Finding Peace Through Hepatitis C and Liver Disease

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Fear, worry and doubt seem to be the common emotions we experience throughout Hepatitis C and liver disease, but there is hope. Finding peace through Hepatitis C and liver disease is real and can be achieved.

Where do we turn for hope and peace? As patients we certainly need to be proactive with; gaining education and information about Hep C and our liver condition, be under a liver specialist care, seeking treatment, taking good care of ourselves with making healthy choices.

All of these steps can be lifesaving for sure, but these help our physical body. God created us mind, body, soul and spirit. Each area affects the other. So when stress mounts while dealing with Hepatitis C and liver disease, we can be proactive in paying attention to how this affects not only our physical body, but our mind, soul and spirit as well.

The answer of having peace through the journey is not so much where we look for hope but in Whom! Real hope and peace is from God and a gift from his son Jesus Christ.

Majority of what we fear and worry about is the unknown and the what-if's. All that lies ahead of us is in a fog. When I was diagnosed I felt like I stood before a great darkness with the unknown before me. I didn't have a choice to go through it, it was happening. Can you relate?

As I began my journey I clung to the truth from God's Word in the Bible and because I belonged to Jesus Christ I knew nothing ahead of me was greater or stronger than Christ. Fear, worry, and the what if's tried to take overrun my thoughts but I made the choice daily to listen to God's voice of hope in His Word.

The most proactive step I made was walking with Him through my journey, and because my focus was on Him not my giant, He gave me peace that was beyond my understanding. Peace that rises above and beyond all circumstances.

Sometimes we need daily reminders of hope. They're great boosts of encouragement we need that help refresh us for the journey.

A favorite verse I wrote on a card and placed where I could see it often was, “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 NIV

The Lord was telling me I can get through Hepatitis C with real hope and peace because I was not alone, He was not only with me every step of the way, but He had also gone before me to prepare the way. I had the confident assurance of faith that God was with me.

His word says, “Now what I am commanding you today is not too difficult for you or beyond your reach.” Deuteronomy 30:11 NIV

He is saying to you, “You can do this!” My friend, He’s speaking to YOU!

The good news is you can have this peace too. If you’ve never accepted Jesus Christ has your Lord and Savior, I encourage you to take that step today. It’s the step toward living hope and peace beyond all circumstances.

Jesus said in Matthew 19:26, “With God all things are possible.”

He also said in John 10:3-4 in the beautiful analogy of the Shepherd and His Flock, “He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice.”

Here we see again the Lord’s assurance that He goes before us yet He is with us.

A wonderful truth of assurance is echoed by F.B. Meyer, “He is in our tomorrows, and it is tomorrow that fills people with fear. Yet God is already there. All tomorrows of our life have to pass through Him before they can get to us.”

Jesus says in John 14:27, “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

“Do not worry about anything; instead pray about everything. Tell God what you need, and thank him for all He has done.” Philippians 4:6 NLT

Give all your worries, anxiety and fears to Him my friend, put it in His hands and don’t take them back. He’s going ahead of you to prepare the way and He’s also right beside you to give you His strength to take the next steps.

“I can do all things through Christ who gives me strength.” Philippians 4:13

Then as God’s Word says, “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.” Philippians 4:7 NLT

May your focus be on the Shepherd!

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