

## **SPIRITUAL TASK—THE GOLDEN RULE** (Matthew 7)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** The summary of all that we have talked about in regards to building healthy relationships is contained in these words from the sermon on the mount: “Do for others what you would like them to do for you. This is a summary of all that is taught in the law and the prophets.”

**Meaning** To apply this rule adequately, we need knowledge and imagination. We need to know what effect our actions have on the lives of others. And we need to be able to imagine ourselves, vividly and accurately, in the other person's place on the receiving end of the action.

**Task** This week ask the Lord to give you awareness and the will to question your actions and words before they leave your hands or lips. Asking, “Would I like this person to say this to me or treat me in this way?” If not, stop and think of another plan.