

Belong

Have you ever visited a faith community other than Polk City UMC? Where did you go?
What did you notice? How was it different? How was it similar?.....

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Become

Tour of Faith

Visiting faith communities different from our own and hearing the stories of people different from us helps us not only to learn about them, but also to discover things about ourselves and our own faith. On Friday, October 27, we will visit four different faith communities: the Hindu Temple and Cultural Center of Iowa in Madrid (iowatemple.org), the Islamic and Cultural Center Bosniak of Des Moines in Granger (facebook.com/ICCBDesMoines), the Sikh Temple in Johnston (facebook.com/Sikhinc), and St. George Greek Orthodox Church in Des Moines (stgeorge.ia.goarch.org). To prepare for our visits, let's explore these faiths that are different from our own.

The information in the following pages is from United Religions Initiative (uri.org/kids/) whose stated purpose is “to promote enduring, daily interfaith cooperation, to end religiously motivated violence, and to create cultures of peace, justice, and healing for the Earth and all living beings.” Though their summaries of world religions, they hope to “introduce young people to the wonder and diversity of the world’s religions and spiritual traditions,” through “simple, straight forward, accurate information” with recognition of “the complexity and challenges of this task.”

Christianity: Basic Beliefs

Christians believe that Jesus Christ was the Son of God - fully human and fully divine - and that through believing in him and following his teachings they can inherit eternal life.

How did Christianity begin?

Christianity traces its beginning to the miraculous birth, adult ministry, death and resurrection of Jesus of Nazareth, known as Jesus Christ. Over 2000 years ago in Palestine (today's Israel), Jesus was born into a humble Jewish family. His mother was a young peasant woman named Mary.

Christians believe that his father was the Holy Spirit of God, making Jesus both fully human and fully divine. His earliest followers came to believe that he was the Messiah, or messenger, sent by God to free God's people from slavery, sin, and death. God sent his son Jesus in human form so that people would better understand God as a caring and loving parent.

Jesus lived and experienced the suffering of humans. Jesus healed the sick and told stories, or parables, and preached sermons that taught what God wanted people to do - to love God with all their hearts and love their neighbors as themselves. Jesus taught by example. By being loving and forgiving himself,

Jesus taught others to be loving and forgiving - especially toward those who were considered outcasts in society. This is the central message and style of Jesus' teaching.

During his adult ministry, Jesus built up a loyal following, led by his twelve disciples. But Jesus also made enemies among the religious and political leaders of his time.

In the end, these powerful leaders were so threatened by Jesus' growing following that the Roman governor sentenced Jesus to death and had him crucified. The third day after Jesus' death, his followers found his tomb empty and discovered that he had been raised from the dead. Christians believe that the painful sacrifice of Jesus' life on the cross shows how much God loves God's people. Jesus paid with his life on Earth for the sins of the world.

Christians believe that in raising Jesus' from the dead, God showed that Jesus' message of love and forgiveness was more powerful than death, and that believing in Jesus and following the example of his life and his teaching would

lead to eternal life after death. The resurrection (rising from the dead) is the sign of God's salvation offered to all people.

After his resurrection, Jesus Christ's followers spread his message throughout the world, creating the Christian Church. Today there are about two billion Christians living all over the world.

Why are there so many different kinds of Christians?

From its beginning with a tiny group of Jesus' followers, Christianity has spread all over the world. Today, it is practiced by two billion people. As with any large group, Christianity has experienced many different interpretations, disagreements and struggles for power over the centuries. These have led to the growth of many different branches of Christianity interpreting the life, death and resurrection of Jesus in different ways. There are three basic streams of Christianity: Orthodox, Protestant and Roman Catholic.

<https://www.uri.org/kids/world-religions/christian-beliefs>

Important dates in church history

The Birthday of the Church

The book of Acts tells of the beginning of the church, following the resurrection of Jesus when the Holy Spirit fell upon the people gathered and many people were baptized. The early church consisted of small communities of believers, some of them were Jewish people (like Jesus and the disciples) and some were “gentiles” which means non-Jewish people. Early Christians were persecuted and often worshiped in secret.

