

## LOVE/ FRIENDSHIP/ COMPASSION/ EMPATHY

### TORAH/ OLD TESTAMENT. JUDAISM AND CHRISTIANITY

#### **New revised standard version of the Bible<sup>1</sup>**

For the Lord your God is God of gods and Lord of lords, the great God, mighty and awesome, who is not partial and takes no bribe, who executes justice for the orphan and the widow, and who loves the strangers, providing them with food and clothing. You shall also love the stranger, for you were strangers in the land of Egypt.

#### **Deuteronomy 10,17-19 (also in Tolerance and Respect)**

Some companions help a friend for their stomachs' sake, yet in battle they will carry his shield.

Do not forget a friend during the battle, and do not be unmindful of him when you distribute your spoils.

#### **Sirach 37,5 (also in Sharing)**

If I have withheld anything that the poor desired,  
or have caused the eyes of the widow to fail,  
or have eaten my morsel alone,  
and the orphan has not eaten from it—  
for from my youth I reared the orphan like a father,  
and from my mother's womb I guided the widow—  
if I have seen anyone perish for lack of clothing,  
or a poor person without covering,  
whose loins have not blessed me,  
and who was not warmed with the fleece of my sheep;  
if I have raised my hand against the orphan,  
because I saw I had supporters at the gate;  
then let my shoulder blade fall from my shoulder,  
and let my arm be broken from its socket.  
For I was in terror of calamity from God,  
and I could not have faced his majesty.

#### **Job 31, 17-23 (also in Sharing)**

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<sup>1</sup> Bible. New Revised Standard Version: <http://www.devotions.net/bible/00bible.htm>

You shall not take vengeance or bear a grudge against any of your people, but you shall love your neighbor as yourself: I am the Lord.

### **Leviticus 19,18**

A king is not saved by his great army; a warrior is not delivered by his great strength. The war horse is a vain hope for victory, and by its great might it cannot save.

Truly the eye of the Lord is on those who fear him, on those who hope in his steadfast love, to deliver their soul from death, and to keep them alive in famine.

Our soul waits for the Lord; he is our help and shield.

### **Psalm 33,16-20 (also in Peace)**

Thus says the Lord of hosts: The fast of the fourth month, and the fast of the fifth, and the fast of the seventh, and the fast of the tenth, shall be seasons of joy and gladness, and cheerful festivals for the house of Judah: therefore love truth and peace.

### **Zechariah 8,19 (also in Peace)**

## **NEW TESTAMENT. CHRISTIANITY**

### **New revised standard version of the Bible**

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part; but when the complete comes, the

partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

### **1 Corinthians 13**

Greater love has no man than this, that a man lay down his life for his friends.

### **John 15,13**

But we appeal to you, brothers and sisters, to respect those who labor among you, and have charge of you in the Lord and admonish you; esteem them very highly in love because of their work. Be at peace among yourselves. And we urge you, beloved, to admonish the idlers, encourage the faint-hearted, help the weak, be patient with all of them. See that none of you repays evil for evil, but always seek to do good to one another and to all.

### **Thessalonians 5,12-15 (also in Peace)**

Shun youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.

### **2 Timothy 2,22 (also in Peace)**

Honor your father and mother; also, You shall love your neighbor as yourself.

### **Matthew 19,19**

Those who say, 'I love God', and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen. The commandment we have from him is this: those who love God must love their brothers and sisters also

### **John 4,20-21**

Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you.

### **2 Corinthians 13,11-12 (also in Peace)**

I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.

### **John 13,34-35**

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' No, 'if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.' Do not be overcome by evil, but overcome evil with good.

### **Romans 12, 9-21 (also in Peace and Reconciliation)**

Owe no one anything, except to love one another; for the one who loves another has fulfilled the law. The commandments, 'You shall not commit adultery; You shall not murder; You shall not steal; You shall not covet'; and any other commandment, are summed up in this word, 'Love your neighbor as yourself.' Love does no wrong to a neighbor; therefore, love is the fulfilling of the law.

### **Romans 13, 8-10**

If your brother or sister is being injured by what you eat, you are no longer walking in love. Do not let what you eat cause the ruin of one for whom Christ died. So do not let your good be spoken of as evil.

