



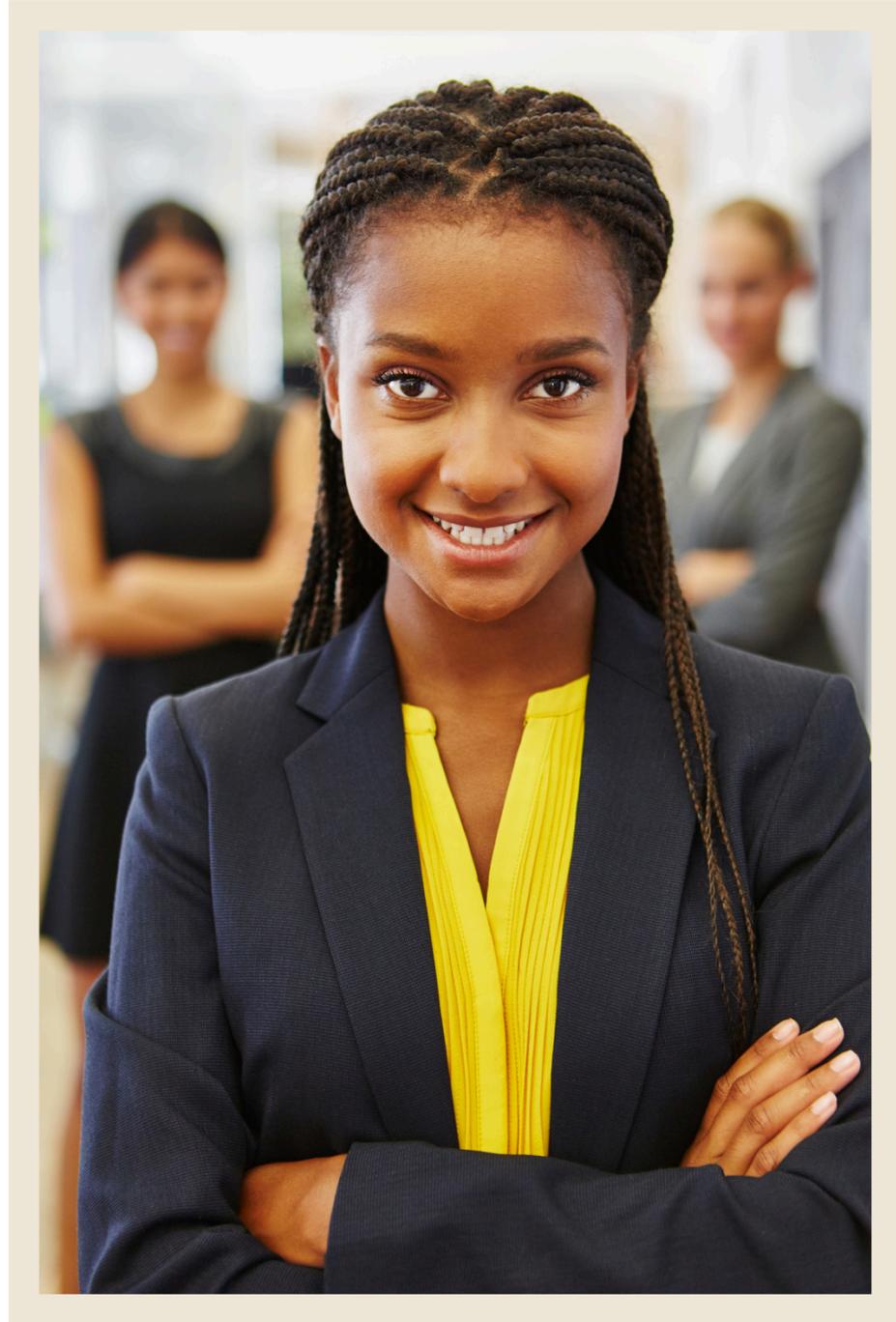
**On a scale of 1–10, how rested
do you feel most mornings?**



