

Practices followers of Jesus have continued since the beginning of the Christian church.

(with Bible verses)

1. *Loving God and the people of God (the church)*

“Love the Lord your God with all your heart and with all your soul. Love him with all your strength and with all your mind.” -Luke 10:27

Jesus said: “I give you a new command. Love one another. You must love one another, just as I have loved you. If you love one another, everyone will know you are my disciples.” -John 13:34-35

2. *Loving all people including enemies*

“Here is what I tell you. Love your enemies. Pray for those who hurt you. Then you will be children of your Father who is in heaven. He causes his sun to shine on evil people and good people. He sends rain on those who do right and those who don’t.” -Matthew 5:44-45

3. *Obedying the teachings of Jesus and following his example*

“If you obey my commands, you will remain in my love. In the same way, I have obeyed my Father’s commands and remain in his love.” -John 15:10

4. *Building strong marriages, families, and church communities*

“Wives, follow the lead of your own husbands. Suppose some of them don’t believe God’s word. Then let them be won to Christ without words by seeing how their wives behave. Let them see how pure you are. Let them see that your lives are full of respect for God. -Ephesians 5:25

Husbands, consider the needs of your wives. They are weaker than you. So treat them with respect. Honor them as those who will share with you the gracious gift of life. Then nothing will stand in the way of your prayers. Husbands, love your wives, just as Christ loved the church and gave himself up for her.” -I Peter 3

“And you, fathers, do not provoke your children to wrath, but bring them up in the training, nurture, and admonition of the Lord.” – Ephesians 6:4

“There is one body, but it has many parts. But all its many parts make up one body. It is the same with Christ. We were all baptized by one Holy Spirit. And so we are formed into one body. It didn’t matter whether we were Jews or Gentiles, slaves or free people. We were all given the same Spirit. Take care of one another. If one part suffers, every part suffers with it. If one part is honored, every part shares in its joy. You are the body of Christ. Each one of you is a part of it.” –I Corinthians 12

5. *Confessing sins to God and to other believers*

“But God is faithful and fair. If we confess our sins, he will forgive our sins. He will forgive every wrong thing we have done. He will make us pure.” - John 1:9 “So confess your sins to one another and pray for each other.” -James 5:16

6. *Water baptism for committed believers*

“Whoever believes and is baptized will be saved, but whoever does not believe will be condemned.” -Mark 16:16 | “All of you must turn away from your sins and be baptized in the name of Jesus Christ. Then your sins will be forgiven. You will receive the gift of the Holy Spirit.” -Acts 2:38 | “So what are you waiting for? Get up and call on God’s name. Be baptized. Have your sins washed away.” -Acts 22:16

7. Sharing The Lord's Supper together (communion)

"When the hour came, Jesus and his apostles took their places at the table. Then Jesus took bread. He gave thanks and broke it. He handed it to them and said, 'This is my body. It is given for you. Every time you eat it, do this in memory of me.' In the same way, after the supper he took the cup. He said, "This cup is the new covenant in my blood. It is poured out for you for the forgiveness of sins." -Matthew 26 and Luke 22

8. Greeting other believers with a holy kiss of love.

"Greet one another with a holy kiss." -Romans 16:16

"Greet one another with a kiss of love." -I Peter 5

9. Gathering together with other believers on the first day of the week and oftener if possible.

"And let us not give up meeting together. Some are in the habit of doing this. Instead, let us encourage one another with words of hope. Let us do this even more as you see Christ's return approaching." -Hebrews 10:25

10. Collective worship, singing, prayer, encouragement, and Bible study

"When you come together, each of you brings something. You bring a hymn or a teaching or a message from God. Everything must be done to build up the church." -I Corinthians 14

"Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and spiritual songs, singing to God with thankfulness in your hearts."-Eph.5

11. Christian fellowship and eating meals together

"And Jesus directed the people to sit down on the ground; and taking the seven loaves, He gave thanks and broke them, and started giving them to His disciples to serve to them, and they served them to the people." -Mark 8

The believers studied what the apostles taught. They shared their lives together. They ate and prayed together. Everyone was amazed at what God was doing. They were amazed when the apostles performed many wonders and signs. All the believers were together. They shared everything they had. They sold property and other things they owned. They gave to anyone who needed something. Every day they met together in the temple courtyard. They ate meals together in their homes. Their hearts were glad and sincere. They praised God. They were respected by all the people. Every day the Lord added to their group those who were being saved. -Acts 2

12. Prayer and Devotional Life

"Be unceasing and persistent in prayer." -I Thess. 5:17

"It was very early in the morning and still dark. Jesus got up and left the house. He went to a place where he could be alone. There he prayed." -Mark 1:35

a. Praying the Lord's Prayer, frequently

"One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray.' Jesus said. 'Pray like this.'

Our Father in heaven,

Hallowed be Your name.

Your kingdom come.

Your will be done

On earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,

As we forgive our debtors.

And do not lead us into temptation,

But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen."

- b. Praying before meals

“Then Jesus told the crowds to sit down on the grass, and taking the five loaves and the two fish, he looked up to heaven and said a blessing. Then he broke the loaves and gave them to the disciples, and the disciples gave them to the crowds.” -Matthew 14

- c. Bible reading, praise, prayer, and fasting. This should be done personally and with other people.

