1 When Jesus saw the crowds, he went up on the mountain and sat down. His followers came to him. 2 This is what he started teaching them:

Being Happy

3 “The people who are broken in spirit are happy, because the kingdom of heaven belongs to THEM.

4 The people who are sad now will be happy, because THEY will be comforted.

5 Humble people are happy, because the earth will be given to THEM.

6 People who are hungry and thirsty for what is right are happy, because THEY will be filled.

7 People who give mercy to others are happy, because THEY will receive mercy.

8 People who have pure hearts are happy, because THEY will see God.

9 People who make peace are happy, because THEY will be called the sons of God.

10 The people who have been persecuted because they were doing right are happy, because the kingdom of heaven belongs to THEM.

11 “You will be happy when people insult you, persecute you, and tell all kinds of lies against you because of ME. 12 You should rejoice and be very glad, because you will have great rewards in heaven. This was the way your ancestors persecuted the prophets before you.”
Losing Your Influence

13 “You are the salt of the earth, but if the salt loses its salty taste, then it is no good. You cannot make it salty again. It is good for nothing. It is thrown outside where people walk on it.

14 “You are light for the world. It is not possible to hide a city which is sitting on a hill. 15 No one lights a lamp and then puts it under a basket. Instead, he puts the lamp on a lamp table, and it shines for everyone in the house. 16 So, let your light shine in front of people, so that they will see the good things you do. Then they will give glory to your Father, who is in heaven.”