#### **Romans 14,15-1**

For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence, but through love become slaves to one another. For the whole law is summed up in a single commandment, 'You shall love your neighbor as yourself.' If, however, you bite and devour one another, take care that you are not consumed by one another.

#### **Galatians 5,13-15**

If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others.

#### **Philippians 2, 1-4**

We must always give thanks to God for you, brothers and sisters, as is right, because your faith is growing abundantly, and the love of every one of you for one another is increasing.

#### **2 Thessalonians 1,3**

Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart.

#### **1 Peter 1,22**

'You have heard that it was said, "You shall love your neighbor and hate your enemy." But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax-collectors do the same? And if you greet only your brothers

and sisters, what more are you doing than others? Do not even the Gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect.

**Matthew 5,43-48 (also in Reconciliation)**

Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

**Colossians 3,13-15 (also in Peace and Reconciliation and Forgiveness)**

Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.

**Ephesians 4,31-32 (also in Reconciliation and Forgiveness)**

Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love.

No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us. By this we know that we abide in him and he in us, because he has given us of his Spirit.

There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because he first loved us. Those who say, 'I love God', and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen

**1 John 4,7-8,12-13,18-20**

Faithful friends are a sturdy shelter: whoever finds one has found a treasure. Faithful friends are beyond price; no amount can balance their worth. Faithful friends are life-saving medicine; and those who fear the Lord will find them. Those who fear the Lord direct their friendship aright, for as they are, so are their neighbours also.

### **Sirach 6,14-17**

We who are strong ought to put up with the failings of the weak, and not to please ourselves. Each of us must please our neighbor for the good purpose of building up the neighbour. For Christ did not please himself; but, as it is written, 'The insults of those who insult you have fallen on me.

### **Romans 15.1-3 (also in Sharing)**

## **TALMUD AND MISHNAH. JUDAISM**

### **World Scripture<sup>2</sup>**

Hillel said, "Be of the disciples of Aaron--one that loves peace, that loves mankind, and brings them nigh to the Law."

### **Mishnah, Abot 1:12 (also in Peace)**

Israel's reconciliation with God can be achieved only when they are all one brotherhood.

### **Talmud, Menahot 27a**

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<sup>2</sup> Wilson, Andrew (Editor): *World Scripture. A Comparative Anthology of Sacred Texts*, International Religious Foundation, 1991. Available online: <http://www.unification.net/ws>

A man should share in the distress of the community, for so we find that Moses, our teacher, shared in the distress of the community.

### **Talmud, Taanit 11a**

MISHNA K. Hillel and Shammai received from them. Hillel said: "Be a disciple of Aaron, love peace, pursue peace, love all men too, and bring them nigh unto the Law."

### **Tosephtha, Aboth of R. Nathan**

### **Babylonian Talmud<sup>3</sup>**

The same says again: One who does charity and judgment is as if he filled the whole world with kindness; as it is written [Ps. xxxiii. 5]: "He loveth righteousness and justice; the earth is full of the kindness of the Lord." But if you mean that every one who wants to do charity is given the opportunity to do real charity, it is therefore written [ibid. xxxvi. 8]: "How precious is thy kindness! It is different, however, with a man fearing Heaven; as it is written [ibid. ciii. 17]: "But the kindness of the Lord is from everlasting to everlasting over those that *fear him*." R. Hama bar Papa said: A man who finds favor everywhere, it is certain that he fears God; as it is written: "The kindness of the Lord is from everlasting to everlasting over those that fear him."

### **Babylonian Talmud. p.74 Chapter IV. Tract Moed Katan (Minor Festivals). Book 4: volumes VII. and VIII (also in Sharing)**

[Lev. xix. 32]: "Before the hoary head shalt thou rise up, and honor the old man." And soon after: "If a stranger sojourn with thee, ye shall not vex him." And where will be exalted their horn? In Jerusalem. As it is written [Ps. cxxii. 6]: "Pray ye for the peace of Jerusalem: may those that love ye prosper. "When Jerusalem will be rebuilt, David will come as it is written [Hosea, iii. 5]: "After that will the children of Israel return and seek for the Lord their God and David their king." And with David will come Prayer, as it is written

### **Babylonian Talmud. P. 47 (also in Peace and Tolerance and Respect). Chapter II Tract Megilla (Book of Esther) 4: Volumes VII. and VIII**

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<sup>3</sup> Michael L. Rodkinson (Translator) (1918) : *The Babylonian Talmud on Internet Sacred Text Archive* (online document). Available online: <http://www.sacred-texts.com/jud/talmud.htm>



MISHNA K. Hillel and Shammai received from them. Hillel said: "Be a disciple of Aaron, love peace, pursue peace, love all men too, and bring them nigh unto the Law."

