

John Wesley's Means of Grace Through the Grace Channels Material (FMCiC)

LOVING GOD (Works of Piety)	LOVING NEIGHBOUR (Works of Mercy)
Prayer	Active Listening
Scripture Study	Encouraging Those in need of good news
Corporate Worship	Hospitality
The Lord's Supper	Feeding the Hungry and Clothing the Naked (local)
Christian Conferring	Visiting the Sick and the Prisoners
Fasting	Feeding the Hungry and Clothing the Naked (global)

Classical Christian Pilgrimage		Free Methodist Church in Canada	
THE STAGES	THEIR ASPECTS	MILEPOST	DESCRIPTION
Awakening	<ul style="list-style-type: none"> • Encounter with God • Encounter with self • Comfort • Threat 	Milepost 1	Exploring relationship with Jesus — I am a seeker. I believe in God, but I'm not sure about where Jesus fits. My faith is just emerging, it's not really a significant part of my life.
Purgation	<ul style="list-style-type: none"> • Renunciation of blatant sins • Renunciation of wilful disobedience • Unconscious sins and omissions • Deep-seated structures of being and behaviour • Coming to trust 	Milepost 2	Growing in relationship with Jesus — I am a Jesus-follower. I believe in Jesus and what he has done for me through his sacrifice. I am working on what it means to know him, to love him and my neighbour.
Illumination	<ul style="list-style-type: none"> • Total consecration to God in love • God experienced within • Integration of being • Unceasing prayer • Increasing social concern 	Milepost 3	A close relationship with Jesus — I'm an active disciple. I feel close to Jesus and depend on him daily for guidance. I am deepening and maturing in my love for God and my neighbour.
Union	<ul style="list-style-type: none"> • Abandonment to Grace • Prayer of quietness • Dark night of the senses • Full union/ecstatic union • Dark night of the spirit 	Milepost 4	Jesus is the central relationship in my life — I am a Jesus-centred, others-oriented disciple. I have given my life to the priorities, values and practices of his Kingdom, which is all about restoring God's intended wholeness everywhere.