Fighting Fear With Hepatitis C and Liver Disease

March 28, 2018 By Connie M. Welch

A common denominator patients deal with in the fight against Hepatitis C and liver disease is fear. No matter if you're newly diagnosed or where you're at in the journey, fear lurks in the shadows of our minds and tries to take fore front in our thoughts.

Thoughts of fear are like a chain with every link representing defeat, doubt, discouragement, depression, anger, frustration, etc. - you name it, these links become a chain wrapped around us to keep us feeling defeated. Facing fear is normal, but we have a choice and the first battlefield in any fight is in our minds. We can have strength and courage to move forward in spite of fear.

Remember first of all the enemy of our soul tries to use fear against us to draw us away from God. Dr. Robert Jeffress says it this way, "Fear is the suspicion that God is incapable of handling our problems. This nagging suspicion affects our lives in at least three significant ways. First, fear distorts the size of our problems. Second, fear dismisses the power of God and third, fear destroys the realization of our future.

Fear keeps us from moving forward and believing that God is at work for us. Fear ties is in knots and keep us from believing in hope. The antidote to fear is faith. Faith is believing that God will do what He has promised to do, in His way and His timing, fulfilling His good plan for us. And His plan for us is good!

Faith is an outward behavior that results from an inward belief.

"Fear not" appears in the Bible 366 times. Think about it, once for every day of the year, including leap year! Humm, God knows we're going to deal with fear a lot and He has a lot to say about it in His Word. We need to remind ourselves not to fear because God is on our side. Just as God has been faithful to lead us to this point in our lives, He will continue.

"For God has not given us a spirit of fear, but of power and of love and a sound mind." 2 Timothy 1:7

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you.

Do not be afraid; do not be discouraged.” Deuteronomy 31:8

“Though I walk in the midst of trouble, you preserve my life. The Lord will fulfill his purpose for me; your love, O Lord, endures forever.” Psalm 138:7-8

“Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.” Isaiah 41:10

Jesus said, “Don’t be afraid. Take Courage. I am here.” Matthew 14:27

“Be strong and courageous. Do not be terrified. The Lord your God will be with you wherever you go.” Joshua 1:9

Remember, in this life we will face trials and difficulty but we are not alone, God is by our side to give us strength, courage and hope. We need to keep our eyes and heart focused on Him. He is bigger than anything we can ever face.

Mighty Warrior remember this, you are an conqueror, an overcomer because of Christ!

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