

## Appendix K

### Explicit *Mitzvot* of the New Covenant *Shlichim*

Whereas New Covenant Scriptures are liberally cited in support of *Mitzvot* elsewhere in this book, this Appendix lists those words of the *Shlichim* that were spoken in the imperative and can therefore be considered commandments in their own right.<sup>1</sup> Some of these are unique, and some repeats of *mitzvot* given earlier through Moses or spoken by Yeshua.

#### Acts

- On turning from sin and returning to God [Acts 2:38](#)
- On repenting from sin and turning to God [Acts 3:19](#)
- On Gentiles abstaining from food sacrificed to idols, from blood, from things strangled, and from fornication [Acts 15:28-29](#)
- On immersing oneself in the name of Yeshua [Acts 22:16](#)

#### Romans

- On not letting sin rule our mortal bodies [Romans 6:12](#)
- On not offering any part of ourselves to sin [Romans 6:13a](#)
- On offering ourselves – indeed our bodies – to God [Romans 6:13b](#)
- On Gentiles not being arrogant & boasting against the olive tree branches
- [Romans 11:17-21](#)
- On offering ourselves as living sacrifices and set apart for God [Romans 12:1](#)
- On not letting ourselves be conformed to the standards of this world [Romans 12:2a](#)
- On letting ourselves be transformed by the renewing of our minds [Romans 12:2b](#)
- On not having exaggerated ideas about our importance; instead, developing a sober estimate of ourselves based on God’s standards [Romans 12:3](#)
- On using the gifts we have been given [Romans 12:6-8](#)
- On not letting love be a mere outward show [Romans 12:9a](#)
- On recoiling from what is evil, and clinging to what is good [Romans 12:9b](#)
- On loving each other devotedly and with brotherly love [Romans 12:10a](#)
- On setting examples for each other in showing respect [Romans 12:10b](#)
- On not being lazy; instead, serve the Lord with spiritual fervor [Romans 12:11](#)
- On rejoicing in our hope [Romans 12:12a](#)
- On being patient in our troubles [Romans 12:12b](#)
- On continuing steadfastly in prayer [Romans 12:12c](#)
- On sharing what we have with God’s people [Romans 12:13a](#)
- On practicing hospitality [Romans 12:13b](#)
- On blessing those who persecute us [Romans 12:14](#)
- On rejoicing with those who rejoice and weep with those who weep [Romans 12:15](#)

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<sup>1</sup> The *mitzvot* in this list are those that are explicitly expressed in the imperative case. That notwithstanding, many other *mitzvot* can be implied from the *Shlichim*’s teachings that are not stated in the imperative.

- On being sensitive to each other's needs [Romans 12:16a](#)
- On not thinking of ourselves as better than others [Romans 12:16b](#)
- On making humble people our friends [Romans 12:16c](#)
- On not being conceited [Romans 12:16d](#)
- On not repaying evil with evil [Romans 12:17a](#)
- On trying to do what everyone regards as good [Romans 12:17b](#)
- On living in peace with all people [Romans 12:18](#)
- On not seeking revenge [Romans 12:19](#)
- On doing good to your enemies [Romans 12:20](#)
- On conquering evil with good [Romans 12:21](#)
- On obeying the governing authorities [Romans 13:1-2](#)
- On living properly as people do in the daytime [Romans 13:13](#)
- On clothing ourselves with the Lord Yeshua [Romans 13:14a](#)
- On not thinking about providing for our sinful desires [Romans 13:13b](#)
- On welcoming the person whose trust is weak [Romans 14:1](#)
- On not looking down in judgment on a person who abstains or eats everything [Romans 14:2-3](#)
- On not passing judgment on each other regarding things clean and unclean [Romans 14:13-15](#)
- On not letting things good be spoken of as bad [Romans 14:16](#)
- On pursuing the things that make for *shalom* & upbuilding [Romans 14:19](#)
- On not tearing down God's work by causing persons to stumble over food [Romans 14:20-21](#)
- On bearing the other person's weaknesses rather than pleasing ourselves [Romans 15:1-2](#)
- On Gentiles rejoicing with God's people [Romans 15:10](#)
- On all people praising *ADONAI* [Romans 15:11](#)

