

Take a Breath - part 6

“Treating Others Well” Matthew 7:12

Connect

1. Why do you think the Golden Rule is so well known to Christians as well as non-Christians?
2. Describe a time when you benefitted from someone’s practicing the Golden Rule.
3. What were the consequences from a time when you didn’t follow the Golden Rule?

Engage

1. Read Proverbs 6:16-19
 - Why do you think God hates these seven things the most?
 - What would God want instead of each of these, and why?
2. Read Matthew 5:17 and 7:12.
 - How does the Golden Rule fulfill the Law?
 - The “Silver Rule” says, “Don’t do anything to others that you would not have them do to you.” What is the main difference between this and the Golden Rule? What is the significance of this?

Apply

1. How well do you live by the Golden Rule?
2. When did you recently put others first? How did it make you feel?
3. Make this week an adventure in Golden Rule living. Make a game out of it and keep score of how many times you apply the Golden Rule.