**Tosephtha, Aboth of R. Nathan (also in Peace)**

"*Love peace.*" How so? One should love to see peace in Israel and peace everywhere, as Aaron loved peace, about whom it is written [Mal. ii. 6]: "The love of truth was in his mouth, and falsehood was not found on his lips; in peace and equity he walked with me, and many did he turn away from iniquity." When Aaron went on the highway and met a wicked man, he bade him peace in the customary form of salutation. The result was that that man reformed. For when he was about to commit a sin, he remembered that Aaron the high-priest saluted him, and would say: "Woe, if I sin, how will I dare to raise my eyes and look Aaron in the face, who was so friendly to me?" and thus he is prevented from sin.

**Babylonian Talmud. Pg 46. Chapter I. Tract Aboth. Book 5 (Vols. IX and X)  
(also in Peace)**

"*Pursue peace.*" How so? One shall be a pursuer of peace in Israel among all kinds of people. If a man remains in his place silent, he cannot be a pursuer of peace. But what shall he do? He should leave his place in search of peace, as it is written [ibid.]: "Seek peace, and pursue it." Which means, seek it in thy place, and if thou canst not find it, pursue it in another (...)

"*Love all men too.*" That is to say, that one should love all men, and not hate them.

**Babylonian Talmud. Pg.49 .Chapter I. Tract Aboth. Book 5 (Vols. IX and X)  
(also in Peace)**

He also said: "He who has earned man's esteem and love, will also receive the favor of Heaven; but he who is not worthy of such esteem, cannot expect to find favor with God."

**Babylonian Talmud. Pg 77 .Chapter III. Tract Aboth. Book 5 (Vols. IX and X)**

There are still others who say that the greatest hero is he who makes his enemy his friend.

**Babylonian Talmud. Pg.85 .Chapter IV. Tract Aboth. Book 5 (Vols. IX and X) (also in Reconciliation)**

MISHNA *U. R. Simeon b. Elazar* said: "Do not seek to appease thy friend in the hour of his passion, and do not seek to console him in the hour when his dead is laid out before him; and do not interrogate him in the hour of his vow, and strive not to see him in the hour of his disgrace."

**Babylonian Talmud. Pg. 86. Chapter IV. Tract Aboth. Book 5 (Vols. IX and X)**

MISHNA *U. Love*, inspired by ulterior motives, dies out when those motives disappear; but love without such motives never fades.

**Babylonian Talmud. Pg 132 .Chapter V. Tract Aboth. Book 5 (Vols. IX and X)**

Seven attributes are serving before the Throne of Grace, viz.: Faithful, Righteous, Justice, Kind, Merciful, Truth, Peace, as it is written [Hosea, ii. 21, 22]: "And I will betroth thee unto me for ever: yea, I will betroth thee in righteousness, and in justice, and in loving-kindness, and in mercy. And I will betroth thee unto me in faithfulness; and thou shalt know the Lord"; and further [Ps. lxxxv. 11]: "Kindness and truth are encountered together; righteousness and peace kiss each other." And what signifies, "and thou shalt know the Lord"? Any one who is possessed of these attributes has a knowledge of the wisdom of the Omnipotent.

**Babylonian Talmud. Pg 124. Chapter V. Tract Aboth. Book 5 (Vols. IX and X) (also in Peace)**

My eyes shall be upon the faithful of the land, that they may abide with me." One who loves his wife as himself, who honors her more than himself, and one who leads his children on the right path, and one who marries off his son in due time to prevent him from sin, of them it is written" (...)

One who loves his neighbors and is friendly to his relatives, and one who marries off his sister's daughter, and one who loans even a small amount to a poor man in his need, of them the Scripture says [Is. lviii. 9]: "Then shalt thou call, and the Lord will answer."

