Hepatitis C Battle: Not to Worry by Guest Writer, Colleen Davis

June 8, 2013 By Connie M. Welch

Hep C Warrior Colleen and her Hep C Warrior Husband

Ever been there in the Hepatitis C battle and tried not to worry? We all go through the shock of diagnosis and working through the many questions and challenges before us. Guest Writer and Hep C Warrior, Colleen Davis shares her story of how she dealt with worry and overcame this great obstacle.

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7 NIV

“Who of you by worrying can add a single hour to his life” Matthew 6:27 NIV

I remember that call so well. Standing motionless, staring at the notes I had just scrawled, I waited for the fax machine to beep. The doctor was faxing a copy of my recent blood work results. It was the first written confirmation of a positive result for the Hepatitis C virus. Later on, I would learn that a value of 43 or under is normal; my number was 2.8 million.

That was the beginning of THE BIG WORRY. Panic struck. My heart raced; fear and anxiety seized me. Questions surfaced and swirled through my mind. Were the tests accurate? Could there have been a mistake? How would I tell my new husband of four months? How did I get this disease? Had I passed Hepatitis to my daughter? Should I tell my family members? If people found out, what would I say? Is Hep C curable? How will I live with this shame? What lies ahead for me?

THE BIG WORRY threatened to move into my life.

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” Psalm 23:4

“When I am afraid, I will trust in you.” Psalm 56:3 NIV

Perhaps you are where I was. Perhaps your BIG WORRY swirls around different issues, but ultimately has the same affect. You may feel alone, desperate, frightened, ashamed, guilty, angry, lost, hopeless and helpless. There is One who is bigger than your WORRY, One who doesn’t want you to carry this burden alone.

“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways

acknowledge him, and he will make your paths straight.” Proverbs 3:5-6 NIV

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30 NIV

Ask God to help you as you prepare for this physical and spiritual battle. Seek His strength and love, His comfort and His peace. If you haven’t already, ask Him into your life. He will give you rest and assurance.

You will have low times due to the powerful nature of the Hepatitis C treatment drugs. You may even consider throwing in the towel. Cling like a newborn to your Heavenly Father; talk to Him like the loving Father He is. Cry. Call out your worries. He wants to hear every detail. Persevere through the difficult times. Rest assured, He will never leave or forsake you. There is light at the end of this tunnel.

Isaiah 55, especially verses 8-13, are so encouraging and uplifting.

"For my thoughts are not your thoughts,
neither are your ways my ways,"
declares the Lord.
9 "As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.
10 As the rain and the snow
come down from heaven,
and do not return to it
without watering the earth
and making it bud and flourish,
so that it yields seed for the sower and bread for the eater,
11 so is my word that goes out from my mouth:
It will not return to me empty,
but will accomplish what I desire
and achieve the purpose for which I sent it.
12 You will go out in joy
and be led forth in peace;
the mountains and hills
will burst into song before you,
and all the trees of the field
will clap their hands.
13 Instead of the thornbush will grow the juniper,
and instead of briers the myrtle will grow.
This will be for the Lord’s renown,
for an everlasting sign,
that will endure forever."

“The Lord will fulfill his purpose for me.” Psalm 138:8 NIV

NOT TO WORRY.

What about you? Can you relate?

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