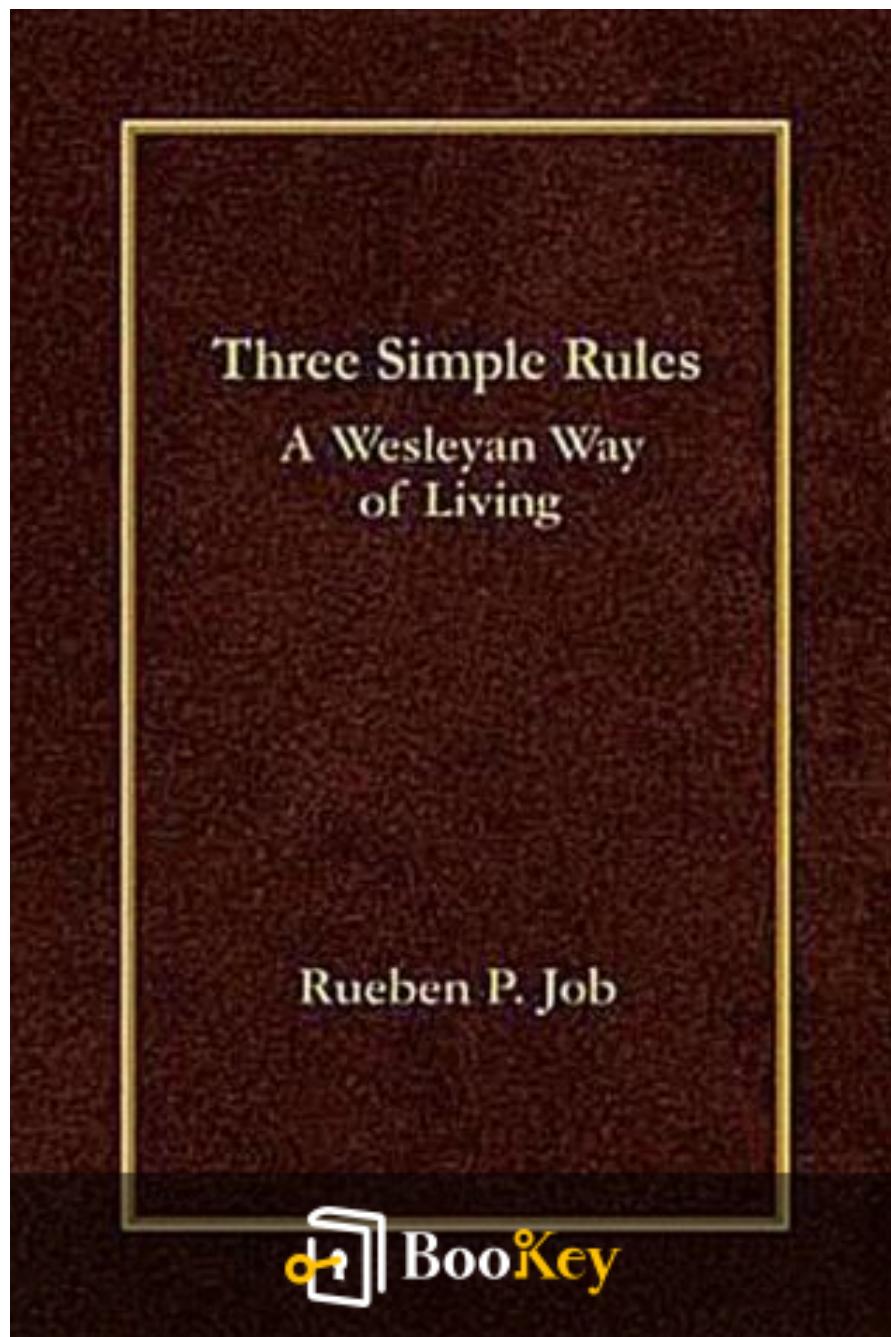


Three Simple Rules PDF (Limited Copy)

Rueben P. Job



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Three Simple Rules Summary

Living Faithfully with Integrity and Compassion.

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About the book

In "Three Simple Rules: A Wesleyan Way of Living," Rueben P. Job distills the essence of a meaningful and fulfilling life into three transformative principles—do no harm, do good, and stay in love with God. This concise yet profound guide challenges readers to embrace a life rooted in love and ethical integrity, encouraging them to reflect on their actions and their impact on others. Job's insightful reflections and practical applications resonate deeply in today's fast-paced world, inviting you to explore how these simple yet powerful rules can reshape your interactions, deepen your spirituality, and enhance your overall well-being. Discover how to navigate life's complexities with grace and purpose by incorporating these timeless rules into your daily journey.

