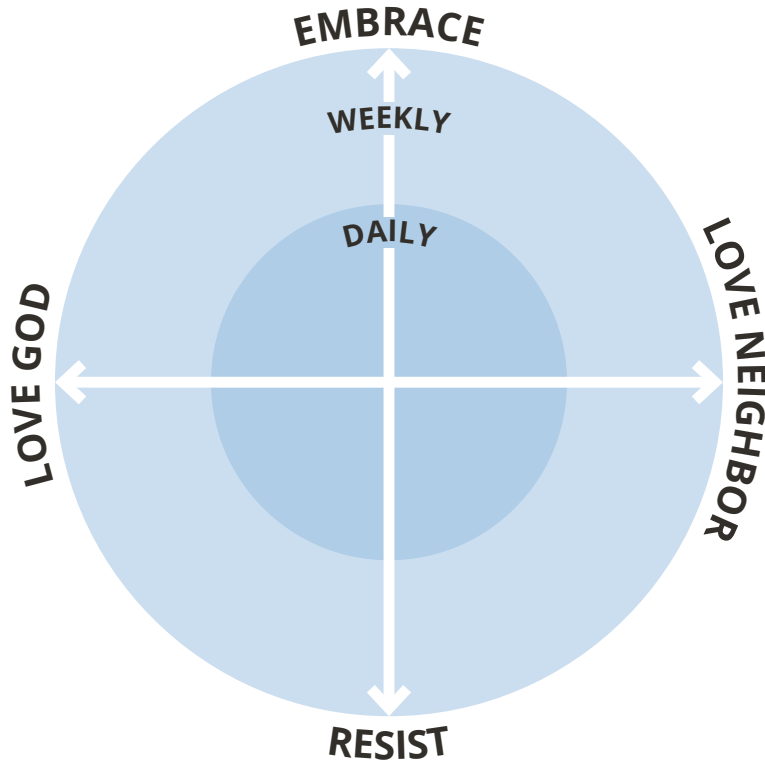


MY RULE OF LIFE HABITS



DAILY HABITS

WEEKLY HABITS

Diagram from Justin Whitmel Earley's *The Common Rule*.

TIPS

- Commit for a specific period of time.
- Try one or two daily and weekly practices for starters.
- Do this with a friend so you can encourage one another.

RESOURCES

- *The Common Rule* - Justin Whitmel Earley
- *Habits of the Household* - Justin Whitmel Earley
- TheCommonRule.org
- *Four Thousand Weeks: Time Management for Mortals* - Oliver Burkeman
- *An Altar in the World* - Barbara Brown Taylor
- *Crazy Busy: A [Mercifully] Short Book about a [Really] Big Problem* - Kevin DeYoung

We'd love to pray for you while you develop and implement your Rule of Life!

Sign up to let us know you're participating, and we'll send you some encouragement and free resources in the next 30 days to support your effort!
qrco.de/beWznE



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