



**BROADWAY**  
UNITED METHODIST CHURCH  
invite. grow. serve.

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# THE COMMON RULE GUIDE

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## DAILY HABIT 1: KNEELING PRAYER THREE TIMES A DAY

### THE HABIT AT A GLANCE

The world is made of words. Even small, repeated words have power. Regular, carefully placed prayer is one of the keystone habits of spiritual formation, and is the beginning of building the trellis of habit. By framing our day in the words of prayer, we frame the day in love.

### THREE WAYS TO START

#### Written prayers.

You may want to begin by having a morning, midday, and evening prayer. Here are three you might use:

- *Morning.* O Lord, let my soul rise up to meet you as the day rises to meet the sun. Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.
- *Midday.* Cleanse my heart Lord, by your Spirit; that I might praise your holy name.
- *Evening.* May the peace of the Lord Christ go with me wherever he may send me; may he guide me through the wilderness, protect me through the storm; may he bring me home rejoicing at the wonders he has shown me; may he bring me home rejoicing once again into these doors.

#### Alarms and reminders.

Use alarms if you're having trouble beginning the rhythm.

#### Praying with the body.

Kneeling is a great way to mark the moment with physicality and humility. If kneeling is physically challenging or you are in public, try turning up your palms, setting them on your knees, or walking to a window.

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# HABITS IN A NUTSHELL

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## DAILY HABITS



### ***Kneeling prayer three times a day.***

Regular, carefully placed prayer is one of the keystone habits of spiritual formation and is the beginning of building the trellis of habit. By framing our day in the words of prayer, we frame the day in love.



### ***One meal with others.***

The habit of making time for one communal meal each day forces us to reorient our schedules and our space around food and each other. The more the table becomes our center of gravity, the more it draws our neighbors into gospel community.



### ***One hour with phone off.***

Turning off our phone for an hour a day is a way to turn our gaze up to each other. Our habits of attention are habits of love. To resist absence is to love neighbor.



### ***Scripture before phone.***

Refusing to check the phone until after reading a passage of Scripture is a way of replacing the question, "What do I need to do today?" with a better one, "Who am I and who am I becoming?" Daily immersion in the Scriptures forms us in our true identity as children of the King, dearly loved.

## WEEKLY HABITS



### ***One hour of conversation with a friend.***

We were made for each other, and we can't become lovers of God and neighbor without intimate relationships where vulnerability is sustained across time.



### ***Curate media to four hours.***

Resisting the constant stream of addictive media with an hour limit means we are forced to curate what we watch. Curating stories means that we seek stories that uphold beauty, that teach us to love justice, and that turn us to community.



### ***Fast from something for twenty-four hours.***

We constantly seek to fill our emptiness with food and other comforts. Regular fasting exposes who we really are, reminds us how broken the world is, and draws our eyes to how Jesus is redeeming all things.



### ***Sabbath***

The weekly practice of sabbath teaches us that God sustains the world and that we don't. Sabbath (one day of rest) is a gospel practice because it reminds us that the world doesn't hang on what we can accomplish, but rather on what God has accomplished for us.