

## Loving Service: Visit the Sick & Serve the Poor

Early Methodists practiced their faith through acts of mercy. These rhythms kept their love rooted in real life. They often did these in pairs or as a family.

### Visit the Sick

- Join our pastoral care team for hospital/nursing home/home visits
- Write cards or deliver meals on Wednesday nights

### Feed the Hungry

- Volunteer at the Hilliard Food Pantry
- Prepare meals for Wednesday outreach

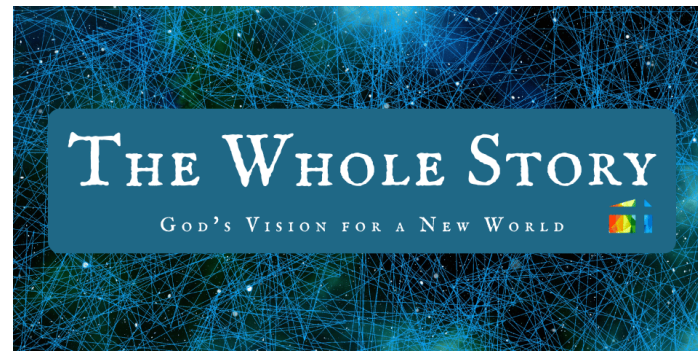
### Accompany and Build Relationships

- Check in with your neighbors who may need extra assistance
- Welcome new people on Sunday mornings or as a table host at Wednesday suppers

### Offer What You Have

- Time, presence, resources — all are sacred gifts
- Ask: “What is mine to give this week?”

“Do all the good you can, by all the means you can, in all the ways you can...”  
— John Wesley



## A METHOD FOR THE SOUL

### The Spiritual Practices of Early Methodists

The name “Methodist” was originally used to mock a group of students at Oxford in the early 1700s in England who committed themselves to an intentional life of prayer, study, service, and accountability. Rather than resist the insult, they embraced it — believing that methodical, grace-filled living could transform lives and the world.

Early Methodists gathered in small groups to ask one another, “How is it with your soul?” They visited the sick and the imprisoned, fed the hungry, worshiped together regularly, and practiced daily reflection. These were not tasks to earn salvation — they were ways to embody love.

This handout offers:

- A rhythm of daily reflection
- A method for reading scripture through Lectio Divina
- A call to serve the poor and sick

## JOURNALING & REFLECTION: A Methodist-Inspired Rhythm

Use one or more of these prompts to take some time to look inward and do some reflective journaling.

### **Gratitude**

Where did I see or receive love today — in myself, in others, or in creation?

### **Honest Examination**

Where did I act in alignment with love — and where did I fall short?

### **Grace & Confession**

What do I need to release, name, or ask forgiveness for today?

### **Discernment**

What might the Spirit be inviting me to notice or do next?

### **Blessing for the Journey**

What truth or grace do I want to carry with me into tomorrow?

*“The life of holiness is the life of love.” – John Wesley*

## The Practice of Lectio Divina

Reading Scripture was something that Methodists did regularly, often together in small groups. One of the oldest Christian spiritual practices, Lectio Divina simply refers to sacred reading. It is a slowing down of the engagement with Scripture so that we can allow the words to move from our head to our hearts. Here is a simple way you could use this practice, either individually or with others. You usually want to start with a scripture that isn't too long.

### **1. Read Scripture slowly OUTLOUD.**

Notice a word or phrase that stands out to you. Jot it down or underline it. Don't try to analyze why, just name it. Sit with that for a moment.

### **2. Read Scripture a 2<sup>nd</sup> time outloud.**

This time, allow yourself to follow down the rabbit hole of the word or phrase that stood out to you and enter the Scripture with all of your senses. What do you see, smell, feel, hear, and experience. If there is a scene surrounding the Scripture, where are you? Are there other images or songs or experiences this brings to mind? Jot down what you experience with words or sketches. Sit with that for a moment.

### **3. Read Scripture for a 3<sup>rd</sup> time outloud.**

Listen for what you hear God speaking. If this Scripture was a prayer from God to you, or from you to God... what would it sound like? Maybe spend some time writing that down. Sit with that for a moment.

### **4. Take time for either quiet contemplation or shared conversation about how you are experiencing the Scripture.**