

THE GOSPELS IN A SCHOOL YEAR



on the Catholic Sprouts Podcast

The Gospels in a School Year

Welcome to the Gospels in a School Year on the Catholic Sprouts Podcast. We are thrilled you are joining us as we read through all four Gospels this year.

Remember, the Bible is no ordinary book. The Bible is the Living Word of God, so as we read, we seek more than understanding. We seek God Himself. The Gospels are the written accounts of Jesus's earthly life, recorded by people who knew Him.

In the Gospels, we hear Jesus speak, watch Him heal and calm storms, and discover how He saved us from sin and death.

Reading all four Gospels from start to finish will allow us to:

- Understand how events connect
- Watch how everything led to the cross
- See the full picture of Jesus's earthly life, death, and resurrection.

To get the most out of this year with the Gospels, strive to be an ACTIVE PARTICIPANT. Tune in regularly and consider doing the following as you listen. Follow along in a Bible. We will read through the New Revised Standard Version Catholic Edition (NRSVCE) translation of the Gospels.

Read Another Translation Afterward. I love reading the same passage in two different translations! Doing this allows us to see the complexities of Greek and understand the passage more fully. I recommend reading the New American translation of the Bible. This is the translation we hear at Holy Mass.

Take Notes. This is not schoolwork! Yes, try to remember what happened, but go deeper. Write down passages that struck you or ways the verses connect to your life. Discuss. Listen with others. After listening, discuss what you heard and grow together in faith and love.

The Gospels in a School Year

This notebook was designed to keep you on track and help you record your journey through the Gospels.

In the following pages, you will find four sections, one for each of the four Gospels. On the Catholic Sprouts Podcast, we will dedicate 10 weeks to the study of each Gospel. The first week will be an introduction to the Gospel. Learn about the man who wrote this Gospel and which themes to look for.

The following nine weeks will explore the Gospel from start to finish. Nancy will read the Scripture passages each day and then offer a brief commentary. Strive to make your listening and learning prayer, aware that God's Word is alive and active.

Each week, you will also find a "Verse of the Week," taken from the verses we will be discussing. Strive to memorize this verse and listen attentively for it.

And finally, don't miss a single episode. Although you will find a new episode on the podcast each morning, feel free to listen at your own pace. Access all of the content as it is created on this page: <https://catholicsprouts.com/the-gospels-in-a-year/>

once again, thank you for being here! May we have a blessed year together!

In Christ Jesus,
Nancy

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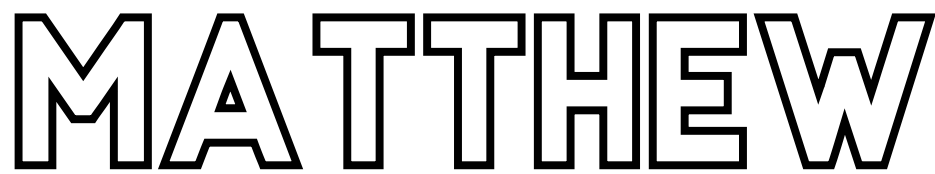