## **1 Corinthians**

- On marriage & sex in marriage [1 Corinthians 7:1-9](#)
- On leaving an unbelieving spouse [1 Corinthians 7:12-16](#)
- On *b'rit milah* [1 Corinthians 7:17-20](#)
- On remaining unmarried [1 Corinthians 7:25-38](#)
- On the permanence of marriage [1 Corinthians 7:39a](#)
- On a widow marrying an unbeliever [1 Corinthians 7:39](#)
- On praying veiled & unveiled [1 Corinthians 11:4-12](#)
- On wives speaking in Congregational meetings [1 Corinthians 14:34-35](#)
- On standing firm in the faith [1 Corinthians 16:13](#)
- On doing everything in love [1 Corinthians 16:14](#)

## **2 Corinthians**

- No entry

## Ephesians

- On leading a life worthy of our calling [Ephesians 4:1](#)
- On being humble, gentle, patient, and bearing with others in love [Ephesians 4:2](#)
- On not living as pagans live [Ephesians 4:17](#)
- On replacing our old nature with a new nature given by God [Ephesians 4:22-24](#)
- On dealing with our anger quickly and without sinning [Ephesians 4:26](#)
- On a thief ceasing from stealing, and earning money to share with persons in need. [Ephesians 4:28](#)
- On not letting our speech be harmful, but rather helpful and beneficial [Ephesians 4:29](#)
- On not grieving the *Ruach HaKodesh* [Ephesians 4:30](#)
- On ridding oneself of bitterness, rage, anger, violent assertiveness, slander, and spitefulness [Ephesians 4:31](#)
- On being kind, tenderhearted, and forgiving [Ephesians 4:32](#)
- On living a life of love just as Messiah loved us [Ephesians 5:1-2](#)
- On letting no one deceive us with empty talk [Ephesians 5:6](#)
- On not becoming partners with those who deceive [Ephesians 5:7](#)
- We are to live like children of light – with goodness, righteousness, and truth [Ephesians 5:8-9](#)
- On our trying to determine what will please the Lord [Ephesians 5:10](#)
- On our having nothing to do with deeds that are produced by darkness; instead, exposing them to the light [Ephesians 5:11](#)
- On paying careful attention to how we conduct our lives – living wisely, not unwisely [Ephesians 5:15](#)
- On using our time well [Ephesians 5:16](#)
- On trying to understand the will of the Lord [Ephesians 5:17](#)
- On not becoming drunk, but instead being filled with the Spirit [Ephesians 5:18](#)
- On singing hymns and spiritual songs to each other; singing to the Lord and making music in our hearts to him [Ephesians 5:19](#)
- On always giving thanks in the name of Yeshua [Ephesians 5:20](#)
- On submitting to one another in fear of the Messiah [Ephesians 5:21](#)
- On wives submitting to their husbands [Ephesians 5:22-24](#)
- On husbands loving their wives [Ephesians 5:25-30](#)
- On husbands loving their wives and on wives respecting their husbands [Ephesians 5:33](#)
- On putting on the armor of God, and praying for God's people [Ephesians 6:14-18](#)

## Philippians

- On standing firm, united in spirit, and fighting in one accord for the faith of the Good News [Philippians 1:27](#)
- On having a common purpose and love, by being one in heart [Philippians 2:2](#)
- On doing nothing out of rivalry or vanity; but in humility, regarding each other as better than ourselves [Philippians 2:3](#)

- On looking out for each other's interests and not just for our own [Philippians 2:4](#)
- On letting our attitude toward on another be governed by our being in union with Messiah Yeshua [Philippians 2:5](#)
- On obeying and working out our deliverance with fear and trembling [Philippians 2:12](#)
- On doing everything without complaining or arguing [Philippians 2:14](#)
- On rejoicing in union with the Lord [Philippians 3:1](#)
- On letting our conduct fit the level [of understanding] we have reached [Philippians 3:16](#)
- On imitating Sha'ul and paying attention to those who live according to the pattern he has set for us [Philippians 3:17](#)
- On standing firm in union with the Lord [Philippians 4:1](#)
- On rejoicing in union with the Lord [Philippians 4:4](#)
- On not worrying about anything [Philippians 4:6a](#)
- On making our requests known to God by prayer and petition with thanksgiving [Philippians 4:6b](#)
- On focusing our thoughts on what is true, noble, righteous, pure, lovable or admirable, on a virtue or on something praiseworthy [Philippians 4:8](#)
- On continuing to do what we learned and received from Sha'ul, and from what we saw him doing [Philippians 4:9](#)

