean of heart, for they will see God**

Truly God is good to the upright  
- to those who are pure in heart Ps 73:1

<sup>32</sup> because your voice has surely been heard by the Most High; for the Mighty One has seen your uprightness and has also observed the purity that you have maintained from your youth.

2 Esdras 6:32 (NRSV)

**9 Honourable are the peacemakers, for they will be called children of God.**

*Peacemakers  
promote  
harmony*

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“Each one of us is called to be an artisan of peace, by uniting and not dividing, by extinguishing hatred and not holding on to it, by opening paths to dialogue and not by constructing new walls! Let us dialogue and meet one another in order to establish a culture of dialogue in the world, a culture of encounter.”

Pope Francis, The Church of Mercy

**‘Injustice lives in the  
unquiet heart’** Nath Jones

# שְׁלוֹם

אֵין-מְתֵם בְּבִשְׂרִי מִפְּנֵי זַעֲמֶךָ אֵין-שְׁלוֹם בְּעַצְמֵי מִפְּנֵי חַטָּאתִי:

There is no soundness in my flesh because of your rage  
there is no wholeness (**shalom**) in my bones because of my sin  
Ps 38:4

וַיֵּדַעַתָּה כִּי-שְׁלוֹם אֶהְיֶה

You shall know that your tent is safe/secure (**shalom**). Job 5:24

יָבוֹא שְׁלוֹם יְנוּחוּ עַל-מִשְׁכְּבוֹתֵם הַלֵּךְ נֹכְחוֹ:

Isa 57:2

He comes into peace (**shalom**): they will rest on their  
couches, whoever walks in uprightness Isa 57:12

וַיִּשְׁאַל לָהֶם לְשָׁלוֹם וַיֹּאמֶר הַשָּׁלוֹם אֲבִיכֶם הַזֶּקֶן אֲשֶׁר  
אָמַרְתֶּם הָעוֹדֵנּוּ חַי:

Gen 43:27

And he asked them about their welfare (**shalom**) and said is your father well (**shalom**), the old man of whom you spoke? Is he still alive?

גַּם-אִישׁ שְׁלוֹמִי אֲשֶׁר-בָּטַחְתִּי בּוֹ אוֹכַל לַחֲמִי  
הַגִּדִיל עָלַי עֵקֶב

Ps 41:10

Even my dear friend (the man of my **shalom**) , whom I trusted, even he who ate my bread has lifted his heel against me

סוֹר מִרָע וַעֲשֵׂה-טוֹב בִּקְשׁ שְׁלוֹם וְרַדְפָּהוּ

Ps 34:15

Turn aside from evil and do good; seek integrity/wholeness (**shalom**) and pursue it

מוֹסֵר שְׁלוֹמֵנוּ עָלָיו וּבַחֲבֵרָתוֹ נִרְפָּא-לָנוּ

Isa 53:5

The chastisement for our wholeness (**shalom**) is upon him and by his wounds we are healed

Upon him was the punishment that made us whole

Shalom

is a by-product of

wholeness

maturity

security

fulfillment

t

completeness

Shalom people

are not driven to intolerance  
by fear of losing control

dare to take risks and actually grow up

When I was a child, I spoke like a child, I thought like a child, I  
reasoned like a child; when I became an adult,  
I put an end to childish ways.

1 Cor 13:11

The Aramaic/Syriac ܥܠܡ ܥܠܡܝܢ

carry the same semantic values

ܥܠܡ

Be finished, complete,  
whole, sound, fulfilled, perfect,  
entire, regain health

ܥܠܡܝܢ ܥܠܡ

Peace, completeness,  
fulfilment, wholeness,  
safety, security, health,  
welfare, friendship

*Analytical Lexicon of the Syriac New Testament: Based on the SEDRA 3 Database of George Anton Kiraz. Bellingham, WA: Logos Bible Software, 2003.*

Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.

Henri Nouwen

The life of inner peace, being harmonious and without stress, is the easiest type of existence.

Norman V. Peale

Peace comes from within. Do not seek it without. Gautama Buddha

For peace of mind, resign as general manager of the universe.

Larry Eisenberg

Where there is peace and meditation, then there is neither anxiety nor doubt.

Francis of Assisi

**<sup>10</sup> Honourable are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.**

Isaiah 51:7–8 (NRSV)

<sup>7</sup> Listen to me, you who know righteousness,  
you people who have my teaching in your hearts;  
do not fear the reproach of others,  
and do not be dismayed when they revile you.

<sup>8</sup> For the moth will eat them up like a garment,  
and the worm will eat them like wool;  
but my deliverance will be forever,  
and my salvation to all generations.

