Moving Out of Comfort Zones with Hep C

August 12, 2015 By Connie M. Welch

Do you ever get so tired of being tired? Are you ready to wave good-bye to Hep C, treatment, recovery, liver disease and the whole kit and caboodle? I relate. Moving out of our comfort zones with Hep C is not easy. I'm sure we could all raise our hands and give a big shout out on that one.

When I was going through my Hep C treatment in 2012 I found concentrating on the step in front of me was the best way to deal with impatience. I love to accomplish projects, lists...etc, etc...I have workaholic tendencies but Hep C treatment and recovery taught me to cool my jets and be at rest while being "out of my comfort zone."

Comfort zones are fragile really, only we don't realize it at the moment. When I think about comfort zones it reminds me of the passage in Matthew 6:19-21 that says, "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. For where your treasure is, there your heart will be also."

To me this is saying, evaluate what is more important. Look beyond the temporary stuff in life. Look to what has true value, something no circumstance or time can erode. For me when I look at my temporary circumstances it puts it in a greater perspective and God gives me just the right amount of peace I need, tailor made with his name on it. No treasure or "comfort zone" could be better than that.

For every step climbed is a daily victory. Every rest stop has a purpose and victory also. It's woven together. You cannot do one without the other with Hep C and liver disease. Sometimes it takes thinking outside the box or ahem....comfort zones, to see things from a fresh perspective and find treasure worth anything we could ever imagine.

Time is precious, and it is not something we can hold onto. It is ever changing. We have to learn to make the most of time and where we're at. I think contentment comes when we learn to appreciate time differently.

When I was going through Hep C, treatment and post treatment recovery, I had to learn to celebrate the step I was on and remember it was temporary. No matter how slow I was moving, I was still moving, that in itself was reason to celebrate a victory each day.

As look up from my desk, the office bulletin board has this verse posted there, "Forget the former things; do not dwell on the past. See I am doing a new thing! Now it springs up, do you not perceive it? I am making a way in the desert and streams in the wasteland." Isaiah 43:18-19

Thank you God for each step climbed and rest stops along the way. I cannot move forward while looking in the rear view mirror. Help me each day to set my sight on those “New Things” you bring each day that are blessings. With you there is only one way, that’s UP!

Are you out of your comfort zone with Hep C right now?

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