### Galatians

- On listening to doctrines that were not taught by the *Shichim* [Galatians 1:8-9](#)
- On depending upon legalistic observance of *Torah* commands [Galatians 3:10-11](#)
- On standing firm and not letting ourselves return to a yoke of slavery [Galatians 5:1](#)
- On Gentiles undergoing *b'rit milah* [Galatians 5:2-3](#)
- On trying to be declared righteous by God through legalism [Galatians 5:4](#)
- On running for our lives [Galatians 5:16](#)
- On correcting a person in a spirit of humility while keeping an eye on ourselves lest we be tempted too [Galatians 6:1-4](#)
- On bearing one another's burdens [Galatians 6:2](#)
- On scrutinizing our own actions [Galatians 6:4](#)
- On not growing weary of doing what is good [Galatians 6:9](#)
- On doing good to everyone [Galatians 6:10](#)

### Colossians

- On letting no one take us captive by means of philosophy & deceit, following the tradition of the world [Colossians 2:8](#)
- On letting no one pass judgment on us in connection with eating, drinking, or special days [Colossians 2:16](#)
- On letting no one lead us astray by urging us to engage in self-mortification or angel-worship [Colossians 2:18](#)
- On focusing our minds on the things above, not on things here on earth [Colossians 3:2](#)
- On putting to death our earthly nature – sexual immorality, impurity, lust, evil desires, greed, & idolatry [Colossians 3:5](#)

- On not lying to one another [Colossians 3:9](#)
- On putting off our old self and putting on our new self [Colossians 3:9-10](#)
- On clothing ourselves with feelings of compassion, kindness, humility, gentleness, and patience [Colossians 3:12](#)
- On bearing with one another and forgiving one another [Colossians 3:13](#)
- On clothing ourselves with love [Colossians 3:14](#)
- On letting the *shalom* that comes from Messiah be our heart's decision-maker and be thankful [Colossians 3:15](#)
- On letting the Word of Messiah live in us as we teach, counsel, and sing [Colossians 3:16](#)
- On having gratitude to God in our hearts [Colossians 3:16b](#)
- On doing everything in the name of Yeshua, giving thanks through him to God the Father [Colossians 3:17](#)
- On wives subjecting themselves to their husbands as is appropriate in the Lord [Colossians 3:18](#)
- On husbands loving their wives and not treating them harshly [Colossians 3:19](#)
- On children obeying their parents [Colossians 3:20](#)
- On fathers not irritating their children [Colossians 3:21](#)
- On slaves obeying their human masters and being single-hearted, fearing the Lord [Colossians 3:22](#)
- On doing our work as unto the Messiah [Colossians 3:23](#)
- On believing in God's evenhanded justice [Colossians 3:24](#)
- On masters treating their slaves justly and fairly [Colossians 4:1](#)
- On persisting in prayer, staying alert in it, and being thankful [Colossians 4:2](#)
- On behaving wisely toward outsiders, making use of every opportunity [to share the Word of Messiah], letting our conversation be gracious and interesting [Colossians 4:5-6](#)

## **1 Thessalonians**

- On living quietly, minding our own business, and earning a living by our own efforts [1 Thessalonians 4:11](#)
- On staying alert and sober, and putting on trust and love [1 Thessalonians 5:6-8](#)
- On encouraging one another and building one another up [1 Thessalonians 5:11](#)
- On respecting and loving those who are working among us to guide us in the Lord and confronting us in order to help us change [1 Thessalonians 5:12](#)
- On confronting those among us who are lazy [1 Thessalonians 5:14](#)
- On encouraging the timid, assisting the weak, and being patient with everyone [1 Thessalonians 5:14](#)
- On not repaying evil for evil and trying to do good to each other and everyone [1 Thessalonians 5:15](#)
- On always being joyful [1 Thessalonians 5:16](#)
- On praying regularly [1 Thessalonians 5:17](#)
- On giving thanks in everything [1 Thessalonians 5:18](#)
- On not quenching the Spirit [1 Thessalonians 5:19](#)
- On not despising inspired messages [1 Thessalonians 5:20](#)

