



• I _____ MY DAY WITH _____.

Key Verse:

*“In peace I will lie down and sleep, for you alone,
O LORD, will keep me safe.”*
- Psalm 4:8

*(Jesus) “Come to me, all of you who are weary and carry
heavy burdens, and I will give you rest.”*
- Matthew 11:28

*Join us next Sunday, January 29th as we continue our
Back on Track teaching series with
My Sunday: Making Sunday a Day of Worship.

MY NEXT STEP TODAY IS TO...

- Memorize Psalm 4:8.
- Turn my attention to God every evening.
- Begin planning my next day at the end of my work day.
- Be more intentional about being grateful about the blessings in my life.
- Work on creating a more healthy evening routine.

**All verses are from the
New Living Translation
unless otherwise noted.*

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The Seymour Lake Church
January 22, 2023
Pastor Todd Jones

*“The LORD says: ‘If you return to me,
I will restore you...’”*
- Jeremiah 15:19



*“It is useless for you to work so hard from early
morning until late at night, anxiously working
for food to eat; for God gives rest to his loved ones.”*
- Psalm 127:2

TO FIND REST AND END MY DAY WITH GOD:

- I LEAVE _____ AT _____.

“Work willingly at whatever you do, as though you were working for the Lord rather than for people.”
- Colossians 3:23

*“So don't worry about tomorrow, for tomorrow will bring its own worries.
Today's trouble is enough for today.”*
- Matthew 6:34

- I _____ WITH
A GRATEFUL HEART.

“Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.”
- 1 Thessalonians 5:18

*“Give thanks to the LORD, for he is good!
His faithful love endures forever.”*
- 1 Chronicles 16:34

- I _____ A HEALTHY _____.

“Come close to God, and God will come close to you.”
- James 4:8

*“But they delight in the law of the LORD,
meditating on it day and night.”*
- Psalm 1:2