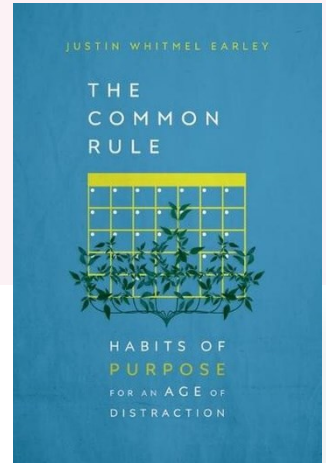




PARTICIPANT GUIDE

THE COMMON RULE BY JUSTIN WHITMEL EARLY



"Habits form much more than our schedules: they form our hearts."

JUSTIN WHITMEL EARLY



DISCUSSION QUESTIONS



1

Q. "We are all living according to a specific regime of habits, and those habits shape most of our life". How we spend our days is how we spend our lives. While reading Justin's book, what did you learn about habits in general and, on a more personal level, your habits?

2

Q. Discuss the daily habit of 'Kneeling Prayer'. What did you find helpful? Has your prayer life changed?

3

Q. Do you enjoy meals with others regularly? Discuss the daily habit of 'One Meal with Others'.

4

Q. "Use your phone one way, and it fuels the life of love and presence you long for. Use your phone the other way, and it robs you of everything you were made for" (p75). Discuss the daily habit of 'One Hour with Phone Off'.

5

Q. Did you implement the daily habit of 'Scripture Before Phone'? If so, what were the benefits?

6

Q. Do you prioritise deep, authentic and vulnerable conversations with friends about Jesus and life? What were your thoughts on the weekly habit of 'One Hour Conversation with a Friend'?



7

Q. Do you think you have a healthy relationship with media? Do you agree that media should be limited? Discuss the weekly habit of 'Curate Media to Four Hours'.

8

Q. We often associate fasting with food. However, it's becoming more common for Christians to fast from social media or other distractions. Have you ever fasted? Share what you found interesting about the weekly habit 'Fast from Something for Twenty -Four hours'.

9

Q. In the chapter 'Weekly Habit 4: Sabbath', Justin talks about his "life hacks". Can you relate to these hacks? How have you incorporated 'Sabbath' into your life since reading this book?

10

Q. "The Common Rule is a different way to live." What aspects of the Common Rule have you embraced since reading this book? How have these habits enabled you to love God and your neighbour better and live more beautifully? Discuss.



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