



**Miracles that follow the plow :: Drained (prayer request)**

**Drained (prayer request) - posted by mguldner (), on: 2010/12/3 22:03**

Hello brothers and sisters here lately I feel very tired and just physically drained. I would just like ask for some prayer concerning this. I don't really know if I get adequate sleep but I find that I feel tired often. Being tired like this also effects my devotions and prayer life because often my eyes are tired and I start falling asleep. Also when I feel this way I have very little desire to read because my concentration is off. Well if the Lord should lead you please pray for me.

All prayers or even advice is appreciated

God Bless,  
Matthew

**Re: Drained (prayer request) - posted by MaryJane, on: 2010/12/3 22:45**

I will be in prayer for you. I don't have any advice but I have felt this exact same way from time to time.

God bless  
Maryjane

**Re: - posted by StarofGOD (), on: 2010/12/3 22:47**

Hey Matthew,  
I will be in prayer as well. Didn't you just leave your church? This may or may not have something to do with it. Big changes tend to leave me exhausted.

**Re: - posted by mguldner (), on: 2010/12/3 22:55**

Thanks for your prayers, and I have thought of this as well, Leaving may have had more of an effect on me than I realized. I plan on talking with my mom about the tiredness because she is a nurse and she might know something medically it might be. There was a suggestion to get my blood sugar checked for diabetes which is very well a possibility since it runs deep in my family.

Perhaps a daily vitamin might help but I have never been real keen on taking them. I do take great joy in my tiredness because there will be rest of the weary in Christ Jesus :)

**Re: Drained (prayer request) - posted by CeaseNot, on: 2010/12/3 22:58**

praying for you brother

**Re: , on: 2010/12/3 23:18**

Praying yes...

Advice?

If I don't from the moment I arise lose me and get clothed in His righteousness, it's a struggle from the get-go.

See Jn. 17:17

God will see to it that you are capable for whatever is coming your way when you have been set aside for him.

Lk. 9:22-24

Follow in His footsteps.

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The scriptures have always made for more than enough time and energy to get through each day and then some. i don't know about others, but my own experience is when these first things are first, life becomes vibrant.

Mt. 6.33,

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**Re: Drained (prayer request), on: 2010/12/3 23:26**

If your anything like me brother, you need an afternoon nap. About 1 hour of sleep right after supper outta fix you up.

Take a look at what your eating. If your not eating your greens, and grain breads, your starving your body and causing it to go in distress mode.

All the prayer in the world won't help, if you don't rest and eat well.

**Re: - posted by mguldner (), on: 2010/12/3 23:28**

:) I would love an afternoon nap but I have two little ones that like to refuse naptime. Usually when they nap I get to nap but here lately they are being stubborn (they get that from their mother ;).

**Re: , on: 2010/12/3 23:31**

Then we will pray that they nap more often.