JESUS



KING OF THE UNIVERSE

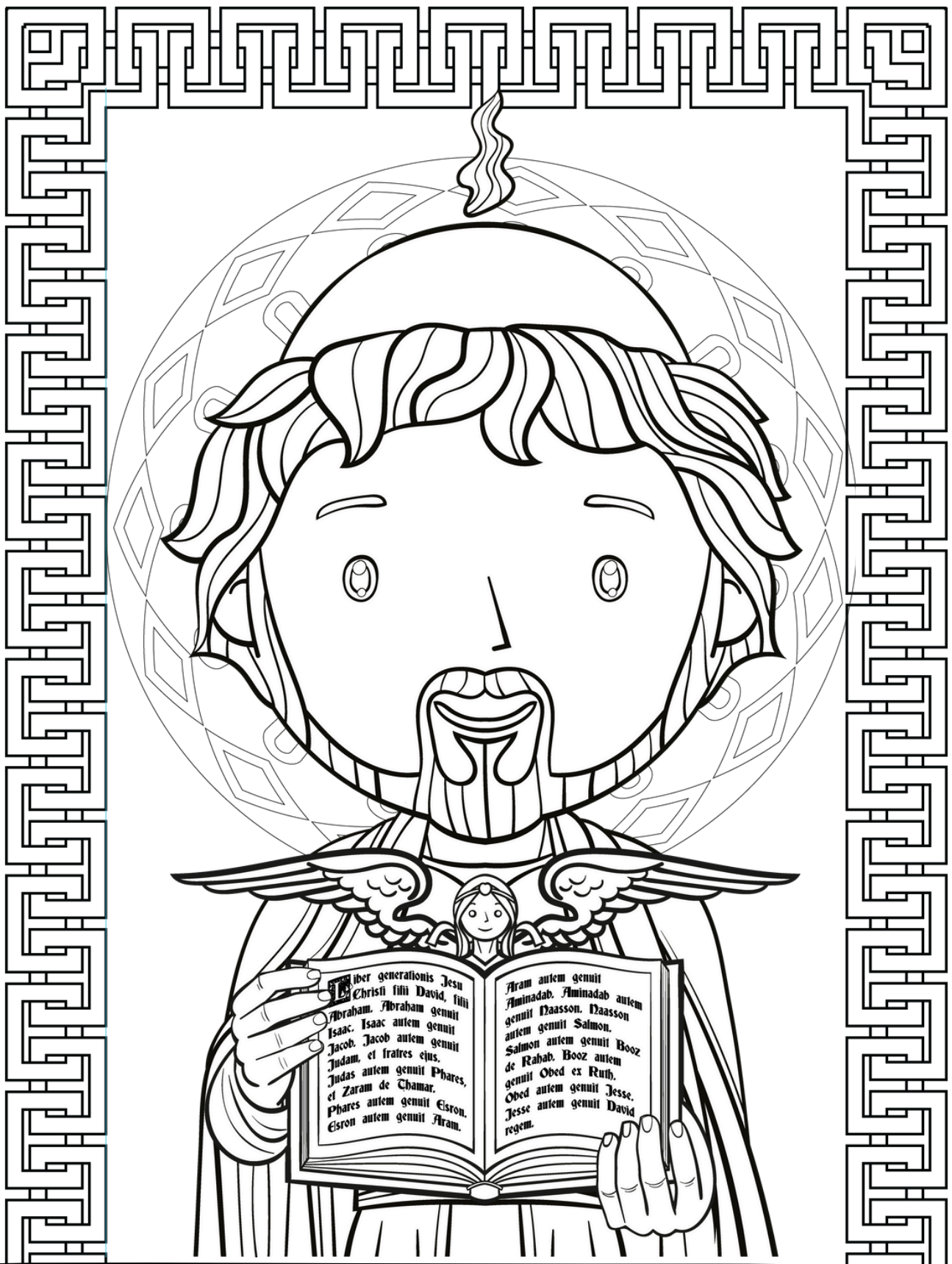
The Gospel of



MATTHEW

Days 1-50

The Catholic Sprouts
Podcast



MATTHEW

Week 1

Introduction to the Gospel of Matthew

Verse of the Week

**“Take my yoke upon you
and learn from me, for I am
meek and humble of heart;
and you will find rest for
yourselves.”**

Matthew 11:29

Week 1

Introduction to the Gospel of Matthew

DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:

Week 2

Introduction to
the Gospel of Matthew

Matthew, Chapter 1-4

Verse of the Week

And a voice came from the
heavens, saying, “This is my
beloved Son, with whom I
am well pleased”.

Matthew 3:17

Week 2

Matthew, Chapters 1-4

DAY 6:

Jesus's Lineage

1:1-17

DAY 7:

Birth of Jesus

1:18-25

DAY 8:

The Magi Visit

2:1-23

DAY 9:

Jesus's Baptism

3:1-17

DAY 10:

Temptation in the Desert

4:1-11

Week 2

Matthew, Chapter 4-6

Verse of the Week

**“Just so, your light must
shine before others, that
they may see your good
deeds and glorify your
heavenly Father.”**

Matthew 5:16

Week 3

Matthew, Chapter 4-6

DAY 11:

4:12-25

Jesus Calls His Disciples

DAY 12:

5:1-16

The Beatitudes

DAY 13:

5:17-48

Teaching on Anger

DAY 14:

6:1-15

The Our Father

DAY 15:

6:16-34

Treasure in Heaven

Week 4

Matthew, Chapter 7-9

Verse of the Week

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened.”

Matthew 7:7-8

Week 4

Matthew, Chapter 7-9

DAY 16:

7:1-29

The Golden Rule

DAY 17:

8:1-13

Healing Centurion's Servant

DAY 18:

8:14-34

Calming the Storm

DAY 19:

9:1-26

Healing the Paralytic

DAY 20:

9:27-38

Healing Two Blind Men

Week 5

Matthew, Chapter 10-13

Verse of the Week

“And whoever gives only a cup of cold water to one of these little ones to drink because he is a disciple—amen, I say to you, he will surely not lose his reward.”

