

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).