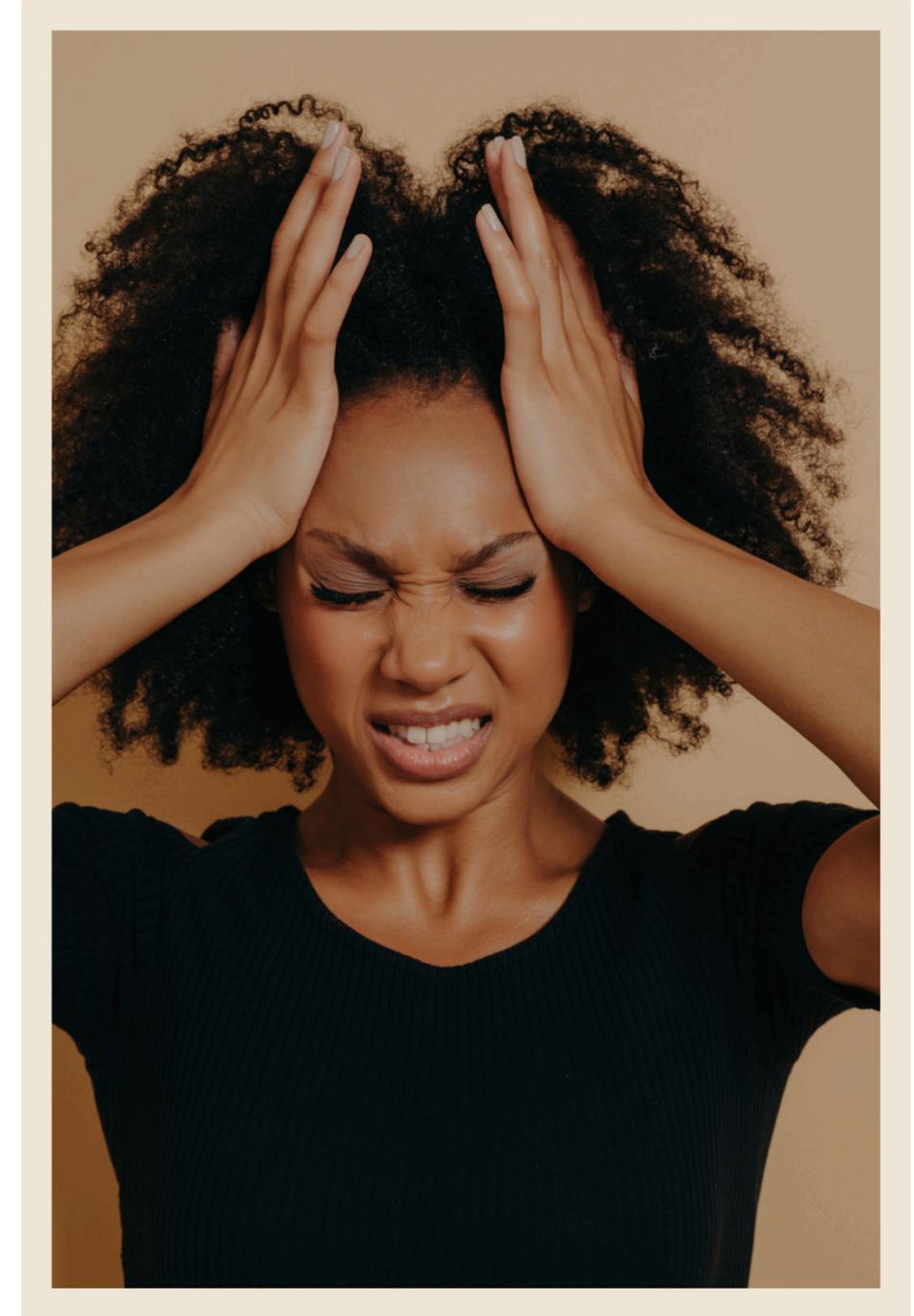
Sleep is the New Confidence

RECLAIMING REST AS A GOD-GIVEN GIFT

Lalie Moraba,
Professional Sleepist



