

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





# day nine:

## *resting & remaining*

*“Come to me, all who labor and are heavy laden, and I will give you rest... and you will find rest for your souls.”*

*Matthew 11:28-30*

As the year continues and life never seems to give us a moment to breathe, it can often be challenging to pause long enough to receive the rest that God intends for us. Our schedules stay full, our minds stay busy, and even when we stop moving, we often reach for distractions like television or social media instead of true rest. Yet Jesus invites us into something deeper than temporary relief. He offers rest for our souls.

This rest is not the counterfeit kind that numbs us through endless scrolling or background noise. True rest is found in remaining close to Christ. It restores our minds, renews our bodies, and refreshes our spirits. When we come to Him, we are reminded that we do not have to carry every burden alone. His yoke is gentle, and His presence is steady.

During these 21 Days of Prayer and Fasting, let us intentionally choose to slow down and remain with Him. Rest is not a reward for finishing everything on our to-do list. It is a gift freely given when we come to Jesus and trust Him with the weight we are carrying. In His presence, weary hearts find renewal, and tired souls find peace.