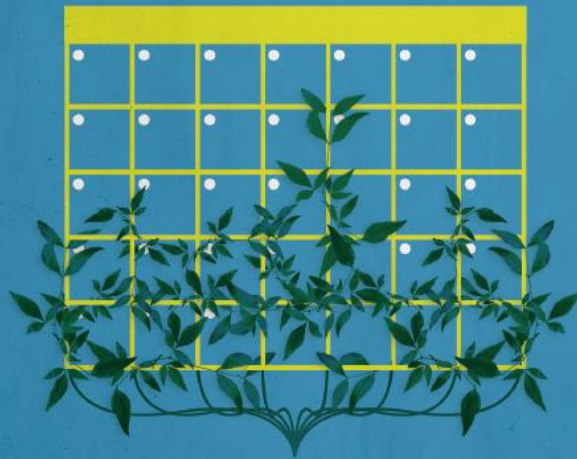


JUSTIN WHITMEL EARLEY

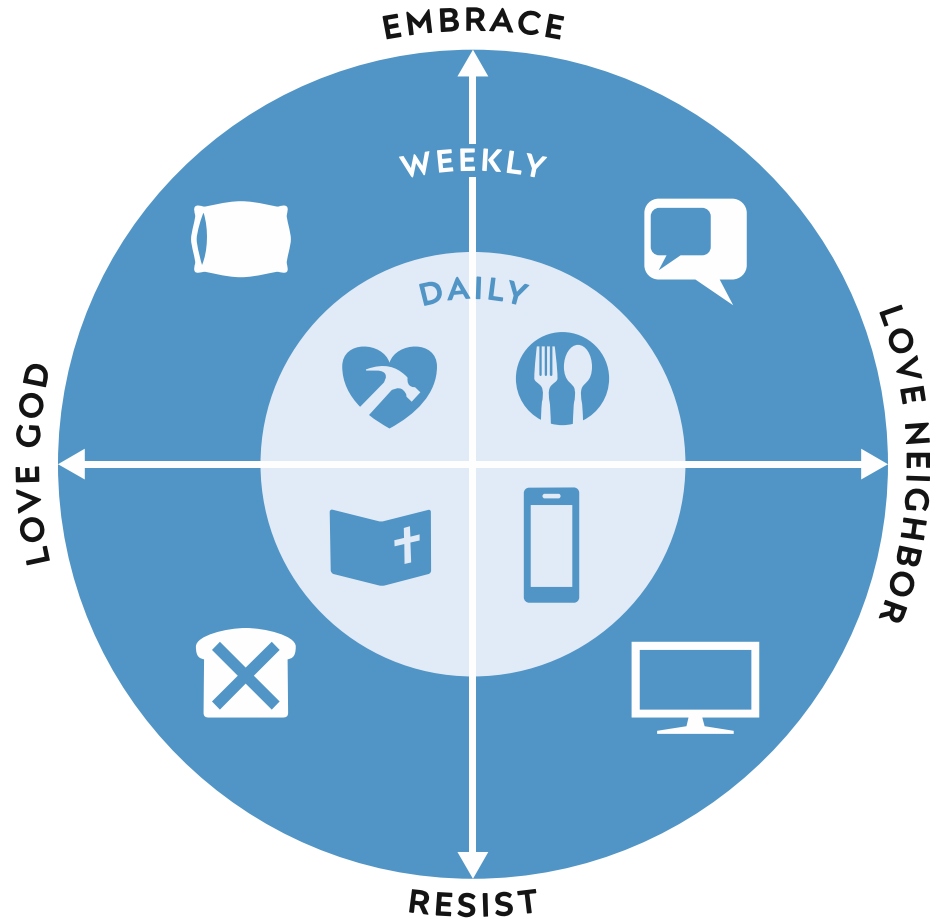
THE COMMON RULE











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

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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 Ash Wednesday: 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 Wednesdays in Lent begin at 5:30 p.m.	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 Wednesdays in Lent begin at 5:30 p.m.	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 Wednesdays in Lent begin at 5:30 p.m.	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 Wednesdays in Lent begin at 5:30 p.m.	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 Wednesdays in Lent begin at 5:30 p.m.	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 Maundy Thursday	3 Good Friday: Observe the day with your 24-hour fast.	4 Count your media hours.
	5 EASTER! Celebrate the resurrection!	6 Easter tide 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