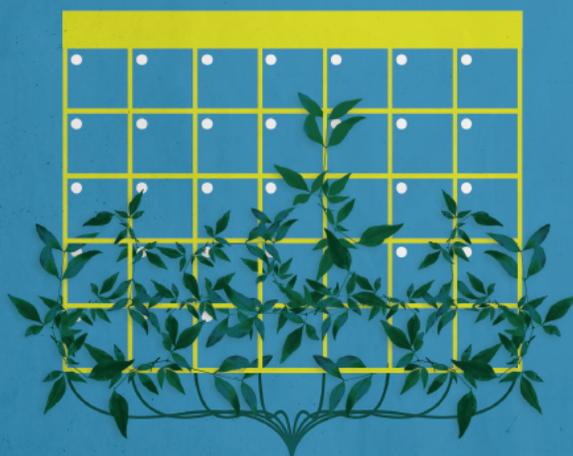


JUSTIN WHITMEL EARLEY

THE
COMMON
RULE



HABITS OF
PURPOSE
FOR AN AGE OF
DISTRACTION

THE COMMON RULE FOR LENT 2019
A RESOURCE PACKAGE

www.thecommonrule.org

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 and then celebrate with friends.

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](#). (If you are buying in bulk for a group, contact [IVP](#) for a bulk discount.) You can also review the habits on the website, at www.thecommonrule.org. Make sure everyone subscribes to the mailing list on the website, as I will be sending out weekly meditations and suggestions on the habits.

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 Lent, 2019) so your group members can see how they'll be arranging their days. Use these templates and customize it if that helps.

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 reading about and 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

A TEMPLATE FOR THE COMMON RULE DAILY HABITS

LENT 2019

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:
 - **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.

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 2019

(Don't worry if you are not starting this at the beginning of Lent, just pick up where you are.)

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

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