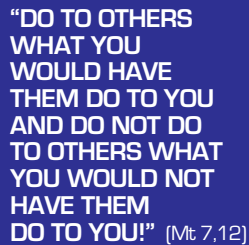
A young boy with brown hair, wearing an orange jacket and a green backpack, is shown in profile, looking thoughtfully to the right. The background is dark and out of focus.

Have you  
ever experienced  
an infinite  
thirst?

A blue rectangular box with a white border containing white text.

“DO TO OTHERS  
WHAT YOU  
WOULD HAVE  
THEM DO TO YOU  
AND DO NOT DO  
TO OTHERS WHAT  
YOU WOULD NOT  
HAVE THEM  
DO TO YOU!” (Mt 7,12)


Da un commento di Chiara Lubich

Have you ever felt  
dissatisfied with what  
you do or who you are?

If so, you'll be happy to find  
a formula which will give you  
the fullness of life that you  
desire.

There is a phrase  
in the Gospel that says:

“Do to others what you  
would have them do to  
you and do not do to  
others what you would  
not have them do to  
you!”

A close-up photograph of a woman with dark hair smiling warmly at a young child who is wearing a red shirt. The woman is wearing a purple top.

It's a universal rule, common to all  
religions, written deep in the heart  
of every human being. This rule is so  
important and precious that it has  
been called the Golden Rule.

Let's love every person we meet du-  
ring the day, whether they are lovable  
or not, young or old, friend or enemy!

Let's imagine ourselves in their  
shoes and treat them as we  
would like to be treated if  
we were in their place.

**A voice within us**

will guide us in every moment and in every circumstance, helping us to know what to say or do.

**Is this person hungry?**

Then I'm hungry, too, and so let's give him or her something to eat.

**Is she or he feeling down?**

Then I am, too. Let's try to comfort them, sharing their pain.

**Is this person going through a hard time?**

I want to love him or her to the point of feeling their difficulty.



At times, it might be difficult to live like this, and we think about going back to our old way of life.

**But let's always go**

ahead, starting over again, and the world around us will slowly change.



[www.teens4unity.net](http://www.teens4unity.net)

**Of course, many times this is not how we usually think or act, but have courage!**

This is the secret that will help us to be fulfilled and find the happiness we are looking for.

Let's try to live like this, starting with the neighbor right next to us in this moment.

**A day lived like this is worth our whole life!**

Let's make the experience that living the Gospel gives color to our life, and light to the world!



You can send your experiences on the golden rule: [centro.rpu@davide.it](mailto:centro.rpu@davide.it)