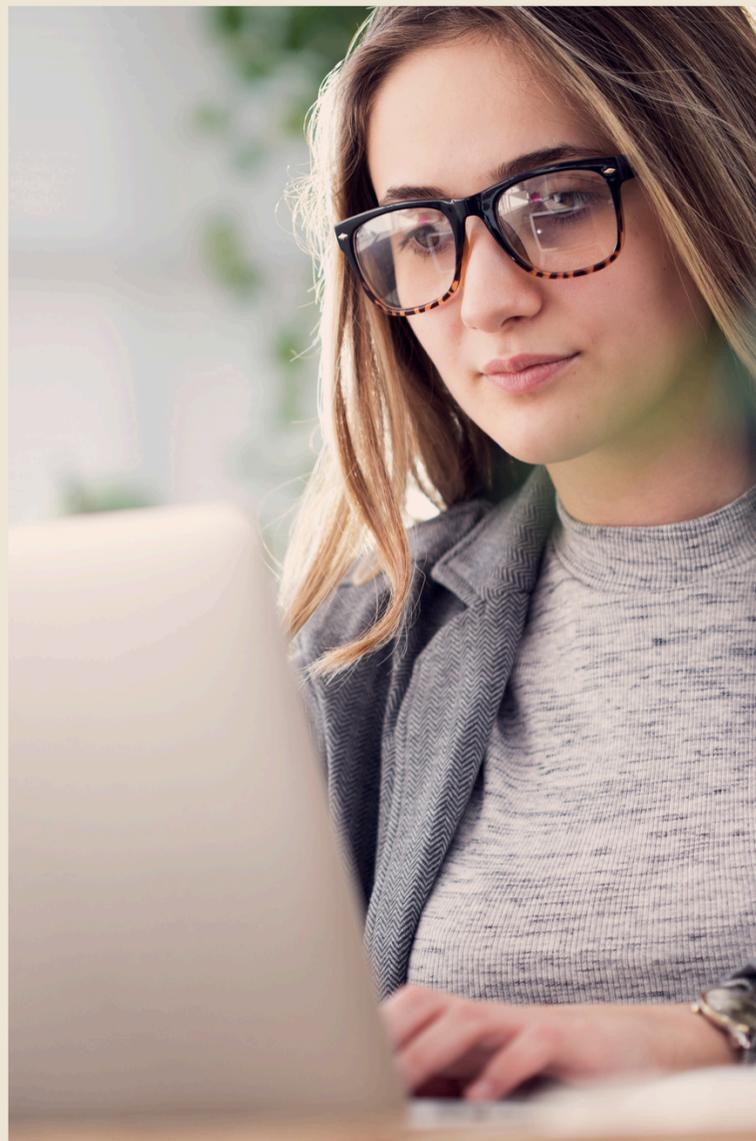
Meet Leseego



Lalie Moraba
Sleep Strategist
Wellness Coach



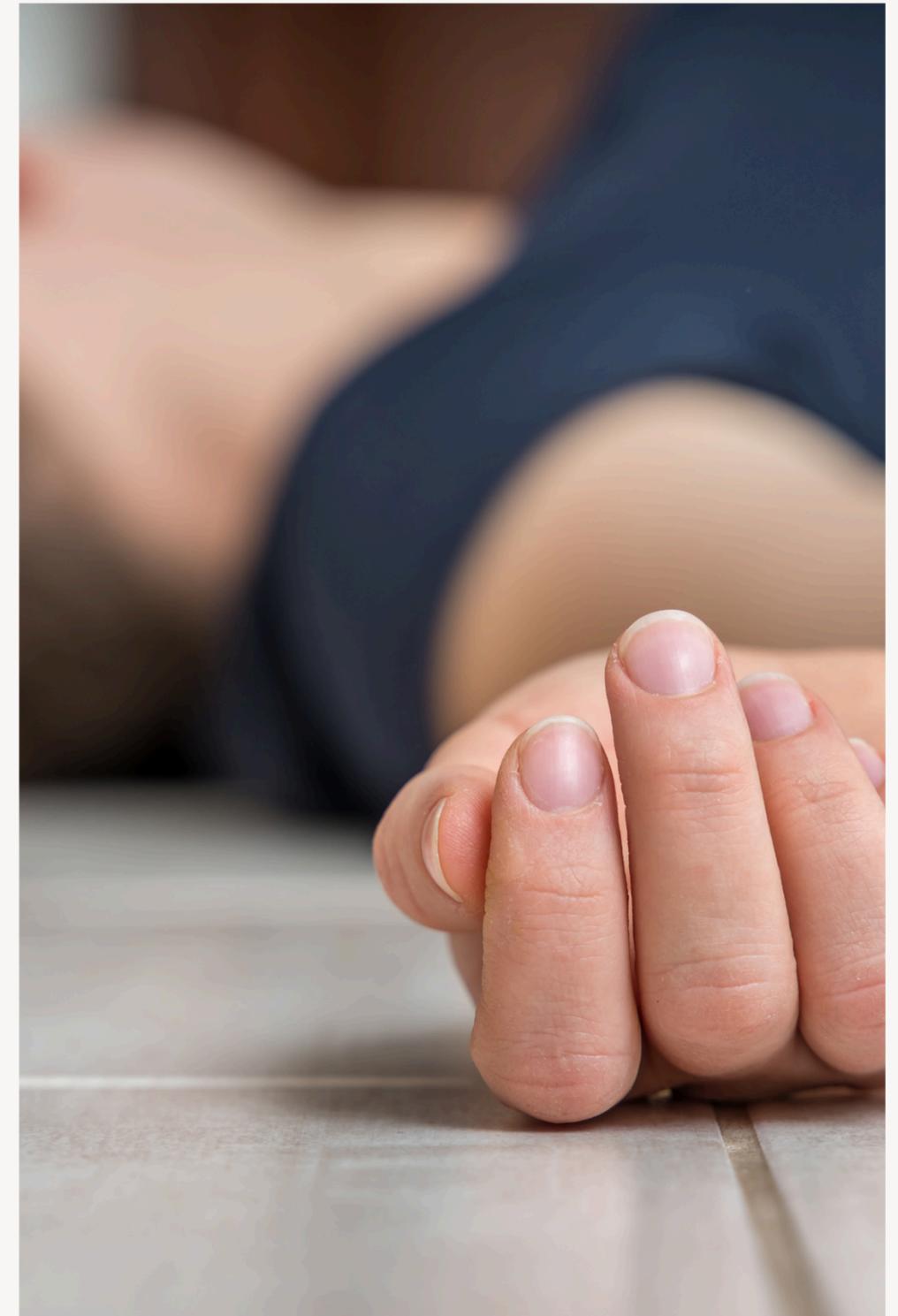
