Hep C Treatment Journey: Lead me to the Rock

March 16, 2016 By Connie M. Welch

Hep C treatment can be filled with good, bad and sometimes ugly days. Not all Hep C patients have the same treatment experience. Hep C treatment has made tremendous improvements from a few short years ago. Mainstream Hep C treatment today no longer includes interferon, which makes a huge difference in severity of Hep C treatment side effects.

Fatigue is still the common thread that runs through majority of Hep C treatment today. Other side effects are general, and can cycle throughout treatment. The lessons I learned throughout my entire Hep C treatment journey will stay with me for a lifetime, which I am grateful. I related my treatment journey to climbing a mountain. I look back on these days and see the hand of Jesus at work.

No matter where Hep C patients are in their journey with Hep C, we can gain strength and hope to get beyond Hep C by leaning on the rock. Please join me as I share a snippet from my 2012 Hep C treatment journey of 6 months.

Lead me to the Rock; Day 92, July 9th 2012

“Today is day 92, beginning week 14 of Hep C treatment, another Mile Marker Monday and the beginning of a new week. Each day the climb continues, each week another level is reached.

There are days when I think I can’t take one more step on this journey and I have to stop, rest, check my compass to see where my thoughts are leading me. We are very driven by what we focus on.

This scripture is very true, “Be careful what you think, because your thoughts run your life.” Proverbs 4:23 NCV

This last week I’ve dealt with very low energy, intestinal issues, breaking out with skin irritations, and spent majority of the time in bed. When I was tired and sick, I found my thoughts starting to drift toward the “what if’s” and that’s not a happy place. It’s like traveling through a mental mine field. When you physically feel bad you’re more easily lured into a mental mine field. That is when we especially need to be on alert.

Above my desk there is a card with a tremendous nugget, “Nothing AHEAD of you is bigger or stronger than the POWER of God BEHIND you.”

hat is great comfort and truth. I have visualized Jesus in front of me on this journey as well as being by my side holding my hand. He also has my back. I have thought this week about clinging to the side of the mountain feeling so tired and worn out. I hear him and feel his presence

encouraging me to keep going forward.

“Let the beloved of the Lord rest secure in him, for he shields him all day long, and the one the Lord loves rests between his shoulders.” Deuteronomy 33:12

“The eternal God is your refuge and underneath are the everlasting arms.” Deuteronomy 33:27

“From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. For you have been my refuge, a strong tower against the foe.” Psalm 61:2-3

“Do not fear for I am with you. Do not be discouraged, for I am your God. I will strengthen you and help you. I will hold you up by my victorious right hand.” Isaiah 41:10 NLT

It’s a new week and I’ve reached one more level on the climb.

Today I choose to celebrate traveling through week 14. This week I should receive my blood work results from last week. I’ve been continuing to pray for God’s strength and guidance for whatever the results. Meanwhile, I keep putting one foot in front of the other, keep climbing, moving forward no matter what. I choose to praise Him no matter what the results are. He is leading the way.

Even though it would thrill me beyond measure if the news about my next virus load shows another non-detected, I don’t want to hyper focus on the possibility of treatment being completed at the end of September. I could tell I was starting to think about that possibility too much and I had to ask myself an honest question, “How am I going to feel/respond if God has another plan in mind and I have to continue treatment longer?”

With gut honesty, yes, I will be disappointed, who wouldn’t? I am so ready to reach the Summit on this journey and be finished. But I also know this is not up to me, I have to place my trust in God, take His hand and keep climbing. I do not know the future but I know who does.

So I am filled with anticipation? You bet. But there is a difference in having anticipation and anxiety. Anticipation is to look forward to something. Anxiety is a state of uneasiness; apprehension; worry.

Here is an awesome truth nugget from Elizabeth George from her book, “The Lord is My Shepherd.” I feel it really sums up the situation, “Step up to your impossible situation and step out in faith. The Shepherd not only leads you and cares for you, but He provides for you, too. Where God guides, He provides. Therefore, you shall not want. . . for anything.”

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