

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).

