TRYING A WEEK OF THE COMMON RULE

Below is a template for reading and trying each of the habits in the Common Rule in one week. There’s no need to try all the habits at one. Just read a chapter a day, they take about fifteen minutes, and experiment with that habit. This plan assumes you will try this in a group. If you don’t have a group, I strongly suggest finding at least one other person. It’s hard to make new habits alone.

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| **Day** | **Read** | **Habits To Try** |
| 1  (Pick the day your group meets.) | Morning: Read the Introduction and Daily Habit 1. | Try kneeling prayer today. |
| Evening: Meet with your group to discuss the idea of the Common Rule. | |
| 2 | Read Daily Habit 2. | Try having an intentional, communal meal today. |
| 3 | Read Daily Habit 3. | Pick one hour to turn your phone off. |
| 4 | Read Daily Habit 4. | Before you use your phone today, read Scripture. |
| 5 | Read Weekly Habit 1. | Have an intentional one-on-one conversation with someone. |
| 6 | Read Weekly Habit 2. | Estimate the number of media hours you’ve watched this week. If it’s already more than four, try not watching anything. |
| 7 | Read Weekly Habit 3. | Fast from something today. |
| 8 | Morning: Read Weekly Habit 4 and Epilogue. | Make today a sabbath or write out some ideas to plan your next sabbath. |
| Evening: Meet with your group to discuss how the week went. | |