Matthew 10:42

Week 5

Matthew, Chapter 10-13

DAY 21:

10:1-42

The Mission of the 12

DAY 22:

11:1-30

Messengers from John

DAY 23:

12:1-21

The Chosen Servant

DAY 24:

12:22-50

The Demand for a Sign

DAY 25:

13:1-23

The Parable of the Sower

Week 6

Matthew, Chapter 13-17

Verse of the Week

Then Jesus said to his disciples,
“Whoever wishes to come after
me must deny himself, take up his
cross, and follow me. For
whoever wishes to save his life
will lose it, but whoever loses his
life for my sake will find it.”

Matthew 16:24-25

Week 6

Matthew, Chapter 13-17

DAY 26:

13:24-58

The Parable of the Mustard Seed

DAY 27:

14:1-34

Walking on Water

DAY 28:

15:1-39

Canaanite Woman's Faith

DAY 29:

16:1-28

Peter's Confession

DAY 30:

17:1-27

The Transfiguration

Week 7

Matthew, Chapter 18-20

Verse of the Week

But Jesus said, “Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these.”

Matthew 19:14

Week 7

Matthew, Chapter 18-20

DAY 31:

18:1-20

The Parable of the Lost Sheep

DAY 32:

18: 21-35

The Parable of the Unforgiving Servant

DAY 33:

19:1-30

The Rich Young Man

DAY 34:

20:1-16

The Workers in the Vineyard

DAY 35:

20:17-34

The Request of James and John

Week 8

Matthew, Chapter 21-23

Verse of the Week

He said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.”

Matthew 22:37-40

Week 8

Matthew, Chapter 21-23

DAY 36:

21:1-17

Entry to Jerusalem

DAY 37:

21:18-46

The Parable of the Two Sons

DAY 38:

22:1-22

The Parable of the Wedding Feast

DAY 39:

22:23-45

The Greatest Commandment

DAY 40:

23:1-37

Denunciation of the Scribes and Pharisees

Week 9

Matthew, Chapter 24-26

Verse of the Week

“And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’”

Matthew 25:40

Week 9

Matthew, Chapter 24-26

DAY 41:

24:1-31

The Coming of the Son of Man

DAY 42:

24:32-51

The Faithful and Unfaithful Servants

DAY 43:

25:1-30

The Parable of the Ten Virgins

DAY 44:

25:31-46

Judgement of the Nations

DAY 45:

26:1-25

Anointing at Bethany

Week 10

Matthew, Chapter 26-28

Verse of the Week

And about three o'clock
Jesus cried out in a loud
voice, “Eli, Eli, lema
sabachthani?”^[a] which
means, “My God, my God,
why have you forsaken me?”

Matthew 27:46

Week 10

Matthew, Chapter 26-28

DAY 46:

26:26-56

The Last Supper

DAY 47:

26:57-75

Peter's Denial

DAY 48:

27:1-32

The Sentence of Death

DAY 49:

