

Feeling Guilty About Lack of Balance Day 11

One Day at a Time

Your energy imbalance affects every aspect of your life. You may feel guilty because you lack the spiritual energy to relate to God or because you lack the physical energy to care for your children or to keep up with family and friends. Please don't.

Dr. Jim A. Talley says, "You need to be aware that these things are normal and to be expected, that you will recover, and that things will be fine. It's a matter of going through the process and allowing God to help you stabilize yourself. Put yourself back on the right track, and allow God to walk through this process with you. It is not a quick fix.

"The painful reality is you have two choices as you walk through this process:

You can either have extreme pain by doing it the right way or excruciating pain by doing it the wrong way. There is no pain-free way out."

Do not feel guilty if you are not living up to your own expectations of how you should act in regard to your spiritual, emotional, physical, or mental responses. Regaining a balance is not possible right now. Just take one forward step at a time.

"When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?" **(Psalm 56:3-4)**

Lord God, I choose to walk this journey with You, realizing that my pain is going to be a way of life for a while. But not forever. Amen

Suggested Reading

- **Letting God Meet Your Emotional Needs** by *Cindi McMenamin*

Only the One who created a woman—who knows her by name and who designed her—can bring the fulfillment that truly satisfies. "Letting God Meet Your Emotional Needs" looks at ten deep emotional needs and shows, in powerfully encouraging ways, how God desires to meet them in every woman, married or single, with or without children.