

# If You Truly Follow Jesus, These 15 Teachings Will Change Everything

By System Import | Sermon | March 13, 2026

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## If You Truly Follow Jesus, These 15 Teachings Will Change Everything

The world we live in is a loud, demanding place that constantly tells us to accumulate, to defend our honor, to crush our enemies, and to prioritize our personal comfort above all else. We are conditioned from birth to climb the ladder, secure the bag, and protect our egos at all costs. We are taught to build walls to keep ourselves safe from the silent struggles within relationships, resulting in a profound loneliness that echoes through the corridors of our modern lives. But two thousand years ago, a carpenter from Nazareth walked onto a mountainside and delivered a manifesto that completely inverted the human paradigm. Jesus Christ did not come to give us a polite moral compass or a set of gentle self-help suggestions to make our earthly lives a little more manageable. He came to introduce an entirely new reality—an upside-down kingdom where the last are first, the poor are rich, the broken are healed, and the dead come back to life. If you truly follow Jesus, you cannot remain the same. His words are not meant to be framed on a wall or cross-stitched onto a pillow; they are meant to be swallowed, digested, and allowed to completely rewrite the DNA of your soul. Too many of us have domesticated the teachings of Jesus. We have watered down His radical commands to fit neatly into our modern, comfortable, and highly curated lifestyles. We want the crown without the cross, the savior without the lordship, and the peace without the surrender. But when you strip away the centuries of comfortable religious conditioning and look at His raw, unfiltered words, you realize that following Him is the most dangerous, disruptive, and glorious adventure a human being can undertake. And before we dive in, if this message is already stirring something in you, hit the subscribe button and stay connected to God's Word daily, because we believe that truth sets us free. Today, we are going to explore fifteen specific teachings of Jesus that, if truly applied, will shatter your current reality, bridge the emotional distance in your life, and rebuild your foundation on the unshakeable rock of Heaven. Let us open our hearts to the Master.

To understand the weight of these fifteen teachings, we must look at the overarching story of Christ's ministry. Jesus stepped into a world that was suffocating under the weight of religious legalism on one side and pagan hedonism on the other. The religious leaders had turned God into a harsh taskmaster, measuring holiness by how well you kept the external rules, while ignoring the rotting condition of the human heart. Jesus bypassed the external performance and went straight for the jugular: the inner life. He saw the silent struggles, the hidden resentments, and the profound isolation that plagued even the most "righteous" members of society. His teachings are a surgical scalpel, cutting away the tumors of our pride, our fear, and our deep-seated selfishness. They challenge everything we think we know about success, intimacy, and purpose. Let us walk through these radical truths together.

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## Number 1: Love Your Enemies (Matthew 5:44)

Jesus said, "Love your enemies and pray for those who persecute you." In a world built on retaliation and self-defense, this teaching is deeply offensive to the flesh. The natural human reflex when struck is to strike back harder, or at the very least, to build a wall of emotional distance to protect ourselves. We think that by harboring resentment, we are punishing the person who hurt us. But Jesus calls us to a radical, almost illogical standard of love. He is not asking you to feel warm, fuzzy emotions toward your abuser; He is commanding an act of the will. Agape love seeks the highest good of the other person, regardless of their merit.

Bitterness is a poison you drink while waiting for the other person to die. When you hate your enemy, you remain emotionally tethered to them. They control your mood, your thoughts, and your peace. You carry them into your bed at night and into your conversations during the day. Jesus's command to love and pray for them is the ultimate key to your own emancipation. When you genuinely begin to pray for the blessing of someone who broke your heart, the chains of that silent struggle begin to snap. You are no longer a victim of their cruelty; you are an agent of God's grace.

## Number 2: Die to Yourself to Find Your Life (Matthew 16:25)

"For whoever would save his life will lose it, but whoever loses his life for my sake will find it." The world constantly shouts at us to "find ourselves" through self-indulgence, boundary-setting, and self-discovery. We are obsessed with self-preservation. But Jesus tells us that you will only find your true identity when you crucify your ego. The relentless pursuit of self-gratification is a trap that leads to the deepest forms of loneliness. When you are the absolute center of your own universe, that universe becomes incredibly small and suffocating.

