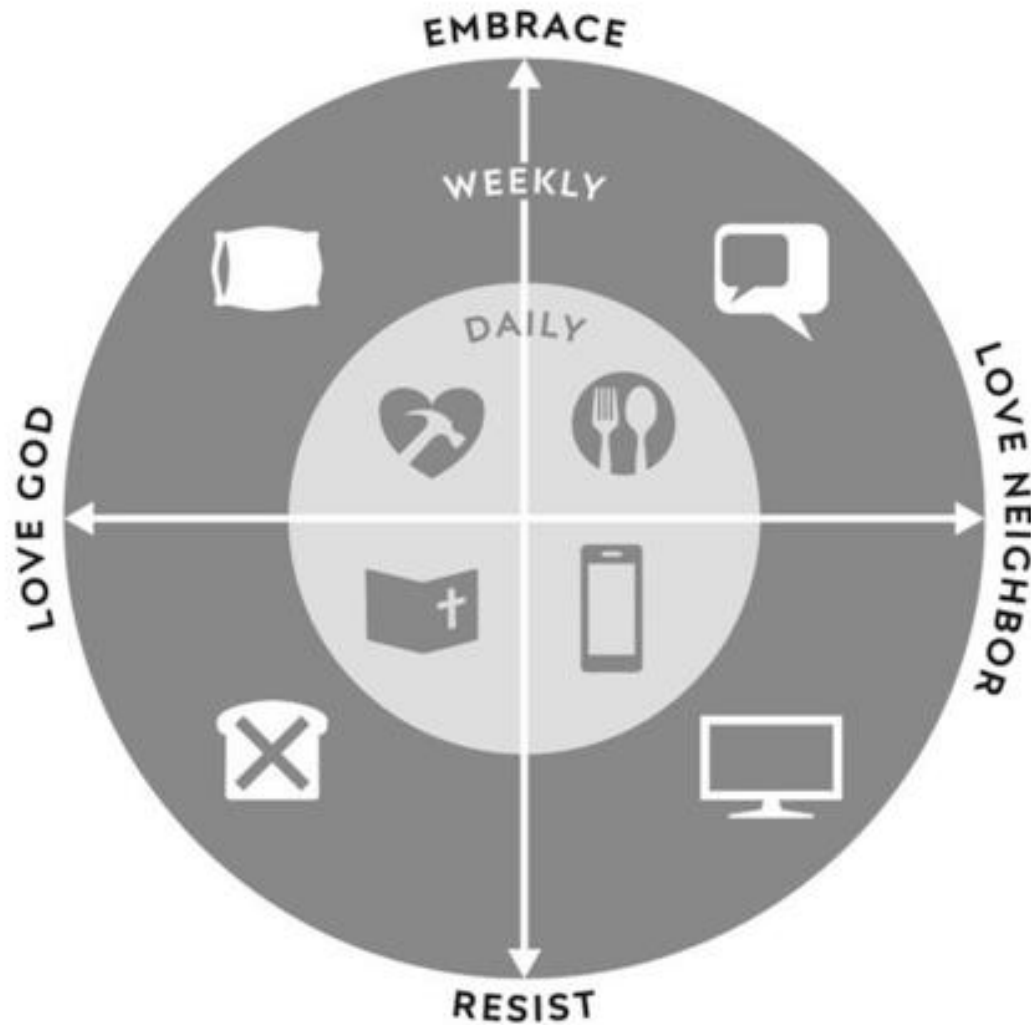


TRYING A WEEK OF THE COMMON RULE

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.

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.	

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