The Power of Thankfulness Through Hepatitis C and Liver Disease

January 23, 2019 By Connie M. Welch

No matter what you are facing right now with Hep C or treatment or perhaps preparing for what is ahead, take to heart this nugget from Max Lucado, “Write today’s worries in sand. Chisel yesterday’s victories in stone.”

I am reminded this week more than ever to focus on thankfulness. To concentrate on what I do have and what victories there are in each day. Worry, doubt, fear, dread and anxiety, their mission, kill joys! They rob, they steal. They sing the shoulda’, coulda’ woulda’ blues with a ‘what if’ chorus. Don’t fall into the trap this week. Don’t listen to them.

You have a choice where to park your mind and your thoughts. Take time to stop and take note of the many victories God has given you. Take time to give Him thanks for all He has done and preparing for you in the future.

Open the eyes of your heart to this truth from Max’s book, Fear Not, “Feed your fears, and your faith will starve. Feed your faith, and your fears will.” “Storms are not an option, but fear is”?

What are you focused on this week? Where are your thoughts dwelling? Remember this, There is NOTHING past, present or ahead of you that is stronger than God. Nothing!

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.” Psalm 42:5 NIV

I thought about the Israelites and their plight from Egypt, the Lord had delivered them from oppression and slavery. He gave them freedom. They were on the road to new life yet during their journey their focus was on what they didn’t have instead of what they did have.

They were so focused on what was behind them they couldn’t see what was ahead for them. They weren’t thankful for the victories God provided each day. They chose to focus on worry and fear. What a shame that was.

The same God of wonders is the same yesterday, today and tomorrow. Choose this week to count your victories.

Ask God to help you see your victories from His perspective and not yours. Be prepared to be Wowed!

Which are you focused on, your past or your future? What are you thankful for today?

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