Taking Care Emotionally With Hep C

March 22, 2017 By Connie M. Welch

Press On. Two powerful words Hep C warriors need to carry on. What does it take? Perseverance. A call to diligence, being relentless. Endurance. Determination. Not giving up or giving in. You have a choice to make today.

Your emotions can affect you physically. Stress, worry, fear, etc…can play havoc on your body and immune system. With Hep C you need a strong immune system and a positive outlook to help you fight Hep C. Don't allow your emotions to derail your progress.

Not, that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Philippians 3:12 NIV

Jesus did not allow anything to deter him from reaching the goal. Think about what He endured being beaten, tired, feeling drained in every way, yet through His suffering He never took his eyes off course from doing the Father's will. When He made that long climb to calvary it wasn't just the cross he was carrying on his shoulders, it was you and I. Because of what Christ did for us, he gives us His strength and power to do what we need to do.

Choose to Live Strong Today. Don't allow your emotions to throw you off course. You can choose to either let your emotions be in control or you be in control of your emotions by being under the Holy Spirit's control. Choose today who is going to be your Master. Show worry, fear and doubt the door, there is no room for them in your house. Welcome in courage, strength and perseverance. See today through his eyes and rely on his strength. He will carry you.

Be on your guard; stand firm in the faith; be men (a woman) of courage; be strong. 1 Corinthians 16:13 NIV

"Don't be afraid." The prophet answered. "Those who are with us are more than those who are with them." 2 Kings 6:16 NIV

For through me your days will be many, and years will be added to your life. Proverbs 9:11 NIV

Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13-14 NIV

He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart. Isaiah 40:11 NIV

Don’t worry about anything; instead pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust Christ Jesus. Philippians 4:6-7 NLT

Lord, help me today when my emotions begin to well up and want to take over. Help me to remember your suffering and endurance. Because you live in my heart you have given me that same power to put my emotions under your control, persevere and do your will. Thank you for carrying me when I am weak. I can rely on your strength. Help me to see today through your eyes and not mine. In Jesus name, Amen.

Where are you with Hep C? Have you dealt with emotions trying to be in control and cloud your vision? How have you dealt with them

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