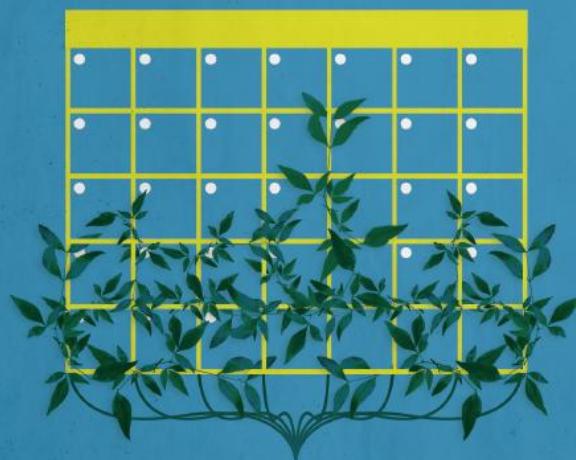


JUSTIN WHITMEL EARLEY

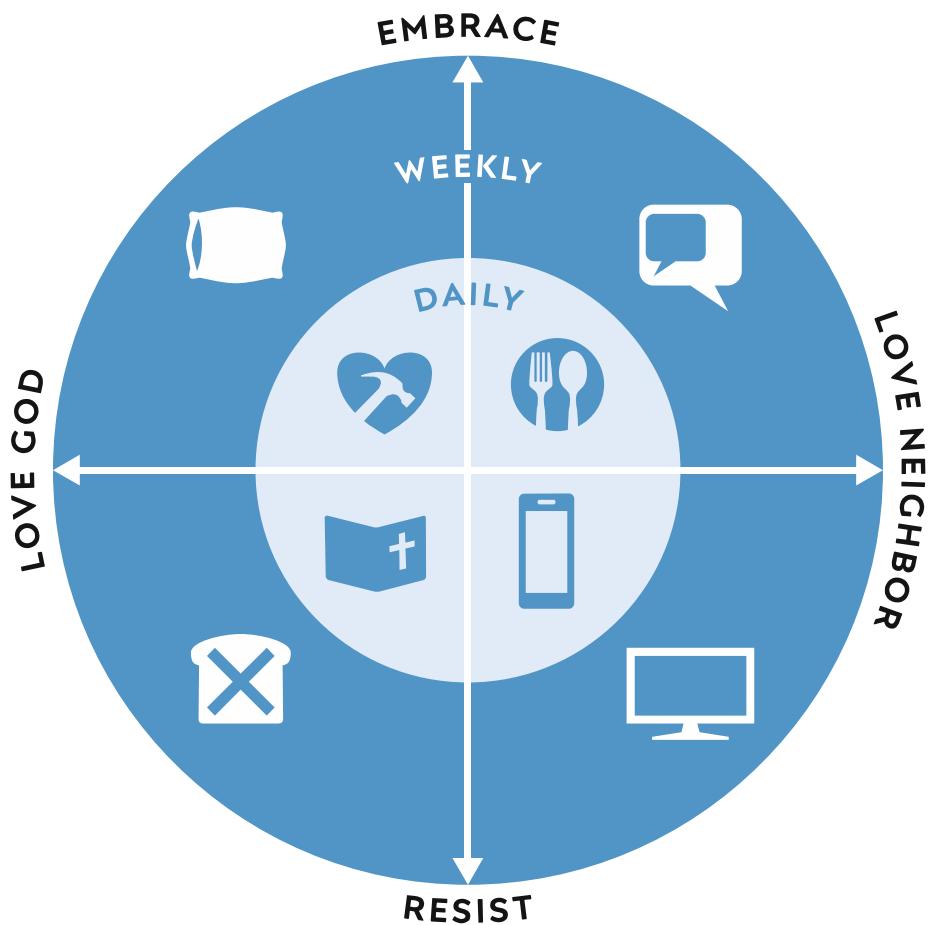
THE  
COMMON  
RULE



HABITS OF  
PURPOSE  
FOR AN AGE OF  
DISTRACTION

THE COMMON RULE FOR LENT 2026  
A RESOURCE PACKET

# HABITS AT A GLANCE



DAILY HABITS	WEEKLY HABITS
Kneeling prayer three times a day	One hour of conversation with a friend
One meal with others	Curate media to four hours
One hour with phone off	Fast from something for twenty-four hours
Scripture before phone	Sabbath

From The Common Rule by Justin Whitmel Earley. Copyright © 2019 by Avodah, LLC.  
Used by permission of InterVarsity Press, Downers Grove, IL. [www.ivpress.com](http://www.ivpress.com)

# DAILY HABITS

## LENT 2025

### 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.

# MONTHLY HABITS

## LENT 2026

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
MARCH	February 15	16	17	18 <b>Ash Wednesday:</b> Kick off month with an evening of discussion together.	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. (Don't beat yourself up. Just count to know.)
	22 Sabbath	23 Pick a day to check in and discuss failures & realizations. Pray.	24	25 <b>Wednesdays in Lent begin at 5:30 p.m.</b>	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.
	March 1 Sabbath	2 Pick a day to check in and discuss failures & realizations. Pray.	3	4 <b>Wednesdays in Lent begin at 5:30 p.m.</b>	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 <b>Wednesdays in Lent begin at 5:30 p.m.</b>	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.
APRIL	15 Sabbath	16 Pick a day to check in and discuss failures & realizations. Pray.	17	18 <b>Wednesdays in Lent begin at 5:30 p.m.</b>	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.
	22 Sabbath	23 Pick a day to check in and discuss failures & realizations. Pray.	24	25 <b>Wednesdays in Lent begin at 5:30 p.m.</b>	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 Palm Sunday	30 Pick a day to check in and discuss failures & realizations. Pray.	31	April 1	2 <b>Maundy Thursday</b>	3 <b>Good Friday:</b> Observe the day with your 24-hour fast.	4 Count your media hours.
	5 EASTER! Celebrate the resurrection!	6 Eastertide Keep celebrating!	7	8	9	10	11

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