

## Back on Track: Daily Steps to a Vibrant Faith

### My Night: Ending my Day with God (Jeremiah 15:19; Psalm 127:2)

#### How to Find Rest and End My

#### Day with God:

1. I leave **work** at  
**work** (Colossians 3:23;  
Matthew 6:34).
2. I **reflect** on my  
day with a **grateful** heart  
(I Thessalonians 5:18;  
I Chronicles 16:34).
3. I **develop** a healthy  
**evening routine** (James 4:8; Psalm 1:2).
4. I end my **day** with God (Psalm 4:8; Matthew 11:28).