Double Shifts



Not Enough Hours



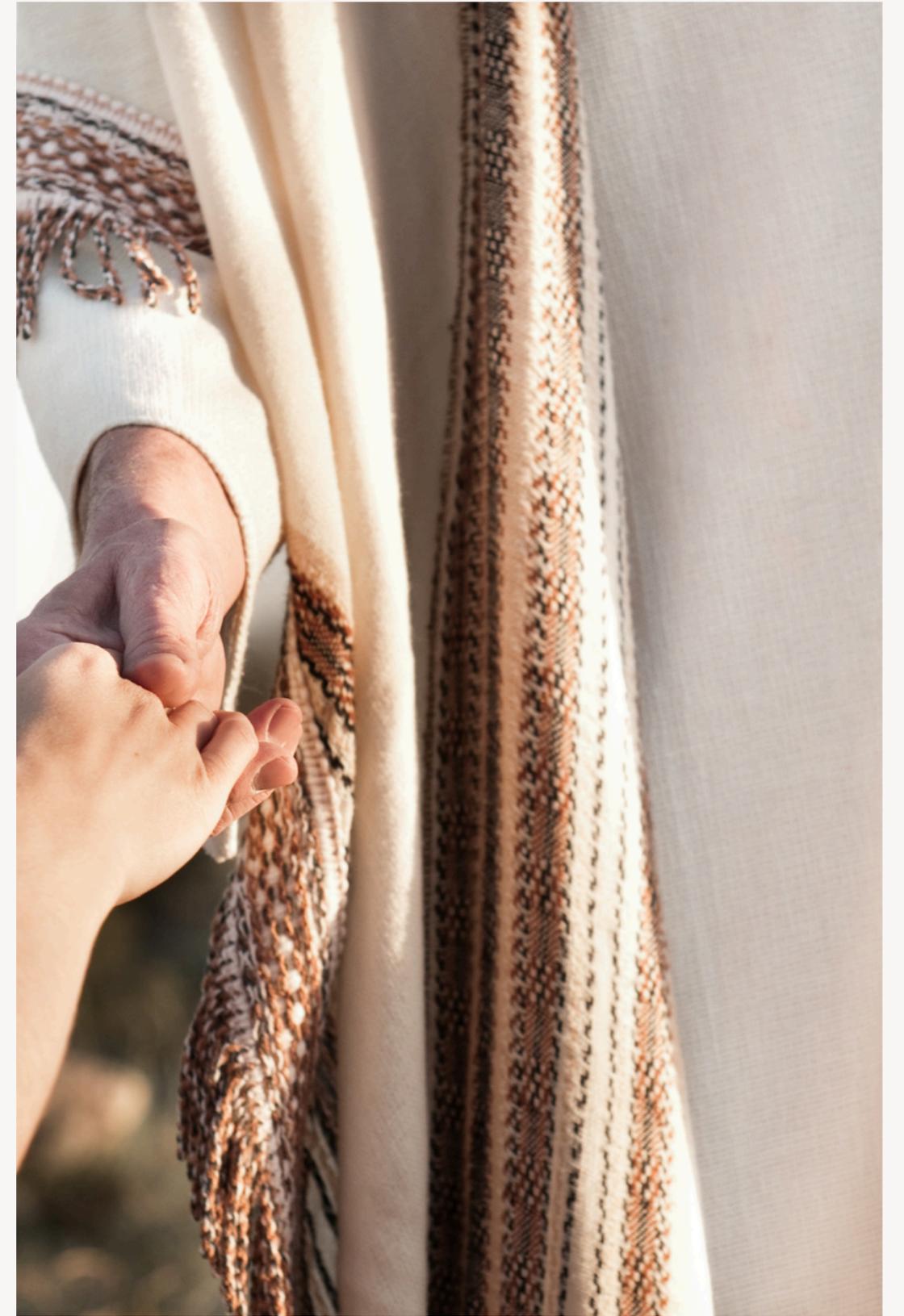
Holy Hustle?



Proverbs 31: Burnout or Blueprint?



