



What Must I Do to Find Eternal Life?

Sacred Scripture can help show us the way. Is it enough to just believe in Jesus? The following passages indicate some of what is expected of us if we desire know Him and have eternal life. You may want to read and reflect on these.

[We must be baptized.](#)

[We must love God and keep His commandments.](#)

[We must care for others.](#)

[We must forgive others.](#)

[We must receive Our Lord in Holy Communion.](#)

Perhaps you have considered some of these passages before and even understood them to hold a different meaning. That's understandable. There are over 34,000 different Christian denominations in the worlds today. Sadly, they disagree on some of the most basic tenets of Christianity.

How are people who seriously desire to give themselves to Christ to know where to turn? How are they supposed to know what is the Truth?

The answer is in the Church established by Our Lord,

THE CATHOLIC CHURCH

[Why should a Christian belong to the Catholic Church?](#)

We must be baptized. [back](#)

Mark 16:15-16 - 15 And he said to them, "Go into all the world and preach the gospel to the whole creation. 16 He who believes and is baptized will be saved; but he who does not believe will be condemned.

John 3:1-6 - 1 Now there was a man of the Pharisees, named Nicodemus, a ruler of the Jews. 2 This man came to Jesus by night and said to him, "Rabbi, we know that you are a teacher come from God; for no one can do these signs that you do, unless God is with him." 3 Jesus answered him, "Truly, truly, I say to you, unless one is born anew, he cannot see the kingdom of God." 4 Nicodemus said to him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" 5 Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God." 6 That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.

1 Peter 3:18-21 - 18 For Christ also died for sins once for all, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit; 19 in which he went and preached to the spirits in prison, 20 who formerly did not obey, when God's patience waited in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. 21 Baptism, which corresponds to this, now saves you, not as a removal of dirt from the body but as an appeal to God for a clear conscience, through the resurrection of Jesus Christ,

We must love God and keep His commandments. [back](#)

Matthew 19:16-19 - 16 And behold, one came up to him, saying, "Teacher, what good deed must I do, to have eternal life?" 17 And he said to him, "Why do you ask me about what is good? One there is who is good. If you would enter life, keep the commandments." 18 He said to him, "Which?" And Jesus said, "You shall not kill, You shall not commit adultery, You shall not steal, You shall not bear false witness, 19 Honor your father and mother, and, You shall love your neighbor as yourself."

John 14:21 - 21 He who has my commandments and keeps them, he it is who loves me; and he who loves me will be loved by my Father, and I will love him and manifest myself to him."

John 15:9-12 - 9 As the Father has loved me, so have I loved you; abide in my love. 10 If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. 11 These things I have spoken to you, that my joy may be in you, and that your joy may be full. 12 "This is my commandment, that you love one another as I have loved you."

We must care for others. [<back>](#)

Matthew 25:31-46 - 31 "When the Son of man comes in his glory, and all the angels with him, then he will sit on his glorious throne. 32 Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, 33 and he will place the sheep at his right hand, but the goats at the left. 34 Then the King will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; 35 for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, 36 I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' 37 Then the righteous will answer him, 'Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink? 38 And when did we see thee a stranger and welcome thee, or naked and clothe thee? 39 And when did we see thee sick or in prison and visit thee?' 40 And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' 41 Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; 42 for I was hungry and you gave me no food, I was thirsty and you gave me no drink, 43 I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' 44 Then they also will answer, 'Lord, when did we see thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to thee?' 45 Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' 46 And they will go away into eternal punishment, but the righteous into eternal life.

We must forgive others. [<back>](#)

Matthew 6:14-15 - 14 For if you forgive men their trespasses, your heavenly Father also will forgive you; 15 but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Mark 11:25 - 25 And whenever you stand praying, forgive, if you have anything against any one; so that your Father also who is in heaven may forgive you your trespasses."

Luke 6:37-38 - 37 "Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; 38 give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap. For the measure you give will be the measure you get back."

We must receive Our Lord in Holy Communion. <[back](#)>

John 6:52-58 - 52 The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" 53 So Jesus said to them, "Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; 54 he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. 55 For my flesh is food indeed, and my blood is drink indeed. 56 He who eats my flesh and drinks my blood abides in me, and I in him. 57 As the living Father sent me, and I live because of the Father, so he who eats me will live because of me. 58 This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever."

Matthew 26:26-28 - 26 Now as they were eating, Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, "Take, eat; this is my body." 27 And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you; 28 for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.

Mark 14:22-24 - 22 And as they were eating, he took bread, and blessed, and broke it, and gave it to them, and said, "Take; this is my body." 23 And he took a cup, and when he had given thanks he gave it to them, and they all drank of it. 24 And he said to them, "This is my blood of the covenant, which is poured out for many.