

# Feeling Unusually Exhausted? Here's What You Need to Know

If you've been feeling unusually exhausted, there may be a spiritual reason behind it.

In a recent prophetic warning, Pastor Mike Signorelli discussed how an increase of individuals experiencing unusual exhaustion just may be part of something happening in the spiritual realm.

"Over 90% of my entire audience of every place I've ministered around the world has said this," Signorelli says.

"You've been always had to take care of yourself. You've been a fighter and so you've been fighting for so many seasons that now all of a sudden, you're like, 'who fights for me?'" Signorelli continues. "The Bible says 'those that wait upon the Lord, He will renew their strength. They will mount up with wings as eagles. They will run and not grow weary. They will walk and not faint.'"

This Scripture shows us that the Lord never desired for us to do life beaten down and battered. Instead, we were meant to be strong and courageous in Him. So, what can believers do if they are feeling unusually tired?

***Breaking News. Spirit-Filled Stories. Subscribe to Charisma on YouTube now!***

Signorelli says that a key for battling with exhaustion is to have someone you can lean on. Just as Moses had someone to lift up his hands during battle, Signorelli says having someone to partner with is key to dealing with spiritual exhaustion.

"You need an Aaron on one side. You need another person on the

other side lifting your hands up,” Signorelli says.

So many Christians find themselves doing life alone, something which allows the enemy to come in and deceive them away from the truth of God’s Word and His good and faithful promises. Instead, Signorelli says it is impossible for us to win our battles on our own. Instead, it requires us having other people in our lives who can support us and strengthen us.

While we can easily become exhausted because we don’t lean on God or others in the way we are supposed to, Signorelli says spiritual exhaustion can also come from the attacks of the enemy when he doesn’t want you to step into the next thing that God has planned for your upcoming season.

“What you are getting ready to do in this next season is what the devil is so afraid of that he’s attacked you with exhaustion. He’s attacked you with tiredness,” Signorelli says.

“What you are getting ready to create is going to create a new future,” Signorelli continues. “You’ve got books inside of you, some of you’ve got videos inside of you, some of you’ve got ministries inside of you, you’ve got songs inside of you.”

***Get your FREE CHARISMA NEWSLETTERS today! Stay up to date with current issues, Holy Spirit news, Christian teachings, Charisma videos & more!***

One of the ways Signorelli says you can know if something is a spiritual attack is if you are able to do some things like scrolling on your phone late at night, but become tired if you try praying or reading Scripture.

This word about spiritual exhaustion comes right after Signorelli had a word earlier this year about the devil using spiritual confusion to keep people in bondage.

“Spiritual warfare is affecting people on a mental level, so

it's manifesting itself as confusion, it's doubt fear, panic, anxiety," says Signorelli.

No matter if the enemy has been trying to bring you down through exhaustion, confusion or some other tactic, remember to press into God and find a spiritual community who you can rely on through all of life's ups and downs.

***Join Charisma Magazine Online to follow everything the Holy Spirit is doing around the world!***

***Abby Trivett is content development editor for Charisma Media.***