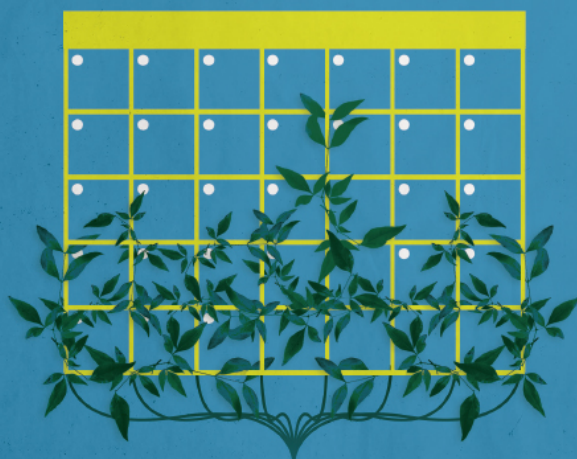


JUSTIN WHITMEL EARLEY

THE
COMMON
RULE



HABITS OF
PURPOSE
FOR AN AGE OF
DISTRACTION

THE COMMON RULE FOR LENT 2020
A RESOURCE PACKAGE

WHAT IS LENT? Lent is the season on the church calendar that comes just before Easter. It is 40 days long (if you don't count the Sundays, which are seen as "little easters.") While there are many ways that Lent is described & observed, it is typically in preparation for Easter with a focus on restraint & meditating on the suffering of Jesus.

WHY THE COMMON RULE? Because the Common Rule habits emphasize restraint, Lent can be a great time to try out the habits of the Common Rule with a group. Also, the six-week timeframe of Lent is the perfect length for new habit formation. Finally, it's also a wonderful way to make Easter more of a celebration, because you spend all of Lent preparing.

HOW TO START? It may be the beginning of Lent, or you may be a couple weeks in already. Either way, it's never too late to start. Pick up wherever you are. Here's what you can do:

STEP 1: Get your Group Together

This might be a small group, a friend group, or an entire congregation. Whichever it is, meet up with them and watch [this video](#) to get an introduction to the Common Rule.

STEP 2: Review the Habits

The best way to do this is by reading [a copy of The Common Rule](#). You can also review the habits on the website, at www.thecommonrule.org. If you're going through the book with a small group, check out the free [video guide series](#) that goes habit by habit.

STEP 3: Visualize the Days and the Weeks

It's really helpful for all to see how the Common Rule will alter your days and weeks. Below is a sample daily and monthly template (customized to 2020) so your group can see how they'll be arranging their days. Use these templates to customize and adapt the habits so they work for you. For example, you might want to pick a different day than Thursday to fast; or you might pick a different hour limit for media than the 4 hours suggested.

STEP 4: Embrace Community and Failure

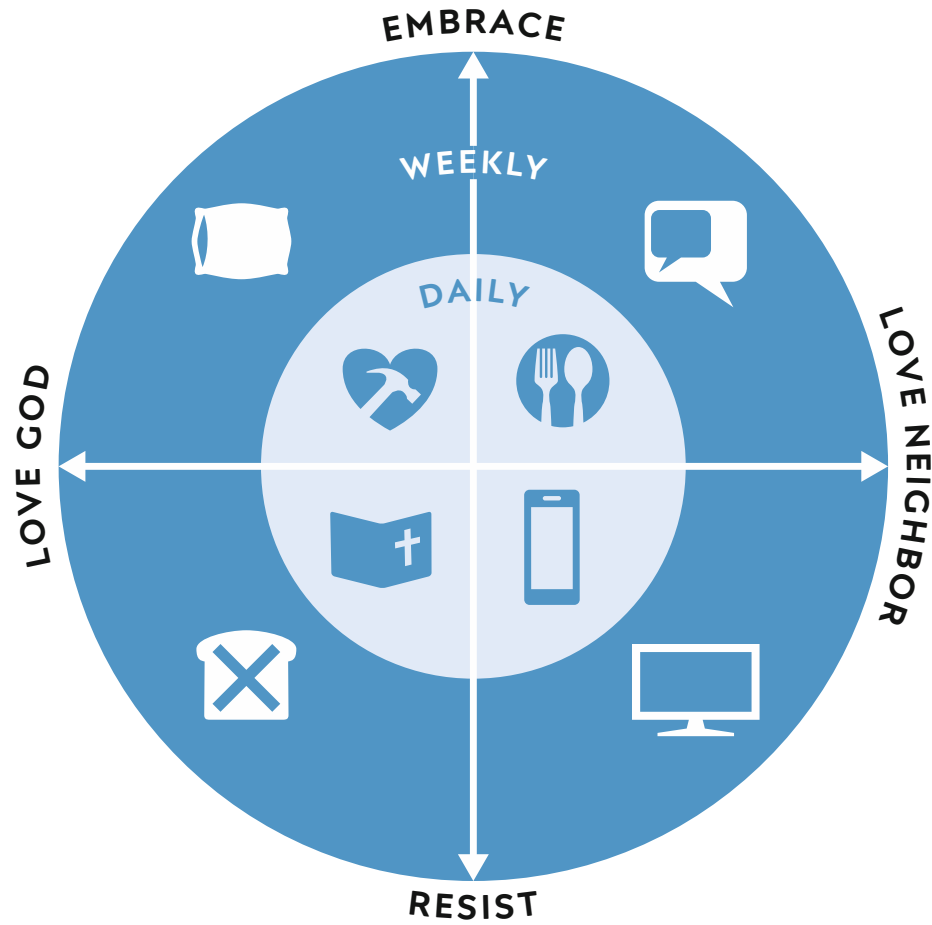
Two of the main lessons of The Common Rule is that the good life is the communal life, and that anything worth trying is hard and involves failure. This includes following Jesus. As for community, ideally your group should be meeting every week to share experiences and pray. As for failure, you should remind each other that the goal is not to check off some habits, but to fail together, experience grace, learn and become formed more in the Gospel of Jesus.

