



THREE SIMPLE RULES THAT COULD CHANGE OUR WORLD: A CHRISTMAS GIFT
By Tom Porter

At the convocation for extended cabinets a few weeks ago, the church received an old mantra expressed in new ways:

DO NO HARM
DO GOOD
STAY IN LOVE WITH GOD

Established by John Wesley, these are the General Rules of our Church. They have been expressed in new ways by Bishop Rueben Job in his little book, *Three Simple Rules That Will Change Your World: A Wesleyan Way Of Living*, Abingdon Press. This book was given to all those who attended the convocation and I commend it to you.

As we journey through this holy season expecting and experiencing the birth of the Prince of Peace, may we reflect on these rules. In a world of Herods who seek to destroy the opposition, may we Do No Harm and take the other way as did the Magi. As Joseph did with Mary, may we seek to Do Good. How can we not Stay In Love with a God who comes to us in the form of a baby?

Bishop Job has started a conversation that is rich with possibility for the work of JUSTPEACE. Let's begin to think together how our work gives guidance and substance to each of the rules or principles. DO NO HARM: let's think about the movement, for example, from adversarial to collaborative work, from retributive justice to restorative justice, from trying to destroy the other's proposition to helping them save it and improve it (Ignatius), from violence to non-violence. DO GOOD: let's think, for example, about constructively engaging conflict; the spiritual disciplines of listening for understanding, speaking the truth in love, using our imagination and being forgiving; being a mediating presence; creating relational covenants; eliciting stories of peak experiences, grace-filled moments and dreams of a preferred future; working for right relations and communal well being; and helping others experience reconciliation and feast and flourish at the Table of Holy Communion. STAY IN LOVE WITH GOD: All our work is about gratitude and staying close to the One who heals, forgives and reconciles so we can be conduits for the love of God. These are some thoughts. Bishop Job has kindly affirmed my offering a summary of the book's themes available on our website. We welcome your thoughts about how we can DO GOOD, DO NO HARM AND STAY IN LOVE WITH GOD.

What if we all reflected on how we might live out this mantra each morning as we begin our day, at Dr. Pepper time—10, 2, and 4 and as we reflect at the end of the day? These three simple rules might transform our world.

100 Maryland Avenue NE, Washington DC 20002
Phone: 202-488-5647, Fax: 202-488-5639
justpeace@JUSTPEACEumc.org www.JUSTPEACEumc.org

JUSTPEACE Center for Mediation and Conflict Transformation is a mission of the United Methodist Church to engage conflict constructively in ways that strive for justice, reconciliation, resource preservation and restoration of community in and through The United Methodist Church and with the Church universal to the world in which we live.