

Sacred Trek

The Commands of Jesus

47 Commands from the Four Gospels

His commands are not restrictions.

They are guardrails that allow you to move freely
without falling off the Way.

He gives them not to limit but to liberate.

"If you love me, you will keep my commandments." — John 14:15

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How to use this resource: Take one entry at a time. Read the text slowly. Sit with the reflective prompt. Do not rush to the next. This is prayer, not reading.

The Commands · Group I

Come

Jesus invites — and the invitation is a command

Every "Come" of Jesus is simultaneously an invitation and a commission. He does not compel. He calls. But the call has the character of a command — it expects a response, it changes the one who answers, and it leads somewhere specific.

✠ ***“Come, follow me.”***

Matthew 4:19

This is where it begins. Set down what you are holding and follow.

✠ ***“Come to me, all who labor and are heavy laden, and I will give you rest.”***

Matthew 11:28

Name the burden. Then come with it — not after you have put it down.

✠ ***“Come and see.”***

John 1:39

He does not explain first. He invites you to see for yourself.

✠ ***“Come away by yourselves to a desolate place and rest a while.”***

Mark 6:31

Rest is not laziness. Jesus commands it. When did you last obey this?

✠ ***“Come, you who are blessed by my Father, inherit the kingdom.”***

Matthew 25:34

The final invitation — to those who fed, clothed, and visited. Are you coming?

✠ ***“Take my yoke upon you, and learn from me, for I am gentle and lowly in heart.”***

Matthew 11:29

His yoke is easy — but it is still a yoke. What does it mean to wear it today?

✠ ***“Let the little children come to me and do not hinder them.”***

Matthew 19:14

What childlike quality have you lost that he wants to restore?

The Commands · Group II

Be

Jesus commands interior transformation, not just external action

The "Be" commands of Jesus are the most demanding because they address what we are, not merely what we do. They do not describe behaviors — they describe persons. The standard is always his own person: "Be merciful, as your Father is merciful."

✠ ***“Be not afraid.”***

Matthew 14:27

Name what frightens you specifically. Now hear him say this to that.

✠ ***“Be reconciled to your brother.”***

Matthew 5:24

Before the offering. Before the prayer. First, be reconciled. Who needs a word from you?

✠ ***“Be perfect, as your heavenly Father is perfect.”***

Matthew 5:48

The Greek teleios means whole and complete. What is still unfinished in you?

✠ ***“Be merciful, even as your Father is merciful.”***

Luke 6:36

Not fair. Not balanced. Merciful — which gives more than is deserved. To whom?

✠ ***“Be on your guard against all covetousness.”***

Luke 12:15

What do you want that belongs to someone else — their life, their peace, their path?

✠ ***“Be watchful, keep alert; for you do not know when the time will come.”***

Mark 13:33

For what? For whom? Where does your life require more wakefulness?

✠ ***“Be wise as serpents and innocent as doves.”***

Matthew 10:16

Both — not one or the other. Where are you naive? Where are you calculating?

✠ ***“Do not be anxious about your life — consider the birds of the air.”***

Matthew 6:25

What specific anxiety are you carrying that this command speaks directly to?

The Commands · Group III

Love

The greatest commands — and the hardest

Jesus reduced the 613 commandments of the Torah to two, then added a third that exceeded both: "Love one another as I have loved you" — not as you love yourself, but as he loved you. The standard is the Cross. These are not suggestions.

✠ ***“You shall love the Lord your God with all your heart and with all your soul and with all your mind.”***

Matthew 22:37

All. Not most. Not when convenient. Where is the part you are withholding?

✠ ***“You shall love your neighbor as yourself.”***

Matthew 22:39

Who is your neighbor today — the one in front of you, not the abstract one?

✠ ***“Love your enemies and pray for those who persecute you.”***

Matthew 5:44

Name the enemy. Then pray for them by name. Start there.

✠ ***“Love one another as I have loved you.”***

John 13:34

The measure is his love — which went to the Cross. Where does your love need to go further?

✠ ***“Do good to those who hate you.”***

Luke 6:27

Not just tolerance. Good. What good could you do for someone who has hurt you?

✠ ***“Bless those who curse you, pray for those who abuse you.”***

Luke 6:28

A specific prayer, for a specific person. Can you pray it now?

✠ ***“Greater love has no one than this: to lay down one's life for one's friends.”***

John 15:13

What would it look like to lay down your life — not dramatically, but today?

The Commands · Group IV

Pray

Jesus commands prayer — not as option but as oxygen

Jesus did not suggest prayer. He assumed it, modelled it, and commanded it. "When you pray" — not "if." The commands about prayer are specific: ask, seek, knock, watch, persevere, pray in secret. Prayer is the means of the mission, not preparation for it.

