



Defying Hate Resources **Religious texts and passages for reference**

These short selection of religious texts from major religions around the world are meant to provide inspiration and a focus for reflection and/or writing.

Judaism & Christianity:

Elie Wiesel:

We must take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented.

Leviticus 19:33-34:

When strangers sojourn with you in your land, you shall do them no wrong, the strangers who sojourn with you shall be to you as natives among you, and you love them as yourself; for you were strangers in the land of Egypt.

Proverbs 10:12: (NRSV)

Hatred stirs up strife, but love covers all offenses.

Proverbs 15:1: (NRSV)

A soft answer turns away wrath, but a harsh word stirs up anger.

Matthew 5:43-45: (NRSV)

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.

John 13:34-35: (NRSV)

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."

Ephesians 4:29: (NRSV)

Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.

1 Corinthians 13:4-7: (NRSV)

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.

Islam:

Surat Ash-Shuraa 42:43:

But indeed if any show patience and forgive, that would truly be an exercise of courageous will and resolution in the conduct of affairs.

Surat Ale Imran; 3:133-134:

Be quick in the forgiveness from your Lord, and pardon (all) men – for Allah loves those who do good.

Chapter 49 Surah Hujuraat 11:

O ye who believe! Let not some men among you laugh at others: it may be that the (latter) are better than the (former): Nor let some women laugh at others: it may be that the (latter) are better than the (former): nor defame nor be sarcastic to each other, nor call each other by (offensive) nicknames: Ill-seeming is a name connoting wickedness (to be used of one) after he has believed: And those who do not desist are (indeed) doing wrong.

Buddhism:

Verse 5 of the Dhammapada (trans Narada Thera):

Hatreds never cease through hatred in this world; through love alone they cease. This is an eternal law.

Pema Chodron:

There are various ways to view what happens when we feel threatened. In times of distress – of rage, of frustration, of failure – we can look at how we get hooked and how *shenpa* escalates. The usual translation of *shenpa* is “attachment,” but this doesn’t adequately express the full meaning. I think of *shenpa* as “getting hooked.” Another definition, used by Dzigar Kongtrul Rinpoche, is the “charge”—the charge behind our thoughts and words and actions, the charge behind “like” and “don’t like.”

It can also be helpful to shift our focus and look at how we put up barriers. In these moments we can observe how we withdraw and become self-absorbed. We become dry, sour, afraid; we crumble, or harden out of fear that more pain is coming. In some old familiar way, we automatically erect a protective shield and our self-centeredness intensifies.

But this is the very same moment when we could do something different. Right on the spot, through practice, we can get familiar with the barriers that we put up around our hearts and around our whole being. We can become intimate with just how we hide out, doze off, freeze up. And that intimacy, coming to know these barriers so well, is what begins to dismantle them. Amazingly, when we give them our full attention they start to fall apart.

<http://www.lionsroar.com/turn-your-thinking-upside-down/>

Hinduism:

Mahatma Gandhi

Hate the sin, love the sinner.

The good man is the friend of all living things.

Civilization is the encouragement of differences.

No culture can live, if it attempts to be exclusive.

Whenever you are confronted with an opponent, conquer him with love.

The weak can never forgive. Forgiveness is the attribute of the strong.

<http://www.patheos.com/blogs/hindu2/2015/03/mahatma-gandhi-quotes-inspire/>

Paganism/Earth-based Traditions:

Wiccan Rede:

Bide within the Law you must, in perfect Love and perfect Trust.

Live you must and let to live, fairly take and fairly give.

The rule of Three – What you do unto others comes back to you three-fold

These Eight words the Rede fulfill: "An Ye Harm None, Do What Ye Will"

<https://wicca.com/celtic/wicca/rede.htm>

Religious Humanism:

Irving Babbitt:

A person who has sympathy for mankind in the lump, faith in its future progress, and desire to serve the great cause of this progress, should be called not a humanist, but a humanitarian, and his creed may be designated as humanitarianism.

Walter Lippmann:

When distant and unfamiliar and complex things are communicated to great masses of people, the truth suffers a considerable and often a radical distortion. The complex is made

over into the simple, the hypothetical into the dogmatic, and the relative into an absolute.

Hannah Arendt:

Only crime and the criminal, it is true, confront us with the perplexity of radical evil; but only the hypocrite is really rotten to the core.

Charles Horton Cooley:

The mind is not a hermit's cell, but a place of hospitality and intercourse.

Gene Roddenberry:

Star Trek was an attempt to say that humanity will reach maturity and wisdom on the day that it begins not just to tolerate, but take a special delight in differences in ideas and differences in life forms. If we cannot learn to actually enjoy those small differences, to take a positive delight in those small differences between our own kind, here on this planet, then we do not deserve to go out into space and meet the diversity that is almost certainly out there.