Dying to yourself means stepping off the throne of your life and letting Christ reign. It means giving up the right to always be right, the right to always be comfortable, and the right to control your outcomes. Are you exhausted from trying to protect your image and build your own little kingdom? The irony of the Gospel is that surrender is the only place where true rest is found. When you stop fighting so hard to preserve your life, you are finally free to actually live it in the joy and freedom of the Holy Spirit.

## Number 3: Forgive Seventy Times Seven (Matthew 18:22)

When Peter asked if he should forgive his brother seven times, he thought he was being incredibly generous. In that culture, forgiving someone three times was considered the maximum limit. Jesus shattered that limit, telling him "seventy times seven." This does not mean you keep a ledger up to

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four hundred and ninety offenses; it means infinite forgiveness. It means tearing up the ledger of wrongs entirely.

Unforgiveness is an emotional debt-collection agency that operates inside your own mind. It keeps you in a state of chronic stress, building walls that prevent true intimacy with others and with God. We hold onto grudges because we believe they protect us from future pain, but in reality, they isolate us. Forgiveness is not minimizing the offense, nor is it instantly restoring trust to a dangerous person; it is releasing the offender to the justice and mercy of God. It is dropping the heavy stone you have been carrying so that your hands are free to embrace the life God has for you.

## Number 4: Do Not Worry About Tomorrow (Matthew 6:34)

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble." Jesus connects worry directly to a lack of faith in the Father's provision. Anxiety is the epidemic of our age. We are paralyzed by the "what ifs" of life—what if the economy crashes, what if I get sick, what if I end up alone? We lay awake at night fighting battles that do not even exist yet.

Anxiety is essentially living in a future that does not yet exist, trying to control outcomes with the limited resources of today. It drains you of the emotional and spiritual energy needed for the present moment. Look at the birds of the air; they do not hoard, yet they are fed. Jesus is calling you to a life of radical trust. Are you trusting God with your future, or are you trying to be the god of your own tomorrow? If this message inspires you, don't forget to subscribe for more Bible insights every week.

## Number 5: Judge Not, Lest Ye Be Judged (Matthew 7:1)

This is perhaps one of the most misused verses in Scripture. Jesus is not saying we shouldn't have moral discernment or call out sin; He is attacking the spirit of hypocritical condemnation. We love to point out the speck of sawdust in our brother's eye while completely ignoring the massive plank in our own. It is so much easier to criticize the failings of others than to do the agonizing internal work of repentance.

Psychologically, we often project our own deepest insecurities and unconfessed sins onto others. Judging others is a defense mechanism to avoid dealing with our own brokenness. It creates a false sense of superiority that destroys intimacy and fosters isolation. The next time you feel a surge of critical judgment toward someone, pause. Ask the Holy Spirit to reveal where that same

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root of sin lives in your own heart. Grace flows freely to those who recognize their own desperate need for it.

## Number 6: The Last Shall Be First (Matthew 20:16)

In the Kingdom of God, the economics of status are completely inverted. The world exalts the powerful, the wealthy, the beautiful, and the loud. We push our way to the front of the line. But Jesus washed the dirty feet of His disciples—the job of the lowest slave—and declared that the greatest among us must be the servant of all. He redefined greatness as lowliness.

The drive for supremacy isolates us. When you are always trying to be first, everyone else becomes a competitor rather than a brother or sister. This creates a silent struggle where you can never truly relax, because someone is always trying to take your spot. Serving others dismantles this competitive anxiety. When you take the towel and the basin, you kill the pride that keeps you disconnected from humanity. True leadership in the Kingdom looks like washing feet.