I'm so glad you're trying the Common Rule habits. I hope it helps you lean into a life full of the love of God and neighbor.

With much hope,

Justin Whitmel Earley

HABITS AT A GLANCE



DAILY HABITS


-  Kneeling prayer three times a day


-  One meal with others


-  One hour with phone off


-  Scripture before phone

WEEKLY HABITS

-  One hour of conversation with a friend

-  Curate media to four hours

-  Fast from something for twenty-four hours

-  Sabbath

A TEMPLATE FOR THE COMMON RULE DAILY HABITS

LENT 2020

DAILY HABIT 1: KNEELING PRAYER AT MORNING, MIDDAY & BED

- **Morning.** Spirit, I was made for your presence. May this day be one I spend with you in all that I do. Amen.

- **Midday.** Jesus, I was made to join your work in the world. Please order the rest of my day in love for the people you have given me to serve. Amen.

- **Bedtime.** Father, I was made to rest in your love. May my body rest in sleep, and may my mind rest in your love. Amen.

DAILY HABIT 2: SCRIPTURE BEFORE PHONE

- Pick daily Scripture reading plan. Below are some suggestions:
 - **The Repentance Project: An American Lent:** [Reading Plan and Prayers for Racial Reconciliation](#).
 - **Daily Office Readings:** Use the book of Common Prayer, or online resources such as [this](#) or [this](#).
 - **Matthew + Psalms:** Read one chapter of Matthew each weekday morning and one Psalm on the weekend mornings. This will give you some space to finish Matthew before Easter.
 - **Dwell audio Bible [app](#) Lent plan**

DAILY HABIT 3: DAILY COMMUNAL MEAL

- In general, my communal meal will be _____ breakfast / lunch / dinner _____ with _____.

DAILY HABIT 4: PHONE OFF ONE HOUR A DAY

- I will turn my phone off from _____ to _____ each day.

A TEMPLATE FOR THE COMMON RULE MONTHLY HABITS

LENT 2020

(Don't worry if you are not starting this at the beginning of Lent, just pick up where you are. And, remember, this is just an example to get you started. Customize it for you and your community!)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
MARCH	23	24	25	FEB 26 Ash Wednesday: Kick off month with an evening of discussion together.	27 Start fasting at 6 p.m. by skipping dinner.	28 Break the fast with a friend and have your weekly hour of conversation.	29 Count your media hours. (Don't beat yourself up. Just count to know.)
	March 1 Sabbath	2 Pick a day to check in and discuss failures & realizations. Pray.	3	4	5 Start fasting at 6 p.m. by skipping dinner.	6 Break the fast with a friend and have your weekly hour of conversation.	7 Count your media hours.
	8 Sabbath	9 Pick a day to check in and discuss failures & realizations. Pray.	10	11	12 Start fasting at 6 p.m. by skipping dinner.	13 Break the fast with a friend and have your weekly hour of conversation.	14 Count your media hours.
	15 Sabbath	16 Pick a day to check in and discuss failures & realizations. Pray.	17	18	19 Start fasting at 6 p.m. by skipping dinner.	20 Break the fast with a friend and have your weekly hour of conversation.	21 Count your media hours.
APRIL	22 Sabbath	23 Pick a day to check in and discuss failures & realizations. Pray.	24	25	26 Start fasting at 6 p.m. by skipping dinner.	27 Break the fast with a friend and have your weekly hour of conversation.	28 Count your media hours.
	29 Sabbath	30 Pick a day to check in and discuss failures & realizations. Pray.	31	APRIL 1	2 Start fasting at 6 p.m. by skipping dinner.	3 Break the fast with a friend and have your weekly hour of conversation.	4 Count your media hours.
	5 Sabbath	6 Pick a day to check in and discuss failures & realizations. Pray.	7	8	9 Maunder Thursday: Start fasting at 6 p.m. by skipping dinner.	10 Good Friday: Consider continuing to fast.	11 Count your media hours.
	12 EASTER! Celebrate the resurrection!	13 Easter tide Keep celebrating!	14	15	16	17	18

WEEKLY HABIT SUMMARY:

- WEEKLY HABIT 1: HOUR OF CONVERSATION
- WEEKLY HABIT 2: CURATE MEDIA HOURS
- WEEKLY HABIT 3: FAST FROM SOMETHING FOR 24 HOURS
- WEEKLY HABIT 4: SABBATH