Rules for Capitalization

A. Capitalize the first word in a sentence.
   The term leitourgia in classical Greek described the performance of special honorific service for the state.

B. Capitalize the pronoun I.
   Jesus said, “I am the Way, the Truth, and the Life.”

C. Capitalize proper names and nouns used as proper names.
   Jesus
   1. Capitalize a title preceding a proper noun.
      Professor Greider, Pastor Kim, Rabbi Steinfeld
   2. Capitalize the names of people and races.
      Asian, African-American
   3. Capitalize the names of religions, deities, and sacred terms.
      Catholic, Buddhist, God
   4. Capitalize the names of geographic locations.
      Mt. Sinai, Jerusalem
   5. Capitalize the words north, south, east, and west when they refer to a section of the country usually considered to constitute a region.
      the Midwest, the South
   6. Capitalize the names of nationalities and names of languages.
      Vietnamese, Greek, Hebrew
   7. Capitalize the complete names of specific churches and buildings.
      the United Methodist Church (here church is part of the name)
   8. Capitalize the days of the week, months, and holidays.
      Sunday, August, the Fourth of July.
   9. Capitalize the specific names of college courses.
      I am taking Reformation Theology, Hebrew Bible, and an ethics course.
   10. Capitalize all the words in a title except articles, prepositions, and conjunctions. Capitalize articles, prepositions, and conjunctions if they are the first or last word in a title, or if they are more than five letters long.
      Form and Style, A Sequence of Academic Writing
   11. Capitalize the names of documents, historical events, and organizations.
      Talmud, Dead Sea Scrolls, the Assyrian Empire, Pentecost

Note: Do not capitalize the names of the seasons: spring, fall

If you can put a, or an in front of a word, it is not a proper noun and not capitalized.
a god, a messiah, a church, a synagogue, a psalm

Adjectives based on proper nouns (unless part of a name) are often not capitalized.
apocryphal, messianic, synoptic (but, the Synoptic Gospels), talmudic