TRYING A MONTH OF

THE COMMON RULE

When trying out a month of the Common Rule with a group, it’s really helpful for all to see how the month is going to go. Below is a sample month and a daily template, so group members can see how they can arrange their days. Use this template so each person can customize to the month you’re doing it in.

DAILY HABITS

* Kneeling prayer at morning, midday, and bedtime.
* Pick Scripture readings: Psalms 1-30, Mathew 1-28, Romans; half of a chapter daily.
* The common meal will be from\_\_\_\_\_\_\_\_\_\_with\_\_\_\_\_\_\_\_\_\_.
* Phone-off hour will be from\_\_\_\_\_\_\_\_\_\_to\_\_\_\_\_\_\_\_\_\_.

WEEKLY HABITS

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2  Kick off month with an evening of discussion together. | 3 | 4  Start the fast at 6 p.m. by skipping dinner. | 5  Break the fast with a friend and have your weekly hour of conversation. | 6 | 7  Count your media hours. (Don’t beat yourself up. Just count to know.) |
| 8  Sabbath | 9  Meet to check in and discuss failures and realizations. Pray. | 10 | 11  Start the fast at 6 p.m. by skipping dinner. | 12  Break the fast with a friend and have your weekly hour of conversation. | 13 | 14  Count your media hours. |
| 15  Sabbath | 16  Meet to check in and discuss failures and realizations. Pray. | 17 | 18  Start the fast at 6 p.m. by skipping dinner. | 19  Break the fast with a friend and have your weekly hour of conversation. | 20 | 21  Count your media hours. |
| 22  Sabbath | 23  Meet to check in and discuss failures and realizations. Pray. | 24 | 25  Start the fast at 6 p.m. by skipping dinner. | 26  Break the fast with a friend and have your weekly hour of conversation. | 27 | 28  Count your media hours. |
| 29  Sabbath | 30  Meet over a feast! Discuss what you learned. | 31 |  |  |  |  |