The Most Important Step with Hepatitis C and Liver Disease

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Being diagnosed with hepatitis C and liver disease stirs emotions in many directions. What is the first thing you do? You may fear, worry, or allow stress to run you ragged.

You may jump into fix-it mode. In my family, we know all about being Fixer-Uppers. We major in DIY (do it yourself). We exhaust all means to do what it takes to take care of the problem.

Being proactive is very important but in the process, we often bypass the most effective means of making a difference in our lives and in our journey with liver disease. We need a daily reminder, "Have you prayed about it?"

Pastor and author, H.B. Charles states the most important things happen in life after you pray. "A father and his son were riding their bikes together one day. As they rode down the trail, the father eyed a large branch that had fallen in the path ahead. Instead of riding around it, the father decided to use this as an opportunity to teach his son an important lesson.

They pulled over, and the father instructed his son to move the branch out of the way. The boy pushed and pulled, but he was unable to move the branch. "I can't do it," he said, exhausted. "Sure you can, Son," replied the father. "Be sure to use all your strength."

The boy tired harder. But he could not move the branch. Near tears, he said again, "I can't do it." Did you use all of your strength? The father asked. "Yes," the boy answered. "No you didn't," the father replied. "You didn't ask me to help you."

Do you see yourself in this story?

We may not want to ask for God's help because we're not sure of His answer. Some folks may even doubt He cares or is there at all. But God's Word assures us He is there and He does care. He's just waiting for us to stop our fretting and struggle over the situation and look up and turn to Him.

We may not know His answer or the outcome, but praying about it is the first and most important step in our journey. When you give it to Him in prayer, ask for His help, then let go of expectations, trust Him in the steps. In the process, He will give you His peace which is beyond all understanding.

The first step in getting beyond something is not the physical steps we need to take, but praying to Him who gave us life in the first place. He's listening and He cares.

"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

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

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