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About the author

Rueben P. Job was a distinguished leader in the Methodist church, revered for his profound insights into spirituality and personal development. With a rich background as a bishop in the United Methodist Church and a dedicated educator, he had a unique ability to articulate the complexities of faith in a relatable manner. Job was not only a prolific writer, penning several books on spiritual growth and discipleship, but he was also a passionate advocate for a deeper understanding of Christian principles in everyday life. His work often focused on fostering inner transformation through a strong relational connection with God, which is prominently featured in his celebrated book, "Three Simple Rules." Through his writings, Job has inspired countless individuals to explore their faith journeys with clarity and purpose.

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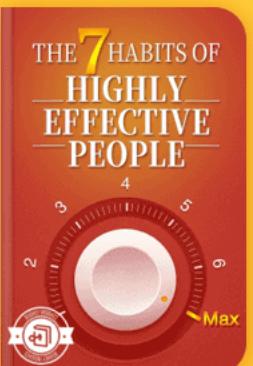
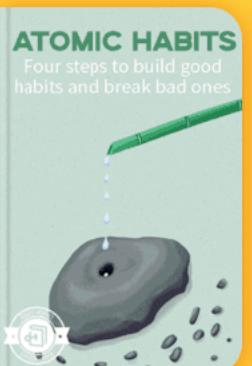
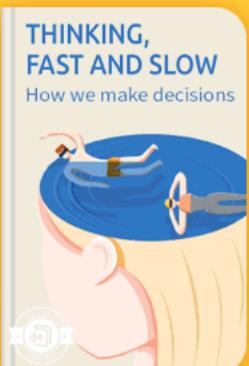
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Chapter 1 Summary: Do No Harm –Understanding the Rule

In the first chapter of "Three Simple Rules" by Rueben P. Job, the author introduces a foundational principle for Christians: the concept of "doing no harm." While most individuals do not intentionally wish to cause harm, Job highlights how often people are unaware of the negative impact their actions can have on others, themselves, and the world. The chapter delves into the various dimensions of unintentional harm, urging readers to reflect on their own behaviors and the ramifications of their actions.

1. Understanding Unintended Harm: The rule to "do no harm" may seem straightforward, yet its application can be complex. Job uses personal anecdotes, such as the dangerous stairs in his home and various real-life scenarios like negligent drivers and miscommunications in healthcare, to emphasize that harm can stem from neglect or lack of awareness. The challenge lies in recognizing the potential for harm present in even mundane choices.
2. The Importance of Awareness: Job encourages self-reflection to identify areas where harm is occurring, whether in one's family, community, or broader society. By asking questions about who is being harmed, what harm is done, and why it happens, individuals can start to see their complicity in a larger system that may perpetuate harm. This heightened awareness enables

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individuals to make better choices.

3. Community Impact: The author explains that doing no harm extends beyond individual actions to encompass our affiliations, including churches and organizations. Job stresses the importance of radical trust in God's guidance in adhering to this rule, which fosters a more compassionate and understanding environment, particularly in times of conflict.

4. Historical Perspective: Job reflects on John Wesley's General Rules, which highlight various economic and social harms prevalent in Wesley's time. Issues such as exploitation of the poor, labor inequalities, and extravagances of the wealthy still resonate in contemporary society. Job urges modern readers to consider what Wesley would include on a list of harmful practices today, recognizing that societal structures often contribute to collective harm.

5. The Collective Responsibility: Instead of focusing solely on individual actions, Job illustrates the need for a broader outlook on harm caused by institutions and groups. This perspective prompts critical questioning of how individuals may unconsciously perpetuate harm through collective affiliations, such as businesses or social norms.

6. Biblical Links: Drawing connections to the biblical text, particularly the Ten Commandments, Job emphasizes that these directives were established

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to promote a life of love and fellowship while preventing harm. The commandments not only guide individual behavior but also protect the community from potential harm.

7. Examining Loyalties: The chapter invites introspection regarding personal loyalties and priorities that may lead to harm. By evaluating where individuals allocate their time and resources, they can discern if their values align with God's vision for love and care for creation.

