



SARA MARTIN

DIGITAL DISCIPLESHIP



Episode One: The Three Simple Rules

Hi, my name is Sara Martin. I am Wesley United Methodist Church's young adult ministry resident and digital discipleship/online engagement pastor. Welcome to our first series of Methodist Minutes videos, where we will learn about the polity, history, and doctrine of the United Methodist Church together.

The founder of the Methodist movement, John Wesley, developed a simple yet dynamic and impactful framework as guiding principles for how to live in a Christian community together.

John Wesley developed a simple but powerful framework for guiding how to live in a Christian community together. Retired United Methodist Church Bishop Rueben Job developed a teaching tool on the three simple rules and offers this contemporary paraphrase: "Do no harm, Do Good, and Stay in Love with God."

Do No Harm: We are called to be mindful of how our words, actions, deeds, and behaviors affect others. United Methodists are to avoid engaging in evil and conduct unbecoming of a Christian.

Do Good: We are being called to act in a way that offers mercy, compassion, and care to others as often as possible within our power/ability. Wesley expected the people called Methodists to visit the sick and the imprisoned, feed the hungry, clothe the naked, and welcome the stranger. In fact, Methodists were asked at their society meetings and bands to report on how they lived out their spiritual disciplines and discipleship every week. We are responsible for caring for our own and others' souls.

Stay in Love with God: We engage in this practice through attending worship, hearing the word read or preached, partaking in communion, family and private prayers, reading scripture, fasting, or abstinence. These practices inform how Wesley expected Methodist society members to conduct themselves. We must be mindful of how our words, actions, and deeds affect others. This is a practice of Christian mindfulness and discipleship.