Overwhelmed by Hep C

January 6, 2016 By Connie M. Welch

Have you ever felt overwhelmed by Hep C, treatment side effects, or life's problems? Feeling swallowed up by Hep C and all that comes with every area of trying to get through it is a daily battle for many patients. I felt overwhelmed when I was diagnosed with Hep C, and endured over 20 years of battle with Hep C. I felt swallowed up like Jonah in the belly of the fish. I was having a "Jonah kind of day" that seemed like it would last forever.
When feeling overwhelmed with Hep C and life's problems, we can apply a life lesson from the Bible about Jonah. It's easy to relate to Jonah's struggle. Right in the middle of that stinky, slimy, enclosed darkness, Jonah cried out to the Lord and prayed, "In my distress I called to the Lord, and he answered me. From the depths of the grave I called for help, and you listened to my cry. . . But you brought my life up from the pit, O Lord my God. When my life was ebbing away, I remembered you, Lord, and my prayer rose to you. . . Jonah 2:1-2,6-7.

In the south we would say, Jonah was in a pickle! This guy was between a rock and a hard place. In this case, the rock being God and the hard place at deaths door after being swallowed up by a distressing situation.

Can you relate? I sure can. When life feels like it's ebbing away, where do you turn? Do you turn to the rock? Turning to the Rock, which is Jesus Christ and calling out to him is the way we are going to rise from our engulfed state. With His help we can get beyond where we're at to a new beginning. And we serve the God of many chances. I for one am very thankful God gives me many chances for new beginnings.

No matter where you're at, believe me, He has not left you behind. Psalm 139:12 reminds us there is no place we can go that is too far from God. . . . "even in darkness I cannot hide from you."

"You go before me and follow me. You place your hand of blessing on my head." Psalm 139:5

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

Jesus said, "Do not let your hearts be troubled. Trust in God, trust also in me." John 14:1

"Everyone who calls on the name of the Lord will be saved." Romans 10:13
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