



From the Spiritual Strategies of Dr. Wendel Dandridge

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Sacred Reciprocity

The Golden Rule Across Spiritual Paths

Introduction:

The Golden Rule, often phrased as “Treat others as you want to be treated,” appears in almost all religious traditions. It serves as a moral foundation for building relationships and fostering mutual respect. Examples include Christianity (Matthew 7:12), Confucianism, and Islam (Hadith: “None of you truly believes until you wish for others what you wish for yourself”).

Discussion Points:

1. How does your tradition teach the Golden Rule?
2. How can this principle guide interactions with people of other faiths or no faith?
3. Share examples of times you’ve witnessed or practiced the Golden Rule.

References:

- Christianity: “Do to others what you would have them do to you.” — Matthew 7:12
- Islam: Hadith from Sahih Muslim 45: “None of you truly believes until you love for your brother what you love for yourself.”
- Confucianism: “Do not impose on others what you yourself do not desire.” — Analects 15:23

Reflection Activity:

Role-play scenarios where the Golden Rule might be challenging to apply, such as in conflicts. Discuss how these situations can be navigated with compassion and respect.

