

# SIMPLE 3 RULES

(THAT WILL CHANGE THE WORLD)



# SPEAKERS!

## WEEK ONE



The Rev. Dr. Quincy D. Brown loves meeting new people and helping churches to imagine new ways of connecting people with Jesus. He has been a college chaplain, he has planted new churches, and now he is the District Superintendent of the Atlanta-Decatur-Oxford District.

## WEEK TWO



Revs. Anjie and Andy Woodworth spend a lot of time together! They work together as co-pastors of Neighborhood Church, a new church in the Candler Park neighborhood of Atlanta, they are married to each other, and they get to

be the parents to three awesome kids: Abby, Camron, and Charlie. It's a good thing they really like each other. Anjie likes making crafty projects and Andy likes chasing Pokémon—someday he'll catch them all! They love Jesus, hearing people's stories, and meeting new people. They can't wait to meet you!

**FRIDAY  
NIGHT!**

# THE WESLEYAN WAY

**MATTHEW 22: 35-40**

## **WHO IS JOHN WESLEY?**

John Wesley, an Anglican priest born in England in 1703, is the man called the "Father of Methodism." While he was at Oxford College, John, his brother Charles, and two friends were the first members of the "Holy Club." These men developed a "method" for practicing their faith. Their classmates made fun of their disciplined way of life and called them "Methodists." The name stuck! Throughout the rest of his life, John Wesley rode on horseback across England preaching and teaching to all those who would listen. John Wesley believed that everyone could grow in God's grace every day by practicing personal and social holiness. Personal holiness is the spiritual practices of prayer, Bible study, fasting and worship. Social holiness is practicing doing good, avoiding doing harm and advocating for justice. This is his lasting legacy to United Methodists today. You will find Wesley's method for a growing spiritual life in the General Rules of the Church. We call them the 3 Simple Rules.

**JOHN WESLEY FASCINATING FACT:** During his ministry, Wesley rode 250,000 miles. That is enough miles to circle the earth 10 times! He was convinced that it was important for him personally to spread the gospel through relationships and continue to grow closer to God in those relationships. Asked if he would consider walking instead of riding, he replied, "Nay."

## **3 SIMPLE RULES ARE:**

**DO NO HARM**

**DO GOOD**

**LOVE GOD**

*"Nothing can be more simple... than the Methodist discipline; it is entirely founded on common sense, particularly applying the general rules of Scripture...avoiding all known sin, doing good after his power, and attending all the ordinances of God."*

**John Wesley, Works III, 511.**

## EVENING PRAYER

### **INVITING GOD'S ACTIVITY**

By the power of your presence bring me to the end of the day whole, complete and at peace with you, my neighbor, and myself. Grant a night of peaceful rest and send me forth tomorrow as a witness to your love and grace.

### **SCRIPTURE**

Create in me a clean heart, O God,  
And put a new and right spirit within me. - Psalm 51: 10

### **GATHERING THE DAY**

**Remembering** – Reflect of the day's experiences. Ask, "What is God saying to me through the events of this day?"

**Confessing** – Take time to own mistakes made today.

**Forgiving** – Ask for forgiveness and offer it to those who have wronged you.

**Thanksgiving** – Give thanks for all God has given you today.

### **BLESSING**

Receive the peace of Christ for a restful night held in the loving arms of God.

I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety. - Psalm 4:8

## WHAT ARE YOU EXCITED ABOUT THIS WEEKEND?

**SATURDAY  
MORNING!**

# DO NO HARM

**GALATIANS 5: 13-15**

## **DO NO HARM**

Seems easy doesn't it? I don't get up in the morning intending to hurt anyone or anything. I bet you don't either. But I do, every day. And so do you. Why? Because we are human! We say things that hurt another's feelings. We do things that put ourselves or others at risk. We don't listen to our parents or our teachers. We lie, or we are silent when we should be speaking the truth. Wesley knew that human beings needed help in being the people God created us to be. That's why the first of our three simple rules is "Do No Harm." Wesley wants each of us to follow in Jesus' footsteps and live our lives intentionally harming no living thing just as Jesus did.

