



Annual 40 Day Fasting

Day 6

REST

28 Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am [a]gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light.”

Day 6 Prayer Points

- 1) Take some time to be still and know that He is God. Ask God to help you for true and lasting rest.
- 2) Thank God for the gift of Jesus who willingly carried your burden and offered rest the world cant offer.

Scripture Readings

Matthew 11:28-30

