

THE COVENANT OF CONSISTENCY

Small Habits. Big Results.
A Practical Guide to a
Consistent Devotional Life.

PRAY • WORSHIP • READ
MEMORIZE • FAST • MEDITATE



A SIMPLE PLAN FOR A LIFETIME OF
FELLOWSHIP WITH GOD

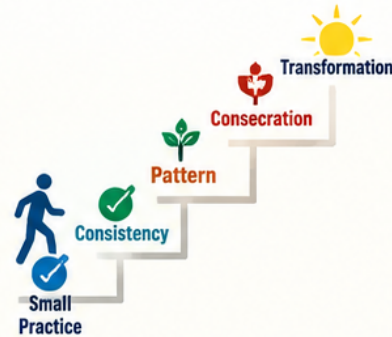
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1 THE BIG IDEA

SMALL + DAILY + FAITHFUL = BIG RESULTS

You don't have to do a lot to start.
You just have to be consistent.

Small, faithful steps repeated over time
build spiritual strength (devotional muscle)
and lead to a deeper relationship with God.



"For precept must be upon precept,
precept upon precept; line upon line,
line upon line; here a little, and there a little."
— Isaiah 28:10

2 THE 6 KEY DISCIPLINES

SIMPLE PRACTICES THAT BUILD A LIFE OF FELLOWSHIP

- 1. PRAYER**
Talk with God. Aligns my heart with God.
- 2. WORSHIP**
Praise God. Focuses my mind on who God is.
- 3. READ**
Read God's Word. Feeds my faith with truth.
- 4. MEDITATE**
Think about and apply God's Word. Helps me know and follow God (Joshua 1:8).
- 5. MEMORIZE**
Hide His Word in my heart. Keeps God's truth with me.
- 6. FAST**
Set aside food. Builds dependence on God.

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3 THREE LEVELS OF GROWTH

START SMALL. BUILD OVER TIME. KEEP GOING.

BEGINNER	INTERMEDIATE	MATURE DISCIPLE
Establish the Habit	Strengthen the Practice	Deepen the Fellowship
5 min day	15 min day	30+ min day
5 min day	10 min day	15+ min day
1 chapter day	2 chapters day	3-4 chapters or study
5 min day	10 min day	15-20+ min day
1 verse week	2 verses week	Passage or theme
1 cycle week	2 cycles week	Extended as appropriate

These are training guides, not rules.
The goal is progress, not perfection.

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4 THE WEEKLY PLAN

A SIMPLE RHYTHM YOU CAN FOLLOW

MON		PRAY 5+ minutes
TUE		WORSHIP 5+ minutes
WED		READ 1 chapter
THU		MEDITATE 5+ minutes
FRI		MEMORIZE 1 verse (or review)
SAT		FAST 1 digestive cycle (e.g., 8-4 or 4-12)
SUN		REFLECT Journal, review, worship, and prepare for the week

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5 THE MATH ADDS UP

SMALL HABITS CREATE BIG RESULTS OVER TIME.

WEEKLY (With 5 min/day)	MONTHLY (4 weeks)	YEARLY (52 weeks)
35 min prayer	2.3 hrs prayer	~30 hrs prayer
35 min worship	2.3 hrs worship	~30 hrs worship
35 min meditation	2.3 hrs meditation	~30 hrs meditation
7 chapters reading	28 chapters reading	365 chapters reading
1 verse memory	4 verses memory	52 verses memory
1 fasting cycle	4 fasting cycles	52 fasting cycles

Five minutes may feel small, but consistency
turns small steps into a transformed life.

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6 A 90-DAY JOURNEY

BUILD THE MUSCLE STEP BY STEP.

DAYS 1-30 SHOW UP	DAYS 31-60 STRENGTHEN	DAYS 61-90 DEEPEN
Focus: Be consistent.	Focus: Grow the practice.	Focus: Go deeper.
5 min prayer 5 min worship 1 chapter 5 min meditate 1 verse/week 1 fasting cycle	10 min prayer 5-10 min worship 1-2 chapters 10 min meditate 1 verse/week 1 fasting cycle 5 min journal	15 min prayer 10 min worship 2 chapters/study 10-15 min meditate 1-2 verses/week 1-2 fasting cycles 5-10 min journal
Key Question: Did I show up?	Key Question: What is God teaching me?	Key Question: What am I practicing?

"This Book of the Law shall not depart from your mouth,
but you shall meditate in it day and night..."
— Joshua 1:8

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7 YOUR NEXT STEP

MAKE A SIMPLE COMMITMENT TODAY.

- 1 CHOOSE YOUR STARTING LEVEL.**
Be honest. Start where you are.
- 2 SET A 90-DAY COVENANT.**
Pick your daily and weekly plan.
- 3 TRACK YOUR PROGRESS.**
Use a calendar, app, or journal.

REMEMBER:

- ✓ Consistency matters more than duration at the beginning.
- ✓ Don't increase time at the expense of consistency.
- ✓ These practices are a means to know God, not a way to earn God's favor.
- ✓ The goal is fellowship with God.

A CONSISTENT DEVOTIONAL LIFE
LEADS TO A CONSECRATED LIFE
AND A TRANSFORMED LIFE.

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