Under Armor for Hepatitis C

August 8, 2018 By Connie M. Welch

Think about this, where you allow your thoughts to dwell will determine your direction. Lysa Terkeurst says it so well in her book, The Best Yes, “you will steer where you stare.” Also put, what you gaze on matters, and what you graze on matters! Think about it.

Much like when I stand before my closet each morning and decide what clothes to put on for the day, I run through a checklist of questions that I ask myself. Where am I going today? What is the weather like? Am I working in the office, or have appointments, or working outside (in my case, working sheep)? What activity does this hold? Am I going casual or business casual, (cowboy boots or dress shoes)? You know what I’m talking about don’t you? You run through the same drill every morning.

I stand before my thought closet every morning too. Let’s see, what attitude will go with my activity today? Will it be gratitude or grumpy? Do I wear a helpful spirit or a chip on my shoulder? Thought choices. They can make or break a good day.

They also influence how my hep C will influence my day. I can choose to put on worry, fear, anxiety and what kind of day will I have? You guessed it, not a good one. There is a brand of athletic clothes named, Under Armour, which is really a cool name. I don’t personally own any brand of Under Armour clothes, but I do put on under armor every morning. And No, I’m not talking about deodorant.

FYI, armour and armor mean the same thing, a protective covering. The spelling is different depending on if it is the U.S. or another English reference but the meaning is the same.

What is my under armor? God’s Word and Prayer. Under armor is the most important thing I can wear each day and especially if I put it on first thing. My choices, my thoughts are highly influenced in a good direction and in turn, therefore under control versus allowing my emotions and thoughts to control my day.

Be careful what you think, because you’re thoughts run your life. Proverbs 4:23 Whoa! Now there’s a good reason to keep my thoughts in check.

A friend of mine once told me she considered her time, actions and thought life to be one of the best things she should be giving the Lord each day and she began each morning by giving him the First moments of her day. She set aside a short time in the morning before anything else to read the Bible and pray. In turn, she was also putting on her under armor each morning before she

faced the day's activities.

When my thoughts are directed and influenced by God's Word and re-enforced by prayer, my day and my ability to deal with my Hep C and everything else goes a lot smoother. Often times I have to be on the alert all throughout the day, if someone blurts out hurtful words or rude actions, or if I receive bad news, then Hello, Ms. Nasty shows up and I "feel" I have a right to strike to back. Which afterward, never goes to a happy place. I can dwell and brood over an injustice a long time and my thoughts and emotions are thus influenced to be in control and Ms. Nasty can linger all day. So not good!

Here's a good scripture I pray when I'm faced with a challenging situation where I know Ms. Nasty may be tempted to show up;

"O Lord, I call to you; come quickly to me. Set a guard over my mouth, O Lord; keep watch over the door of my lips. Help me to be quick to listen, and slow to speak and slow to become angry." Psalm 141: 1, 3 and James 1:19

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:6-8

My choice to allow Ms. Nasty's control thus influences my attitude toward poor Mr. Fix-It or anyone else in my path, which in turn goes on and on. . . you know how that works right? So don't allow your thoughts and emotions to go in a bad direction, be on the lookout for Mr. or Ms. Nasty! Put on God's Armor and face the day with the Son in your eyes.

Can you relate to the power of thoughts with hep C? Do you put on under armor?

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