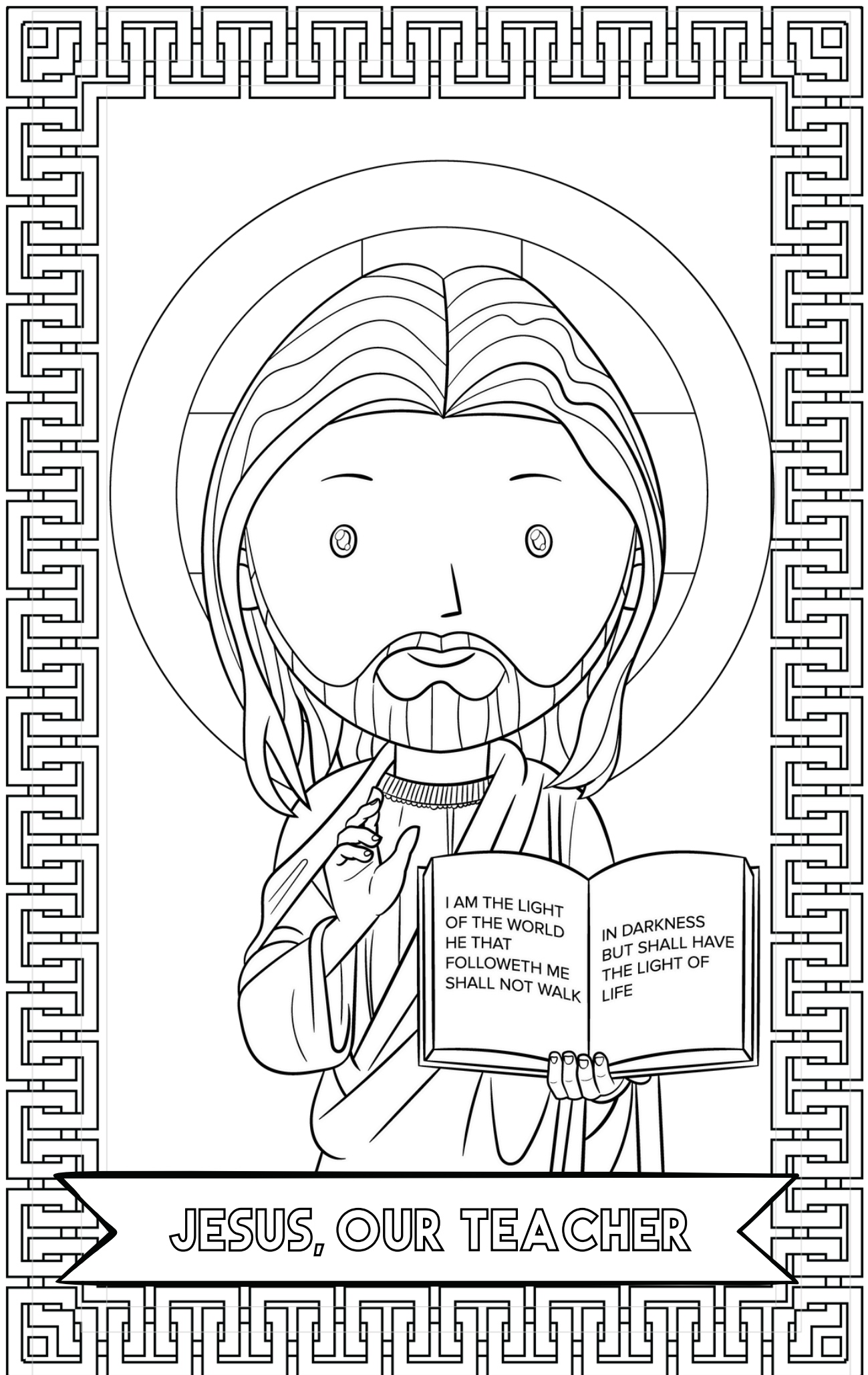
27:33-66

The Crucifixion

DAY 50:

28:1-20

The Resurrection



JESUS, OUR TEACHER

The Gospel of



MARK

Days 51-100

The Catholic Sprouts
Podcast



MARK

Week 11

Introduction to the Gospel of Mark

Verse of the Week

**“For the Son of Man did
not come to be served but to
serve and to give his life as a
ransom for many.”**

Mark 10:45

Week 11

Introduction to the Gospel of Mark

DAY 51:

DAY 52:

DAY 53:

DAY 54:

DAY 55:

Week 12

Mark, Chapter 1-2

Verse of the Week

**Jesus said to them, “Come
after me, and I will make
you fishers of men.”**

Mark 1:17

Week 12

Mark, Chapter 1-2

DAY 56:

The Baptism of Jesus

1:1-13

DAY 57:

The Call of the First Disciples

1:14-20

DAY 58:

The Cure of a Demoniac

1:21-34

DAY 59:

The Cleaning of a Leper

1:35-2:12

DAY 60:

The Healing of a Paralytic

2:13-28

Week 13

Mark, Chapter 3-4

Verse of the Week

**“[For] whoever does the will
of God is my brother and
sister and mother.”**

Mark 3:35

Week 13

Mark, Chapter 3-4

DAY 61:

3:1-19

A Man with a Withered Hand

DAY 62:

3:20-30

Blasphemy of the Scribes

DAY 63:

3:31-35

Jesus and His Family

DAY 64:

4:1-20

That Parable of the Sower

DAY 65:

4:21-25

The Parable of the Lamp

Week 14

Mark, Chapter 4-6

Verse of the Week

He said to her, “Daughter,
your faith has saved you. Go
in peace and be cured of
your affliction.”

Mark 5:34

Week 14

Mark, Chapter 4-6

DAY 66:

4:26-34

The Mustard Seed

DAY 67:

4:35-41

The Calming of the Storm

DAY 68:

5:1-20

The Healing of the Gerasene Demoniac

DAY 69:

5:21-43

Jairus' Daughter and Woman with Hemorrhage

DAY 70:

6:1-13

Rejection in Nazareth

Week 15

Mark, Chapter 6-8

Verse of the Week

“Nothing that enters one from outside can defile that person; but the things that come out from within are what defile.”

