

A BRIEF GUIDE TO A **METHODIST WAY OF LIFE**



INTRODUCTION

A **Methodist Way of Life** provides a set of commitments and practices that encourage and equip people to better live a Christian life.

This booklet offers a brief introduction to a **Methodist Way of Life** and suggests different ways you may choose to engage with it.

Return regularly to the **Commitments, Consider, Breathe In** and **Breathe Out** sections, recognising our daily need to connect with God.

Take time to think about how a **Methodist Way of Life** might help you grow in your Christian faith.



*Flourishing and fullness of life are part of God's will for all humankind. A **Methodist Way of Life** will help everyone to be transformed in their attitudes and habits, and to discover what that means both in their inner lives, and in their relationships with fellow humans. I commend it most warmly. (Ermal)*

PRAYER

God of unimaginable love, we give you thanks and praise.
For the love that welcomes the unlovely,
for the love that pardons the unworthy,
for the love that knows no limit,
we give you thanks and praise.

In the love that inspires our worship,
in the love of which we would learn more,
in the love we share in our caring,
we give you thanks and praise.

As your love in us serves our neighbour,
as your love tells its story through us,
as your love calls us your people,
we give you thanks and praise.

Amen.



*The Revd
Dr Jonathan
Hustler,
Secretary of
the Conference*

*For we are what God has
made us, created in Christ
Jesus for good works, which
God prepared beforehand
to be our way of life.*

(Ephesians 2:10)

THE COMMITMENTS

The calling of the Methodist Church is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission.

As far as we are able, with God's help:

WORSHIP

We will pray daily.
We will worship with others regularly.
We will look and listen for God in Scripture, and the world.

LEARNING AND CARING

We will care for ourselves and those around us.
We will learn more about our faith.
We will practise hospitality and generosity.

SERVICE

We will help people in our communities and beyond.
We will care for creation and all God's gifts.
We will challenge injustice.

EVANGELISM

We will speak of the love of God.
We will live in a way that draws others to Jesus.
We will share our faith with others.

**May we be a blessing within and beyond God's
Church, for the transformation of the world.**

SHARED JOURNEY

A **Methodist Way of Life** uses the framework of *Our Calling* to further shape and suggest a rhythm for the life of the Church and its people.

It encourages a deeper relationship with God through daily worship and Bible reading, as well as through service and faith sharing.

A **Methodist Way of Life** is best lived out with others. Individuals are encouraged to use it with a partner, soul friend, or in a small group. Methodism has repeatedly affirmed the way in which small groups can enrich an individual's faith.

Groups and individuals may also find journaling a helpful tool to aid reflection.



*I know how much I need others to help me to grow as a disciple. A **Methodist Way of Life** encourages us to be accountable to each other in our walk with Christ.*
(Elaine)



Many people across the Connexion value being part of accountability gatherings:



Every few weeks I meet with a friend from church, in a local coffee shop, to talk through our a **Methodist Way of Life** commitment card. We challenge each other to see how we are 'measuring up' to the 'We will....' statements and we use the questions to start conversations about how we are living out our faith. We share the highs and lows of our faith journey and hold each other accountable in a friendly, non-blaming way. We both firmly believe that God is speaking to us through these conversations. (Susanne)



As you engage with a **Methodist Way of Life** take time to breathe in God through your worship, learning and caring, then in response, breathe out the love of God for the world through your service and evangelism.

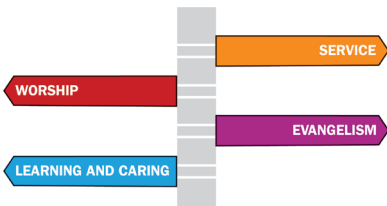
WORSHIP

COMMITMENTS

- We will pray daily.
- We will worship with others regularly.
- We will look and listen for God in Scripture, and the world.

CONSIDER:

- What is the pattern of your prayer life?
- How easy or hard do you find it to pray?
- What has spoken to you recently in worship or in the Bible?
- When, lately, have you felt close to God or distant from God?



BREATHE IN

At one of our earliest a **Methodist Way of Life** gatherings we decided to begin at the beginning, with worship, focusing on prayer. We spent the next two hours (over food) discussing what prayer meant to us, how we pray, what we believe we are doing when we pray and debating what prayer isn't. It was one of the most stimulating and helpful conversations about prayer I have had. (Rachel)



I pray to God when sad things happen in the world and in my church or in my family. But I also say happy thank-you prayers too. I think it is important to talk to God and to listen to God as well. (Miriam)

BREATHE OUT

- What do you believe you are doing when you pray?
- Write down when you have recently felt God close to you.
- Take a photo of a place that helps you better recognise that God is with you.

LEARNING AND CARING

COMMITMENTS

- We will care for ourselves and those around us.
- We will learn more about our faith.
- We will practise hospitality and generosity.

CONSIDER:

- How have you practised generosity since we last met?
- How have you shown hospitality to others recently?
- How are you caring for yourself?
- How and what are you learning now?