The official Religion of the Roman Empire

Christianity became the official religion of the Roman Empire in 380 CE. The church became more centralized and councils of church leaders met to solidify core christian beliefs.

The Great Schism of 1054

Because of conflicts and disagreements, the one Christian church split into the Western (Roman Catholic) and the Eastern (Orthodox) churches.

Reformation 1517

On October 31, 1517, Martin Luther posted his “95 Theses” on the door of the Castle Church in Wittenberg, Germany, listing critiques he believed needed to be reformed in the Roman Catholic church. This led to the split of Protestant churches from the Roman Catholic church.

The formation of the Methodist church in the U.S.

On February 28, 1784, John Wesley chartered the first Methodist Church in the United States. Despite the fact that he was an Anglican (the Church of England), Wesley saw the need to provide church structure for his followers after the Anglican Church abandoned its American believers during the American Revolution.

Apostles’ Creed

I believe in God, the Father Almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.

On the third day he rose again;
he ascended into heaven,
is seated at the right hand of the Father,
and will come again
to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic** church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

**universal (not the Roman Catholic church)

Judaism: Basic Beliefs

Jewish people believe in the Torah, which was the whole of the laws given to the Israelites at Sinai. They believe they must follow God's laws which govern daily life.

How did Judaism begin?

Judaism began about 4000 years ago with the Hebrew people in the Middle East. Abraham, a Hebrew man, is considered the father of the Jewish faith because he promoted the central idea of the Jewish faith: that there is one God. At the time many people in the Middle East worshiped many gods. It is said that Abraham and his wife Sarah, who were old and childless, were told by God that their children would be as plentiful as the stars in the sky and that they would live in a land of their own -- the Promised Land. This gradually came true.

Abraham's son, Isaac had a son, Jacob, also called Israel. In this way the descendants of Abraham came to be known as the Israelites. God promised the Israelites he would care for them as long as they obeyed God's laws. While still traveling, the Hebrews lived in Egypt where they were enslaved. Moses, a Hebrew, was chosen by God to lead the Hebrew people out of Egypt. Moses led the Hebrew people out of the Sinai Desert toward the promised land.

At Mt. Sinai, God gave Moses the Law which would guide the Israelites to today. The laws were called the Ten Commandments and form the basis of the Torah, the book of Jewish law.

It took many years for the Israelites to finally get to what they thought was the Promised Land - Canaan. After some fighting the Jews established the Israelite kingdom. After many years, Canaan was conquered by the Assyrians, the Babylonians and then eventually the Romans. The Israelites once again found themselves enslaved, this time by Babylonians. The Israelites were then taken over by Romans who destroyed much of what had been built in Jerusalem by the Israelites. Most of the Jews were scattered all over the region and eventually moved from place to place to avoid persecution which continues to this day. The dispersion of the Jews is called the Diaspora.

The worst persecution of the Jews was during World War II by the Nazis who murdered more than six million Jews or a third

of the world's Jewish population. This was called the Holocaust. Beginning in the 1880's Jews began returning to their homeland in growing numbers, this time to avoid persecution where they lived. After World War II, many Jews believed that for the Jewish people and culture to survive, Jews needed to live in their own country where all Jews from anywhere in the world would have the right to live and be citizens. In 1948, Palestine was divided up and a Jewish state of Israel was formed in the land that was once called Canaan, surrounded by countries with predominantly Muslim populations. Since Muslims also claimed rights to the land where the Jews were living, there was conflict, which continues to this day in the Middle East.

Today nearly fourteen million Jewish people live all over the world. Approximately half of them live in the United States, one quarter live in Israel, and a quarter are still scattered around the world in countries in Europe, Russia, South America, Africa, Asia and other North American

and Middle Eastern countries. Anyone born to a Jewish mother is considered a Jew.