In closing, Job provides a prayer and encourages readers to seek guidance in recognizing and mitigating harm, thereby fostering a more loving and just world. This chapter serves as a reminder that doing no harm is a continuous journey that requires both self-awareness and collective action. Through personal reflection and community involvement, individuals can strive to embody the principle of "doing no harm" in their daily lives.

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Critical Thinking

Key Point: Cultivating Self-Awareness to Prevent Harm

Critical Interpretation: Imagine starting each day with a commitment to actively consider the impact of your actions on those around you.

Rueben P. Job's imperative to 'do no harm' inspires you to cultivate a heightened sense of self-awareness that can transform your interactions and decisions. As you navigate the complexities of life, from simple conversations with loved ones to your involvement in wider communities, you can pause and reflect: Am I speaking words that uplift or diminish? Are my choices contributing to a more compassionate world or perpetuating division? This conscious approach not only fosters personal growth but also cultivates a community rooted in understanding and care, ultimately enriching the lives of others and yourself. By dedicating time to this practice of reflection, you empower yourself to become a source of positive change, demonstrating that even the smallest awareness can create ripples of love in your daily journey.

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Chapter 2 Summary: Do No Harm-Practicing the Rule

In Chapter 2 of "Three Simple Rules," Rueben P. Job centers on the principle of doing no harm, offering a thoughtful exploration of how this rule can be practiced in our daily lives and its potential impact on others. The chapter begins with a focus question: How can we put this rule into practice, and what difference can our practice make?

1. To illustrate the challenge of defining our boundaries, Job shares a personal anecdote about his daughter Anne's job interview, where she was asked what she would never do as a teacher. Her reflections highlight that our answers to such questions must stem from genuine self-examination about our temptations to harm. This requires us to confront how we interact—with intention and integrity—so that we cultivate environments of support and learning.
2. Job emphasizes the importance of intentionally deciding not to harm those we may disagree with, such as neighbors or co-workers. He encourages practices such as avoiding gossip, not speaking disparagingly about others, and refraining from manipulating facts. By putting down our "weapons"—the tendencies that lead to conflict—we can cultivate empathetic relationships and find common ground. This perspective encourages a vision of seeing everyone as deserving of love and respect, echoing John Wesley's teaching on love and mercy.

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3. The chapter elucidates the theme of collective harm through historical context, referring to slavery as a significant issue that Wesley confronted. Wesley's emotional plea to Wilberforce to end slavery exemplifies a moral obligation to oppose harm enacted by societal structures, much like the systemic issues we face in the 21st century, including violence, poverty, and environmental degradation.

4. Job invites readers to reflect on their complicity in harmful systems, encouraging personal accountability and active participation in solutions. Simple actions, like conserving energy and advocating for responsible policies, can contribute to a greater collective good.

5. Moving into scriptural reflections, Job references Romans 14:14-23, where the Apostle Paul explains that one should not engage in actions that might harm others' faith or well-being. This principle extends to modern interpretations of our actions that affect our community members, urging a thoughtful approach to moral living.

6. In Matthew 5:38-48, Jesus challenges conventional responses to harm by introducing a "third way" of nonviolent resistance. By reframing traditional understandings of turning the other cheek, Job highlights the potential for dignity and accountability without perpetuating cycles of violence. Jesus exemplified this through teachings that empower the marginalized, allowing

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them to reclaim their self-respect.

7. Through this lens, Job articulates that refraining from retaliation creates space for transformation, empowering both the oppressed and the oppressor toward repentance and change. This aligns with Wink's interpretation of Jesus' teachings, which promotes a non-confrontational approach that fosters dignity and mutual respect.

In conclusion, Chapter 2 serves as a call to action for readers to live out the principle of doing no harm through introspection, intentionality, and engagement with their communities. By actively practicing this rule, we position ourselves as agents of change, contributing not only to our integrity but also helping to create a more compassionate and empathetic society.

Key Points	Description
Focus Question	How can we put the rule of doing no harm into practice, and what difference can our practice make?
Anecdote	Job shares a personal story about his daughter's job interview, emphasizing self-examination regarding temptations to harm.
Intentional Non-harm	Job stresses the need to intentionally avoid harming others, particularly those we disagree with, through actions like avoiding gossip and manipulation.
Historical Context	References slavery and Wesley's fight against it, urging readers to oppose harm from societal structures in the present day.
Personal	Encourages reflection on individual roles in harmful systems and

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Key Points	Description
Accountability	suggests simple actions for collective good, like energy conservation.
Scriptural Reflections	References Romans 14:14-23, urging actions that consider others' faith and well-being, promoting moral living.
Nonviolent Resistance	Jesus' teachings in Matthew 5:38-48 introduce a "third way" of responding to harm, promoting dignity without violence.
Space for Transformation	Job discusses how refraining from retaliation opens pathways for change for both oppressed and oppressors.
Conclusion	Serves as a call to action for readers to embody the principle of doing no harm through introspection and community engagement.