- On testing everything and holding on to what is good [1 Thessalonians 5:21](#)
- On keeping away from every form of evil

## **2 Thessalonians**

- On not letting anyone deceive us as to the Day of the Lord [2 Thessalonians 2:3](#)
- On holding to the traditions taught by the *shlichim* [2 Thessalonians 2:15](#)
- On staying away from a brother who is leading a life of idleness and not in keeping with the traditions taught by the *shlichim* [2 Thessalonians 3:6](#)
- On the principle that if a person refuses to work he should not eat
- [2 Thessalonians 3:10-12](#)
- On not slacking off of doing what is good [2 Thessalonians 3:13](#)
- On shunning a brother who does not obey the written directions of the *shaliach Sha'ul*, but on confronting him and trying to help him to change [2 Thessalonians 3:14-15](#)

## **1 Timothy**

- On ordering persons teaching a false doctrine to stop, and instead to do God's work that requires faith [1 Timothy 1:3-4](#)
- On petitions, prayers, intercessions, and thanksgivings be made for all human beings [1 Timothy 2:1](#)
- On men praying with uplifted hands and without anger or arguments [1 Timothy 2:8](#)
- On women praying while dressed modestly and without elaborate hairstyles, jewelry, or expensive clothes [1 Timothy 2:9](#)
- On women adorning themselves with good deeds [1 Timothy 2:10](#)
- On a woman learning in peace, fully submitted [1 Timothy 2:11](#)
- On a woman teaching a man or exercising authority over him [1 Timothy 2:12](#)
- On the attributes required of congregational leaders [1 Timothy 3:2-7](#)
- On the attributes required of *shamashim* [1 Timothy 3:8-13](#)
- On not listening to old wives' tales [1 Timothy 4:7](#)
- On not letting anyone to look down on us because of our youth [1 Timothy 4:12](#)
- On not neglecting a gift that was given through a prophecy given when we received *s'michah* [1 Timothy 4:14](#)
- On being diligent in our spiritual work [1 Timothy 4:15-16](#)
- On not rebuking an older man sharply, but rather appeal to him [1 Timothy 5:1](#)
- On treating younger men like brothers, older women like mothers, and younger women like sisters with purity [1 Timothy 5:1b-2](#)
- On how to treating widows [1 Timothy 5:3-7](#)
- On providing for our people and especially for our families [1 Timothy 5:8](#)
- On widows [1 Timothy 5:9-16](#)
- On giving double honor to leaders who lead well and work hard at communicating God's Word [1 Timothy 5:17](#)
- On listening to an accusation against a leader that is unsupported by two or three witnesses [1 Timothy 5:19](#)
- On rebuking before the assembly leaders who continue to sin [1 Timothy 5:20](#)

- On being hasty in granting *s'michah* [1 Timothy 5:22a](#)
- On keeping ourselves pure and not sharing in other people's sins [1 Timothy 5:22b](#)
- On drinking wine for digestion [1 Timothy 5:23](#)
- On slaves respecting their masters [1 Timothy 6:1-2](#)
- On fleeing from the craving of money and instead pursuing righteousness, godliness, faithfulness, love, steadfastness, and gentleness [1 Timothy 6:10-11](#)
- On fighting the good fight of faith and taking hold of our eternal life [1 Timothy 6:12](#)
- On obeying our commission spotlessly until Yeshua returns [1 Timothy 6:13-14](#)
- On those who have riches [1 Timothy 6:17-19](#)
- On keeping safe that which has been entrusted to us and turning away from ungodly speech and what is falsely called knowledge [1 Timothy 6:20-21](#)

