

Physical Sickness

The day I got diagnosed with Crohn's disease was one of the worst days of my life. Finding out that I was going to live the rest of my life with a disease that was incurable hit me hard. All of my college dreams seemed to be thrown out the window. All of the plans I had for my life were all of a sudden having to be changed. That day was so hard. I remember being so alone feeling like no one understood me. This sent me into a depression and ultimately asking God why he would make me different from my friends and family like this. Why was I the one who had to go to numerous doctor's appointments or give myself an injection to keep from getting sick. I was angry at God for the simple reason that my life was not normal in my eyes. Going into college with an illness is stressful. Finding doctors, taking care of yourself when you get sick, and simply juggling this on top of school work and a social life is stressful. Even though I've been through some rough times in college the Lord has blessed me with amazing friends and people to help me along the way. Even on days when it seemed like all hope was lost He was right there beside me. For the people who are struggling with something like this it is ok to not be ok. It's ok to not have everything figured out and to have the Lord write the story of your life. I have been blessed to be able to use my story in ways I could not have imagined since the day I was diagnosed. And that is what God does, He is the God of all comfort who comforts us in all our struggles so that we may comfort others in theirs by the comfort we have received from Him (2 Cor 1:3-4). For those of you who feel alone and are struggling. Just know that there is hope in Christ, and there is healing in Christ-centered community. Don't isolate yourself, get plugged in with a local church and invite others in to your life so they can love you the way they are called to love others. Go serve or join a bible study, don't just get wrapped up in yourself and your sickness. Meet people that can come alongside you and help carry your burdens (Gal 6:1-2). College can be stressful especially with a disease or illness but Christ is sufficient to carry you through. The Lord won't let you down and I am a walking testament to that. I wish I would've had someone write a letter to me saying me too. That they could relate to the things I was struggling with. Just know that whoever you are there are people going through or who have already gone through the same things that you are. Just know that you are not alone.

If you would like to reach out to talk with someone, please send a message to strugglewell@allthingsministries.com

This account is only accessed by our full time staff at All Things Ministries. Our staff has a combined experience of walking with college students through issues like this for well over 20 years. They look forward to either walking through this with you to help you "struggle well" in it or connecting you to someone with greater experience than themselves in the specific area you are struggling with. They will not connect you to anyone else or share any of your information without your direct consent.