

Three Simple Rules

A Conversation Guide for Parents

Three Simple Rules for Christian Living provides extended reflection on three principles of Christian living illuminated by John Wesley in the General Rules and revisited by Bishop Rueben Job in his book *Three Simple Rules: A Wesleyan Way of Living*: do no harm, do good, and stay in love with God. This study is designed to help us return to those early Wesleyan understandings of spiritual disciplines that can transform us and the world in which we live. As you take this journey of reflection and practice, you will discover that these three rules can lead you and your family to a more faithful way of living as disciples of Jesus Christ.

In a church-wide study of the three simple rules, children will be using the resource *Three Simple Rules for Following Jesus*, and teens will be using the resource *Three Simple Rules 24/7*. As a parent, you can use the following questions or activities to stimulate conversation.

QUESTIONS AND ACTIVITIES FOR YOUR CHILDREN:

General

- Why do we have rules?

Do No Harm

- What can we do as a family to take care of the earth?
- What is the difference between a want and a need?
- Take turns saying one thing that is special about each person in your family.
- Make a list of kind words that you can use with your family and with others.

Do Good

- What does it mean to do good?
- What are some simple acts of kindness we can do for each of our family members?
Pick one and do it.
- Brainstorm ways your family can help at church. Pick one and do it.
- Talk together about any mission projects that your children participate in at church.
- Are there ways your family can do something kind for someone else?

Stay in Love With God

- Encourage your child to say the blessing before meals.
- Have a family Bible study or devotion time. Let your child participate as she or he is able. Your child might read the Scriptures, lead your family in a simple praise song, or say a prayer asking God to bless each person in your family.
- Talk about what your child is doing and learning at Sunday school.

QUESTIONS AND ACTIVITIES FOR YOUR TEENAGERS:

General

- If you were to come up with three rules for Christian living, what would they be? How would your rules differ from John Wesley's?
- How could you get involved with a ministry of our congregation that is putting one or more of Wesley's three simple rules into practice?
- As a family, make it a point to say a prayer, both in the morning and before meals, asking God's help as you strive to do no harm, do good, and stay in love with God.

Do No Harm

- What is most challenging about practicing the rule to do no harm?
- What are some ways that people do harm without even knowing it?
- What does the Bible have to say about doing no harm, especially to our enemies?
- Think of one thing you can do this week in the interest of doing no harm. Make a commitment to do it.

Do Good

- What are some ways in which you've done good recently?
- When is doing good most difficult?
- What opportunities for doing good are available through our congregation?
- Think of one way in which you could do something good for a stranger or someone whom you don't get along with. Make a commitment to do it.

Stay in Love With God

- In what ways do you praise and thank God?
- In what ways do you pay attention to what God is doing in the world and listen for God's voice?
- What spiritual practices and disciplines do you know of that help people grow closer to God? (*prayer, worship, reading and studying Scripture, fasting or abstaining from something, keeping the sabbath, service, advocacy, and so on*)
- Think of one new spiritual practice that you can take on this week. Make a commitment to do it and to continue doing it.