Mark 7:15

Week 15

Matthew, Chapter 6-8

DAY 71:

6:14-33

Death of John the Baptist

DAY 72:

6:34-52

Feeding the 5,000

DAY 73:

6:53-7:23

Tradition of the Elders

DAY 74:

7:24-37

Healing the Deaf Man

DAY 75:

8:1-13

Feeding the 4,000

Week 16

Mark, Chapter 8-9

Verse of the Week

Then he sat down, called the
Twelve, and said to them,
“If anyone wishes to be first,
he shall be the last of all and
the servant of all.”

Mark 9:35

Week 16

Mark, Chapter 8-9

DAY 76:

8:14-26

The Blind Man of Bethsaida

DAY 77:

8:27-38

The Conditions of Discipleship

DAY 78:

9:1-3

The Transfiguration

DAY 79:

9:14-29

Healing of Boy with Demons

DAY 80:

9:30-50

Temptations to Sin

Week 17

Mark, Chapter 10-11

Verse of the Week

Jesus said, “Amen, I say to you, there is no one who has given up house or brothers or sisters or mother or father or children or lands for my sake and for the sake of the gospel who will not receive a hundred times more now in this present age: houses and brothers and sisters and mothers and children and lands, with persecutions, and eternal life in the age to come.”

Mark 10:29-30

Week 17

Mark, Chapter 10-11

DAY 81:

10:1-16

Blessing the Children

DAY 82:

10:17-31

The Rich Man

DAY 83:

10:32-45

The Blind Bartimaeus

DAY 84:

11:1-14

The Entry into Jerusalem

DAY 85:

11:15-33

Cleansing the Temple

Week 18

Mark, Chapter 12-13

Verse of the Week

**“You will be hated by all
because of my name. But the
one who perseveres to the
end will be saved.”**

Mark 13:13

Week 18

Mark, Chapter 12-13

DAY 86:

12:1-12

Parable of Tenants

DAY 87:

12:13-27

The Question about the Resurrection

DAY 88:

12:28-44

The Greatest Commandment

DAY 89:

13:1-23

The Signs of the End

DAY 90:

13:24-37

Need for Watchfulness

Week 19

Mark, Chapter 14

Verse of the Week

Then he said to them, “My soul is sorrowful even to death. Remain here and keep watch.”

Mark 14:34

Week 19

Mark, Chapter 14

DAY 91:

14:1-16

The Betrayal of Judas

DAY 92:

14:17-41

The Lord's Supper

DAY 93:

14:32-42

The Agony in the Garden

DAY 94:

14:43-52

The Betrayal and Arrest of Jesus

DAY 95:

14:53-72

Jesus Before the Sanhedrin

Week 20

Mark, Chapter 15-16

Verse of the Week

He said to them, “Go into the whole world and proclaim the gospel to every creature. Whoever believes and is baptized will be saved; whoever does not believe will be condemned.

Mark 16:15-16

Week 20

Mark, Chapter 15-16

DAY 96:

15:1-15

Jesus Before Pilate

DAY 97:

15:16-32

The Way of the Cross

DAY 98:

15:33-47

The Death of Jesus

DAY 99:

16:1-8

The Resurrection of Jesus

DAY 100:

16:9-19

The Ascension of Jesus

JESUS



THE SUFFERING SERVANT

The Gospel of



LUKE

Days 100-150

The Catholic Sprouts
Podcast



LUKE

Week 21

Introduction to the Gospel of Luke

Verse of the Week

**“For nothing will be
impossible for God.”**

Luke 1:37

Week 21

Introduction to the Gospel of Luke

DAY 101:

DAY 102:

DAY 103:

DAY 104:

DAY 105:

Week 22

Luke, Chapter 1-2

Verse of the Week

And suddenly there was a multitude
of the heavenly host with the angel,
praising God and saying:
“Glory to God in the highest
and on earth peace to those on
whom his favor rests.”

Luke 2:13-14

Week 22

Luke, Chapter 1-2

DAY 106:

1:1-38

The Annunciation

DAY 107:

1:39-56

The Visitation

DAY 108:

1:57-80

The Birth of John

DAY 109:

2:1-20

The Birth of Jesus

DAY 110:

2:21-52

The Presentation

Week 23

Luke, Chapter 3-5

Verse of the Week

**“After all the people had
been baptized and Jesus also
had been baptized and was
praying, heaven was
opened.”**

Luke 3:21

Week 23

Luke, Chapter 3-5

DAY 111:

3:1-38

The Baptism of Jesus

DAY 112:

4:1-14

The Temptation of Jesus

DAY 113:

4:16-44

Rejection in Nazareth

DAY 114:

5:1-16

Cleansing the Leper

DAY 115:

5:17-39

Healing the Paralytic

Week 24

Luke, Chapter 6-7

Verse of the Week

“But to you who hear I say, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. To the person who strikes you on one cheek, offer the other one as well, and from the person who takes your cloak, do not withhold even your tunic.

