



**Twenty One ————— Days  
Of Prayer & Fasting**



# day twenty:

## *silence and solitude*

*“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” Mark 1:35*

In a world that is constantly loud and demanding, silence can feel uncomfortable, and solitude can feel inconvenient. Yet Jesus, even in the height of ministry and responsibility, chose to withdraw.

He understood that intimacy with the Father required space, stillness, and intentional separation from the noise around Him.

Silence and solitude are not escapes from responsibility, but invitations into renewal. When we step away from distractions, we become more aware of God’s presence and more receptive to His voice. In the quiet, our hearts are exposed, our anxieties are settled, and our perspective is realigned. As we near the end of these 21 Days of Prayer and Fasting, may we learn to value these sacred moments alone with God. Let us follow the example of Jesus, choosing to make room for stillness, trusting that in solitude, God strengthens us, restores us, and prepares us for what lies ahead.