What do Jewish people believe?

Jewish people believe in the Torah, which was the whole of the laws given to the Israelites at Sinai. They believe they must follow God's laws which govern daily life. Later legal books, written by rabbis, determine the law as it applies to life in each new place and time.

The Ten Commandments, as written in the Torah, are:

- Worship no other God but Me.
- Do not make images to worship.
- Do not misuse the name of God.
- Observe the Sabbath Day (Saturday). Keep it Holy.
- Honor and respect your father and mother.
- Do not murder.
- Do not commit adultery.
- Do not steal.
- Do not accuse anyone falsely. Do not tell lies about other people.
- Do not envy other's possessions.

There are three basic groups of Jewish people who have a different understanding of the interpretation of the Torah.

Orthodox Jews believe that all of the practices in the Torah which it is practical to obey must be obeyed without question.

Conservative and Reform Jews believe that the ancient laws and practices have to be interpreted for modern life with inclusion of contemporary sources and with more concern with community practices than with ritual practices.

Reform Jews also allow everyone to sit together, men and women, and both Hebrew and the local language are spoken in services.

What are the sacred texts of the Jewish people?

The Tenakh is the ancient collection of writings that are sacred to the Jews. They were written over almost a thousand years from 1000 to 100 BCE. The word Tenakh comes from

the three first letters of the three books included in this text: the Torah, plus the Nev'im (prophets) and the Ki'tuvim (writings, which include histories, prophecies, poems, hymns and sayings).

The Torah is written on scrolls and kept in a special cabinet called the aron hakodish, the holy ark, in synagogues. The Torah is read with a pointer called a yad (hand) to keep it from being spoiled. Each week, one section is read until the entire Torah is completed and the reading begins again.

The Talmud is also an important collection of Jewish writings. Written about 2000 years ago, it is a recording of the rabbis' discussion of the way to follow the Torah at that time. Later texts, the Mishnah Torah and the Shulhan Aruch, are recordings of rabbinic discussions from later periods.

<https://www.uri.org/kids/world-religions/jewish-beliefs>

Islam

Islam is an Arabic word which means “surrender, submission, commitment and peace.” Thus, Islam can be defined as a path to attain complete peace through voluntary submission to the divine will.

How did Islam begin?

Islam is a monotheistic faith centered around belief in the one God (Allah). In this regard, it shares some beliefs with Judaism and Christianity by tracing its history back to the patriarch Abraham, and ultimately to the first prophet, Adam. All the prophets preached the same universal message of belief in one God and kindness to humanity. The last in the series of prophets, according to Muslims, was Muhammad. Muhammad was born in Mecca, Saudi Arabia around 570 CE. He worked first as a shepherd and then as a merchant. He was not happy with the people around him because of superstitions and social and economic injustice. The people were worshipping many gods and had forgotten the message of prophet Abraham to worship one God. Muhammad loved to pray and meditate in the mountains. On one of those occasions, in the year 610 CE, when he was about 40 years old, he received a revelation from God through the angel Jibril (Gabriel). He continued to receive messages from God throughout his life and

he began preaching to others what he had learned. His main message is that there was no other God but Allah and that people should lead their lives in a way that was pleasing to Allah.

How many Muslims are there?

Islam spread quickly first throughout Arabia and surrounding countries and then throughout the world. There are 1.2 billion Muslims in the world with 7 million in the United States. Only about 18% of Muslims are Arabs and live in the Middle East. The countries with the largest Muslim populations are Indonesia and India. There are two basic groups of Islam: the Sunnis (about 80% of the world’s Muslims) and the Shi’ites (about 20% of the world’s Muslims). Although they share the same basic beliefs, they disagree on who was the rightful leader of Islam after Muhammad’s death.

What does Islam mean?