**JOHN WESLEY FASCINATING FACT:** Some things never change. You probably don't agree with everything some of your friends think, and they don't always agree with you. Over the years, Wesley had serious differences with another popular pastor named George Whitefield. They argued passionately for their own side. But as Wesley reflected on these differences he said, "We may 'agree to disagree.' But, meantime, let us hold fast the essentials. ..." This appears to be the first recorded use of the term. Today, Wesley reminds us to hold firm to what we believe while remaining connected to our friends so that we all can grow together, learning from one another.

*"By doing no harm, by avoiding  
evil of every kind."*

*John Wesley, General Rules,  
Book of Discipline 2016*

# DO NO HARM

## MORNING PRAYER

SATURDAY  
MORNING!

### **INVITING GOD'S PRESENCE**

Loving God, come and live in our hearts this day. Stay with us all day long and save us from mistakes or acting in foolish ways. Teach us today to do no harm and to do good. Help us to be an answer to another's prayer so that we may be one of the signs of hope in the world you love. Amen

### **SCRIPTURE**

You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore. - Psalm 16:11

### **PRAYERS**

A time for personal prayers as you begin your day.

### **GOD'S PROMISE**

And remember, I am with you always to the end of the age.  
-Matthew 28:20

## REFLECTION QUESTIONS

What would you have to change in your life to Do No Harm every day?

Who in your life can help you work on this?

Imagine what the world would look like if we all tried to Do No Harm for one week...one month...one year?



**SATURDAY  
AFTERNOON!**

# **PRAYER TIME**

## **AFTERNOON PRAYER**

### ***INVITING GOD'S PRESENCE***

God of Love, thank you for the gift of your presence this morning. Continue to be known to us throughout the remainder of the afternoon. Grant us the grace to follow you in doing good faithfully and joyfully. Amen.

### ***SILENCE***

"Speak, Lord, for your servant is listening." - 1 Samuel 3:9  
Listen for God's guidance and direction for the remaining hours of the day.

### ***RESPONSE***

"It is the Lord; let him do what seems good to him." - 1 Samuel 3:18

### ***PRAYER***

Give God thanks for God's grace and direction already experienced today.

### ***GOD'S PROMISE***

And remember, I am with you always to the end of the age.  
-Matthew 28:20



**NOTES**

# CABIN TIME

**SATURDAY  
AFTERNOON!**

## THE WESLEYAN WAY (PART 2)

Did you know that you are practicing the Wesleyan Way during this retreat weekend? When we gather for worship, sing, pray, read scripture and hear the message from our wonderful speakers, we are experiencing what John Wesley called "societies." Societies were large groups of people and were the place where the basics of Methodism and faith were taught.

When you intentionally get together with your friends and leaders from your church (morning and evening prayers, cabin times) you are experiencing a John Wesley "class meeting." These were smaller groups of people, male and female, who came together to share their spiritual journeys and receive support and supervision. Class leaders provided mentoring and created a place where people felt safe. Class meetings helped people live into their commitment to be disciples of Jesus Christ even when they failed, or it got hard. John Wesley knew that we need

friends and companions along our faith path. The famous question that a small group leader asked each person each week was "How is it with your soul?"

In the quiet of your cabin, with either just girls or just boys, you are experiencing what John Wesley called, "bands." Bands were the smallest gathering of faith-filled Methodists. Together they would have "close conversations." These are the kind of conversations that help us be stronger and more resilient, kinder and gentler. They help us grow in love and holiness. These are the kind of conversations you can only have with your closest church friends and leaders.

The Wesleyan Way may seem old fashioned in today's fast pace world full of noise and technology. But growing each day as a disciple of Jesus Christ is timeless. How will you continue to grow in faith once the retreat is over and you are at home?

### **MAKE A PLAN!**

#### **FOR GROWING SPIRITUALLY...**

What is your favorite spiritual practice?

What can you do to make this a life-long habit?

Who can help you stick to your plan?

#### **FOR LIVING IN COMMUNITY...**

How can you challenge yourself to do no harm, to do good and to love God?

How will you help each other live up to the challenges you set?