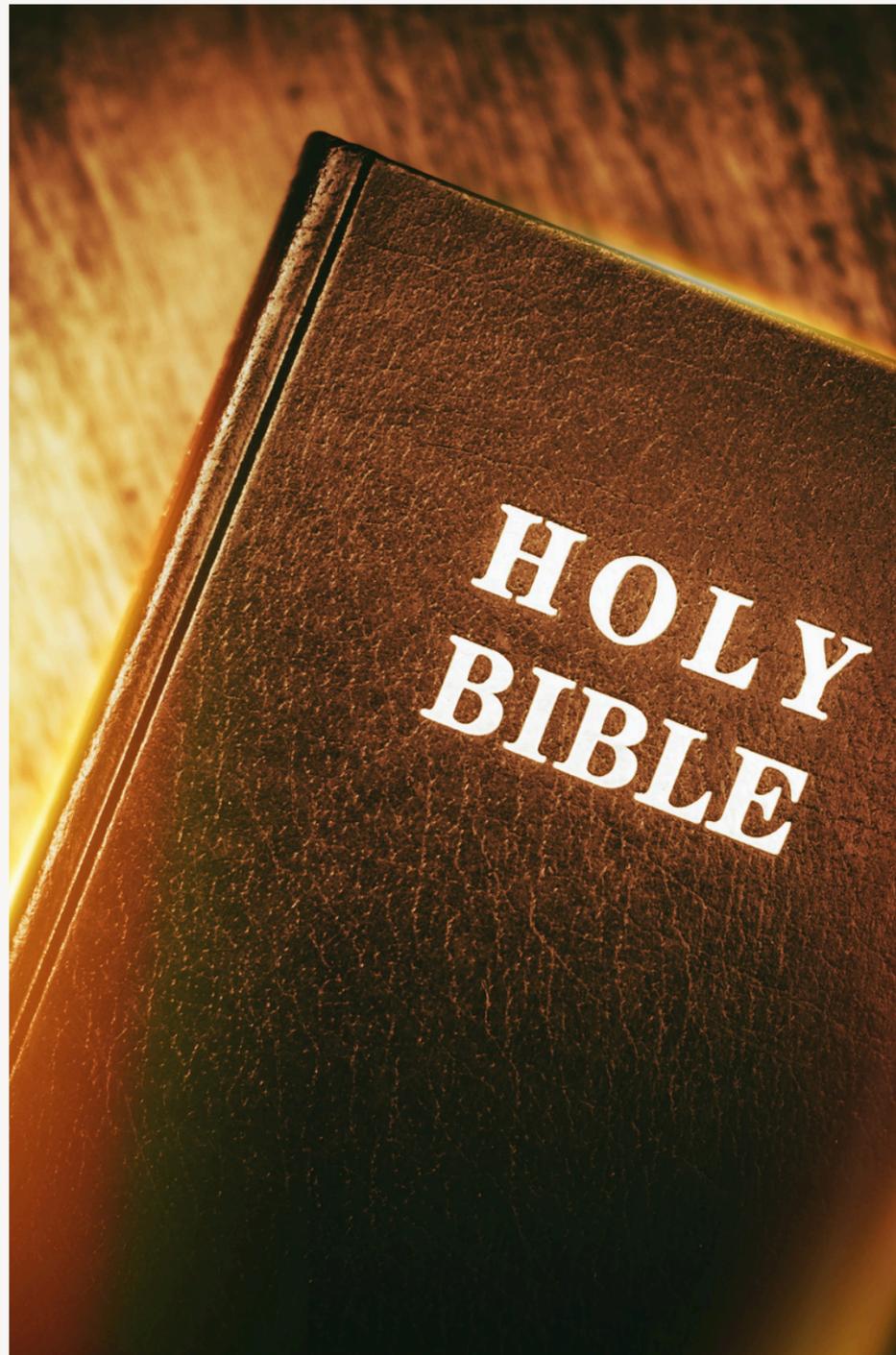
Mary at Jesus' Feet





**What would it look like for you to choose
'the better thing' this week**

Sleep is Spiritual



- In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves. **Psalm 127**