<sup>10</sup> And all the blessings destined for them I have recounted in the books. And He hath assigned them their recompense, because they have been found to be such as loved heaven more than their life in the world, and though they were trodden under foot of wicked men, and experienced abuse and reviling from them and were put to shame, yet they blessed Me. 1 Enoch 108:10

**11 Honourable are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of me.**

**12 Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you.**

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**15** The Lord, the God of their ancestors, sent persistently to them by his messengers, because he had compassion on his people and on his dwelling place; **16** but they kept mocking the messengers of God, despising his words, and scoffing at his prophets, until the wrath of the Lord against his people became so great that there was no remedy. 2 Chron 36:15-16

**13 "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot.**

Faithful Jews are the seasoning and preservative for the land of Israel

ברית מלח covenant of salt

Salt = symbol of permanence

~ used in all sacrifices

The committed disciple flavours the lives of others

Tasteless salt has no value      A disciple without commitment lacks value

Matthew 5:14–16 (NRSV)

<sup>14</sup> “You are the light of the world. A city built on a hill cannot be hid. <sup>15</sup> No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. <sup>16</sup> In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

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*The lifestyle of the disciple should be a beacon of goodness*

Isaiah 49:6 (NRSV)

<sup>6</sup> “It is too light a thing that you should be my servant

to raise up the tribes of Jacob  
and to restore the survivors of Israel;  
I will give you as a light to the nations,  
that my salvation may reach to the end of  
the earth.”

Matthew 5:17–20 (NRSV)

<sup>17</sup> “Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. <sup>18</sup> For truly (**amen**) I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. <sup>19</sup> Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven.

**Jesus is not starting something new**

~ **he reinforces dedication to the Torah of Moses**

By Jekuthiel Sofer [Public domain], via Wikimedia Commons

**Torah** is the Jewish way to God

*No suggestion of dismissing the Torah*

# Ten Commandments

## Summary of the covenant stipulations binding Israel

<sup>3</sup>“Thus you shall say to the house of Jacob, and tell the Israelites:

<sup>4</sup> You have seen what I did to the Egyptians, and how I bore you on eagles’ wings and brought you to myself.

<sup>5</sup> Now therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples. Indeed, the whole earth is mine,

<sup>6</sup> but you shall be for me a priestly kingdom and a holy nation. These are the words that you shall speak to the Israelites.”

Exodus

19:3–6

**They are the terms of the covenant relationship**

<sup>28</sup> He was there with the LORD forty days and forty nights; he neither ate bread nor drank water. And he wrote on the tablets the words of the covenant, the ten words. Exodus 34:28

אֵת דְּבָרֵי הַבְּרִית עֲשֶׂרֶת הַדְּבָרִים:

words ten the

**5** Moses convened all Israel, and said to them: Hear, O Israel, the statutes and ordinances that I am addressing to you today; you shall learn them and **observe** (keep) them diligently. <sup>2</sup> The LORD our God made a covenant with us at Horeb. <sup>3</sup> Not with our ancestors did the LORD make this covenant, but with us, who are all of us here alive today. Deuteronomy 5:1–3 (NRSV)

<sup>11</sup> I will place my dwelling in your midst, and I shall not abhor you.

<sup>12</sup> And I will walk among you, and will be your God, and you shall be my people. <sup>13</sup> I am the LORD your God who brought you out of the land of Egypt, to be their slaves no more; I have broken the bars of your yoke and made you walk erect.

Leviticus 26:11–13

Deeply relational language

<sup>97</sup> Oh, how I love your law!

It is my meditation all day long.

<sup>98</sup> Your commandment makes me wiser than  
my enemies,  
for it is always with me.

Psalm 119:97–98 (NRSV)

<sup>163</sup> I hate and abhor falsehood,  
but I love your law.

<sup>164</sup> Seven times a day I praise you  
for your righteous ordinances.

<sup>165</sup> Great peace have those who love your  
law;

nothing can make them stumble.

<sup>166</sup> I hope for your salvation, O LORD,  
and I fulfil your commandments.

<sup>167</sup> My soul keeps your decrees;  
I love them exceedingly.

Psalm 119:163–167 (NRSV)

תּוֹרָה

TORAH

= **instruction**

**Jesus' way of  
respect and love**

**fulfils the spirit of the Decalogue**

<sup>20</sup> For I tell you,  
unless your  
righteousness  
exceeds that of the  
scribes and  
Pharisees, you will  
never enter the  
kingdom of heaven.

**Scribes**

*Torah-teachers*

*sofrim*

Primary students  
and teachers of  
Torah

**Pharisees**

A party of Jewish  
laymen dedicated to  
the study of Torah and  
strict observance of  
purity regulations

**JESUS**

is demanding a higher level of  
spiritual attitude and behaviour

Matthew 5:21–22 (NRSV)

<sup>21</sup> “You have heard that it was said to those of ancient times, ‘You shall not murder’; and ‘whoever murders shall be liable to judgment.’ <sup>22</sup> But I say to you that if you are angry with a brother or sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, ‘You fool,’ you will be liable to the hell (**Gehenna**) of fire.