BREATHE IN

On Trinity Sunday I was preparing to lead the service in church. A lady entered the worship area and looked around. She held out a card and a very large cake and explained it was a gift from the local mosque – would we accept and share the cake in the spirit of Ramadan? We thanked her and I placed the cake on a table, deliberately and prayerfully, in front of the cross. This lady's courage in entering our church illustrated exactly what I was trying to communicate in the sermon: that God prods us at times, disturbing our comfort zones and calling us to reach out to others. (Audrey)



BREATHE OUT

- How might you show hospitality to others this week?
- Who has helped you in your Christian journey this month? Write a prayer of thanks for that person.
- In what ways have you given time for yourself today?



PONDER...

A rhythm of life can benefit our calling to mission.



A **Methodist Way of Life** helps us as individuals, and as the Church, to be better followers of Jesus. It helps us to develop regular patterns of discipleship and mission which enable us to deepen our relationship with God and to share God's love with others. (David)

A rhythm of life can deepen our spirituality.

A **Methodist Way of Life** is a practice for our spiritual life that helps us engage the whole of ourselves in a living relationship with God, and asks, 'How am I being true to God in my personal commitment to **Our Calling?**' (Novette)



PRAYER

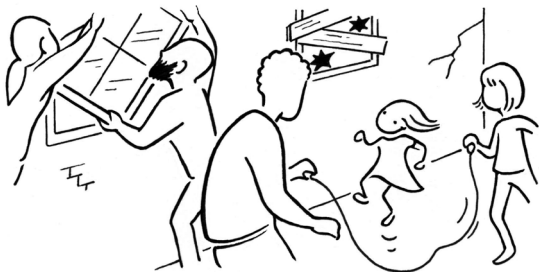
*Heavenly One,
you are beyond all knowledge
and yet known to us.
You are outside of our experience
and yet deep within us.*

*We commit ourselves anew to
follow your will and to work towards your purposes
that all the world might be transformed
for the benefit of all creation.*

*Fill us with hope, we pray,
in Jesus' name.*

Amen.

(Immerse Community, Kidsgrove)



SERVICE

COMMITMENTS

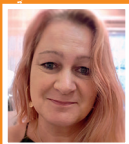
- We will help people in our communities and beyond.
- We will care for creation and all God's gifts.
- We will challenge injustice.

CONSIDER:

- How are you seeking to serve others in your communities and beyond? What has helped or hindered you in your service of others?
- How are you caring for God's creation?
- How are you using God's gifts (including your financial resources)?
- What issues of injustice are you currently concerned about? What are you doing in response?



BREATHE IN



Responding to a high number of socially isolated people in the community, our church decided to set up a Monday Soup Lunch. A low-cost, homemade lunch which aimed to bring people together.

They also provided free vouchers for those attending the Foodbank the previous week. It has become a regular activity in many people's week who would otherwise have been alone. (Tracey)



BREATHE OUT

- How will you serve your community this month? Share your thoughts with a trusted friend or a small group.
- What are the issues of injustice you notice in your local community? How might you challenge them?

EVANGELISM

COMMITMENTS

- We will speak of the love of God.
- We will live in a way that draws others to Jesus.
- We will share our faith with others.

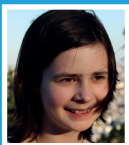
CONSIDER:

- When was the last time you were able to talk about God?
- What opportunities to share your faith have there been since we last met?
- How have you responded to opportunities to share your faith?
- Is there anyone you might invite to consider Christian faith?



BREATHE IN

We are encouraged to go where the people are. It has been uplifting to meet people in the local bookies, to note that a different community to church exists, and be present in the conversations. We are called to be radical, this was one opportunity presented which has been wonderful. (Bob)



Inviting a friend along to church felt very daunting as I felt that I wasn't good enough to do something like that. However, having taken the plunge and invited a few friends to church, I have come to accept that although some people will come, not everyone will want to. This is why I have tried to undertake other types of evangelism such as being more open about my faith and having conversations with people at school about what it means to me. (Bethan)

BREATHE OUT

- Where, outside of church walls, are you being called to listen and engage in conversations?
- Write down the times you have talked about God this week. Is it more or less than you imagined?

You may choose to use a **Methodist Way of Life** to develop your life of faith and witness locally through using it:

- to read and reflect individually and in groups
- during worship
- at church meetings, such as church council
- in worship leaders and local preachers meetings
- at staff team gatherings
- as part of prayer and accountability triplets or small groups
- as part of pastoral visits
- during specific seasons, such as Lent and Advent.



PRAYER

Holy God, we praise you for all that you are. We thank you for the love we witness through the ebb and flow of cosmic rhythms. We thank you for the grace that you show to us as individuals.

Give to us courage to enact a way of life to which you have called us. Give us boldness to be holy people, called to serve the world.

May we be kingdom people who always dare to live and speak out, motivated by our faith in God.

Amen.



The Revd Carla Quenet

How will a **Methodist Way of Life** make a difference in the way that you live out your faith?

RESOURCES

- www.methodist.org.uk/MWoL
- Methodist Way of Life Conversation Cards
- 'Choosing a Methodist way of living',
the connexion, issue 17
- *Finding the Way*, the Revd Dr Roger L Walton

The **Methodist** Church 

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