

A summary and comprehensive list of New Testament passages in which **Jesus Himself** directly teaches how to **gain eternal life**. These teachings are found primarily in the Gospels and focus on **faith, obedience, love, humility, and following Him**.

Jesus taught that gaining eternal life involves a **wholehearted response** to God's love—a combination of **faith, obedience, love, and discipleship**.

Jesus says eternal life comes through believing in Him, loving God and neighbor, keeping God's commands, being spiritually reborn through Baptism, and faithfully following Him.

Here's how Jesus summarizes the path to eternal life in Scripture:

1. Belief in Jesus (Faith in Jesus as the Redeemer and Savior)

"Whoever believes in me has eternal life." (John 6:47)

Jesus is the Son of God, and trusting in Him brings eternal life. Faith is not just intellectual belief, but trust, reliance, and surrender.

2. Following Jesus (Discipleship and Obedience)

"If anyone would come after Me, let him deny himself, take up his cross and follow Me." (Matthew 16:24)

True faith means following Jesus in your life—imitating His humility, love, and obedience. He is always waiting for you with love.

3. Keep God's Commandments

"If you wish to enter into life, keep the commandments." (Matthew 19:17)

Especially the commandments to love God and love your neighbor (Matthew 22:37–40).

4. Love God and Neighbor

"Do this and you will live." (Luke 10:28)

Love is the fulfillment of the law. Eternal life flows from a life rooted in the love of God and the love for others for God's sake.

5. Be Born Again (Spiritual Rebirth through Baptism)

"Unless one is born of water and the Spirit, he cannot enter the kingdom of God." (John 3:5)

A new spiritual birth is required—through water and the Holy Spirit.

6. Persevere to the End

"The one who endures to the end will be saved." (Matthew 24:13)

Heart-felt faith in Jesus with a contrite heart, must be lived out consistently, not just professed once and forgotten.

7. Detach from Worldly Riches and Selfishness

"Sell what you have and give to the poor... then come, follow me." (Matthew 19:21)

A heart set on earthy wealth or self-love cannot be fully focused on God.

More Comprehensive List of Scriptures from Jesus:

1. Believe in Him (Faith in Jesus)

Eternal life is most frequently tied by Jesus to believing in Him.

- **John 3:14–16**

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

- **John 5:24**

“Whoever hears my word and believes him who sent me has eternal life.”

- **John 6:40**

“Everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

- **John 6:47**

“Truly, truly, I say to you, whoever believes has eternal life.”

2. Keep the Commandments

In response to direct questions about eternal life, Jesus emphasized obedience to God's commands.

- **Matthew 19:16–17**

“Teacher, what good deed must I do to have eternal life?”

Jesus: “If you would enter life, keep the commandments.”

- **Mark 10:17–19 & Luke 18:18–20**

Similar accounts: Jesus lists the commandments and then says, *“Come, follow me.”*

3. Follow Jesus (Discipleship and Self-Denial)

Eternal life requires more than belief—it involves surrender and following.

- **John 10:27–28**

“My sheep hear my voice... they follow me. I give them eternal life.”

- **Matthew 16:24–25**

“If anyone would come after me, let him deny himself and take up his cross and follow me... whoever loses his life for my sake will find it.”

- **Luke 14:26–27, 33**

“Whoever does not carry his own cross and come after me cannot be my disciple... anyone who does not renounce all he has cannot be my disciple.”

4. Love God and Neighbor

The core of the law—and thus the path to eternal life—is love.

- **Luke 10:25–28**

“What must I do to inherit eternal life?”

Jesus: “What is written in the Law?”

Lawyer: “Love the Lord your God... and your neighbor as yourself.”

Jesus: “Do this and you will live.”

5. Eat the Bread of Life (Jesus Himself)

A deep image of spiritual union through faith and participation in Christ.

- **John 6:51–54**

“I am the living bread that came down from heaven. Whoever eats this bread will live forever... whoever eats my flesh and drinks my blood has eternal life.”

6. Be Born Again (Spiritual Rebirth - Baptism)

- **John 3:3–5**

“Unless one is born again, he cannot see the kingdom of God... unless one is born of water and the Spirit, he cannot enter the kingdom of God.”

7. Humility and Childlike Trust

- **Matthew 18:3**

“Unless you turn and become like children, you will never enter the kingdom of heaven.”

8. Use Wealth Rightly / Detachment from Earthly gods including Riches

Eternal life is threatened by not loving God first, the First Commandment, rather serving other earthly gods.

- **Matthew 19:21**

“If you want to be perfect, go, sell your possessions and give to the poor... then come, follow me.”

- **Luke 12:15–21**

Parable of the rich fool: storing treasure for oneself and not being rich toward God leads to spiritual death.

9. Having true Faith, doing Good and Endurance

- **John 5:29**

“Those who have done good will rise to live, and those who have done evil will rise to be condemned.”

- **Matthew 24:13**

“The one who endures to the end will be saved.”