

2024 COVENANT LIFE CHURCH'S 37 DAY FAST

[January 1st through February 6th]

FRIDAY, JANUARY 26th

Praying for **REST** in the New Year.

Exodus 20:8-10 [MESS] *"Observe the Sabbath day, to keep it holy. ⁹ Work six days and do everything you need to do. ¹⁰ But the seventh day is a Sabbath to God, your God. Don't do any work — not you, nor your son, nor your daughter, nor your servant, nor your maid, nor your animals, not even the foreign guest visiting in your town."*

THOUGHT for TODAY:

Resting was the 4th Commandment of the 10 Commandments given to Moses by God. It was the Old Testament, but the principle for health and longevity is still for today. Numerous studies have been done for decades concerning the lack of rest and how it negatively affects our body and mind. God knew for mankind to be productive, physically-emotionally-psychologically healthy; our bodies would need to rest from labor/work. Are you getting enough rest? Are you getting enough sleep? The Bible states that we can have a long, prosperous, and productive life. Our life will be cut short if we do not follow the 4th Commandment of God...REST!

SCRIPTURE:

Psalms 4:8 [AMP] *"In peace I will both lie down and sleep, for You, Lord, alone make me dwell in safety and confident trust."*

Matthew 11:28 [AMP] *"Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]"*

Psalms 23:1-3a [TEV] *"The Lord is my shepherd; I have everything I need. ² He lets me rest in fields of green grass and leads me to quiet pools of fresh water. ³ He gives me new strength."*

PRAYER: Father, I desire to be healthy in my spirit, soul, and body, so help me to rest. Forgive me of *"burning the candle at both ends"* and having *"too many irons in the fire."* I have, at times, been exhausted. I have made myself physically ill because of running my body down and not resting. From this day forward, I will say over my life that *"I will rest!"* I will get enough sleep. I will take time to get rejuvenated by resting and sleeping. Resting and sleeping is not being lazy. When I rest and sleep, I am following Your commandment. I will obey Your Word and therefore I will prosper in every area of my life. I ask for Your strength and blessing in the name of Jesus, amen!

WHAT TO PRAY:

- If you are not sleeping well, pray Psalm 4:8 over your life every time you lay down to sleep.
- Ask the Lord what you should and should not be doing. You can find rest in letting some things go.
- Set a day during the week/weekend to be your Sabbath. Don't work on this day. Rest, recuperate, sleep, and take naps. Do things that rejuvenate your strength and your joy.
- Pray that God will supernaturally touch your body to become healthy and strong again as you follow His commandment to rest.
- God can make a way when there seems to be no way. You can rest. Ask the Holy Spirit to lead and guide you into a place of rest.

WORSHIP SONG: *"Rest For Your Soul"* / Austin French

<https://youtu.be/AAyt88GIZSs?feature>

TODAY, I NEED TO PRAY FOR: _____

WHAT IS THE LORD SAYING TO ME TODAY? _____