## Number 7: Store Up Treasures in Heaven (Matthew 6:19-20)

"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven." Jesus knew perfectly well that our hearts follow our wealth. Whatever you invest your time, money, and energy into will inevitably capture your affections. Materialism is a false savior. It promises security and intimacy but delivers nothing but emptiness.

When your identity is tied to your net worth, your career, or your possessions, any financial loss is experienced as a devastating loss of self. You live in constant fear of losing what you have built. But treasures in heaven—souls saved, love poured out, character refined—can never be touched by inflation, market crashes, or thieves. If you lost everything you owned tomorrow, would you still have your joy? Shift your portfolio to the eternal.

## Number 8: Blessed Are the Meek (Matthew 5:5)

We have deeply misunderstood meekness, equating it with weakness, timidity, or being a doormat. But the Greek word *\*praus\** was used to describe a wild stallion that had been broken and trained for battle. It means "power under control." Jesus was the Lion of Judah, capable of commanding legions of angels, yet He was meek enough to hold children, touch lepers, and remain silent before His accusers.

We often react with explosive anger because we feel out of control and vulnerable. We use our

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words to dominate others to protect our fragile egos. True emotional strength is the ability to restrain your power, to not have to have the last word, and to respond with gentleness in the face of provocation. Meekness builds bridges where anger builds walls. It is the terrifying strength of remaining quiet when your flesh is screaming to fight back.

## Number 9: Be in the World, Not of It (John 17:15-16)

In His High Priestly prayer, Jesus prayed that the Father would not take us out of the world, but protect us from the evil one. We are not called to retreat into holy huddles, monastic caves, or isolated religious bubbles. We are called to be an invading force of light, fully engaged with culture, yet totally untainted by its corruption. We must be the salt that preserves and the light that illuminates.

The fear of rejection causes many believers to blend in with the culture, adopting its values, its entertainment, and its anxieties. But assimilation leads to a complete loss of identity and power. You are an alien and a stranger here. There should be a discernible difference between your life and the life of a polite, unbelieving neighbor. If you look, talk, spend, and worry exactly like the world, the salt has lost its flavor. Embrace the friction of being different.

## Number 10: Pray in Secret (Matthew 6:6)

Jesus absolutely abhorred performative religion. He watched the Pharisees stand on the street corners, praying loud, eloquent prayers just to be seen by men. He told His followers to go into their closets, shut the door, and pray in secret, promising that the Father who sees in secret will reward them openly. This teaching attacks the root of religious pride.

Performative religion is driven by the fear of man. It seeks validation from the crowd and leaves the soul feeling incredibly lonely, because you know they are applauding a mask, not the real you. Secret prayer builds genuine intimacy with God because there is no audience to impress. It cures the soul of hypocrisy. The depth of your public power will never exceed the depth of your private intimacy with the Father. The silent struggles are won in the secret place.

## Number 11: The Truth Will Set You Free (John 8:32)

"And you will know the truth, and the truth will set you free." Jesus is the Truth personified. He calls us to live in absolute authenticity, stripping away the lies we tell ourselves and the lies we tell others. We expend a massive amount of psychological and spiritual energy maintaining our masks. We pretend our marriages are perfect, our faith is unshakeable, and our hearts are pure.

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The fear of being truly known and subsequently rejected creates an agonizing emotional distance in our relationships. We are terrified of the light. But truth-telling is the ultimate vulnerability, and vulnerability is the only gateway to true intimacy with God and others. What lie are you currently living? Bring it into the light of Christ. The momentary pain of honesty is infinitely better than the lifelong prison of a lie.

## Number 12: Take Up Your Cross Daily (Luke 9:23)

Following Jesus is not a one-time prayer you prayed at an altar when you were twelve; it is a daily execution of the flesh. The cross was not a piece of jewelry; it was an instrument of excruciating death. You must wake up every single day and choose to put your selfish desires, your comfort, and your ego to death. It is a daily decision to say, "Not my will, but Yours be done."

