



## **Living with the "Guidelines for a responsible way of life"**

### **2.4.1**

How can the tradition of Wesley's General Rules speak to our lives?

John Wesley wrote the General Rules for people in need of hope. By keeping three simple rules, people could live into hope and find orientation:

1. Doing no harm
2. Doing good
3. Seeking the space of God's grace.

We are invited to live in the space of God's grace. We are responsible for the choices we make. That is why Wesley asked people, how well they were doing with the General Rules.

We translated them for our time and now speak of guidelines. These guidelines invite us to look at the world and see God's grace around and in us. They encourage us to count on God's grace in our daily lives.

- Look at the guidelines individually and in groups.
- See how far God's grace extends in your life and in the world.
- Make a choice to live in ways that match that grace.
- Let other people help you be committed and accountable.

Try it with colleagues, in small groups in the congregation or when people are joining the congregation.

Think about these questions:

- What do the guidelines have to do with your life?
- What do you want to try out in your life?

# Guidelines for a responsible way of life

(Following John Wesley's General Rules)

We affirm the Good News of Jesus Christ. We hold to the creeds and statements of our Christian tradition. We believe that faith grows and that it changes the way we live.

These guidelines invite us into conversation. They help us look at how we live in the world. They can become stepping stones for our faith journey.

## 1 Do no harm

- I take responsibility for my actions and choices.
- I change my way of living where it harms God's Creation. That includes all other forms of life and relationships between people.
- I resist things and people that put me under pressure and bind me. Instead, I offer my life and talents for God's use. This includes a rhythm of life that makes room for rest.
- I seek to be informed, so that I can act freely, responsibly and joyfully in the interests of peace.
- I unlearn habits of addiction and support people who want to overcome their addictions.
- I treat all people with dignity and in a hospitable manner. I speak and act lovingly and use the power I have carefully.

## 2 Do good

- I discover the wonders and beauty of God's gifts in creation. As a follower of Jesus Christ I care for and protect them. For example, I work against everything that endangers life.
- I love where it is difficult. Try new ways to see, act and think, to love God and neighbour.
- I live simply and find habits that set me free to do good.
- I do good to all people, as I am able.
- I learn to make peace, even when it takes courage.
- I am faithful and hopeful in all things.

## 3 Seek the space of God's grace

I experience God's grace in many ways, for example:

- Through church services and celebrations, the Lord's Supper, individual and communal prayer.
- By studying the Bible and learning with and from other Christians.
- Through fasting: taking a step back from everyday routines (food, media, shopping, etc.).

The grace of our Lord, Jesus Christ,  
the love of God  
and the fellowship of the Holy Spirit  
be with us all.