

FORTY SAYINGS OF JESUS, IN HIS OWN WORDS

THE JESUS

40

Truths

VOLUME FIVE · THEJESUS40.COM

You received without payment; give without payment.

MATTHEW 10:8

This book is free, and it is always will be.

Copy it, print it, read it aloud, hand it to anyone who will read it. Nothing on thejesus40.com has ever been for sale.

This is the fifth volume of The Jesus 40. It is written to be read after the 40-day journey and the Parables, Commands and Freedom 40 Masterclasses, and it is short enough to be read before any of them.

All scripture quotations are drawn from the four gospels: Matthew, Mark, Luke and John.

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*The words that I have spoken to you
are spirit and life.*

JOHN 6:63

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Before You Begin

He never wrote a book. He left sentences.

Short enough to carry, sharp enough to change the shape of a day. People who heard them once repeated them for the rest of their lives, and two thousand years later they are still the most quoted words in human history.

What follows is 40 of them. Not the stories, not the arguments, just the lines. Each one appears in his own words, followed by a short note on what it lands on and one thing to do with it today. Read one a day, read all 40 in a sitting, or keep the four that will not leave you alone.

This is the fifth volume of The Jesus 40. It is the shortest one, and it is the one you can carry.

Scripture appears in italic, exactly as it reads, with the reference beneath it. Why It Lands and Carry It Today are notes, not scripture, and are never presented as his words.

PART I

What Is True

How to tell the real from the rehearsed

TRUTHS 1 TO 8

The Truth Will Make You Free

JOHN 8:31-32

If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free.

WHY IT LANDS

Notice the order. Continue first, know second, free third. The truth is not handed to the curious, it is handed to the committed.

CARRY IT TODAY

Pick one thing he said and do it today before you decide whether you believe it.

Do It and You Will Know

JOHN 7:17

Anyone who resolves to do the will of God will know whether the teaching is from God or whether I am speaking on my own.

WHY IT LANDS

This is the offer that makes everything else testable. Do it and see. Nobody has to settle the argument in advance.

CARRY IT TODAY

Name the teaching you have been arguing about and try it for a week instead.

The Wind Blows Where It Chooses

JOHN 3:8

The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.

WHY IT LANDS

You cannot see wind. You can only see what it moves. The same is true of a changed life, which is why the evidence always shows up downstream.

CARRY IT TODAY

Stop asking for proof before movement. Look at what has already changed in you.

THE JESUS 40 · TRUTH 4

Known by Their Fruits

MATTHEW 7:16

You will know them by their fruits.

WHY IT LANDS

Six words that end most religious arguments. Not by what they claim, not by what they know, by what grows.

CARRY IT TODAY

Judge one situation today by what it has actually produced, not by what it claims.

Out of the Abundance of the Heart

LUKE 6:45

The good person out of the good treasure of the heart produces good, and the evil person out of evil treasure produces evil, for it is out of the abundance of the heart that the mouth speaks.

WHY IT LANDS

Your mouth is not the problem. Your mouth is the readout. Whatever fills you up eventually spills.

CARRY IT TODAY

Listen to what came out of your mouth this week and ask what it says about what is in you.

Nothing Stays Covered

LUKE 12:2

*Nothing is covered up that will not be uncovered
and nothing secret that will not become known.*

WHY IT LANDS

Every hidden thing is on a timer. That is either the most frightening line he ever said or the most freeing, depending on how tired you are of hiding.

CARRY IT TODAY

Name one thing you are hiding. Tell one person you trust today.

The House on Rock

MATTHEW 7:24

Everyone, then, who hears these words of mine and acts on them will be like a wise man who built his house on rock.

WHY IT LANDS

Two builders, same storm, different foundation. The only thing separating them is that one of them acted.

CARRY IT TODAY

Take one teaching you already agree with and act on it before the day ends.

My Words Will Not Pass Away

MARK 13:31

*Heaven and earth will pass away, but my words
will not pass away.*

WHY IT LANDS

A carpenter with no book, no army and no office said this out loud. Two thousand years later you are reading it.

CARRY IT TODAY

Write one of his sentences somewhere you will see it every morning this week.

PART II

What You Are Worth

What he said about you before you had done anything

TRUTHS 9 TO 16

The Salt of the Earth

MATTHEW 5:13

You are the salt of the earth, but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything but is thrown out and trampled under foot.

WHY IT LANDS

Salt is not the meal. It is the small thing that makes the meal taste like something. He never asked you to be the whole world, only to change the flavor of your corner of it.

CARRY IT TODAY

Do one small thing today that changes the flavor of the room you are in.

THE JESUS 40 · TRUTH 10

The Light of the World

MATTHEW 5:14

You are the light of the world. A city built on a hill cannot be hid.

WHY IT LANDS

He said this to fishermen and tax collectors, not to scholars. Whatever you think you are, he had already decided what you were for.

CARRY IT TODAY

Stop dimming. Say the true thing you were going to keep quiet about.

Look at the Birds

MATTHEW 6:26

Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

WHY IT LANDS

He answers anxiety with birdwatching. It sounds naive until you notice he is not promising an easy life, he is correcting your estimate of your own worth.

