



Important Dates Ahead

- **June 20th - 22nd:** *First Round of Zoom Meetings*
- **July 18th - 20th:** *Second Round of Zoom Meetings*
- **July 30th - August 1st:** *First Student Leader Retreat*
- **August 14th - 16th:** *Second Student Leader Retreat*

Summer Sharpening Schedule

- **Week 1** - Introduction & Part One
- **Week 2** - Daily Habit 4: Scripture Before Phone (*To be practiced throughout the summer*)
- **Week 3** - Weekly Habit 1: One Hour of Conversation with a Friend (*To be practiced throughout the summer*)
- **Week 4** - Choose a new habit you would like to try this week
- **Week 5** - Choose a new habit you would like to try this week
First Zoom Meeting
- **Week 6** - Choose a new habit you would like to try this week
- **Week 7** - Choose a new habit you would like to try this week
- **Week 8** - Choose a new habit you would like to try this week
- **Week 9** - Choose the last remaining habit you would like to try this week
Second Zoom Meeting
- **Week 10**: What is Your Rule?

Introduction & Part One

Read pages 1-30 and then reflect and apply using the prompts below.

Reflect

1. What in your own words is a liturgy? What is your experience with liturgy?
2. Is a “habit of freedom” or “freedom liturgy” good or bad for you? Why?
3. What is the “big goal of your life?” (page 14).

Apply

4. Our small habits form our liturgies- they are the central truth behind what we worship. Take a moment to reflect on some of the negative habits you’ve noticed in your life, specifically within the past 6-12 months. Create your own Habit/Liturgy table like the one on page 9-10.

Daily Habit 4: Scripture Before Phone

Read pages 79-94 and then reflect and apply using the prompts below.

Reflect

5. Three different categories are discussed in this chapter- work, news, media. They all communicate something about where we look to find our identity. Which of these (or some other category) do you find yourself looking to first in the morning, and what do you think it communicates about your identity?
6. What is social media's place to you? What are simple practices you wish to employ to keep social media in its proper place?
7. What is your morning habit when it comes to worshipping God?
8. What is your morning habit when it comes to worshipping the world?

Apply

Read through the application section at the end of the chapter, then journal how you want to walk out this daily habit in the space provided below. Let this be a time to dream about what your abiding time could be like this summer and the fruit it will produce in your life!

Weekly Habit 1: One Hour of Conversation with a Friend

Read pages 95-110 and then reflect and apply using the prompts below.

Reflect

9. "Vulnerability and time make a friendship." Reflect on a close friendship you have cultivated over the years and how this quote rings true. What were some moments where vulnerability was embodied that led to closer bonds of friendship?

10. The type of friendships we were made for are ones that we don't wish for, we cultivate. In other words, it takes effort. How have you seen relationships take effort, and how has it been worth it?

11. Earley mentions that friendships are not meant to be exclusive, they are meant to draw others in. How have you been drawn into the relationships shared by others?

