

Imbalanced Energy Distribution Day 10

One Day at a Time

When your energy distribution is imbalanced to such an extreme for an extended period of time, it is inevitable that you will experience an energy collapse.

“I was to the point of exhaustion,” admits Cheryl. “I couldn’t do anything. I couldn’t go to work for a few days. I couldn’t function. I was just a zombie. But it was after that time that I finally realized I needed to deal with everything that was going on. I had to pull myself together and deal with the issues at hand.”

You will likely experience an energy collapse, but you will also begin to move back to a balanced state again. Nothing happens quickly in the divorce recovery process. The journey is mostly uphill, but there are things you can do and information you can gain that will aid you in your recovery process and bring you to a level of peace and healing. Each day, turn to God and call out to Him in prayer, asking Him to supply you with the energy to get through the day.

“Be merciful to me, O LORD, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief. My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.” **(Psalm 31:9-10)**

Lord, I have no energy. Every part of my life seems to be collapsing. I am crying out to You because I have no one else to cry to. Hear my prayer. Amen.

Suggested Reading

- **Healing the Divorced Heart** by Rose Sweet. No matter the circumstances, divorce damages hearts. This edition offers pocket-sized prescriptions for various symptoms that occur as a result of divorce.