Luke 6:27-29

Week 24

Luke, Chapter 6-7

DAY 116:

6:1-19

The Mission of the Twelve

DAY 117:

6:20-49

Sermon on the Plain

DAY 118:

7:1-17

Raising the Widow's Son

DAY 119:

7:18-35

Jesus's Testimony to John

DAY 120:

7:36-50

The Pardon of the Sinful Woman

Week 25

Luke, Chapter 8-10

Verse of the Week

[To him] Jesus said, “No one who sets a hand to the plow and looks to what was left behind is fit for the kingdom of God.”

Luke 9:62

Week 25

Luke, Chapter 8-10

DAY 121:
8:1-18

The Parable of the Sower

DAY 122:
8:19-56

Calming of a Storm at Sea

DAY 123:
9:1-27

Peter's Confession about Jesus

DAY 124:
9:28-62

The Transfiguration

DAY 125:
10:1-24

Praise of the Father

Week 26

Luke, Chapter 10-12

Verse of the Week

He said to [his] disciples, “Therefore I tell you, do not worry about your life and what you will eat, or about your body and what you will wear. For life is more than food and the body more than clothing. Notice the ravens: they do not sow or reap; they have neither storehouse nor barn, yet God feeds them. How much more important are you than birds! Can any of you by worrying add a moment to your life-span? If even the smallest things are beyond your control, why are you anxious about the rest?”

Luke 12:22-26

Week 26

Luke, Chapter 10-12

DAY 126:

10:25-42

The Good Samaritan

DAY 127:

11:1-28

The Lord's Prayer

DAY 128:

11:29-54

The Simile of Light

DAY 129:

12:1-34

Dependence on God

DAY 130:

12:35-59

Vigilant and Faithful Servants

Week 27

Luke, Chapter 13-16

Verse of the Week

He told a parable to those
who had been invited,
noticing how they were
choosing the places of honor
at the table.

Luke 14:7

Week 27

Luke, Chapter 13-16

DAY 131:

13:1-34

A Call to Repentance

DAY 132:

14:1-34

The Parable of the Great Feast

DAY 133:

15:1-32

The Prodigal Son

DAY 134:

16:1-18

The Parable of the Dishonest Steward

DAY 135:

16:19-31

The Rich Man and Lazarus

Week 28

Luke, Chapter 17-19

Verse of the Week

When Jesus heard this he said to him, “There is still one thing left for you: sell all that you have and distribute it to the poor, and you will have a treasure in heaven. Then come, follow me.”

Luke 18:22

Week 28

Luke, Chapter 17-19

DAY 136:

Cleansing the Ten Lepers

17:1-21

DAY 137:

The Day of the Son of Man

17:22-37

DAY 138:

Parable of the Pharisee and Tax Collector

18:1-23

DAY 139:

Healing the Blind Beggar

18:24-43

DAY 140:

Zacchaeus

19:1-27

Week 29

Luke, Chapter 19-22

Verse of the Week

He said, “I tell you truly, this poor widow put in more than all the rest; for those others have all made offerings from their surplus wealth, but she, from her poverty, has offered her whole livelihood.”

Luke 21:3-4

Week 29

Luke, Chapter 19-22

DAY 141:

19:28-48

Entry Into Jerusalem

DAY 142:

20:1-20

Parable of Tenant Farmers

DAY 143:

20:21-24

Question about the Resurrection

DAY 144:

21:1-38

The Signs of the End

DAY 145:

22:1-38

The Last Supper

Week 30

Luke, Chapter 22-24

Verse of the Week

He replied to him, “Amen, I say to you, today you will be with me in Paradise.”

Luke 23:43

Week 30

Luke, Chapter 22-24

DAY 146:

22:39-71

Peter's Denial

DAY 147:

23:1-32

The Sentence of Death

DAY 148:

23:33-56

The Crucifixion

DAY 149:

24:1-35

The Resurrection of Jesus

DAY 150:

24:36-51

The Ascension



JESUS,

THE GOOD SHEPHERD

The Gospel of



JOHN

Days 150-200

The Catholic Sprouts
Podcast



JOHN

Week 31

Introduction to the Gospel of John

Verse of the Week

“No one has greater love than this,
to lay down one’s life for one’s
friends. You are my friends if you do
what I command you. I no longer
call you slaves, because a slave does
not know what his master is doing. I
have called you friends, because I
have told you everything I have
heard from my Father.”

