

March 14, 2025

Daily Reflections

Journeying through Lent



Center for Spiritual Development

THE GOLDEN RULE

By Sister Jane DeLisle, CSJ

Today's Verse Before the Gospel

Cast away from you all the crimes you have committed, says the LORD, and make for yourselves a new heart and a new spirit.

EZEKIEL 18:31

Reflection

Goodness and sinfulness are woven into the fabric of humanity. We are created in the image and likeness of God. We are called to be Holy while living in shadow. The way to holiness is that of integrity, where the inside and outside of me flow freely in the way of goodness, beauty, truth, and unity. That means attending to my inner life in self-reflection, where ego is appropriately managed, and transformation is possible, so that I might be transformed into the inclusive person God created me to be. The universal call is found in the

golden rule of religious/spiritual traditions. Take a look! The call to holiness is worth consideration!

The Golden Rule

BAHA'I 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.

BAHA'U'LLAH; GLEANINGS

HINDUISM - This is the sum of duty: do not do to others what would cause pain if done to you.

MAHABHARATA 5:1517

BUDDHISM - Treat not others in ways that you yourself would find hurtful .

UDANA-VARGA 5.18

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

ISLAM - Not one of you truly believes until you wish for others what you wish for yourself.

THE PROPHET MUHAMMAD; HADITH

TAOISM - Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss.

T'AI SHANG KAN YING P'EN; 213-218

JUDAISM - What is hateful to you, do not do to your neighbor. This is the whole Torah; all the rest is commentary.

HILLEL; TALMUD, SHABBAT 31a

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, pg. 1299

JAINISM - One should treat all creatures in the world as one would like to be treated.

MAHAVIRA; SUTRAKRITANGA

ZOROASTRIANISM - Do not do unto others whatever is injurious to yourself.

SHAYAST-NA-SHAYAST 13.29

NATIVE SPIRITUALITY - We are as much alive as we keep the earth alive.

CHIEF DAN GEORGE

UNITARIANISM - We affirm and promote respect for the interdependent web of all existence of which we are a part.

UNITARIAN PRINCIPLE

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



Photo by Sister Jane DeLisle, CSJ

For Pondering

Consider the universal invitation in the guiding principles of people of faith and

spirituality.

- What unites us?
- How are we invited to live within the common good?

For Prayer

*Thank You that wherever Your message is received, there is peace.
Thank You that wherever Your presence is perceived, there is transformation.
Now lift our eyes beyond the schisms and hostility we see around us.
Lift up our hearts to see that You long to have the circle of unity
spread outward through the whole world.*

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