**SATURDAY  
EVENING!**

# DO GOOD

## 3 JOHN 11

### **DO GOOD**

This doesn't seem too hard, either, does it? We want to be good and to do good to others. But wait a minute! What does Do Good look like in this world? I don't want someone to take advantage of me. I don't want to waste my time and resources on someone who doesn't appreciate it. I don't want to have to Do Good to someone who has hurt me, or wants to hurt me. This isn't so simple! Jesus shows us the way again. Jesus's life was the example of someone who could Do Good for everyone, most especially those who did not look like him or who even liked him. Wesley's second rule asks us to trust God and to practice our faith as Jesus did. To Do Good means we commit ourselves every day to seeking good for everyone in God's world, regardless of how our efforts are received. To Do Good we are encouraging fairness, compassion, sharing and a commitment to the common good. This is what the Great Commandment - loving God and loving neighbor - looks like.

**JOHN WESLEY FASCINATING FACT:** When John Wesley was a young boy, he was bullied a lot for being short and too smart. He remembered how it felt his whole life. Even as an adult, there are stories of how Wesley would shake when discussing the horrible treatment he received from his peers. I wonder if that experience helped shape his belief that one of the marks of a Christian life is to Do Good to everyone?

*"By doing good; by being in every kind merciful after their power; as they have opportunity, doing good of every possible sort, and as far as possible, to all..."*

**John Wesley, General Rules,  
Book of Discipline 2016**

# DO GOOD

SATURDAY  
EVENING!

## EVENING PRAYER

### **INVITING GOD'S ACTIVITY**

By the power of your presence bring me to the end of the day whole, complete and at peace with you, my neighbor, and myself. Grant a night of peaceful rest and send me forth tomorrow as a witness to your love and grace.

### **SCRIPTURE**

Protect me, O God, for in you I take refuge.  
I say to the Lord, 'You are my Lord;  
I have no good apart from you.' - Psalm 16:1-2

### **GATHERING THE DAY**

**Remembering** – Reflect of the day's experiences. Ask, "What is God saying to me through the events of this day?"

**Confessing** – Take time to own mistakes made today.

**Forgiving** – Ask for forgiveness and offer it to those who have wronged you.

**Thanksgiving** – Give thanks for all God has given you today.

### **BLESSING**

Receive the peace of Christ for a restful night held in the loving arms of God.  
I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety. - Psalm 4:8

## REFLECTION QUESTIONS

Where and to whom did you Do Good today?

Who in your life can help you work on this?

Imagine what the world would look like if we all tried to Do Good for one week...one month...one year?



**SUNDAY  
MORNING!**

# LOVE GOD

## MORNING PRAYER

### **INVITING GOD'S PRESENCE**

Loving God, come and live in our hearts this day. Stay with us all day long and save us from mistakes or acting in foolish ways. Teach us today to do no harm and to do good. Help us to be an answer to another's prayer so that we may be one of the signs of hope in the world you love. Amen.

### **SCRIPTURE**

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### **PRAYERS**

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### **GOD'S PROMISE**

And remember, I am with you always to the end of the age.  
-Matthew 28:20

## REFLECTION QUESTIONS

What are you doing now to Stay in Love with God?

What new practice could you begin when you get home?

Who in your life can help you work on this?

# LOVE GOD

SUNDAY  
MORNING!

## COLOSSIANS 2: 6-7

### **LOVE GOD:**

If you thought the word "ordinance" above was strange, you are right. It is a strange word to us, but for John Wesley, ordinances were those practices that helped keep the relationship between God and humans alive and growing. Today we say more simply, that the third rule is to Stay in love with God, or to Love God. The first two rules are important but without the third they might be impossible to do at all. Loving God is the core of our life as children of God. Without tapping into the power of God we would not be able to Do No Harm and to Do Good. You connect to God's power when you practice your faith by reading your Bible, going to worship and Sunday School, volunteering in your church, school, or community, and sharing how God is at work in your life with others. John Wesley's 3 Simple Rules are a way of living in the world that makes the world better for everyone and everything. The rules are simple, but this way of living is not easy. It takes a lifetime of practice.

**JOHN WESLEY FASCINATING FACT:** John Wesley preached over 40,000 sermons in his lifetime. His brother, Charles wrote over 6500 hymns, many of which we still sing in our churches today. Between the two Wesley brothers we have hundreds of thousands of words that help us learn who God is and how we are to be and act as God's beloved children.

*"By attending upon all the ordinances of God..."*

*John Wesley, General Rules, Book of Discipline  
2016*



**HEROES AND WORLD**

**CHANGERS I HAVE MET.**

**KEEP IN TOUCH WITH NEW FRIENDS!**

# WITH HEARTFELT THANKS



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