**Babylonian Talmud. Pg 3. Tract Derech Eretz-Rabba. (Worldly Affairs).  
Book 5 (Vols. IX and X) (also in Sharing)**

Love the Law, and respect it; love all creatures, and respect them. Subject your will to the will of others, as was done by Leah for Rachel and by David for Saul (...)

Do not slander your neighbor, because he who does so has no remedy.

**Babylonian Talmud. Pg 20 .Chapter I. Tract Derech Eretz-Zuta. Book 5  
(Vols. IX and X) (also in Tolerance and Respect)**

DELIBERATE before a word passes thy lips, and be thoughtful how thou shouldst act in worldly affairs. See always that thy steps shall be rewarded. justify the judgment that was imposed upon thee and free thyself from anger. judge favorably thy neighbor, and see that thy verdict shall not make him guilty (if his guilt is not fully established). Be content with thy share, and adorn thyself with the little thou dost possess. Do not hate the one who reproves thee. Thy share wilt be blessed forever if thine eye will always be: good, and thy soul always satisfied

**Babylonian Talmud. Pg. 23 .Chapter III. Tract Derech Eretz-Zuta. Book 5  
(Vols. IX and X) (also in Sharing)**

Eliezer the Kapar said: Keep aloof from anger, for by being angry at others you will add to your transgression. Love your admonisher, for by doing so you, will add wisdom to your ability; and rather shun the one who honors you, that your wisdom be not lessened. Love the prayer-house, in order that you shall be rewarded daily; and the house of learning, in order that your children shall come to study. Love the poor, in order that your children shall not come to poverty. Love modesty, that you may enjoy longevity; love the pious, in order that you may be saved from the black angel. Be careful in the reading of Shema, and prayer in general, in order that you be saved from Gehenna. Your house shall be wide open, in order that you shall never lack food.' Be careful that the doors

of your house shall not be closed when you take your meals, that you may not be punished

**Babylonian Talmud. Pg 28 .Chapter IX. Tract Derech Eretz-Zuta. Book 5 (Vols. IX and X)**

Those who judge rightfully, those who reprove truthfully, those who propagate purity, and those who are pure of heart, of them it is written [Ps. lxxiii. 1]: "Truly, God is good to Israel, to such as are pure of heart." Those who sigh, weep, and in their lamentations are hopeful of the redemption of Jerusalem, of them it is written [Is. lxi. 3]: "To grant unto the mourners of Zion, to give unto them ornament in the place of ashes." Those who are merciful, feed the hungry, quench the thirst of the thirsty, clothe the naked, and distribute charity, of them the Scripture says [ibid. iii. 10]: "Say ye to the righteous that he hath done well." The poor, the bashful, and those who are humble in spirit, and those who are submissive to youth, and those who carry out their promises, of them the Scripture says [Job, xxii. 23]: "And if thou decree a thing, it will be fulfilled unto thee, and upon thy ways the light will shine." Those who exert themselves in the study of the Law, and study it for the purpose of observing it, and those who search for the opportunity to do good, and those who frequent the temples, of them the Scripture says [Prov. viii. 24]: "Happy is the man that hearkeneth unto me, watching day by day at my gates, waiting at the posts of my doors." Those who pursue righteousness, and seek peace for their nation, and those who participate in the affliction of the community, and those who stand by the community in case of distress, of them the Scripture says [Nahum, i. 7]: "The Lord is good, a stronghold on the day of distress."

**Babylonian Talmud. Pg 4. Chapter II. Tract Derech Eretz-Rabba. (Worldly Affairs). Book 5 (Vols. IX and X) (Also in Peace and Sharing)**

## **QURAN. ISLAM**

### **The Koran<sup>4</sup>**

For a certain number of days; but whoever among you is sick or on a journey, then (he shall fast) a (like) number of other days; and those who are not able to do it may effect a redemption by feeding a poor man; so whoever does good spontaneously it is better righteousness is this that one should believe in Allah

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<sup>4</sup> Samir Alicehajic and M.H Shakir (translators): *The Koran*. Available online: <http://www.yildun.com/>

and the last day and the angels and the Book and the prophets, and give away wealth out of love for Him to the near of kin and the orphans and the needy and the wayfarer and the beggars and for (the emancipation of) the captives, and keep up prayer and pay the poorrate; and the performers of their promise when they make a promise, and the patient in distress and affliction and in time of conflicts these are they who are true (to themselves) and these are they who guard (against evil).