“God has breathed life into all Scripture. It is useful for teaching us what is true. It is useful for correcting our mistakes. It is useful for making our lives whole again. It is useful for training us to do what is right. By using Scripture, the servant of God can be completely prepared to do every good thing.” -II Timothy 3

“So let us never stop offering to God our praise through Jesus.” -Hebrews 13

Is anyone among you in trouble? Then that person should pray. Is anyone among you happy? Then that person should sing songs of praise. -James 5

- d. Posture - Lifting holy hands, kneeling, standing, bowing head, lifting head

“Then Ezra blessed the Lord the great God. And all the people answered, ‘Amen, Amen!’ while lifting up their hands; then they bowed low and worshiped the Lord with their faces to the ground.” - Nehemiah 8

“Jesus looked toward heaven and prayed: ‘Father, the hour has come. Glorify your Son, that your Son may glorify you.’” -John 17

“Paul finished speaking. Then he got down on his knees with all of them and prayed. They all wept as they hugged and kissed him.” -Acts 20

Paul wrote, “I desire then that in every place the men should pray, lifting holy hands without anger or quarreling.” -I Timothy 2

13. Sharing personal possessions with others in need rather than spending money on luxuries

“Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys. For where your treasure is, there will your heart be also.” -Luke 12

- a. Collecting money or needed items for those who preach the gospel and serve the church.

“You sent me help when I needed it. And you did it more than once. I have received my full pay and have more than enough. Your gifts are a sweet-smelling offering. They are a gift that is pleasing and acceptable to God. My God will meet all your needs. He will meet them in keeping with his wonderful riches. These riches come to you because you belong to Christ Jesus.” -Philippians 4

- b. Collecting money for needy Christians and also anyone else who is in need.

“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.”

“Contribute to the needs of the saints.” -I Corinthians 16

“You should each put aside a portion of the money you have earned.” II Corinthians 9

“Here is something to remember. The one who plants only a little will gather only a little. And the one who plants a lot will gather a lot. Each of you should give what you have decided in your heart to give. God loves a cheerful giver. And God is able to shower all kinds of blessings on you. So in all things and at all times you will have everything you need.” -Hebrews 13

14. Spreading the Good News of God and Jesus to those who don't know Him

Jesus last words to his disciples: **“All authority in heaven and on earth has been given to me. So you must go and make disciples of all nations. Baptize them in the name of the Father and of the Son and of the Holy Spirit. Teach them to obey everything I have commanded you. And you can be sure that I am always with you, to the very end.” -Matthew 28**

15. Attending activities that are spiritually healthy and avoiding situations that may bring spiritual harm, except to tell people the Good News about God. [e.g. Avoid places of sinful entertainment]
"The day of Christ's return is almost here. So let us get rid of the works of darkness that harm us. Let us do the works of light that protect us. Let us act as we should, like people living in the daytime. Have nothing to do with wild parties, and don't get drunk. Don't take part in sexual sins or evil conduct. Don't fight with each other or be jealous of anyone. Instead, put on the Lord Jesus Christ as if he were your clothing. Don't think about how to satisfy sinful desires." -Romans 13
16. Hospitality to anyone (including strangers and foreigners)
"Keep on loving one another as brothers and sisters. Don't forget to welcome outsiders. By doing that, some people have welcomed angels without knowing it. Keep on remembering those in prison [for Jesus sake]. Do this as if you were together with them in prison. And remember those who are treated badly as if you yourselves were suffering." -Hebrews 13
"Show hospitality to one another without grumbling or complaining." -I Peter 4
17. Women covering their heads, and men worshipping with no head-covering
"A man should not cover his head. He is the likeness and glory of God. Every man who prays or prophesies with his head covered brings dishonor on his head. And every woman who prays or prophesies with her head uncovered brings dishonor on her head. A woman should cover her head. A woman should have authority on her own head because of the angels." -I Corinthians 11
18. Modest, simple clothing and personal appearance
"Women should adorn themselves in respectable apparel, with modesty and self-control, not with fancy hair styles and gold or pearls or costly attire, but with what is proper for women who profess godliness—with good works." -I Timothy 2
"Fancy hairstyles don't make you beautiful. Wearing gold jewelry or fine clothes doesn't make you beautiful. Instead, your beauty comes from inside you. It is the beauty of a gentle and quiet spirit. Beauty like this doesn't fade away. God places great value on it." -I Peter 3
"Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you."
-Matthew 6
19. Anointing of oil for the sick
"Is anyone among you sick? Then that person should send for the elders of the church to pray over them. They should ask the elders to anoint them with oil in the name of the Lord. The prayer offered by those who have faith will make the sick person well. The Lord will heal them. If they have sinned, they will be forgiven." -James 5
20. Washing each other's feet in love and humility
"Jesus got up from the meal and took off his outer clothes. He wrapped a towel around his waist. He poured water into a large bowl. Then he began to wash his disciples' feet. He dried them with the towel that was wrapped around him. When he finished washing their feet, he returned to his place. "Do you understand what I have done for you?" he asked them. "You call me 'Teacher' and 'Lord.' You are right. That is what I am. I, your Lord and Teacher, have washed your feet. So you also should wash one another's feet. I have given you an example. You should do as I have done for you. What I'm about to tell you is true. A slave is not more important than his master. And a messenger is not more important than the one who sends him. Now you know these things. So you will be blessed if you do them." -John 13