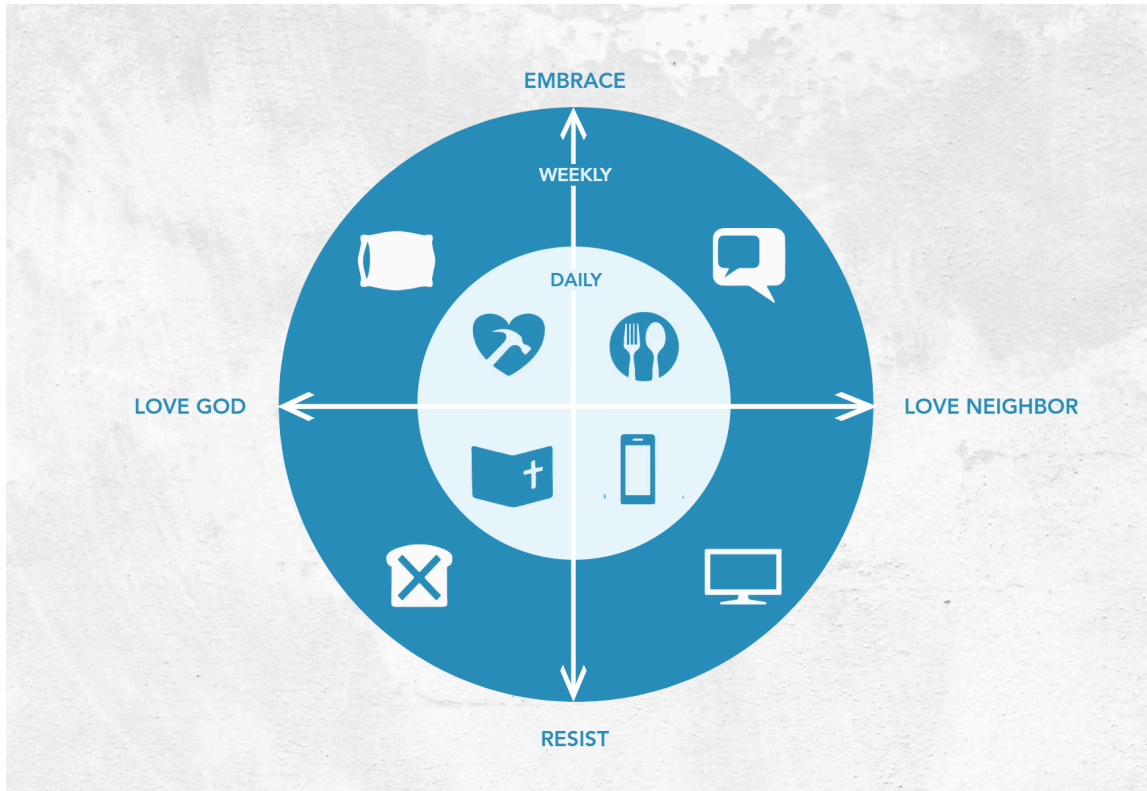
Apply

Reach out to the person you chose to connect with over the summer, and find a consistent time in your schedule to meet for an hour a week to cultivate your friendship. Feel free to let the conversation lead wherever the Lord might want it to go, but feel free to use some of the questions below to stir deep conversation.

- What have been some things worth celebrating this week? What has been difficult?
- What has God been stirring in you through abiding or summer sharpening?
- What emotions or moments encapsulated this week?
- What questions have you been wrestling with about life or faith?
- What ways have you been being refined this summer?

Try to end every conversation with prayer for one another!

The Remaining Habits



Choose one of the remaining habits to practice each week

Daily Habit 1: Kneeling Prayer at Morning, Midday, and Bedtime

Read pages 31-46 and then reflect and apply using the prompts below.

Reflect

1. On page 35, Earley frames prayer as naming what is or creating what can be. The problem is that in our brokenness we often name false realities or create one that shouldn't be. Reflect on your prayer life over the last few months. What do you see? Do you find yourself naming true realities or false ones, creating true realities or false ones?

2. This chapter is about framing pivotal points of the day in prayer: morning, midday, and evening. Reflect on these three moments in your day. For each piece of your day, think through the following questions in the space provided.
 - a. What often frames this moment of your day? Anxiety, fear, busyness, peace, joy, expectation, dread, etc...
 - b. What habits characterize this moment of your day? Are they habits that you want to have?

Morning

Midday

Evening

Apply

Read through the application section at the end of the chapter, then journal how you want to walk out this daily habit in the space provided below.

Daily Habit 2: One Meal with Others

Read pages 47-62 and then reflect and apply using the prompts below.

Reflect

1. What does it mean that the “table is our center of gravity?”
2. What is your experience with scheduling food breaks? Is it a time you are generally intentional with?
3. Do you think this is a worthy habit to pursue? Why/why not?

Apply

Read through the application section at the end of the chapter, then journal how you want to walk out this daily habit in the space provided below.

Daily Habit 3: One Hour with Phone Off

Read pages 63-78 and then reflect and apply using the prompts below.

Reflect

1. The first part of this chapter deals with the idea of fractured presence and the ways it harms us. Take a moment to think through this reality personally for you in a world that is constantly seeking to divide your attention. Do you find yourself often present or fractured?
2. "All of man's problems stem from his inability to sit quietly in a room alone." Wrestle with this quote from Pascal. Is it true for you? What keeps you from being with yourself and what issues arise from this "inability" to introspect?
3. Set aside your phone for 5 minutes and just be present with yourself as an exercise. Use the space below to journal what things come to your mind, even if they seem silly. Then, reflect on how this speaks to what wins the battle for your attention.

Apply

Read through the application section at the end of the chapter, then journal how you want to walk out this daily habit in the space provided below.

Weekly Habit 2: Curate Media to Four Hours

Read pages 111-126 and then reflect and apply using the prompts below.

Reflect

1. Take a look at your last few weeks or so of media consumption. On average, how much time do you spend daily consuming media?
2. What are the types of stories the media you consume tells you? What are some examples?
3. How would you communicate the importance of this habit to someone who is a luke-warm Christian and doesn't see the need to do anything "this extreme?"
4. Which of these purposes: Beauty, Justice, community, do you think is the most compelling motivation for you to spur you on to do this habit well? Why?

Apply

Read through the application section at the end of the chapter, then journal how you want to walk out this weekly habit in the space provided below.

Weekly Habit 3: Fast from Something for Twenty-Four Hours

Read pages 127- 141 and then reflect and apply using the prompts below.

Reflect

1. Earley mentions that the first point of fasting is to see who you really are. When was there a time where you experienced lack (food, comfort, pleasure, etc...) that began to expose things in your heart that you never knew were there?
2. "Cultivating the habit of fasting as a way of life means cultivating an understanding of why beauty and brokenness intertwine in the present world." (pg. 139) In our corner of the world at Carroll (or perhaps where you are currently this summer), how have you seen the 'intertwining of beauty and brokenness? What are things you turn to often to distract yourself from the beautiful, broken reality we all find ourselves in?
3. What has been your experience fasting from food? What excites or worries you about this discipline we see commonly in the Bible and yet rarely in our culture today?