John 15:13-15

Week 31

Introduction to the Gospel of John

DAY 151:

DAY 152:

DAY 153:

DAY 154:

DAY 155:

Week 32

John, Chapter 1-3

Verse of the Week

“For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn^[b] the world, but that the world might be saved through him.”

John 3:16-17

Week 32

John, Chapter 1-3

DAY 156:

1:1-18

Prologue

DAY 157:

1:19-51

John the Baptist's Testimony to Jesus

DAY 158:

2:1-12

Wedding at Cana

DAY 159:

2:13-25

Cleansing the Temple

DAY 160:

3:1-21

Nicodemus

Week 33

John, Chapter 3-5

Verse of the Week

“But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him.

God is Spirit, and those who worship him must worship in Spirit and truth.”

John 4:23-24

Week 33

John, Chapter 3-5

DAY 161:

Final Witness of the Baptist

3:22-4:3

DAY 162:

The Samaritan Woman

4:4-39

DAY 163:

Second Sign at Cana

4:43-54

DAY 164:

Cure on a Sabbath

5:1-30

DAY 165:

Witness to Jesus

5:31-47

Week 34

John, Chapter 6-7

Verse of the Week

Jesus said to them, “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him.”

John 6:53-56

Week 34

John, Chapter 6-7

DAY 166:

6:1-21

Multiplication of Loaves

DAY 167:

6:22-40

Bread of Life Discourse

DAY 168:

6:41-71

Bread of Life Discourse, continued

DAY 169:

7:1-31

The Feast of Tabernacles

DAY 170:

7:32-52

River of Living Water

Week 35

John, Chapter 8-10

Verse of the Week

Jesus spoke to them again,
saying, “I am the light of the
world. Whoever follows me
will not walk in darkness,
but will have the light of
life.”

John 8:12

Week 35

John, Chapter 8-10

DAY 171:

8:1-20

Woman Caught in Adultery

DAY 172:

8:21-30

Jesus, the Father's Ambassador

DAY 173:

8:31-59

Jesus and Abraham

DAY 174:

9:1-40

The Man Born Blind

DAY 175:

10:1-21

The Good Shepherd

Week 36

John, Chapter 10-12

Verse of the Week

“Now is the time of judgment on this world; now the ruler of this world will be driven out. And when I am lifted up from the earth, I will draw everyone to myself.” He said this indicating the kind of death he would die.

John 12:31-33

Week 36

John, Chapter 10-12

DAY 176:

10:22-42

The Feast of Dedication

DAY 177:

11:1-44

The Raising of Lazarus

DAY 178:

11:45-57

The Session of the Sanhedrin

DAY 179:

12:1-19

Anointing at Bethany

DAY 180:

12:20-36

The Coming of Jesus's Hour

Week 37

John, Chapter 12-14

Verse of the Week

“You call me ‘teacher’ and ‘master,’ and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another’s feet. I have given you a model to follow, so that as I have done for you, you should also do.

John 13:13-15

Week 37

John, Chapter 12-14

DAY 181:

12:37-50

Recapitulation

DAY 182:

13:1-20

Washing the Disciples Feet

DAY 183:

13:21-38

Announcement of Judas's Betrayal

DAY 184:

14:1-14

Last Supper Discourses

DAY 185:

14:15-31

The Advocate

Week 38

John, Chapter 15-18

Verse of the Week

“Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me.”

John 15:4

Week 38

John, Chapter 15-18

DAY 186:

15:1-17

The Vine and the Branches

DAY 187:

15:18-16:4

The World's Hatred

DAY 188:

16:5-33

Jesus's Departure: Coming of the Advocate

DAY 189:

17:1-26

The Prayer of Jesus

DAY 190:

18:1-18

Jesus is Arrested

Week 39

John, Chapter 18-19

Verse of the Week

When Jesus saw his mother and the disciple there whom he loved, he said to his mother, “Woman, behold, your son.” Then he said to the disciple, “Behold, your mother.” And from that hour the disciple took her into his home.

John 19:26-27

Week 39

John, Chapter 18-19

DAY 191:

18:19-27

Inquiry Before Annas

DAY 192:

18:28-40

Trial Before Pilate

DAY 193:

19:1-16

Trial Before Pilate, continued

DAY 194:

19:17-30

The Crucifixion of Jesus

DAY 195:

19:31-42

The Blood and Water

Week 40

John, Chapter 20-21

Verse of the Week

Jesus said to them again,
“Peace be with you. As the
Father has sent me, so I send
you.”

