

THE GOLDEN RULE

Matthew 7:12

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Introduction

Today, Jesus gives us one of the most profound, simple, and yet revolutionary teachings in all of Scripture—the Golden Rule. At first glance, it may seem like common sense: ***Treat others the way you want to be treated.*** But when we look deeper, we discover that this one sentence holds within it the power to transform our relationships, our communities, and even our world.

Let us reflect on this teaching through three guiding principles: the ***Priceless Principle***, the ***Preventive Principle***, and the ***Productive Principle***.

Text: Matthew 7:12

“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.” - NIV

Introduction

Lack of Empathy

Definition

The Ability to Identify Oneself Mentally with a Person and Understand His Feelings”

Bible Definition: The 2nd Commandment: ***Luke 9:27*** – “*Love Thy Neighbour as Thyself*”

Empathy and the 2nd Commandments are the Heart and Soul of the Golden Rule

The Mathematics of Golden Rule

What is Empathy?

- Empathy is magical.
- It creates connection and soothes wounded hearts.
- Empathic responses create the space for someone to open up without the fear of being judged and minimizes conflict in relationships.
- Being empathic is a crucial skill for everyone to practice

What Empathy is NOT?

- Not being swallowed up by another person’s feelings
- Not knowing what the other person is going through
- Not decreasing our own discomfort
- Empathy is willing to open up to another person

How to be Empathic

- ***Listening***

- **Ask for elaboration** (“What do you mean, when you say...?”)
- **Paraphrase** I’m hearing you say that..., did I get it right that.. or from your experience
- **Verbalize** – It sounds like...
- **Validate** – “That’s understandable”, its okay to be upset, I understand how you feel that way etc.

I. The Golden Rule is a *Priceless Principle: Love as the Higher Value*

- This rule is called the “Golden” Rule because of its Great Value
- It is of Great Value Because it is a Rule to End all Rules.
- The Golden Rule is of Great value because it will solve our problems in the home, in the church, in everyday life
- Amazingly, Though Golden, this Rule is Free, all it costs is the price of practice.

II. The Golden Rule is a *Preventive Principle*

- “An ounce of prevention is worth a pound of cure”. But the bible says it worth more than that (*Psalm 119:11; 1 John 3:9*)
- The Golden Rule is all the prevention one needs to keep him from sinning against his brother or neighbour. It causes us to have empathy, to obey the 2nd commandment. It makes us stop and think before we act **“How would I want to be treated were I in his place?”**

- Here is how the rule works:
- Provides us a light by which to evaluate every thought (*1 Cor. 13:5*)
- Provides us a balance in which to weigh every thought (*Jam 5:9*) three weights to weight it against: ***is it true? Is it kind? Is it helpful?***
- Provides us a barrier against evil deeds. (cheating, stealing, murder, fornication lying etc.).
- Many Christians need a strong dose of preventive medicine

III. The Golden Rule is a *Productive Principle*

- Question often asked
- “Why Doesn’t the Church Do More Work for the Lord?”
- Why Do we not care about people more?
- Why are we so indifferent?”

The Answer:

- ***Not enough Christian practice the Golden rule***
- Golden Rule not only prevent sin, but produces good works.
- The Golden Rule is intended to motivate us to do good
- We need Motivation (*James 4:17*)
- We need Zeal (*Titus 2:14*).
- Here is what the golden rule produces:
- ***Visitation:*** “If I were sick...” (*Mat 25:3*)
- ***Benevolence:*** “If I were an orphan, widow, unfortunate – (*Jas 1:27*)
- ***Evangelism:*** “ If I were a lost sinner (Lk 19:10

- ***Restoration of the Erring*** “ If I were an unfaithful Christian” (***Gal 6:10***)”
- ***Triumph over evil: If I were in His Place*** (*Rom 12:20*) “

Conclusion

- No one could fail to see the beauty, power and immense value of the golden rule

- Empathy is the key to the Gold
- The golden Rule is precious, productive and preventive
- ***“Therefore all things whatsoever ye would that me should do to you, do ye even so to them, for this is the laws and the prophets”***

Thanks

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