Lip-service to Torah is not  
good enough

Jesus refers to anger that  
leads to verbal and even  
physical abuse

**Hinnom Valley**

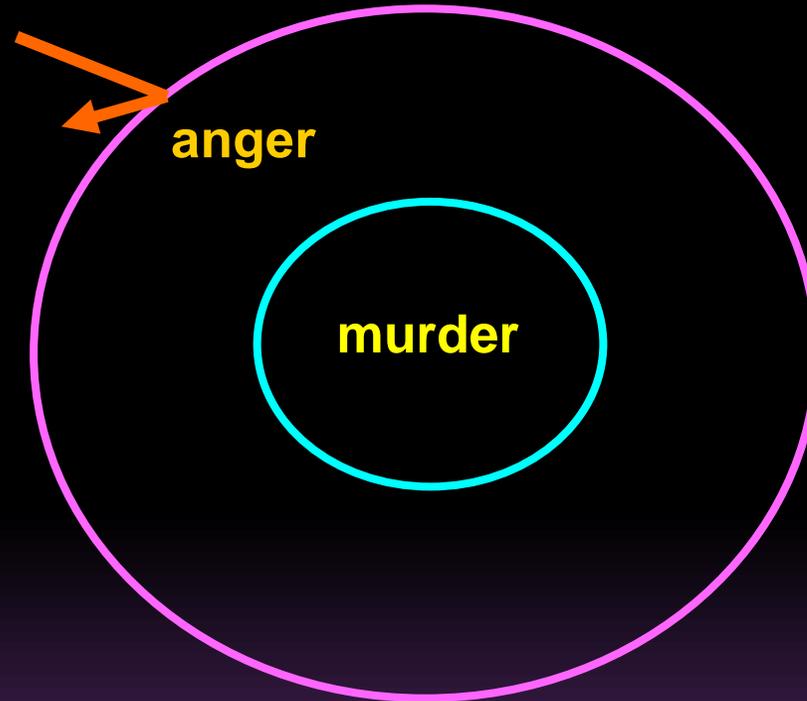
גיא בן-היננום

**Valley of the son of Hinnom**

**JESUS**

uses a Pharisaic principle

**Build a fence around the Law**



סיג לתורה

Seyag la-Torah

**This principle protects Torah**

**<sup>23</sup> Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, <sup>24</sup> leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. <sup>25</sup> Settle with your opponent quickly while on the way to court with him. Otherwise your opponent will hand you over to the judge, and the judge will hand you over to the guard, and you will be thrown into prison. <sup>26</sup> Amen, I say to you, you will not be released until you have paid the last penny.**

*Interpersonal  
reconciliation  
above  
correct ritual*

Matthew 5:27–30 (NRSV)

<sup>27</sup> “You have heard that it was said, ‘You shall not commit adultery.’ <sup>28</sup> But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart.

Male initiative driven by lust that leads a woman astray is the issue here

Jesus opposes divorce to protect the marriage and family and save innocent partners from betrayal

<sup>29</sup> If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. <sup>30</sup> And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell (Gehenna).

*The power of Semitic exaggeration*

Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.

Khalil Gibran

People may hear your words but they feel your attitude.

John C. Maxwell



Matthew 5:31–37 (NRSV)

(Mt 19:9; Mk 10:11–12; Lk 16:18)

<sup>31</sup> “It was also said, ‘Whoever divorces his wife, let him give her a certificate of divorce.’

<sup>32</sup> But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery.

Jesus' exception exonerates those who want to save their marriage but whose partner effectively dissolves the marriage through infidelity, abandonment or abuse.

Jesus

is expressing the ideal without going into the human 'what ifs'

1 Corinthians 7:10–15 (NRSV)

<sup>10</sup> To the married I give this command—not I but the Lord—that the wife should not separate from her husband <sup>11</sup> (but if she does separate, let her remain unmarried or else be reconciled to her husband), and that the husband should not divorce his wife.

<sup>12</sup> To the rest I say—I and not the Lord—that if any believer has a wife who is an unbeliever, and she consents to live with him, he should not divorce her.

<sup>13</sup> And if any woman has a husband who is an unbeliever, and he consents to live with her, she should not divorce him. <sup>14</sup> For the unbelieving husband is made holy through his wife, and the unbelieving wife is made holy through her husband. Otherwise, your children would be unclean, but as it is, they are holy. <sup>15</sup> But if the unbelieving partner separates, let it be so; in such a case the brother or sister is not bound. It is to peace that God has called you.

## Paul

- does not interpret Jesus absolutely
- adopts a pastoral approach to a real situation

<sup>33</sup> “Again, you have heard that it was said to those of ancient times, ‘You shall not swear falsely, but carry out the vows you have made to the Lord.’ <sup>34</sup> But I say to you, Do not swear at all, either by heaven, for it is the throne of God, <sup>35</sup> or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. <sup>36</sup> And do not swear by your head, for you cannot make one hair white or black. <sup>37</sup> Let your word be ‘Yes, Yes’ or ‘No, No’; anything more than this comes from the evil one.

Jesus is prohibiting vain oaths,  
swearing oaths with little  
intention or over trivial matters

“Let your ‘no’ and ‘yes’ both be righteous  
(i.e., straightforward).”

Bava Metzia 49a

Bottom line: Always show respect

be honest and straightforward in your  
relationships