

PERSONAL COVENANT OF CONSISTENCY

Small Practices. Faithful Patterns. A Consecrated Life.

PRECEPT → PRACTICE → PATTERN → CONSECRATION → TRANSFORMATION

The goal is not perfection. The goal is faithful fellowship with God, practiced consistently over time.

Daniel 6:10 reminds us that Daniel's prayer life was already a pattern: he prayed and gave thanks "as he did aforetime." Crisis revealed the consistency he had built before the crisis.

Name:

Start Date:

My 90-Day Review Date:

1. MY WHY

Before choosing minutes, name the reason. These practices are not a scorecard. They are ways to make room for fellowship with God.

Why do I want to become more devotionally consistent?

What do I want God to form in me during the next 90 days?

2. CHOOSE MY STARTING LEVEL

Level	Beginner	Intermediate	Mature Disciple
Focus	Establish the habit	Strengthen the practice	Deepen fellowship
Aim	Show up faithfully	Grow steady capacity	Integrate the disciplines
My choice	☐	☐	☐

3. BUILD MY PERSONAL COVENANT

Start small enough to stay faithful. Increase duration only after the rhythm becomes dependable.

Practice	Beginner	Intermediate	Mature	My Covenant
PRAY	5 min/day	15 min/day	30+ min/day	_____
WORSHIP	5 min/day	10 min/day	15+ min/day	_____
READ	1 chapter/day	2 chapters/day	3–4 chapters/study	_____
MEDITATE	5 min/day	10 min/day	15–20+ min/day	_____
MEMORIZE	1 verse/week	2 verses/week	Passage/theme	_____
FAST	1 cycle/week	2 cycles/week	Extended as appropriate	_____

Fasting note: Choose a fasting practice appropriate to your health, responsibilities, and spiritual purpose. The goal is dependence on God, not harm to the body.

4. MY DAILY APPOINTMENT WITH GOD

My normal devotional time:

My normal devotional place:

My “tiny start” on a difficult day (example: 5 minutes):

CONSISTENCY RULE: If I miss a day, I will return at the next opportunity. I will not turn one missed day into quitting.

5. USE THE TABERNACLE AS MY PRAYER PATH

Station	Movement	My Practice
GATE	I ENTER	Begin with thanksgiving, praise, and worship.
ALTAR	I SURRENDER	Confess, repent, forgive, and surrender what competes with God.
LAVER	I AM RENEWED	Read, meditate on, and apply God's Word.
HOLY PLACE	I PARTICIPATE	Ask for illumination, receive the Word, and intercede for others.
HOLY OF HOLIES	I WAIT	Become quiet. Listen. Ask: "Lord, what are You saying, and what should I do?"

6. MY 7-DAY CONSISTENCY TRACKER

Mark what you practice. Do not use the tracker to condemn yourself. Use it to see the pattern you are building.

Practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Prayer	☐	☐	☐	☐	☐	☐	☐
Worship	☐	☐	☐	☐	☐	☐	☐
Read	☐	☐	☐	☐	☐	☐	☐
Meditate	☐	☐	☐	☐	☐	☐	☐
Memorize	☐	☐	☐	☐	☐	☐	☐
Fast	☐	☐	☐	☐	☐	☐	☐
Journal / Listen	☐	☐	☐	☐	☐	☐	☐

7. WEEKLY REFLECTION — LOOK BACK BEFORE YOU ADD MORE

What practice was most consistent this week?

Where did I struggle?

What did God show me through His Word or prayer?

What one precept will I practice next week?

8. MY 90-DAY COVENANT

For the next 90 days, I will practice fellowship with God through small, faithful rhythms. I will value consistency over intensity. I will not compare my devotional life with someone else's. I will receive God's Word, practice the precept, and allow repeated practice to become a pattern. When I miss, I will return. My goal is not merely to complete spiritual activities. My goal is to know God, walk with Him, and allow a consecrated life to be formed over time.

My signature:

Date:

My Timothy / accountability partner:

SMALL PRACTICE → DAILY CONSISTENCY → FAITHFUL PATTERN → CONSECRATED LIFE

PrayFastDaily • PRECEPTS: The Art of Consecration