## **2 Timothy**

- On accepting suffering and disgrace as a good soldier of Messiah [2 Timothy 2:3](#)
- On remembering the Good News of Yeshua the Messiah [2 Timothy 2:8](#)
- On reminding people of God's faithfulness [2 Timothy 2:13-14](#)
- On presenting ourselves to God as worthy of his approval [2 Timothy 2:15](#)
- On keeping away from godless babbling, from those who say that our resurrection has already taken place [2 Timothy 2:16-18](#)
- On fleeing the passions of youth, and pursuing righteousness, faithfulness, love, and peace [2 Timothy 2:22](#)
- On staying away from stupid and ignorant controversies [2 Timothy 2:23](#)
- On not fighting, but rather being kind, a good teacher, and not resentful when mistreated [2 Timothy 2:24](#)
- On being gentle when correcting others [2 Timothy 2:25](#)
- On proclaiming God's Word [2 Timothy 4:2a](#)
- On convicting, censuring and exhorting with patience and teaching [2 Timothy 4:2](#)
- On remaining steady when enduring suffering, doing the work that a proclaimer of the Good News should, and doing everything that our service to God requires [2 Timothy 4:5](#)

## **Titus**

- On the requirements for being an elder [Titus 1:6-9](#)
- On rebuking those who have followed false teachings [Titus 1:13](#)
- On older men being serious, sensible, self-controlled, and sound in their faith, love, and perseverance [Titus 2:2](#)
- On older women living holy lives, not slandering, not being slaves to drink, teaching what is good, training younger women in what is good, and loving their husbands and children [Titus 2:3-4](#)
- On older women being self-controlled, pure, good homemakers, and submitted to their husbands [Titus 2:5](#)
- On young men being self-controlled [Titus 2:6](#)

- On setting an example for young men by doing good, teaching with integrity, and being serious [Titus 2:7](#)
- On letting everything we say be wholesome [Titus 2:8](#)
- On slaves submitting to their masters and being a good witness [Titus 2:9-10](#)
- On encouraging and rebuking with full authority [Titus 2:15a](#)
- On not letting anyone look down on us [Titus 2:15b](#)
- On submitting to and obeying government officials [Titus 3:1](#)
- On not slandering, avoiding quarrelling, being friendly, and being gentle [Titus 3:2](#)
- On avoiding stupid controversies, genealogies, quarrels and fights about the *Torah* [Titus 3:9](#)
- On warning a divisive person, and after the third warning have nothing to do with him [Titus 3:10](#)
- On learning to apply ourselves to doing good deeds that meet needs [Titus 3:14](#)

## Hebrews

- On watching out for anyone in our midst with an evil heart lacking trust [Hebrews 3:12](#)
- On exhorting each other continuously [Hebrews 3:13](#)
- On considering the possibility of falling short of entering God's rest [Hebrews 4:1](#)
- On doing our best to enter God's rest [Hebrews 4:11](#)
- On holding firmly to what we acknowledge as true [Hebrews 4:14](#)
- On approaching the throne from which God gives us grace [Hebrews 4:16](#)
- On not leaving behind our initial lessons about Messiah and going on to maturity [Hebrews 6:1-3](#)
- On approaching the Holiest Place [Hebrews 10:22](#)
- On holding fast to the hope we acknowledge without wavering [Hebrews 10:23](#)
- On continuing to spur each other on to love and good deeds [Hebrews 10:24](#)
- On not neglecting our congregational meetings [Hebrews 10:25](#)
- On not losing courage [Hebrews 10:35-36](#)
- On putting aside, the sin that hampers our forward movement [Hebrews 12:1a](#)
- On continue to run with endurance in the contest set before us [Hebrews 12:1b](#)
- On not despising the discipline of Adonai or be despondent when He corrects us [Hebrews 12:5-6](#)
- On strengthening ourselves and conduct ourselves so that which has been injured will be healed [Hebrews 12:12-13](#)
- On continuing to pursue *shalom* and holiness [Hebrews 12:14](#)
- On seeing to it that no one misses out on God's grace and that no root of bitterness springs up [Hebrews 12:15](#)
- On seeing to it that no one is sexually immoral or godless [Hebrews 12:16](#)
- On not rejecting Yeshua when he speaks to us [Hebrews from heaven](#) [Hebrews 12:25](#)
- On having grace [Hebrews 12:28](#)
- On continuing with brotherly friendship while also being friendly to outsiders [Hebrews 13:1-2](#)
- On remembering those in prison and being mistreated [Hebrews 13:3](#)