- Come to me, all you who are weary and burdened, and I will give you rest. **Matthew 11.28**
- **Psalm 4.8**
- **Proverbs 3.24**
- **Isaiah 32.18**



Even Jesus Slept

Worshipping at which Altar?



What Happens When We Don't Sleep



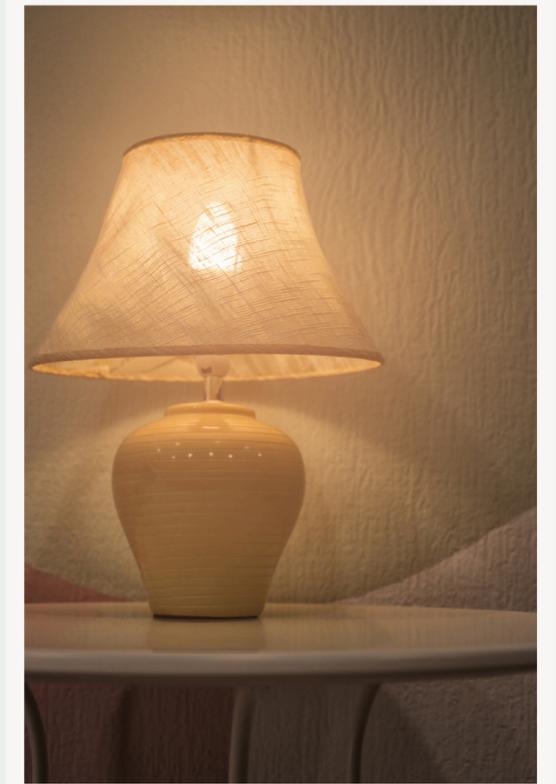
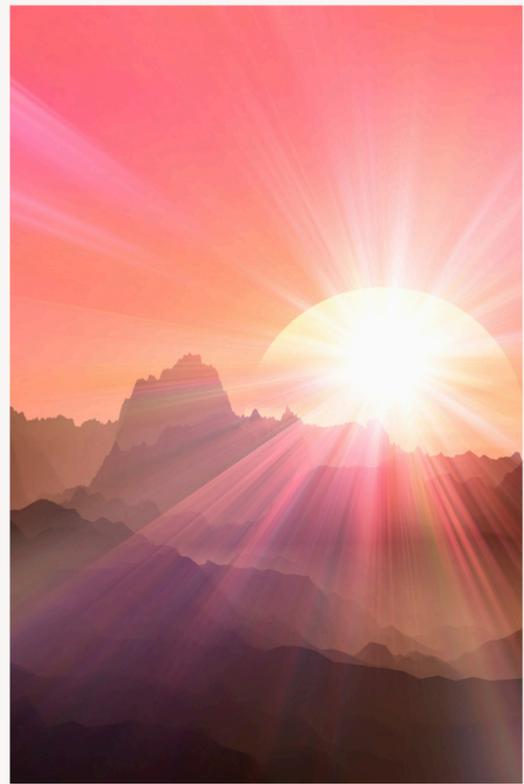


