

# Moving away from screens and into the presence of God

Join other Pepperdine students around the world on a collective Rule of Life this Advent season. For four weeks, from November 29th through December 24th, follow these practices to orient your mind, body, and spirit to the arrival of Jesus Christ.

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## MIND

Take back control by committing to *one, two, or all three* of these digital detox practices for the duration of the Rule of Life.

- 1) **Social Media Reverse Sabbath.** You're no doubt familiar with the concept of sabbath: one day per week of rest. Now you can take that concept, reverse it, and apply it to your social media use. Commit to using social media on only one day per week. That's six days on, one day off.
- 2) **Internet Office Hours.** Have you ever noticed that it's possible to be connected to the internet 24/7? It's time to set some boundaries. Think intentionally about setting specific hours during which you connect to the internet (including email and general scrolling). For example, commit to only being online between 9am and noon...or between 2pm and 5pm...or maybe you spend your mornings internet-free by staying logged off before 12pm. *Make sure your office hours are realistic for your*

*life.* Consider posting reminders around your house or setting alarms on your phone to reinforce the habit.

- 3) **Zoom hiatus.** Give your tired Zoom account (and your eyes) a much-needed break for Christmas. Instead of Zoom (or other video chat) meetings, commit to only doing phone calls.

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## BODY

For the duration of the Rule of Life, we invite you to sweat five times per week for a minimum of five minutes each time.

**5x5 Sweat: Exercise for a minimum of five minutes, five times per week.** What counts as “sweating”? Select a practice (hiking, running, weight training, walking, etc) that elevates your heart rate to 100 bpm.

100 bpm is easy to gauge: remember that old BeeGees song, “Staying Alive?” That’s about 100 bpm! So during your sweat session, pause to take your pulse and see if your heart rate matches the pace of the song. Feel free to sing aloud. Or don’t if you’re in public with strangers. Or, actually, still do it! Once you’re at 100bpm, hold that pace for five minutes.

Why five minutes? The Anxiety and Depression Association of America reports that the anti-anxiety effect of exercise can occur in as little as five minutes! You don’t need to run a marathon!

Why five times a week? Five days seems reasonable and challenging at the same time.

(Note: did you know that first responders teach people to sing Staying Alive when doing chest compressions on a heart attack victim? We think this is fitting: we want you to be fully ALIVE during this break: full engagement of mind, body, and spirit!)

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## SPIRIT

Recitation of Scripture.

Just as the Desert Fathers and Mothers did, we invite you to meditate on some specific scriptures during your Rule of Life. Each week, we ask you to spend time reading, reciting, and praying over a specific passage that associates with the different Sunday themes of the Advent calendar.

Our four themes to focus on during Advent are:

### **1) Week one: Hope (Sunday Nov. 29- Saturday Dec.5)**

Jeremiah 33:14-16

"Behold, days are coming," declares the LORD, "when I will fulfill the good word which I have spoken concerning the house of Israel and the house of Judah. In those days and at that time I will cause a righteous Branch of David to spring forth; and He shall execute justice and righteousness on the earth. In those days Judah will be saved and Jerusalem will dwell in safety; and this is the name by which she will be called: the LORD is our righteousness."

### **2) Week Two: Peace (Sunday Dec. 6 - Saturday Dec. 12)**

John 16:33

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

### **3) Week Three: Love (Sunday Dec. 13 - Saturday Dec. 19)**

John 15:12-13

My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends.

#### 4) Week Four: Joy (Sunday Dec. 20 - Thursday Dec. 24)

1 Peter 1: 8-9

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.

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## ARE YOU IN?

Ok - you're open to the idea of a Rule of Life and want to join. Here's what you need to do:

Click [HERE](#) to register.

Your registration allows us to know who is committed and to communicate effectively with one another.

### *Take Action*

Your Rule of Life begins on Sunday, November 28th. Begin living out the three components of our Rule of Life: Mind, Body, and Spirit. Late to the game? No worries at all! You can still participate. Just register and dive in at any point during the four weeks of advent.

### *What to Expect from Us*

The team here at the University Church will be communicating with you regularly throughout the practice. You'll get a weekly email, prayer support from all who are participating, and some swag in the mail. Keep an eye on your mailbox!