- On eschewing love of money, and being satisfied with what we have [Hebrews 13:5](#)
- On reflecting on and imitating the faith of our leaders who brought God's message to us [Hebrews 13:7](#)
- On not being influenced by various strange teachings [Hebrews 13:9](#)
- On ministering Yeshua to unbelievers [Hebrews 13:13](#)
- On praising God continually [Hebrews 13:15](#)
- On doing good and sharing with others [Hebrews 13:16](#)
- On obeying and submitting to our leaders [Hebrews 13:17](#)

## **James**

- On being quick to listen but slow to speak and slow to anger [James 1:19](#)
- On ridding ourselves of vulgarity and evil [James 1:21a](#)
- On receiving the Word of God [James 1:21b](#)
- On not only hearing the Word but doing it [James 1:22](#)
- On practicing the faith of Yeshua [James 2:1a](#)
- On not showing favoritism [James 2:1b](#)
- On submitting to God and taking a stand against the Adversary [James 4:7](#)
- On coming close to God [James 4:8](#)
- On humbling ourselves before the Lord [James 4:10](#)
- On not speaking against each other [James 4:11](#)
- On being patient and keeping courage until the Lord returns [James 5:7](#)
- On not grumbling against one another [James 5:9](#)
- On not swearing oaths [James 5:12a](#)
- On letting our "yes" be "yes" and our "no" be "no" [James 5:12b](#)
- On praying and singing songs of praise [James 5:13](#)
- On we who are sick calling for the elders to pray and anoint with oil [James 5:14-15](#)
- On acknowledging our sins to one another [James 5:16a](#)
- On praying for one another [James 5:16b](#)

## **1 Peter**

- On getting our minds ready for work [1 Peter 1:13a](#)
- On keeping ourselves under control [1 Peter 1:13b](#)
- On not letting ourselves be shaped by evil desires [1 Peter 1:14](#)
- On following Yeshua and becoming holy [1 Peter 1:15-16](#)
- On living out our lives in fear of God [1 Peter 1:17](#)

## **2 Peter**

- On trying to make our being called and chosen a certainty [2 Peter 1:10](#)
- On doing everything we can to not be found with spot or wrinkle [2 Peter 3:14](#)
- On growing in grace and knowledge of Yeshua [2 Peter 3:18](#)

## **1 John**

- On obeying Yeshua's commandments [1 John 2:4-5](#)
- On not hating but rather loving our brother [1 John 2:8-11](#)
- On not loving the world or the things of the world [1 John 2:15](#)
- On not denying Yeshua [1 John 2:23](#)
- On remaining united with Yeshua [1 John 2:28](#)
- On having hope in Yeshua [1 John 3:3](#)
- On not continuing to sin but rather doing what is right [1 John 3:4-10a](#)
- On not continuing to love our brother [1 John 3:10b](#)
- On loving one another [1 John 3:11](#)
- On laying down our lives for our brothers [1 John 3:16](#)
- On not closing our heart to help our brother [1 John 3:17a](#)
- On loving our brother not with words only, but with action [1 John 3:17-18](#)
- On trusting in the person and power of Yeshua [1 John 3:23a](#)
- On continuing to love one another [1 John 3:23b](#)
- On not trusting every spirit, but rather testing the spirits [1 John 4:1](#)
- On loving one another [1 John 4:7](#)
- On loving our brother [1 John 4:21](#)
- On guarding ourselves against false gods [1 John 5:21](#)

## **2 John**

- On loving one another by living according to Yeshua's commands [2 John 1:5-6](#)
- On watching ourselves and not lose what we have worked for [2 John 1:8](#)
- On not receiving a person who does not bring correct teaching [2 John 1:10](#)

## **3 John**

- On supporting those who work for the truth [3 John 1:8](#)
- On not imitating the bad but instead imitating the good [3 John 1:11](#)

## **Jude**

- On continuing to contend earnestly for the true faith [Jude 1:3](#)
- On keeping in mind the words spoken by the emissaries of Yeshua [Jude 1:17](#)
- On building ourselves up in holy faith [Jude 1:20a](#)
- On praying in union with the *Ruach HaKodesh* [Jude 1:20b](#)
- On rebuking persons who dispute [Jude 1:22](#)

## **Revelation**

- On not returning to our former sin [Revelation 2:5](#)
- On not fearing what the Adversary will do to us [Revelation 2:10](#)

- On hearing what the Spirit is saying to the Messianic communities Revelation 2:11