**Where do you feel out of tune - in your
body, mind, relationships?**



Benefits of Sleep

What Helped Me Sleep?



Blue-blocking glasses





LUMINERE

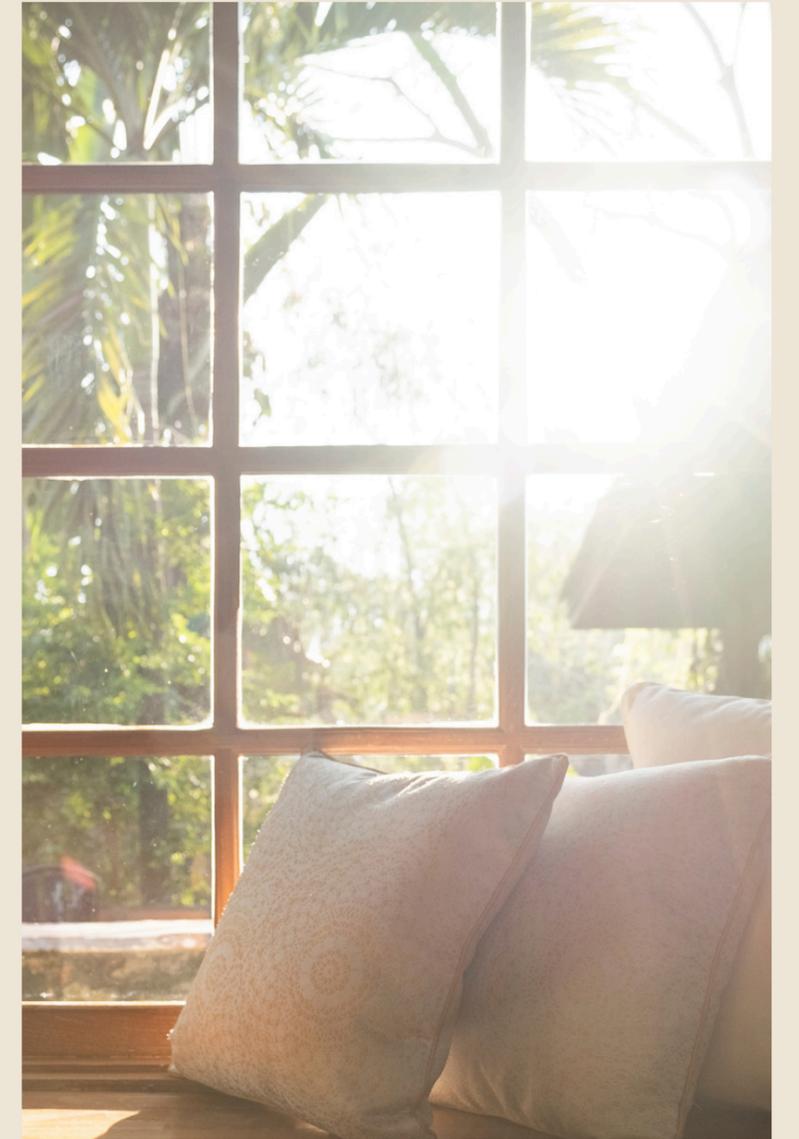
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What's one thing you'll stop doing?

And one thing you'll start doing to honour your sleep/rest?

Thank You
Let's Connect!

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