

From the Pastor

John Wesley fasted from all solid food following his Thursday evening meal until mid-afternoon on Friday. During that period of fasting, he focused much of his time on prayer. I invite you to join me in this spiritual discipline. The twenty-two questions that Holy Club members asked themselves may serve as a great tool for this weekly period of prayer and self-examination. (The blocks below are for you to use to track your progress; use them to write the day or date you participate in this holy fast.) I also encourage you to journal your thoughts; I have found that when words flow from my mind through a pen, my thoughts become clearer, and my path becomes brighter. May you grow in the grace and knowledge of our Lord and Savior Jesus Christ.

Rev. Grady Mosley

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec

“Do all the good you can.
By all the means you can.
In all the ways you can.
In all the places you can.
At all the times you can.
To all the people you can.
As long as ever you can.”
John Wesley

The 3 General Rules of the Church

Do No Harm.
Do Good.
Attend to the Ordinances of God.



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Rev. Grady Mosley,
Senior Pastor

John Wesley’s Holy Club Questions

Over two hundred years ago, members of John Wesley’s Holy Club asked themselves the following twenty-two questions every day in their private devotions:

- Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
- Am I honest in all my acts and words, or do I exaggerate?
- Do I confidentially pass on to others what has been said to me in confidence? Can I be trusted?
- Am I a slave to dress, friends, work, or habits?
- Am I self-conscious, self-pitying, or self-justifying?
- Did the Bible live in me today?
- Do I give the Bible time to speak to me every day?
- Am I enjoying prayer?
- When did I last speak to someone else of my faith?
- Do I pray about the money I spend?
- Do I get to bed on time and get up on time?
- Do I disobey God in anything?
- Do I insist upon doing something about which my conscience is uneasy?
- Am I defeated in any part of my life?
- Am I jealous, impure, critical, irritable, touchy, or distrustful?
- How do I spend my spare time?
- Am I proud?
- Do I thank God that I am not as other people, especially as the Pharisees who despised the publican?
- Is there anyone whom I fear, dislike, disown, criticize, hold a resentment toward or disregard? If so, what am I doing about it?
- Do I grumble or complain constantly?
- Is Christ real to me?

Take this rule: whatever weakens your reason, impairs the tenderness of your conscience, obscures your sense of God, or takes off your relish of spiritual things; in short, whatever increases the strength and authority of your body over your mind, that thing is sin to you, however innocent it may be in itself.”
— Susanna Wesley (Letter, June 8, 1725)