Islam is an Arabic word which means “surrender, submission, commitment and peace.” Thus, Islam can be defined as a path to attain complete peace through voluntary submission to the divine will.

Who is Allah (God)?

“Allah” is simply the Arabic word for God. He is the same universal God worshipped by people of all faiths. The word “Allah” is sometimes preferred over God because it is neither masculine nor feminine. Also, there is no plural for “Allah.”

What do Muslims believe?

Muslims have six major beliefs:

- Belief in one God (Allah)
- Belief in the Angels
- Belief in the holy books sent to all the prophets including Torah that was revealed to the prophet Moses, Bible that was revealed to the prophet Jesus, and Qur’an (Koran) that was revealed to the prophet Muhammad
- Belief in all the prophets sent by God including Noah, Abraham, Ishmael, Isaac, Jacob, Moses, Jesus and Muhammad. Although Muslims believe in Isa or Jesus they don’t think of Jesus as the Son of God the way Christians do.
- Belief in the Day of Judgment and life after death. The best reward for performing good deeds is getting closer to God.

- Belief in divine decree. This means that God is all-powerful and nothing can happen without His permission, however, he has given human beings freedom to choose whether to be good or bad. In the end, everyone will be questioned about how they lived in this life.

What are the Five Pillars of Islam?

These are guides for daily life for putting the beliefs of Muslims into practice:

- Shahadah (declaration of faith)—to bear witness or testify that there is no god except one God (Allah) and Muhammad is His prophet or messenger.
- Salat (ritual prayer)—the five daily prayers are performed at dawn, noon, mid-afternoon, sunset and night. The prayers are offered in Arabic language and facing the direction of Mecca.
- Zakah (alms tax) -Giving 2.5% of one's wealth to the poor and needy.
- Sawm (fasting)—Muslims fast during the daylight hours in the ninth month of the Islamic lunar calendar called Ramadan. The purpose is to remind people of the goodness of what they

have and to show equality with the poor. Ramadan is a time for study and self-discipline.

- Hajj (pilgrimage): Muslims believe in making a pilgrimage to Mecca to the Ka'bah at least once in their lifetime. The Ka'bah is believed to have been built by Ibrahim (Abraham) and one of his sons. Muhammad restored it to worship Allah. For this reason it is a very sacred place to Muslims.

What is the final revealed scripture (a sacred text) for Muslims?

Muslims believe that the last revealed scripture sent by God is the Qur'an or Koran. It is the speech of God revealed in the Arabic language to Muhammad during his mission of twenty-three years. The Qur'an was written down by scribes and memorized during the lifetime of Muhammad. The Qur'an emphasizes moral, ethical and spiritual values with the aim of establishing justice for everyone. Many Muslims try to learn to read the Koran in its original language, Arabic. It is not uncommon for Muslims to memorize whole

chapters of it. They read part of it every day. The Sunnah is a record of Muhammads words and deeds. The Sunnah is used to help interpret the Koran. There is also instruction in it on belief, worship and behavior.

<https://www.uri.org/kids/world-religions/muslim-beliefs>

3 Abrahamic faiths

Judaism, Christianity, and Islam trace their faith stories back to Abraham. In the Old Testament book of Genesis, God promised Abraham blessings of a place, a people, and a purpose. Because Abraham was obedient to God, God blessed Abraham and his many decedents to be a blessing to all the earth. Because Judaism, Christianity, and Islam worship the God of Abraham, we worship the same God.

Scripture to read

Genesis 26:2-5

Hinduism

How did Hinduism begin?

Hinduism or Sanatana Dharma (“eternal spiritual path”) began about 4000 years ago in India. It was the religion of an ancient people known as the Aryans (“noble people”) whose philosophy, religion, and customs are recorded in their sacred texts known as the Vedas. These texts were initially handed down by word of mouth from teacher to student. It was not until much later that they were actually written down. Archaeological evidence from the Indus Valley civilization of northwestern India helps to establish Hinduism as the world’s oldest living religion. Today, worldwide, there are almost one billion people professing some aspect of Hinduism. The fundamental teachings of Hinduism, which form the foundation of all its different sects, are contained in the concluding portion of the Vedas, and are therefore known as the Vedanta (the “end or concluding portion of the Vedas”). This part of the Vedas is also known as the Upanishads.

