Overcoming Obstacles with Hep C

December 2, 2015 By Connie M. Welch

Hep C has many stages. Overcoming obstacles with Hep C is possible. No matter where you're at in fighting Hep C, there are some major detour signs to pay attention too. The first step toward living beyond Hep C, does not depend on medical treatment, it first begins with your mindset and steps of faith.

Many times obstacles and fears appear to keep us from moving in the direction we need to go. At times we can feel like we're bogged down in the mud. Moving at a slow crawl.

I felt that way when I did my last Hep C treatment. There were days when side effects seem to override everything in my life. What seemed impossible to achieve was getting to the finish line, overcoming the obstacles of side effects, and dealing with fears of the "what ifs." When I felt my worse I would regress inward and think what I was dealing with was impossible. I began to pay close attention to my thoughts and I realized they were rooted with, "I can't."

But with God, he says, "your right, you can't but I CAN and therefore through me, you CAN achieve what you could never do on your own." My obstacles were no surprise to God and certainly not impossible to overcome. I had to stop and listen carefully to His words and to the words I was feeding myself. Did they line up?

What I grazed on affected my thoughts, which affected my attitude, my outlook, which affected my actions. If I fed myself the thoughts I can't, then I felt defeated. But concentrating on God's CAN DO's helped transform my thinking to line up with His. The impossible became the possible.

Jesus remarked this truth, "*With man this is impossible but not with God; all things are possible with God*." Mark 10:27

A verse I used often when I felt knocked down by side effects was, "*I can do all things through Christ who gives me strength*" Philippians 4:13. God's CAN DO turns the impossible into the possible.

I had to practice intentional mindfulness as to what I focused on. This shift began to change everything. There were still days when I did not physically feel good, but I learned this was temporary and not to get caught up with thinking "this is permanent." I had to learn to see and live beyond the present circumstances with Jesus' help and strength to carry me through. He is the light in the darkness.

God's Word to nest on:
When I am afraid, I will put my trust in you. Psalm 56:3 NLT

You, O Lord, Keep my lamp burning; my God turns my darkness into light. Psalm 18:28

Yahweh, my Lord is my strength; He makes my feet like those of a deer and enables me to walk on mountain heights! Habakkuk 3:19 HCSB

If you are walking in darkness without a ray of light, trust in the Lord and rely on your God. Isaiah 50:10 NLT

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

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

Are you dealing with obstacles, fears, and the “what ifs” from Hep C, treatment, and recovery? Are you dealing with after effects of treatment?

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