**Qur'an 2.184 (also in Sharing)**

And serve Allah and do not associate anything with Him and be good to the parents and to the near of kin and the orphans and the needy and the neighbor of (your) kin and the alien neighbor, and the companion in a journey and the wayfarer and those whom your right hands possess; surely Allah does not love him who is proud, boastful

**Qur'an 4.36 (also in Sharing)**

On those who believe and do good there is no blame for what they eat, when they are careful (of their duty) and believe and do good deeds, then they are careful (of their duty) and do good (to others), and Allah loves those who do good (to others).

**Qur'an 5.93**

And one of His signs is that He created mates for you from yourselves that you may find rest in them, and He put between you love and compassion; most surely there are signs in this for a people who reflect.

**Qur'an 30.21**

That is of which Allah gives the good news to His servants, (to) those who believe and do good deeds. Say: I do not ask of you any reward for it but love for my near

relatives; and whoever earns good, We give him more of good therein; surely Allah is Forgiving, Grateful.

**Qur'an 42.23**

Whoever desires this world's life and its finery, We will pay them in full their deeds therein, and they shall not be made to suffer loss in respect of them.

**Qur'an 11.15**

Those who spend (benevolently) in ease as well as in straitness, and those who restrain (their) anger and pardon men; and Allah loves the doers of good (to others)

**Qur'an 3.134 (also in Reconciliation and Forgiveness)**

And not alike are the good and the evil. Repel (evil) with what is best, when he between whom and you was enmity would be as if he were a warm friend.

**Qur'an 41.34 (also in Reconciliation and Forgiveness)**

It may be that Allah will bring about friendship between you and those whom you hold to be your enemies among them; and Allah is Powerful; and Allah is Forgiving, Merciful. Allah does not forbid you respecting those who have not made war against you on account of (your) religion, and have not driven you forth from your homes, that you show them kindness and deal with them justly; surely Allah loves the doers of justice.

**Qur'an 60.7, 60.8 (also in Love and Friendship)**

## **SRI GURU GRANTH SAHIB (ADI GRANTH). SIKHISM**

### **World Scripture<sup>5</sup>**

Now, I am jealous of no one, Now that I have attained unto the Society of the Saints: I am estranged with no one: nor is anyone a stranger to me, Indeed, I am the friend of all. All that God does, with that I am pleased; This is the wisdom I have received from the saints. Yea, the One God pervades all: and, seeing Him, I am wholly in bloom.

**Adi Granth, Kanara, M.5, p. 1299**

To the addict, nothing is like his dope; to the fish, nothing is like water: But those immersed in the love of God feel love for all things.

**Adi Granth, Wadhans, M.1, p. 557**

What kind of love is this that to another can shift? Says Nanak, True lovers are those who are forever absorbed in the Beloved. Whoever discriminates between treatment held good or bad, Is not a true lover--he rather is caught in calculations.

**Adi Granth, Asa-ki-Var, M.2, p. 474**

### **Sri Granth<sup>6</sup>**

Practice truth, contentment and kindness; this is the most excellent way of life.

**Adi Granth, Sri Rag. P.51 (Also in Sharing)**

Becoming Merciful, my Lord and Master has ended my comings and goings in reincarnation.

**Adi Granth, Sri Rag. P.52 (Also in Reconciliation and Forgiveness)**

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<sup>5</sup> Wilson, Andrew (Editor): World Scripture. A Comparative Anthology of Sacred Texts, International Religious Foundation, 1991. Available online: <http://www.unification.net/ws>

<sup>6</sup>Sri Guru Granth Sahib in English:  
<http://www.sriganth.org/servlet/gurbani.gurbani?Action=Search&Param=english>

The True Guru is the Giver of the soul; He gives Support to all.

**Adi Granth, Sri Rag. P.52**

True Love is never broken; she is united in Union with the True One.

**Adi Granth, Sri Rag. P.54**

By true actions, this human body is obtained, and the door within ourselves which leads to the Mansion of the Beloved, is found.