✠ ***“Watch and pray that you may not enter into temptation.”***

Matthew 26:41

What temptation requires more watchfulness from you right now?

✠ ***“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened.”***

Matthew 7:7

What have you stopped asking for? What have you given up seeking?

✠ ***“Pray for those who persecute you.”***

Matthew 5:44

This is a command, not a counsel. Who have you not yet prayed for by name?

✠ ***“When you pray, go into your room and shut the door and pray to your Father who is in secret.”***

Matthew 6:6

Where is your room? When did you last shut the door?

✠ ***“Pray then like this: Our Father in heaven, hallowed be your name.”***

Matthew 6:9

He gave us the words. Do you say them as though you mean them?

✠ ***“When you stand praying, forgive, if you have anything against anyone.”***

Mark 11:25

Before the prayer is finished — not after. Is there anyone you need to forgive mid-prayer?

✠ ***“Pray earnestly to the Lord of the harvest to send out laborers into his harvest.”***

Matthew 9:38

Have you prayed this prayer? Have you considered that you might be the answer?

✠ ***“Stay awake at all times, praying that you may have strength.”***

Luke 21:36

For what do you need strength that only prayer can give?

The Commands · Group V

Go

Jesus sends — to the world, to the neighbor, to the sinner

The mission of Jesus is always outward. He came to seek and save the lost — and he sends his disciples with the same movement. "As the Father has sent me, even so I am sending you." Every "Go" of Jesus assumes that the one sent is already being formed by the One who sends.

✠ ***“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.”***

Matthew 28:19

This is the Great Commission — addressed to you. What nation, neighborhood, or person is yours?

✠ ***“Go and sin no more.”***

John 8:11

He said this after everyone else had left. He says it to you after your confession. Now go.

✠ ***“Go, sell what you possess and give to the poor, and come, follow me.”***

Matthew 19:21

He said this to the rich young man, who went away sad. What would you go away sad about?

✠ ***“Feed my sheep.”***

John 21:17

He said this to Peter three times. Who are the sheep entrusted to you?

✠ ***“Go into all the world and proclaim the gospel to the whole creation.”***

Mark 16:15

Your world. What does proclaiming look like in your ordinary day?

✠ ***“Go and do likewise.”***

Luke 10:37

He said this at the end of the Good Samaritan. The parable has ended. The command remains.

✠ ***“Go; let it be done for you as you have believed.”***

Matthew 8:13

The centurion believed before he saw. What word are you being sent with?

✠ ***“Go and tell what you hear and see: the blind receive their sight and the lame walk.”***

Matthew 11:4-5

What evidence of God's work could you report to someone in doubt?

The Commands · Group VI

Do

Jesus commands concrete, sacramental, and transforming acts

These are the commands that take the hands and the feet, not just the heart. "Do this in memory of me." "Wash one another's feet." "Let your light shine." The Christian life is not only interior. It becomes visible — in act, in sacrament, in witness.

✠ ***“Do this in remembrance of me.”***

Luke 22:19

Every Mass is the answer to this command. Are you truly present when you are present?

✠ ***“Let your light shine before others, so that they may see your good works and give glory to your Father.”***

Matthew 5:16

Not for your glory — so that they may see his. What light in you is being hidden?

✠ ***“Repent, for the kingdom of heaven is at hand.”***

Matthew 4:17

His first public command. Not a one-time act but a direction of life. What needs turning from today?

✠ ***“If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet.”***

John 13:14

He made it concrete. Whose humbling service do you owe?

✠ ***“Forgive, and you will be forgiven.”***

Luke 6:37

It is a command and a promise in the same breath. What unforgiveness are you still holding?

✠ ***“Do not resist the one who is evil. If anyone slaps you on the right cheek, turn to him the other also.”***

Matthew 5:39

Not passivity — active non-retaliation. Where does your instinct toward revenge most need this?

✠ ***“Give to the one who begs from you, and do not refuse the one who would borrow from you.”***

Matthew 5:42

Who is begging from you right now — for money, time, attention, or presence?

✠ **“When you give to the needy, do not let your left hand know what your right hand is doing.”**

Matthew 6:3

What giving in your life has become entangled with the desire to be seen giving?

✠ **“Receive the Holy Spirit.”**

John 20:22

He breathed on them and said this. He breathes on you. Are you receiving what he gives?



One question. One command. One week.

This material is not meant to be read through at once. Take one entry. Carry it through your day. Return to it before sleep. Let it surface in ordinary moments.

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