

## **ACTION GUIDE #2: LOVE YOUR NEIGHBOR AS YOURSELF (THE GOLDEN RULE)**

When we love our neighbors as ourselves, we treat them like gold. Over time, this treatment provides excellent benefits as we learn to have more profound outgoing concern for others.

**Here are some ideas to help you improve in this area. Choose what God leads you to do.**

1. **Study the Parable of the Good Samaritan** (LUKE 10:25-37). Perhaps compare the NIV with other versions like The Message and King James Versions. What ideas opened up for you?
2. **Meditate on the Following Verses.**
  - a. I John 4:20-21 *If someone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen? And this commandment we have from Him: that he who loves God must love his brother also.*
  - b. John 13:34 *A NEW commandment I give to you, that you love one another; as I have loved you, that you also love one another. ...A new [unused, uncommon] commandment.*
3. **Watch This TED Video.** (<https://youtu.be/8KkKuTCFvzI>) Harvard wanted to find what keeps us healthy and happy as we go through life. Having great relationships is a secret to a great life.
4. **Forgive and/or Patch up Unresolved Issues with Others.** Henry Wright stopped praying for people with arthritis after none were healed. Then 5 ladies with arthritis asked for anointing. They all had unresolved issues with others. He led them in a prayer of repentance and forgiveness. At the end of the prayer, all were healed, yet he had not prayed for healing.
5. **Serve Someone in Need.** A newly widowed Christian told her pastor she was having a tough time and was lonely. He told her to host a Thanksgiving dinner for a very poor couple in the congregation. She reluctantly agreed and had one of the greatest Thanksgiving dinners ever.
6. **When We See a Person in Need, First Run to God and...**
  - a. **Ask** GOD, Is this a conversation for me to enter? [If NO = just pray for the person]
  - b. **Ask** GOD, Is my personal experience relevant to this person's situation?
  - c. **Ask** if there is truth I am meant to speak into the situation.
  - d. **Ask** that whatever GOD wants me to share is delivered and received in peace.

## **JOIN THE THREE-WEEK QUEST FOR HAPPINESS**

- 1) Rate yourself on happiness overall from 10 (full & incredibly happy) to 0 (empty & incredibly sad).
- 2) Rate yourself on how well you love your neighbor from 10 (full of love) to 0 (no love).
- 3) Focus on one spiritual law for three weeks. After three weeks, share an email of your results to [happy@tekeffect.net](mailto:happy@tekeffect.net). Comment: ~Was this time well spent? Why or why not? Would you recommend this to others? What helped you most on this quest?

### **Example of an email you might send me after 21-days:**

*Before starting, I scored myself 4 on Happiness and 3 on Spiritual Law # 2.*

*Week 1: A week later, after praying about this Spiritual Law I scored 5 and 4 on the two scales.*

*Week 2: After 14 days, I've studied the Bible on this law and prayed about it and now scored 6 and 6.*

*Week 3: After 21 days, and using ideas from the action guide, I scored 7 on happiness and 7 on Law # 2.*

*Comment: I would say that this was time well spent. My happiness has improved and I'd recommend this because my love to my neighbors has greatly improved. Action Guide tips 2 and 3 helped me the most! Mr. B. Happy (age 23)*