What do Hindus believe and practice?

The fundamental teaching of Hinduism, or Vedanta, is that a human being’s basic nature is not confined to the body or the mind. Beyond both of these is the spirit or the spark of God within the soul. This spirit is within us and also within everything we see. All beings and all things are really, in their deepest essence, this pure or divine spirit, full of peace, full of joy and wisdom, ever united with God. This is not just theory, but it can actually be experienced. Anyone who takes the trouble to undergo the necessary training to purify and refine the mind and senses can begin to feel the truth of this. This training can take various forms and is known as yoga (“union”- union of the individual self with this inner spirit).

What are the manifestation(s) God in Hinduism?

What are the different sects of Hinduism? The general name for God in Hinduism is Brahman. The name of the divine essence within us is Atman. They are one and the same, infinite and eternal. However, God is also present in all creation. God’s manifestation in creation goes by many names.

It is the one infinite, eternal, Divine Being that is manifesting in countless ways. It is like a person at the same time being called “father” by his son, “friend” by his friend, “son” by his own father, “husband” by his wife, etc. A special relationship goes with each name. So the same Divine Lord has been addressed as Shiva, Vishnu, etc and as Divine Mother, Kali, Durga, etc. God can also manifest as an extraordinary being in human form, who is then known as an incarnation of God, such as Krishna, Rama, etc. Since it is the one infinite God alone that is being looked at in different ways, all these manifestations can be prayed to for help and protection. This is the underlying principle behind all the different sects of Hinduism. Those who prefer a particular manifestation of the divinity will form a sect devoted to the contemplation and worship of that manifestation. All the sects, however, will accept the ancient teachings of the Vedas and the Vedanta as the foundation of their practice.

What is reincarnation?

In this world every cause must have its effect. We are responsible for the results of our actions. Long ages ago, human beings first asked

themselves, why are some people born in happy circumstances, whereas others are born to suffer all their lives? The events of this present life are not enough to account for such suffering. To reasonably explain an excess of suffering or of enjoyment in this life, it was assumed that we all have had previous existences, and that we are now reaping the results of those previous actions. It must also be true then that we can take charge of our destiny right now. We can create a better tomorrow by resolving to do better actions today. However, as long as desires remain in the mind, the tendency toward rebirth will exist.

What is Maya?

In this life we do not see things very clearly. We are constantly faced with contradictions. Though we know what is right, we have trouble doing it. Our thoughts soar high, but our actions cannot rise to the level of our thoughts. The world is full of misery and injustice; as quickly as we remove some, more seems to rush in to take its place. We are told by the saints, and we also feel, that a loving God is at work in this creation, but we cannot reconcile this with what we see around us.

This complex situation in which we find ourselves is called Maya.

The way out of this, according to Hinduism or Vedanta, is that we are not really seeing the world properly. If we saw it properly, we would see that it is God alone before us. Instead, we superimpose all this complex world on that divine reality.

The illustration given is that of a rope, mistaken in semi-darkness for a snake. The snake of this world frightens us. What is the solution? Bring a light and you will see its real nature. It is only a rope. Likewise, the real nature or essence of this world is divinity alone. Bring the light of spiritual wisdom through yoga, and you will see God alone everywhere. This is what constitutes spiritual freedom or liberation, Moksha. When this knowledge dawns, there is complete satisfaction; no desire remains in the mind, and no further impulse for rebirth remains.

What code of behavior do Hindus follow?

The code of behavior is one's dharma. This is determined by the place in society and the duties associated with it. There are four

main social positions or varna; Brahmins (priests and teachers), Kshatriyas (rulers and soldiers), Vaishyas (merchants) and Shudras (workers).

