Battling Hepatitis C

June 28, 2017 By Connie M. Welch

Do you ever feel alone in your battle with Hepatitis C? There can be overwhelming days when you may feel alone, but you're not really alone. Support with Hepatitis C can come in many forms; Hep C Warriors Friday Forum Support Group is an awesome support group where friends who have never met face to face, but know the battle so well, come together each week to support, encourage and be there for one another. [Editor's Note: The Hep Forum is another support group to check out.]

Support comes in many other forms as well, from people who personally know your battle, to the smile from a stranger who doesn't even know your name or what you're going through.

But the best support of all when the world walks out and goes to sleep is with our Heavenly Father who is always present, you are never alone. Ever! Even when you sleep, He watches over you.

"He will not let your foot slip—he who watches over you will not slumber." Psalm 121:3 NIV

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." Deuteronomy 31:6 NIV

I faced a situation the other day where I had to step out of my comfort zone and do something new. Much like Peter stepping out of the boat so He could do something He could never do on his own, but focused on Christ, he stepped out of his comfort zone.

The thought flashed across my mind, "stepping out of my comfort zone makes me feel alone." I knew in reality the enemy was baiting me to take the hook and place negative thoughts of "I can't do this" this in my mind. Rubbish! I knew I was not alone and God had opened this door and with Him by my side, I could step through it with confidence.

I remember experiencing these same feelings when I was stepping into Hep C treatment and when "ugly" days showed up in treatment, so did Christ. Now being on the other side of treatment and recovery, I can look back and see so clearly God's footprints and the days He carried me to get me beyond troubled waters.

"Though I walk in the midst of trouble, you preserve my life." Psalm 138:7 NIV

"I will guide you along the best pathway for your life. I will advise you and watch over you." Psalm

32:8 NLT

As I shared my feelings with Mr. Fix-It about stepping out of my comfort zone, he gave me a huge piece of advice, “Just Show Up, and leave the rest to God.” As I prayed prior to stepping into my new venture, “Lord, here I am, I’ve showed up, and I know you are right here with me, no matter what, I can do this with you.”

But Jesus spoke to them at once, “Don’t be afraid,” he said. “Take Courage. I am here.” Matthew 14:27 NLT

What about you, do you ever face days feeling alone in your battle with Hep C? You can pray this same prayer, “Lord, here I am, I’ve showed up, and I know you are right here with me, no matter what, I can do this with you.”

So how about you, do you ever face days of feeling alone in your battle with Hepatitis C?

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