

## Am I Too Tired?

How to determine whether your fatigue is normal or serious

How serious is your fatigue? Enter a score for each question as follows:

0—I seldom feel this way.

1—I sometimes (once every month or so) feel this way.

2—I often (more than once a month) feel this way.

3—I almost always feel this way.

Add up your total score and use the guidelines at the end to interpret the results.

### Fatigue Symptom Checklist

- \_\_\_ 1. Do you feel moody and have difficulty getting up in the morning?
- \_\_\_ 2. Do you experience slight fevers, signs of flu, sore throat, or tender lymph nodes?
- \_\_\_ 3. Is the morning your worst time of the day, with the evening better?
- \_\_\_ 4. Do you fall asleep easily but wake early without being able to fall asleep again?
- \_\_\_ 5. Have you ever found yourself staring at a computer monitor, key board, or book, barely able to keep your head from dropping?
- \_\_\_ 6. Do you feel mentally sluggish, confused, and unresponsive?
- \_\_\_ 7. Has your short-term memory declined, and do you have trouble concentrating?
- \_\_\_ 8. Has your daily activity dropped below 50 percent of what it was?
- \_\_\_ 9. Are your emotions relatively blunted and apathetic?
- \_\_\_ 10. Does your body ache all over and feel as if it is weaker than it was?
- \_\_\_ 11. Whenever you exercise, do you feel debilitated for more than 12 hours afterward?
- \_\_\_ 12. Does your work stress you to the point that you want to escape?
- \_\_\_ 13. Do you experience headaches?
- \_\_\_ 14. Do you find yourself desperately wanting to avoid people?
- \_\_\_ 15. Are you more impatient, irritable, nervous, angry, or anxious than before?

\_\_\_ TOTAL SCORE

### Scoring

**0-12** : Fatigue is within normal limits.

**12-22** : Fatigue is temporary. You can reverse it by lowering your stress level, taking a vacation, a sabbatical, or increasing your rest and sleep time.

**23-32** : Fatigue is serious. A break won't relieve it. You are suffering from chronic stress, depletion of adrenaline, immune system deficiency. You can relieve this form of fatigue only by making major lifestyle changes.

**33 or above:** Fatigue is in a "disease state." It requires urgent diagnostic evaluation from a physician or psychiatrist.

—ARCHIBALD D. HART, PH.D., FPPR

May 22, 2011

## Resting

I. The Biblical basis for rest.

### God rested.

So God blessed the seventh day and made it holy, because on it God rested from all His work that He had done in creation. Genesis 2:3

### God institutes man to rest.

"Remember the Sabbath day, to keep it holy. Six days you shall labour, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work..." Exodus 20:8-10

### God institutes land to rest.

But in the seventh year the **land** is to have a year of sabbath **rest**, a sabbath to the Lord. Do not sow your fields or prune your vineyards. Leviticus 25:4

II. The benefits of Sabbath rest.

- \_\_\_\_\_ - to stop work and remember what is important
- \_\_\_\_\_ - to connect with others in relationship
- \_\_\_\_\_ - to refresh our perspectives
- \_\_\_\_\_ - to seek protection from the storms of life
- \_\_\_\_\_ - to worship God and remember the cross

III. The problem with rest: Why do we resist?

A. \_\_\_\_\_ issues.

B. \_\_\_\_\_ issues.

C. \_\_\_\_\_ issues.

IV. The basis for rest.

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from His. Let us, therefore, make every effort to enter that rest, so that no one will perish... Hebrews 4:9-11

"Come to Me all who labour and are heavy laden, and I will give you rest." Matthew 11:28

V. The challenge: to deliberately rest.

## COMMENTS, PRAYERS AND PRAISES

We have a team of people who are praying for our church body regularly. If you have a praise item or prayer request that you would like to share with our prayer warriors or a comment for church leaders, please complete the form below.

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Name

Mobile Number

Email

Please pass along my prayer/praise but without my name

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Name

Mobile Number

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Today I attended the service at:

9.30am  11.30am  5pm

On the:

1st Floor  2nd Floor