There are four ideal stages of life described in Hindu scriptures: the student, the family man, the recluse, and the wandering holy man. For most Hindu people these represent a metaphorical path, not an actual path.

What are the Hindu sacred texts?

Hindu ancient, sacred texts were written in Sanskrit, the language of ancient India. The Vedas are the oldest - about 3000 years old. They are a collection of hymns, prayers, and magic spells. The Upanishads are stories and parables told by gurus (teachers) to their students. The Mahabharata is a story of a war between two royal families. The Bhagavad Gita is a very popular part of this text. The Ramayana is a story of the god Rama and the rescue of his wife Sita from Ravana, the evil demon king..

<https://www.uri.org/kids/world-religions/hindu-beliefs>

Sikhism

Sikhs believe in one God, and that everyone is equal in God's eyes.

How did Sikhism begin?

The Sikh religion began about 500 years ago in the Punjab region of India. Today there are about twelve million Sikhs living in the Punjab region. It was started by a man called Guru Nanak. The title Guru means teacher. He was born at a time in India when Muslims and Hindus were living in the same region but did not get along well at all. Some people felt left out of both religions. When Guru Nanak began preaching to others that there should be tolerance of other faiths, it made sense to some people. He taught people that the outward differences in people's religions were not important in God's eyes. After Guru Nanak's death the leadership of the Sikhs was passed down to nine more gurus. The tenth guru decided that it was important for the Sikhs to be able to defend their faith and he formed a brotherhood called the Khalsa of devoted Sikhs who are willing to defend the faith even at the expense of their lives. Men and women may join. If they do they take part in the Amrit ceremony held by five exemplary community members who

represent the original "beloved Five" or first five who brave men who joined the Khalsa. There are five symbolic aspects of the dress of members of the Khalsa: uncut hair which symbolizes the belief in not disturbing nature anymore than necessary; a wooden comb for neatness; white shorts to wear under clothes for purity and modesty; a steel bangle for strength and eternity; and a short sword as a reminder to defend the truth and what is right.

Why are there no more Sikh gurus?

After the death of the tenth guru, it was decided that the Sikh Holy Book itself would serve as the Guru or teacher. It is called the Guru Granth Sahib. The hymns and writings in it serve as the teacher of the Sikhs.

What do Sikhs believe?

Sikhs believe in one God. They believe they should remember God in everything they do. This is called simran. Sikhs believe everyone is equal in God's eyes. For this reason Sikh men all are given the surname Singh which means lion and the women are

given the surname Kaur which means princess. Sikhs believe that to worship is to live an honest life and care for others. Sikhs believe they should hold jobs which help others and society. This service to others is called sewa. In addition Sikhs believe in giving a tenth of what they earn to others. The work Sikhs do to help others is organized through the temples they belong to. They do not believe in drinking alcohol or smoking.

Where do Sikhs worship?

Sikhs worship in a temple or gurdwara. This word means "gateway of the guru." When entering a temple, Sikhs take off their shoes and cover their heads. They bow in front of the Holy Book or Guru Granth Sahib. Hymns and prayers are said and then the worshippers share karah prasad which is a food offering made of sugar, butter and flour.

<https://www.uri.org/kids/world-religions/sikhism>

Tour of Faith Prep Notes

1) Hinduism

How did Hinduism begin?

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What do Hindus believe?

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How do Hindus practice?

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How is Hinduism like Christianity?

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How is it different from Christianity?

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What do you wonder about? What questions do you want to ask?

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2) Islam

How did Islam begin?

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What do Muslims believe?

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How do Muslims practice?

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How is Islam like Christianity?

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How is it different from Christianity?

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What do you wonder about? What questions do you want to ask?.....

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2) Sikhism

How did Sikhism begin?.....

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What do Sikhs believe?

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How do Sikhs practice?.....

