

We can only “tuck in” our hyperactivity in at night with two calming commitments.

1. _____ your hyperactivity to sleep.

› _____ Collaboration (1)

› _____ Collaboration (2)

2. _____ your hyperactivity to sleep.

› _____ Relationships (3)

› _____ Relationships (4-5)

Recommended Resources:

- › *Sleep Psalms: Nightly Moments of Mindfulness and Rest* (pray.com)
- › *In the Lord I Take Refuge: 150 Daily Devotionals through the Psalms*, Dane Ortlund
- › *Ruthless Elimination of Hurry*, John Mark Comer