**Dear diary**

Today I carry a heavy heart and a bad energy. Why do I find myself weeping every day as if I have lost all faith and hope? Where is God in my time? Why does it feel like he isn’t watching over me? I am so tired-tired of enduring heartache and sufferings. Who do I turn to when I need a break? Who is there to take over when I need time off from parenting? I am exhausted from constantly showing up as if I don’t deserve a moment to myself. I am really worn off, I tried all angles, being strong is the only thing I know currently. Can I not visit any other happy and relaxing situations?

God please hear my cries and pull me out of this. I try my best to hold everything together but it’s one problem after another. I know no peace no rest. Lord why did you trust me with parenting while I feel like I am to fail at it. I find myself angry questioning why I ever gave birth, I know no peace since becoming a parent, and could you not have given us a manual, something to guide us? Why lord, did you allow me to raise her alone, with no emotional, financial or physical support?

The anxiety and pressure weigh so heavily on me that I snap at my child in frustration. Her tantrums push me over the edge and I feel guilty for my anger. But Lord, I am drowning. It’s the stress of work, the financial strain, the loneliness and the exhaustion of caring for a toddler all at once. The trying of getting good education. It’s too much to carry alone. Can you not break it into smaller manageable pieces? I am drained with no way out.

My mind is overwhelmed with hurt, questions, anger and sufferings. I don’t just need strength, Lord I need answers, direction and a way forward. Please I beg you, show me the way. Till we meet again dear diary!!