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How is Sikhism like Christianity?

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How is it different from Christianity?

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What do you wonder about? What questions do you want to ask?.....

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2) Greek Orthodox Church

How did Christianity begin? How did there become different kinds of Christian churches?

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What do Orthodox Christians believe?

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How do Orthodox Christians practice?.....

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How is Orthodox Christianity like our United Methodist Christianity?

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How is it different?.....

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What do you wonder about? What questions do you want to ask?.....

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Spiritual Practice: The Golden Rule

Read Matthew 7:12

A Prayer to Practice the Golden Rule

by Eusebius of Caesarea, fourth-century bishop, church historian, biographer & scholar

- May I be an enemy to no one and the friend of what abides eternally.
- May I never quarrel with those nearest me, and be reconciled quickly if I should.
- May I never plot evil against others, and if anyone plot evil against me, may I escape unharmed and without the need to hurt anyone else.
- May I love, seek and attain only what is good.
- May I desire happiness for all and harbor envy for none.
- May I never find joy in the misfortune of one who has wronged me.
- May I never wait for the rebuke of others, but always rebuke myself until I make reparation.
- May I gain no victory that harms me or my opponent.
- May I reconcile friends who are mad at each other.
- May I, insofar as I can, give all necessary help to my friends and to all who are in need.
- May I never fail a friend in trouble.
- May I be able to soften the pain of the grief stricken and give them comforting words.
- May I respect myself.
- May I always maintain control of my emotions.
- May I habituate myself to be gentle, and never be angry with others because of circumstances.
- May I never discuss the wicked or what they have done, but know good people and follow in their footsteps. Amen.

<https://revlisad.com/2017/08/26/a-prayer-to-practice-the-golden-rule-matthew-7-12/>

Therefore, you should treat people in the same way that you want people to treat you; this is the Law and the Prophets. -Matthew 7:12

The Golden Rule across the World's Religions Thirteen Sacred Texts

Bahá'í Faith | Lay not on any soul a load that you would not wish to be laid upon you, and desire not for anyone the things you would not desire for yourself. -Bahá'u'lláh, Gleanings

Buddhism | Treat not others in ways that you yourself would find hurtful. -The Buddha, Udana-Varga 5.18

Christianity | In everything, do to others as you would have them do to you; for this is the law and the prophets. -Jesus, Matthew 7:12

Confucianism | One word which sums up the basis of all good conduct....loving-kindness. Do not do to others what you do not want done to yourself. -Confucius, Analects 15.23

Hinduism | This is the sum of duty: do not do to others what would cause pain if done to you. -Mahabharata 5:1517

Islam | Not one of you truly believes until you wish for others what you wish for yourself. -The Prophet Muhammad, Hadith

Jainism | One should treat all creatures in the world as one would like to be treated. -Mahavira, Suttrakritanga 1.11.33

Judaism | What is hateful to you, do not do to your neighbor. This is the whole Torah; all the rest is commentary. Go and learn it. -Hillel, Talmud, Shabbath 31a

Native Spirituality | We are as much alive as we keep the earth alive. - Chief Dan George

Sikhism | I am a stranger to no one; and no one is a stranger to me. Indeed, I am a friend to all. -Guru Granth Sahib, p.1299

Taoism | Regard your neighbor's gain as your own gain and your neighbour's loss as your own loss. -Lao Tzu, T'ai Shang Kan Ying P'ien, 213-218

Unitarianism | We affirm and promote respect for the interdependent web of all existence of which we are a part. -Unitarian principle

Zoroastrianism | Do not do unto others whatever is injurious to yourself. -Shayast-na-Shayast 13.29

Acknowledgements: This original English version was prepared by Paul McKenna. Published by Scarboro Missions (Toronto, Canada) Copyright © Scarboro Missions 2000

Reflect:

How was this spiritual practice for you?

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Bless

How were you a blessing this week?

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How were you blessed?

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