Waiting Through Hep C and Recovery

August 3, 2016 By Connie M. Welch

Hep C Patients share a common denominator through every phase of Hep C from diagnosis through recovery. Waiting. But no matter what stage or circumstance, we can be actively waiting.

Actively waiting means we are not idle but continue to;

1. Hope and prepare the next battle strategy.

2. Have a mindset focused on life and moving forward.

3. Research, doctors visits, tests, planning, praying, support, and thankfulness.

4. Taking care of ourselves and continually seeking to move beyond the moment.

5. Quiet rest for our bodies, mind, and spirit to let go of anxiety and let God work.

6. Read and meditate on God's Word in the Bible. "They are not just idle words for you. They are your life." Deuteronomy 32:47 NIV

As Hep C Warriors we actively wait for Hep C test results, for approval for Hep C treatment. Hep C Warriors actively wait through the Hep C treatment battle and keep moving through side effects. Actively waiting, praying and trusting in God. Actively waiting for blood work results. Actively waiting to see if our bodies are going to respond to Hep C treatment. Actively waiting and hoping the Hep C giant has been defeated and never return. Actively waiting through the recovery process. Actively waiting is Faith in Action!

Hep C patients go from seasons of waiting to fighting, and sometimes do both at the same time. Can you relate?

When I was diagnosed with Hep C, I felt like I was consumed with waiting or at least it felt like it from my perspective. In many ways I felt like my life had been put on hold and I fell into a time warp.

I waited a long time before my first Hep C treatment in 1995 (only 1 treatment available, with no cure at that time). I waited even longer between treatments until 2012 when I began my third and what turned out to be final treatment (Thank you Lord!). To be cured from Hep C took a long time in coming, but mighty lessons were learned in the process of actively waiting. Lessons that will serve me well forever.

As I waited for the Lord to prepare the way before me. I learned the value of holding onto His

promises. His promises are my lifeline. I learned there is a big difference in waiting being tied up in knots and staying steady on course, focusing on the finish line while holding onto God's promises. One direction kept me bound up in anxiety, dread, fear, doubt and hopelessness, which ultimately affects physical health as well.

The other direction of actively waiting helped keep my focus beyond the moment, and helped me to see gratitude and blessings in area's I glazed over before. It helped me see more good than the bad. Trust instead of dread. Hope instead of defeat. And take a fighting stance for life and never, never, never give up!

In my season of actively waiting through my entire journey with Hep C and recovery, I learned to look at my problems in the light of God's power instead of looking at God in the shadow of my problems.

Waiting brings great opportunities to shift our focus from our circumstances to actively seeing through the eyes of faith. Trusting in God even though we cannot see beyond the moment, He is there. The best thing to say in those 'waiting' moments is, "You are God. Jesus You Reign."

This outstanding nugget from the devotional book, Streams in the Desert, speaks of an important aspect while waiting, "I implore you to not give into despair. It is a dangerous temptation, because our adversary has refined it to the point that it is quite subtle. Hopelessness constricts and withers the heart, rendering it unable to sense God's blessings and grace. It also causes us to exaggerate the adversities of life and make your burdens seem too heavy for you to bear. Yet God's plan for you, and His ways of bringing about His plans, are infinitely wise."

As I learned the value of actively waiting, in my turtle's pace I was slowly and steadily moving beyond where I had been. One day I looked up and I was at the finish line.

A wonderful testament of faith from Roy Lessin is, "The eyes of Faith can see what your physical eyes can never see. The knowing of Faith goes beyond what your natural mind can never comprehend. The possession of Faith receives what your physical arms can never embrace. Your faith in God is your lifeline to His heartbeat; it is the hand that reaches up and takes hold of God's promises."

Whatever you're going through today can you say as David did, "But I trust in you, O Lord; I say, "You are my God." My times are in your hands." Psalm 31:14-15 NIV

"I am still confident of this; I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord." Psalm 27:13-14 NIV

Nest on it my friends, memorize it and make it apart of your prayer to Him who Reigns in your life. Actively wait with hope that is alive because of Jesus. Grab onto hope and never let go.

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