CARRY IT TODAY

Go outside for five minutes and stop solving. Let the worry sit unsolved.

More Joy Over One

LUKE 15:7

Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.

WHY IT LANDS

Heaven does not celebrate the streak. It celebrates the turn. Whatever you have done, coming back is the part that gets the party.

CARRY IT TODAY

If you have been away, come back today. Not next week.

Neither Do I Condemn You

JOHN 8:11

Neither do I condemn you. Go your way, and from now on do not sin again.

WHY IT LANDS

He refuses to condemn her and he refuses to pretend. Most people will offer you one half or the other, and you need both.

CARRY IT TODAY

Tell someone the truth about what they did, then tell them you are not holding it.

Who the Physician Came For

MARK 2:17

*Those who are well have no need of a physician,
but those who are sick; I have come to call not the
righteous but sinners.*

WHY IT LANDS

The entrance requirement is need, not merit. If you feel unqualified, you have just read your invitation.

CARRY IT TODAY

Stop qualifying yourself. Bring the part of you that is not fixed yet.

The Sabbath Was Made for You

MARK 2:27

The Sabbath was made for humankind and not humankind for the Sabbath.

WHY IT LANDS

The rule was built to serve the person, not the other way around. He is telling you where you rank against the system, and it is higher than you were told.

CARRY IT TODAY

Find the rule you have been serving and ask whether it is still serving anyone.

THE JESUS 40 · TRUTH 16

Life, and Have It Abundantly

JOHN 10:10

I came that they may have life and have it abundantly.

WHY IT LANDS

Not a longer life. Not an easier one. More of it, right where you are standing.

CARRY IT TODAY

Ask what part of your week is survival and what part is actually life.

PART III

How to Love

The one thing he asked to be known by

TRUTHS 17 TO 24

THE JESUS 40 · TRUTH 17

By This Everyone Will Know

JOHN 13:35

By this everyone will know that you are my disciples, if you have love for one another.

WHY IT LANDS

He named one marker and it was not doctrine, dress or volume. He handed the world a test and then let the world be the judge.

CARRY IT TODAY

Do one thing for someone today that only makes sense if you love them.

THE JESUS 40 · TRUTH 18

Do to Others

MATTHEW 7:12

In everything do to others as you would have them do to you, for this is the Law and the Prophets.

WHY IT LANDS

Every rule anyone ever wrote, compressed into one line you can apply in a parking lot. In everything is the hard part.

CARRY IT TODAY

Before you send the message, read it as if it were coming to you.

THE JESUS 40 · TRUTH 19

Love Your Enemies

MATTHEW 5:44

But I say to you, love your enemies and pray for those who persecute you.

WHY IT LANDS

This is the line that separates him from every reasonable ethic on offer. Anyone can love the people who love back.

CARRY IT TODAY

Pray by name for the person you would least like to see succeed.

THE JESUS 40 · TRUTH 20

No Greater Love

JOHN 15:13

No one has greater love than this, to lay down one's life for one's friends.

WHY IT LANDS

Love has a ceiling, and it is not a feeling, it is a cost. He said this days before he proved it.

CARRY IT TODAY

Give up something today that costs you, for someone who cannot repay it.

THE JESUS 40 · TRUTH 21

Seventy-Seven Times

MATTHEW 18:22

Not seven times, but, I tell you, seventy-seven times.

WHY IT LANDS

Peter thought seven was generous. The answer was not a bigger number, it was the end of counting.

CARRY IT TODAY

Drop one grudge you have been keeping the record on.

The Measure You Give

MATTHEW 7:1-2

Do not judge, so that you may not be judged. For with the judgment you make you will be judged, and the measure you give will be the measure you get.

WHY IT LANDS

You are not being told to have no opinions. You are being told that you are setting the standard you will be held to.

CARRY IT TODAY

Notice the standard you applied to someone today and apply it to yourself.

The Log in Your Own Eye

MATTHEW 7:5

You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbor's eye.

WHY IT LANDS

He does not say leave the speck alone. He says you are in no condition to reach for it yet.

CARRY IT TODAY

Before you correct anyone this week, name the same fault in yourself out loud.

THE JESUS 40 · TRUTH 24

The Least of These

MATTHEW 25:40

*Just as you did it to one of the least of these
brothers and sisters of mine, you did it to me.*

WHY IT LANDS

He put himself in the place of the person you were tempted to walk past.
Every ordinary kindness is being received somewhere else.

CARRY IT TODAY

Treat the next person who inconveniences you as if he were standing there.

PART IV

How to Live

Money, worry, words and time

TRUTHS 25 TO 32

THE JESUS 40 · TRUTH 25

Give Without Payment

MATTHEW 10:8

You received without payment; give without payment.

WHY IT LANDS

The economics of the whole thing in six words. What arrived free does not get a price tag on the way out.

CARRY IT TODAY

Give something away today that you could have charged for.

Where Your Treasure Is

MATTHEW 6:21

For where your treasure is, there your heart will be also.

WHY IT LANDS

He reverses the order you assume. The heart does not pick the treasure, the treasure trains the heart. Move the money and the affection follows it.