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Chapter 3: Do Good –Understanding the Rule

In Chapter 3 of "Three Simple Rules," Rueben P. Job delves deeply into the principle of "Do Good," urging us to actively engage in acts of kindness and charity in an increasingly consumer-driven world. The chapter opens with a poignant reflection on observing the needs of others, highlighted through a personal experience at a bakery, where a boy accompanied by his mother, likely faced food insecurity. This moment sparks Job's contemplation about the disparity between those who take for granted the availability of food and those who do not.

1. Defining 'Do Good': Job challenges readers to reflect on the meaning of doing good, emphasizing its proactive nature. Rather than waiting for requests for help, he advocates for a lifestyle committed to addressing the needs of others. He urges us to consider our perception of need, illuminating the difference between genuine necessities and culturally conditioned desires fueled by consumerism.

2. Seeing the Need: The author points out that recognizing the needs of

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Chapter 4 Summary: Do Good –Practicing the Rule

In Chapter 4 of "Three Simple Rules," Rueben P. Job emphasizes the importance of the principle of "Do Good" and its practical application in our lives and communities. The chapter begins by prompting readers to consider how they can embody this rule, highlighting that the act of doing good can profoundly impact both individual lives and the broader community.

1. The chapter underscores that the rule to do good encompasses a variety of actions, such as visiting the sick, volunteering in educational settings, and supporting local charities. While these actions seem simple, they often require overcoming personal doubts and the potential for rejection.

Practicing good is not merely about recognizing needs but involves courage and commitment to act despite challenges.

2. A poignant illustration comes from the Anathoth Community Garden, established in Cedar Grove following a racially motivated murder. This initiative was born from a desire to foster healing and unity within a divided community. The garden serves not only as a source of food but also as a means for community members—regardless of their backgrounds—to come together, work collectively, and address the poverty affecting them. The garden exemplifies how a tangible act of goodness can lead to healing and connection amid strife.

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3. Job addresses the prevalent fear of inadequacy when confronted with the sheer amount of need in the world. Many individuals may feel overwhelmed and question their ability to effect change, worry about the limits of their resources, or fear rejection for their efforts. Yet, Job reminds us that the desire to do good transcends the reactions of others, and fulfillment comes from knowing one has acted according to their values and faith.

4. Personal stories, such as that of Amanda Block in New York City, illustrate the transformative power of individual actions. Her dedication to empowering vulnerable populations through informative resources and community engagement demonstrates how small, targeted actions can have a significant and lasting impact. Block's experience highlights the importance of persistence despite the fear of failure or rejection.

5. Job further emphasizes that true motives for doing good come not from seeking self-affirmation but from a genuine commitment to serve others and acknowledge the interconnectedness of the community. He stresses that Christians should embody grace in their collective actions, as demonstrated in scriptural passages that encourage believers to utilize their unique gifts to contribute positively to society.

6. The reflection on biblical texts reinforces the notion that doing good is integral to spiritual practice. For instance, passages from 1 John, Romans, and Galatians highlight the seamless weave of faith and action—where

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genuine love and service towards others embody the essence of a relationship with God.

In conclusion, Job proposes that doing good is more than an obligation; it's a vital expression of faith that creates ripples of change within the community. The motivation to serve, fueled by grace and love, is vital to living out the principles of Christianity and fostering an environment of collective support and compassion. The chapter closes with a prayer for divine guidance in recognizing opportunities to do good and emphasizes living out love and blessing others, including those who may be considered enemies. Through active engagement and a commitment to doing good, individuals can create a more harmonious and empathetic world.

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Chapter 5 Summary: Stay in Love With God—Understanding the Rule

In Chapter 5 of "Three Simple Rules" by Rueben P. Job, the essential theme revolves around the significance of staying in love with God and the spiritual disciplines that facilitate this relationship. The chapter poses a fundamental question for Christians: What does it mean to remain in love with God? Job emphasizes that while loving God is intrinsic to the Christian faith, sustaining this love requires deliberate practice of spiritual disciplines.

