

giving food to the hungry, by clothing the naked, by visiting or helping them that are sick or in prison: To their souls, by instructing, reproving, or exhorting all we have any intercourse with; trampling under foot that enthusiastic doctrine, that "we are not to do good, *unless our hearts are free to it*:" By doing good, especially to them who are of the household of faith, or groaning so to be; employing them preferably to others, buying one of another, helping each other in business; and so much the more because the world will love its own and them *only*: By all possible *diligence and frugality*, that the Gospel be not blamed: By running with patience the race which is set before them, *denying themselves, and taking up their cross daily*; submitting to bear the reproach of Christ, to be as the filth and offscouring of the world; and looking that men should say *all manner of evil of them, falsely for the Lord's sake*.

33. It is expected of all who desire to continue in these Societies that they should continue to evidence their desire of salvation, *Thirdly*, By attending upon all the ordinances of God; such as,—The public worship of God; the ministry of the word, either read or expounded; the Supper of the Lord; family and private prayer; searching the Scriptures; fasting or abstinence.

34. These are the General Rules of our Societies; all of which we are taught of God to observe, even in his written word, *which is the only rule, and the sufficient rule, both of our faith and practice*. And all these we know his Spirit writes on truly awakened hearts. If there be any among us who observes them not, who habitually breaks any of them, let it be known unto them who watch over that soul,