

My Personal Covenant with God

“Personal covenanting is the practice of a Christian responding solemnly, often accompanied by prayer and fasting, to God’s covenant of grace where he

expresses in writing his confession of sin and profession of faith in the gospel of the Lord Jesus

Christ, makes Scriptural-based vows and commitments on how he will live in holiness and obedience unto God the Father, and declares his reliance upon the Holy Spirit to fulfill his promises.

Personal covenanting is a more God-honouring, grace reliant, serious commitment of life to Christ than an annual resolution.”

Dr Barry York

President of Reformed Presbyterian Theological Seminary, Pittsburgh

Pray and Reflect

Making a personal covenant with God is a beautiful and meaningful step—one that deserves time, care, and gentle discernment. Before moving forward, allow yourself space to pray and reflect on your readiness.

- Create quiet moments to be with God through prayer, Scripture reading, and journaling. Invite Him to search your heart and bring clarity to any areas that may need growth or healing.
- Take time to reflect on your intentions. Is this commitment flowing from a sincere desire to draw closer to God, or is it influenced by excitement, pressure, or expectations from others?
- Consider where you are in your spiritual journey. Do you have rhythms of prayer and time in Scripture reading? Are you engaged in serving within your church or community? Is your relationship with God producing fruit in your life?
- Think about upcoming life changes—such as marriage, children, or a new job—and prayerfully consider how they might shape your ability to faithfully honour this commitment.

Be patient with yourself as you pray. Discernment unfolds over time, not all at once. There is no hurry—waiting until you feel truly ready is an act of wisdom and faith.

Consider Your Commitment

After spending time in prayer, gently and honestly reflect on what this commitment may involve for you.

- Personal covenant commitments can look different for each person and may include daily prayer, time in Scripture reading, faithful giving, turning away from sinful patterns, and regular participation in church life.
- Consider the length of the commitment. Short-term commitments, such as 40 days, can be a wonderful place to begin. Longer commitments—lasting one or two years—often require deeper spiritual grounding.
- Be mindful that there may be seasons of challenge, temptation, or spiritual dryness. How will you lean on God and stay faithful during those times?
- Ask yourself whether you have a supportive community or trusted people who can encourage and hold you accountable along the way.

Take an honest look at your current spiritual rhythms and capacity. God meets us where we are. It's perfectly okay to start small and grow steadily, allowing your commitment to deepen with time and grace.