Apply

Read through the application section at the end of the chapter, then journal how you want to walk out this weekly habit in the space provided below. A note of encouragement, I would aim to fast from food, whether it be for a full day or a meal. If food is not an option for you, choose something you listed as an answer to the 3rd question above.

Weekly Habit 4: Sabbath

Read pages 142-158 and then reflect and apply using the prompts below.

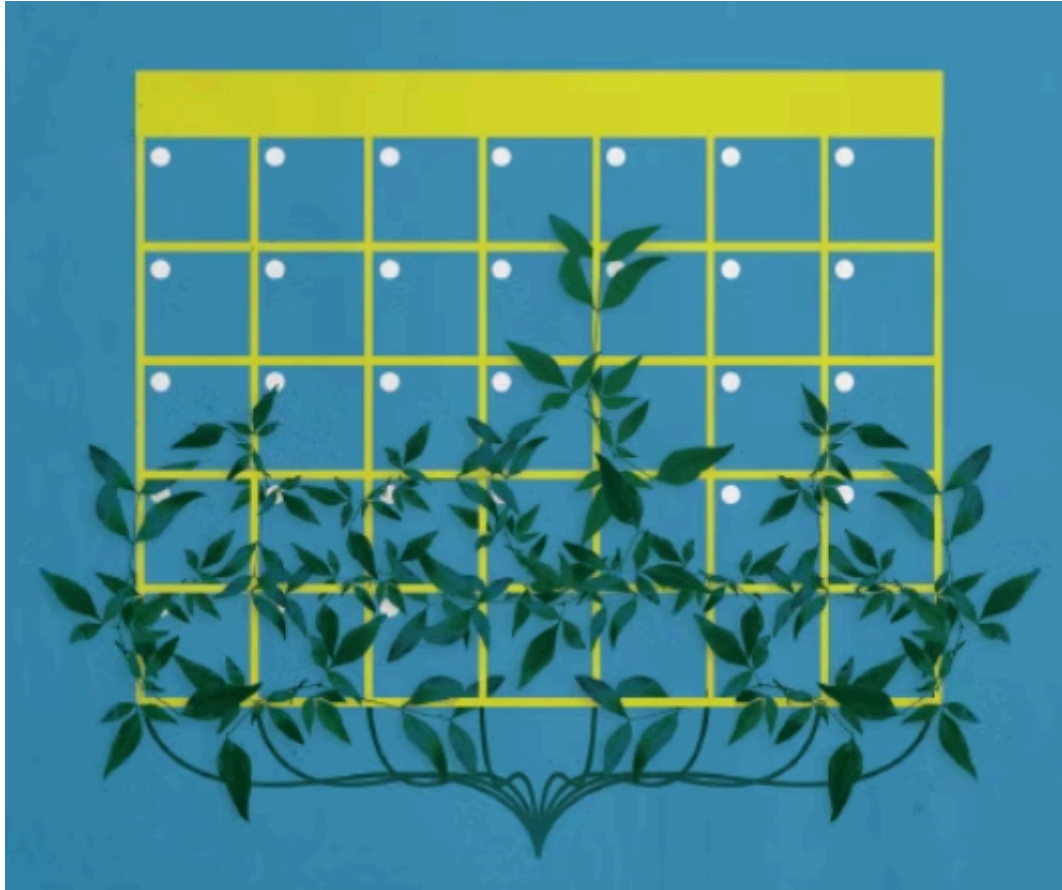
Reflect

1. Why do you think God rested on the seventh day? What does this communicate about how we should view our work and work ethic?
2. Based on your season of life, what do you think sabbath looks like for you?
3. In a world that desperately seeks to find value in how hard we work or how successful we are- how would you articulate where our value should actually come from? How does a habit like keeping a sabbath tie into that?
4. If you had to guess, based on your schedule last year, how many weeks do you think it would have been impossible to take a whole day to intentionally rest without doing any work or studying?

Apply

Read through the application section at the end of the chapter, then journal how you want to walk out this weekly habit in the space provided below.

Crafting Your Own Rule



This last week is meant for after the second zoom meeting

Week 10: Crafting Your Own Rule of Life

Think through the last few months and the habits you experimented with. Reflect on which habits were most impactful, even if they were difficult to follow through with! Which habits seemed to fit well and which didn't? Reflect on the type of man or woman you want to be, and how habits can lead you closer to or further away from that person. Then, craft your own rule of life by choosing 3-6 habits to practice over the course of the next few weeks (and possibly into the semester!) These habits can be ones we have practiced from the book, or others that the Lord might put on your heart. Write down your rule of life in the space below.