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## **Fit4Ever: Emotional Exhaustion**

*"Humble yourselves therefore under the mighty hand of God, so that He may exalt you in due time, casting all your care upon Him, because He cares about you."* – 1 Peter 5:6-7

I can't remember the last time I had a definite end time to my daily responsibilities. You know, like when the whistle blows and you grab your lunch box, clock out, go home, eat dinner and just hang out? More often than not, things that I need to get done stretch far beyond a normal 24-hour day.



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