

**MORNING WATCH**  
**Week of January 31, 2022**

Based on: *A Guide To Prayer For All Who Seek God*

Chapter #10: "Come and Rest Awhile "

By Norman Shawchuck and Rueben P. Job

*Affirmation*

The beloved of the Lord rests in safety.....The High God surrounds him all day long...the beloved rests between his shoulders. (Deuteronomy 33:12)

*Petition*

Hear my cry; O God; listen to my prayer. From the end of the earth I call to you, when my heart is faint. Lead me to the rock that is higher than I; for you are my refuge, a strong tower against the enemy. Let me abide in your tent forever, find refuge under the shelter of your wings.

(Psalm61:1-4)

*Daily Scripture Readings*

Monday – Jeremiah 6:1-16

Tuesday – Matthew 11:25-30

Wednesday – Psalm 116:1-7

Thursday – Isaiah 40:27-31

*Daily Readings for Reflection*

*Prayers*

*Our Lord's Prayer*

*Closing Word*

*God's Promise*

And you will have confidence, because there is hope; you will be protected and take your rest in safety. You will lie down, and no one will make you afraid; many will entreat your favor.

(Job 11:18-19)

*My Response*

So then, a Sabbath rest still remains for the people of God; for those who enter God's rest also cease from their labors as God did from his. Let us therefore make every effort to enter that rest, so that no one may fall. (Hebrews 4:9-11)

*Benediction*

Go in peace knowing that God said, "My presence will go with you, and I will give you rest."