John 20:21

Week 40

John, Chapter 20-21

DAY 196:

20:1-18

The Appearance to Mary Magdala

DAY 197:

20:19-31

Thomas

DAY 198:

21:1-14

Appearance to the Seven Disciples

DAY 199:

21:15-19

Jesus and Peter

DAY 200:

21:20-25

Conclusion



JESUS,

THE BREAD OF LIFE

SACRED HEART

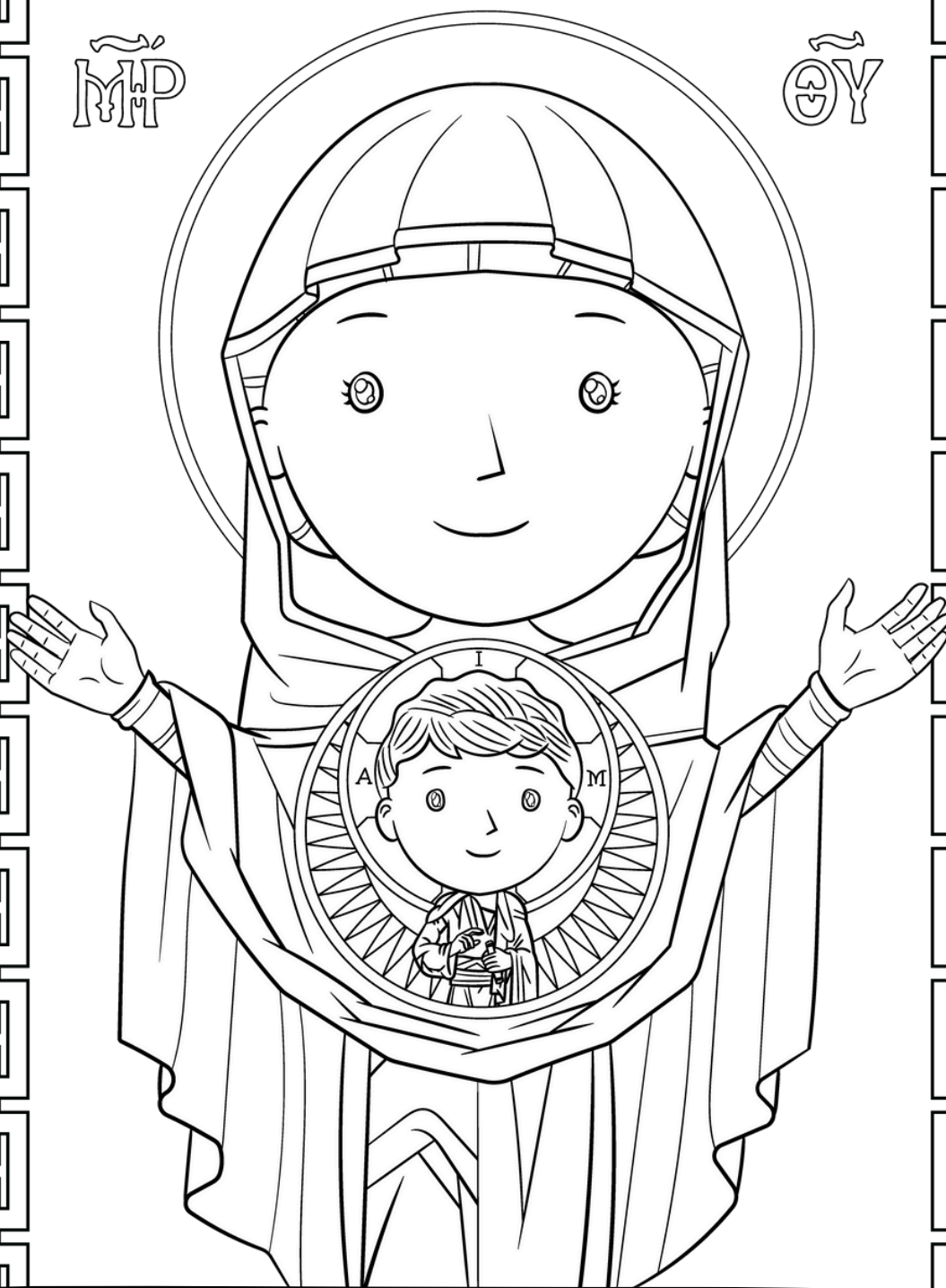


OF JESUS

JESUS-

MP

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FULLY GOD, FULLY MAN

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