1. Essence of the Rule: Job asserts that staying in love with God is pivotal to nurturing one's faith and ensuring the sustainability of the first two rules of Christian life. Without this mindful and active engagement, love may wane. The discipline of nurturing a relationship with God is seen as a necessary foundation for enduring faith.

2. Importance of Disciplines: Reflecting on personal experiences, Job underscores the role of structured practices in maintaining spiritual health. He shares his past as a piano student, drawing parallels between consistent practice in music and disciplined spiritual living. Just as musical training steadied him through life's challenges, spiritual disciplines serve to ground believers, helping to prioritize their relationship with God. He cites John Wesley, who advocated for methodical observance of these practices as a way to stay in love with God.

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3. Spiritual Disciplines as Means of Grace: Job enumerates critical spiritual disciplines including daily prayer, Bible study, worship, and acts of mercy. Job quotes Wesley's view that these disciplines are vital for staying in touch with Christ's presence and power, ultimately allowing believers to fulfill their calling as disciples.

4. Prayer: Job highlights prayer as the "grand means" of drawing near to God. Wesley's dedication to early morning and throughout-the-day prayer routines exemplifies how intentional communication with God can enhance spiritual vitality. Both personal and communal prayers are emphasized as crucial for invigorating faith.

5. Worship and the Lord's Supper: Worship is presented as fundamentally communal; Wesley's insistence on regular participation in communal worship and the Lord's Supper exemplifies this. He viewed Communion as a means of grace, vital for spiritual sustenance, open to all regardless of background. By engaging in these sacraments, believers experience the real presence of Christ.

6. Bible Reading and Study: Job conveys Wesley's deep reverence for Scripture, referring to himself as a man of one book. Daily readings, reflections, and engagement with the Bible's teachings are integral to encountering God. Wesley's balance of individual reflection with communal

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engagement through services and hymns underscores the importance of Scripture in a believer's life.

7. Fasting: Fasting is discussed as an essential discipline that should not be extreme, but rather thought of as a practice for fostering a deeper relationship with God. Wesley recommended fasting as a way to temper one's life and create space for prayer, thus enhancing the spiritual journey.

Finally, the chapter guides readers to reflect on biblical texts such as Deuteronomy 6:4-9 and Matthew 22:34-40, illuminating the connection between love for God and love for neighbor as a continuous thread in spiritual practice. Job encourages readers to meditate on their experiences of God's presence in worship, prayer, and Scripture, and to consider how these disciplines shape their ability to remain in love with God.

In closing, Chapter 5 emphasizes that the journey of faith is an ongoing process of intentional engagement with God through well-established disciplines, essentially framing these practices as crucial for a vibrant and loving relationship with the Divine. As followers are reminded of the importance of structure and community, the chapter invites a rich reflection on the often-overlooked, yet deeply transformative, practices that can sustain and nurture one's love for God in a chaotic world.

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Critical Thinking

Key Point: Staying in love with God requires deliberate practice

Critical Interpretation: Think of your relationship with God like a beautiful garden; to keep it vibrant and flourishing, you must tend to it regularly. Just as flowers need watering, sunlight, and care, your spiritual life demands intentional practices such as prayer, Bible study, and communal worship. Embrace these spiritual disciplines not as mere duties but as loving actions that deepen your connection to the Divine. As you commit to nurturing this relationship, you will discover a profound sense of peace, purpose, and joy that transforms your everyday life.

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Chapter 6: Stay in Love With God –Practicing the Rule

In Chapter 6 of "Three Simple Rules," Rueben P. Job emphasizes the vital practice of "staying in love with God," exploring how spiritual disciplines can deepen our relationship with the Divine and influence our lives positively. Job asserts that engaging in these practices can significantly enrich not only our personal faith journeys but also impact the lives of those around us.

The first principle centers around the understanding that to stay in love with God, we must actively participate in spiritual disciplines. These disciplines, which include prayer, worship, studying the Bible, and fasting, serve as avenues to connect with God, grasp His love for us, and align our hearts with His will. Job encourages readers to personalize these practices to maintain a loving relationship with God, emphasizing that the method of practicing these disciplines may vary from person to person.

Drawing on the symbolic story of Greta, who missed out on the joys of the upper decks during her voyage to America by remaining in steerage, Job

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