CARRY IT TODAY

Look at where your money went last month and ask what it was training you to love.

You Cannot Serve Two Masters

MATTHEW 6:24

No one can serve two masters; for a slave will either hate the one and love the other or be devoted to the one and despise the other. You cannot serve God and wealth.

WHY IT LANDS

Not should not. Cannot. He is describing a wiring problem, not stating a preference.

CARRY IT TODAY

Name the second master you have been trying to keep. Then choose.

Do Not Worry About Tomorrow

MATTHEW 6:34

So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

WHY IT LANDS

He does not deny that tomorrow has trouble in it. He just refuses to let you carry two days at once.

CARRY IT TODAY

Write down tomorrow's worry, put it away, and deal with today only.

Life Is Not Possessions

LUKE 12:15

Take care! Be on your guard against all kinds of greed, for one's life does not consist in the abundance of possessions.

WHY IT LANDS

Greed rarely announces itself. It arrives looking like a reasonable upgrade, which is exactly why he told you to stand guard.

CARRY IT TODAY

Cancel one purchase this week that you had already justified.

THE JESUS 40 · TRUTH 30

Let Your Word Be Yes

MATTHEW 5:37

Let your word be Yes, Yes or No, No; anything more than this comes from the evil one.

WHY IT LANDS

Oaths exist because people lie. Take the lying out and you can stop swearing on things.

CARRY IT TODAY

Say a clear yes or a clear no today with no hedging attached to it.

THE JESUS 40 · TRUTH 31

What Comes Out of the Mouth

MATTHEW 15:11

It is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.

WHY IT LANDS

Diet, ritual and appearance were the whole argument. He moved the question to what leaves you, which is a much harder place to hide.

CARRY IT TODAY

Watch what leaves your mouth today more carefully than what you put in it.

Faithful in a Very Little

LUKE 16:10

Whoever is faithful in a very little is faithful also in much, and whoever is dishonest in a very little is dishonest also in much.

WHY IT LANDS

Character does not switch on at some later threshold. It is already fully visible in how you handle the small thing in front of you.

CARRY IT TODAY

Do the small unseen thing properly today, the one nobody will check.

PART V

What It Costs, What It Gives

The trade at the center of everything

TRUTHS 33 TO 40

To Gain the Whole World

MARK 8:36

For what does it profit them to gain the whole world and forfeit their life?

WHY IT LANDS

He frames it as arithmetic. Put everything on one side of the ledger and yourself on the other, and the trade never comes out right.

CARRY IT TODAY

Name the thing you are chasing and ask what it is costing you to chase it.

Take Up Your Cross

MARK 8:34

If any wish to come after me, let them deny themselves and take up their cross and follow me.

WHY IT LANDS

He recruited by telling people what it would cost. Nobody who followed him could later claim they were not warned.

CARRY IT TODAY

Give up one thing today that you have every right to keep.

Unless a Grain of Wheat

JOHN 12:24

Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.

WHY IT LANDS

A seed kept safe stays a seed. Everything that ever multiplied had to be buried first.

CARRY IT TODAY

Let one plan of yours die instead of forcing it back to life.

Whoever Wishes to Be Great

MATTHEW 20:26-27

Whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be your slave.

WHY IT LANDS

He does not kill the ambition. He inverts the ladder and leaves the climb standing.

CARRY IT TODAY

Do the job today that nobody wants and do not mention that you did it.

THE JESUS 40 · TRUTH 37

Exalted and Humbled

LUKE 14:11

For all who exalt themselves will be humbled, and those who humble themselves will be exalted.

WHY IT LANDS

There are only two ways down from a high opinion of yourself, and only one of them is voluntary.

CARRY IT TODAY

Take the lower seat today somewhere it would be easy to take the higher one.

Come to Me, All You Who Are Weary

MATTHEW 11:28-30

Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light.

WHY IT LANDS

A yoke is still work. He is not offering you an empty life, he is offering you a lighter load and better company.

CARRY IT TODAY

Put down one burden today that was never yours to carry.

I Have Conquered the World

JOHN 16:33

I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!

WHY IT LANDS

Both halves in one breath. He promises trouble and then tells you it has already lost.

CARRY IT TODAY

Name the trouble you are in, then say out loud that it does not get the last word.

THE JESUS 40 · TRUTH 40

I Am With You Always

MATTHEW 28:20

And remember, I am with you always, to the end of the age.

WHY IT LANDS

The last thing he said was not an instruction. It was a promise that he was not leaving.

CARRY IT TODAY

Before you sleep, say it back to him. You are with me.

Carry One



Forty lines, and not one of them needs a commentary to work. Pick the one that will not leave you alone and carry it for a week. Say it in the car. Say it before the meeting. Say it when the old thing comes back.

You do not have to believe it all to begin. You only have to try one of them and see what happens, which is exactly what he said would work.

THE JESUS

40

40 Truths · Forty sayings. One voice.

Read all 40 days, the Parables Masterclass, the Commands Masterclass and the Freedom 40 Masterclass. Every volume is free to read and free to keep.

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