



## Grow. Pray. Study.

Asbury UMC – Weekly Guide

*Three Simple Rules: A Wesleyan Way of Living* by Rueben P. Job

**April 28, 2024 – Stay in Love with God** REMEMBER: 6:18 AM & PM – Shared prayer time

**Pray Daily, along with the prayer focus: O God, the source of our being, we know you love us, and yet we don't always do our part to stay in touch. Help us to be formed in the disciplines that will keep us in loving relationship with you. In Christ's name. Amen.**

**MONDAY: Prayer Practice: Silent Listening. Place a birthday candle into something that will hold it upright, light the candle and sit in silence, listening, until the candle is done burning.**

- What is your initial impression of the rule to stay in love with God?
- What images or ideas come to your mind when you hear this rule?
- What kind of disciplines do you observe in your life? What challenges or benefits resulted from these disciplines?
- How will similar disciplines help you to stay in love with God?

**TUESDAY: Prayer Practice: Lectio Divina – Read I John 4:7-21 three times. First time – read slowly. Take a pause in silence. Second time – read and listen for words that stand out. Take a pause in silence. Final time – read in gratitude for the Word and what stands out for you.**

John Wesley referred to himself as *homo unis libri* – a man of one book. Although he read widely, he saw the Bible as having a unique ability to bring people to encounter God. For devotional purposes he read the Bible slowly. Following the Book of Common Prayer, he was able to read the Old Testament once per year and the New Testament more than once.

- What is your experience of reading and studying the Bible?
- What benefits to you see in this practice? How might it be challenging? How does this challenge you to dive deeper?

**WEDNESDAY: Prayer Practice: Breath Prayer. Breathe in: Jesus Christ, Son of God. Breathe out: I long in love for you.**

**THURSDAY: Prayer Practice: Praying with one another. Find a friend or two and come together to pray. This can be done through Friday morning prayer group (8 am) or through a small group or just a friend you know.**

John Wesley believed in participating in a community of faith. He wrote, “Holy Solitaries’ is a phrase no more consistent with the gospel than holy adulterers. The gospel of Christ knows of no religion, but social; no holiness than social holiness” (*The Quotable Mr. Wesley*, W. Stephen Gunter, p. 57). Communion became a crucial connection and meeting beyond Sunday mornings were an essential piece to discipleship. When we come together, both at the table and in the world, we acknowledge through word and action that Christ is present and all are welcome.

- What is your experience of being in worship together? What is your experience of the Lord's Supper?
- How do you experience the presence and power of Christ in communal worship? In the Lord's Supper? How do these practices affect your daily life, now and in the future?

**FRIDAY: Prayer Practice: Fasting. Choose something that causes distraction in your relationship with God and fast from it today. It may be a practice. It may be an item. It may be food. When tempted, take time for prayer in building your relationship with God.**

As Marjorie Thompson states, “(fasting) was not meant for restriction and self-torture. Instead, it was opportunity to recognize our human limits and idolatries so that we make God the center of our lives. Fasting is a practice that helps us to connect with God because it enables us to see what is ultimately important.

**SATURDAY: Prayer Practice: Prayer Walk. Take time outside walking on your own or with another and invite God to go with you. Pay close attention to what you see – and perhaps what God may want you to see or notice. Give thanks to God for this revelation.**

Today live in love, holding fast to what is good. Be a blessing to enemies as well as friends. Be not afraid to overcome evil with good, and make a difference in the world God loves.