

# The Rule of 40.

*The Narrow Road — a 40-day rule of life for men.*

PAGE I · THE TRACKER  
ANNO MMXXVI · FIRST EDITION

Forty days. Six daily disciplines. One 48-hour fast at the close. Tick each cell as the discipline is completed.

Sundays are tinted; Train (II) does not apply. The fast — column VII — is a single 48-hour fast across Days 39 and 40 only.

DAY	<i>I</i> Read <i>(Lectio)</i>	<i>II</i> Train <i>(Labora)</i>	<i>III</i> Reflect <i>(Ora)</i>	<i>IV</i> Vice <i>(Abstine)</i>	<i>V</i> Serve <i>(Servi)</i>	<i>VI</i> Rise <i>(Surge)</i>	<i>VII</i> Fast <i>(Jejunium)</i>
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Sabbath — no Train (II) on Sundays

The fast — one 48-hour fast across Days 39 & 40

*The Rule is not about what a man acquires — it is about what a man becomes.*

Read pages II and III for the disciplines, the rule, the Sabbath, and the scriptures this is built on.

# The Rule of 40.

*The Narrow Road.*

*Forty days. Seven disciplines. One road.*

*The Rule is not about what a man acquires — it is about what a man **becomes**.*

## THE SEVEN DISCIPLINES

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- I Read the Scriptures.** (*Lectio*) 10 min daily, minimum. The text itself, slowly.
- II Train the body.** (*Labora*) 45 min daily + walk grows weekly: 20→30→40→45→50→60 min. Sunday: 20 min walk only.
- III Write & reflect.** (*Ora*) 10 min handwritten journal, by hand.
- IV Cut one vice.** (*Abstine*) Named in ink before Day 1. Removed for the full forty days.
- V Serve someone.** (*Servi*) One deliberate act daily. Cannot be your job. Must cost something.
- VI Rise before the house.** (*Surge*) Wake before everyone. No phone for the first 30 minutes.
- VII Fast once, deeply.** (*Jejunium*) One 48-hour water-only fast, Days 39 & 40. Begin and end with prayer.

## HOW TO WALK THE ROAD

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- i. Read this sheet through twice.** Then read it to one other man and watch his face.
- ii. Name your vice in ink.** The thing that has power over you. Once written, it is locked in for forty days.
- iii. Mark Days 39 and 40 on your calendar.** Those are the dates of the 48-hour fast. Tell your accountability brother.
- iv. Tell one other man you are doing this.** A commitment in private is a preference. A commitment before others is a vow.
- v. Begin on the morning of your chosen day — not before.** The Rule starts when you put your feet on the floor and not a moment sooner.

*“But seek first the kingdom of God and his righteousness, and all these things will be added to you.”*

MATTHEW 6:33

THE ONLY RULES

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- i.* All seven disciplines must be honoured across the 40 days. The six daily disciplines apply every single day. The 48-hour fast is on Days 39 and 40.
- ii.* If you miss any daily discipline on any day, you restart at Day 1. Not Day 2. The counter resets.
- iii.* The 48-hour fast must be honoured on Days 39 and 40. A fast chosen only when convenient is not a fast.
- iv.* Tell at least one other man you are doing this before you begin. A commitment made in private is a preference.
- v.* No modifications. No swaps. No negotiating with yourself about what “counts.”
- vi.* Document it. Paper preferred. For yourself, on Day 41.

THE SABBATH · A PRACTICE APART FROM THE SEVEN

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Sunday is not the eighth discipline. *Sunday is the day the body rests.* No training. No work. No counting. Worship if you can. Walk for 20 minutes — outside, ideally — and let the day unfold without a checklist.

**The other disciplines remain.** Read the Scriptures. Reflect. Serve. Rise. Hold to your named vice. *And if Day 39 or 40 falls on a Sunday, the fast continues.* Christ fasted in the wilderness; the Sabbath does not break the fast.

**You will not restart on a Sunday.** *The streak does not break for resting as God commanded.*

ON ADVERSITY

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The Rule will produce hardship by design. **That is the point.** When the morning is cold and your body wants to stay in bed, when the fast is at hour thirty-eight, when you feel foolish journaling for the seventh time that week — *that is when the work is happening.*

*“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”*

JAMES 1 : 2–4

Hardship is not the enemy of formation — *it is the means.* Do not despair when difficulty comes. Do not look for escape. **Stand in the trial until it changes you.**

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