**Adi Granth, Sri Rag. P.18**

Forgetting the Beloved, even for a moment, the mind is afflicted with terrible diseases.

**Adi Granth, Sri Rag. P.21**

One whose mind and body are imbued with the Lord's Love gives up egotism and corruption.

**Adi Granth, Sri Rag. P.32**

O Nanak, one who lives in intuitive peace and poise, imbued with the Lord's Love, obtains the Glorious Praises of the Lord.

**Adi Granth, Sri Rag. P.33 (Also in Peace)**

The Name of the Lord dwells within the mind; egotism and anger are wiped away.

**Adi Granth, Sri Rag. P.33**

Friends and enemies are one and the same to them.

**Adi Granth, Sri Rag. P.392 (Also in tolerance and respect)**



That which was upside-down has been set upright; the deadly enemies and adversaries have become friends.

**Adi Granth, Sri Rag. P.402 (Also in Tolerance and respect)**

My enemies have been transformed into friends.

**Adi Granth, Sri Rag. P.323 (Also in Tolerance and respect)**

My mind has become the dust of all, and everyone seems a sweet friend to me.

**Adi Granth, Sri Rag. P.379**

In the Company of the Holy, all one's enemies become friends.

**Adi Granth, Sri Rag. P.271 (Also in Tolerance and Respect)**

By His Grace, all my enemies have become friends

**Adi Granth, Sri Rag. P.239 (Also in Tolerance and respect)**

Nanak has found the Lord, the True Friend<sup>7</sup>, O my dear beloved, by loving the Guru.

**Adi Granth, Sri Rag. P.452**

O Nanak, the Lord Master is my Best Friend; I am not an ordinary person.

**Adi Granth, Sri Rag. P.436**

My Friend and Companion is the Dear Lord, the Guru, the Architect of Destiny.

**Adi Granth, Sri Rag. P.247**

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<sup>7</sup> Most of texts and fragments of the Sikh scriptures which have been selected refers to Gods' Love and to God as the best friend human beings can have. There are many others of the same kind, this is just a selection.

The One God is my Intimate, Best Friend and Companion.

**Adi Granth, Sri Rag. P.197**

Fruitful is that moment, and fruitful is that time, when one is in love with the True Lord.

**Adi Granth, Sri Rag. P.44**

The One appears to be my Companion; the One is my Brother and Friend.

**Adi Granth, Sri Rag. P.44**

Attuned to the Love of the One, there is no sorrow or suffering

**Adi Granth, Sri Rag. P.45**

Twenty-four hours a day, they lovingly dwell upon His Glories; they are imbued with His Infinite Love.

**Adi Granth, Sri Rag. P.46**

The mind and body become spotlessly pure, enshrining love for the True Lord.

**Adi Granth, Sri Rag. P.48**

Without the Name of the Lord, there is no peace. Having tried all sorts of ostentatious displays, I have come to see this.

**Adi Granth, Sri Rag. P.48**

In the Society of the Saints, God, the Beloved, the Forgiver, comes to dwell within the mind.

**Adi Granth, Sri Rag. P.49 (also in Reconciliation and Forgiveness)**

The servants of the Lord are saved by the Love of the Lord. O Nanak, I am forever a sacrifice to them.

**Adi Granth, Sri Rag. P.50**

O mind, sing the Glorious Praises of the Lord, and serve the True Guru with love.

**Adi Granth, Sri Rag. P.50**

Give up all your clever mental tricks, and lovingly attune yourself to the True Word of the Shabad.

**Adi Granth, Sri Rag. P.51**

Very fortunate are those, O Nanak, whose minds are filled with this love.

**Adi Granth, Sri Rag. P.51**

Those who have served You with love are truly wise.

**Adi Granth, Sri Rag. P.52**

Blessed and acclaimed is the coming of those who have met the Guru with loving faith.

**Adi Granth, Sri Rag. P.52**

Worship the Guru, the Transcendent Lord, with your mind and body attuned to love.

**Adi Granth, Sri Rag. P.52**

Those who speak of Him and praise Him-they all continue speaking of Him with love.

**Adi Granth, Sri Rag. P.52**

True is his position; he abides in Truth, with love and affection for the True One.

**Adi Granth, Sri Rag. P.56**