Focusing on Gains through the Battle with Hep C

January 26, 2016 By Connie M. Welch

Focusing more on gains instead of loss can sometimes be a challenge when you're battling Hep C. But yet it all comes down to seeing our gains and losses through a different perspective. Choice. It's a daily, moment by moment intentional action step. What you choose to focus on matters! It has a profound effect on the mind, body, and spirit.

This is a great truth, "What you affirm grows" –Michael Hyatt

Our choices become our actions. Our actions become our habits. Our habits become our character.

Much like the domino effect, one choice begets another. What you choose to focus on today matters! No matter where you are in your battle with Hep C, you can take the stance of a warrior and move forward with determination that today you will make intentional choices to focus on your gains instead of losses.

Here's the fact, losses are ugly, sad, and painful. They come in all shapes and sizes. But where do they lead? Not to a good place. I bear testimony to that one. But take notice what the Bible says "Be Careful what you think, because your thoughts run your life." Proverbs 4:23 NCV Whoa! That one stops me in my tracks.

Do you hear the echo of "What you affirm grows." Yes indeedy!

"Either you can control your thoughts, or they most certainly will control you." –Living the Life of Courage.

Today is the day to start counting your gains. I encourage you to take a quiet moment to ponder your gains in the midst of Hep C, believe me they are there. Go ahead, hit the pause button and jot them down. You will be surprised at what you find when you shift your focus.

If you're thinking, "she's asking me to put on rose colored glasses and become Pollyanna." Nope. That's not it. I think it would be foolish of us to be in denial about the challenges and difficulties with Hep C. No, what I'm asking you to do is look beyond the difficulties and shift your focus.

Do you believe what you're dealing with right now is temporary or permanent? Majority of everything we deal with is temporary. It has an expiration date. This too shall pass.

Barbara Johnson said it so well, "Pain is inevitable, but misery is a choice."

Don't allow your present trouble to cast a shadow of doubt and blind you from hope. Real hope perseveres and keeps moving toward what is waiting—the good part. Hope keeps looking,

believing, and moving toward the rest of the story, your story. Your gains are far greater than you realize. Never let go of hope.

“Success is not final, failure is not fatal; it is the courage to continue that counts.” –Winston Churchill

Hep C Warrior, there is more to your story. Hang on and focus on your gains, they are there my friend.

Here is a gain we all can share, “We are destined to fight certain battles, and we think we can never be victorious and conquer our enemies. Yet as we enter conflict, one comes who fights by our side. Through Him we are “more than conquerors.” (Romans 8:37)

Friend, I hope today you will think about binoculars, yes, you heard me right, binoculars. Visualize today, you are looking through binoculars and dialing in to focus on the extraordinary, your gains. It’s an intentional choice with powerful effects to help you live each day beyond where you’re at. Attitude affects Altitude

Grab hold of this life lesson, “Peace begins with a choice to stop being afraid followed by a decision to start trusting God. It’s been said that peace is not the absence of danger, but the presence of God.” —Ann Graham Lotz

Jesus said, “Do not let your hearts be troubled. Trust in God, trust also in me.” John 14:1

What are some of your gains in the midst of battling Hep C?

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