We naturally seek the path of least resistance. We want a Christianity that adds to our comfort without demanding our lives. But character is only forged in the crucible of discipline and surrender. Embracing the daily struggle of the cross builds resilience against the inevitable traumas of life. What "right" or "comfort" is the Holy Spirit asking you to crucify today for the sake of your spiritual growth? If this message inspires you, don't forget to subscribe for more Bible insights every week.

## Number 13: Love God and Love Your Neighbor (Matthew 22:37-39)

When asked to identify the greatest commandment, Jesus masterfully summarized the entire Law and Prophets into two integrated actions: Love the Lord your God with everything you have, and love your neighbor as yourself. He intertwined the vertical relationship with God and the horizontal relationship with humanity so tightly that they cannot be separated. You cannot have spiritual health without relational health.

A deep, authentic love for God inevitably overflows into a profound empathy for the people He created. If you claim to love God passionately but you treat your spouse with contempt, ignore the poor, or harbor racism in your heart, your theology is fundamentally broken. God measures our love for Him by how we treat the least of these. The neighbor you are actively avoiding or despising is the very litmus test of your devotion to Christ.

## Number 14: I Am the Vine, You Are the Branches (John 15:5)

"Apart from me you can do nothing." With this beautiful agricultural metaphor, Jesus established that the Christian life is not about trying harder; it is about abiding deeper. A branch does not strain, sweat, or stress to produce grapes; it simply remains attached to the vine, and the life-sap of the

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vine does the work naturally.

The modern "hustle culture" infects our spirituality, making us believe we must earn God's favor through exhausting religious activity. We run ourselves ragged trying to be good enough. Abiding shifts us from striving to resting. It cures the epidemic of spiritual burnout. Are you exhausted from trying to be a "good Christian"? Stop striving. Sit in His presence. Read His Word. Let the life of the Vine flow through you naturally. Fruit is a byproduct of intimacy, not exertion.

Number 15: My Kingdom is Not of This World (John 18:36)

Jesus stood before Pilate, bruised, bloodied, and facing execution, and declared that His authority did not originate from the systems of this earth. "If my kingdom were of this world, my servants would have been fighting." We are citizens of a heavenly kingdom, which means our ultimate hope can never be placed in a politician, a government policy, or a human institution.

When we anchor our hope in temporal systems, we are constantly tossed by the waves of political and social upheaval. We live in perpetual outrage, fear, and division. But anchoring our hope in the eternal Kingdom produces an unshakeable, tranquil peace. Presidents come and go, empires rise and fall, but the throne of Christ remains forever. Shift your gaze from the fading kingdoms of men to the eternal, unshakeable Kingdom of God.

## Conclusion

We have journeyed through fifteen of the most earth-shattering, paradigm-shifting teachings ever uttered in human history. To simply read these words, nod your head, and walk away unchanged is to miss the very essence of the Gospel. Jesus did not invite us into a comfortable religion of polite suggestions; He invited us into a radical revolution of the heart. He is calling you out of the shadows of your silent struggles, out of the emotional distance you use to protect yourself, and out of the crushing loneliness that comes from building your life on the shifting sands of this world.

These teachings demand a response. You cannot remain neutral in the presence of the King. The call to love your enemies, to die to yourself, to forgive endlessly, and to lay down your anxieties is a call to step out of the grave and into the blinding light of true, abundant life. It will be uncomfortable. It will cost you your pride. It will require the death of your ego. But what you lose in the flesh, you will gain a thousandfold in the Spirit.

If you have been playing it safe with your faith, if your Christianity has been reduced to a Sunday routine that demands nothing of you, hear the voice of the Master calling you out into the deep waters. Let His truth search the hidden corners of your soul. Allow His words to break your heart

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and put it back together in the image of Heaven. You are not meant to merely survive this life; you are meant to reign in it as a radically transformed child of the Most High God.

Before you go, make sure to subscribe, like this video, and share it with someone who needs encouragement today. And join us next time as we uncover another powerful truth from God's Word.