



Faith and Health: Trusting God with Type 1 Diabetes



A 7-day plan to nurture faith, find strength, and embrace God's presence while managing Type 1 Diabetes.



Table of contents

<u>Introduction</u>	3
<u>Day 1: 🛡️ Finding Strength in God</u>	4
<u>Day 2: 🌿 Peace Beyond Symptoms</u>	10
<u>Day 3: ⚖️ God's Control Over Our Bodies</u>	16
<u>Day 4: ✨ Hope in God's Promises</u>	22
<u>Day 5: 👤 Trusting God in the Daily Details</u>	28
<u>Day 6: ✨ God's Comfort in Pain</u>	34
<u>Day 7: 🌄 Walking by Faith</u>	40



Introduction

Living with Type 1 Diabetes can be challenging and requires daily diligence. But beyond the physical care, our spiritual health plays a crucial role in how we face each day. *This Bible study plan invites you to deepen your trust in God, find peace amidst uncertainty, and discover that He is with you every step of the way.* ❤️

Diabetes often brings concerns about control, unpredictability, and sometimes fear about the future. Yet Scripture reminds us of God's steadfast love and sovereignty, encouraging us to focus our hearts on Him rather than our worries. Throughout this journey, you'll explore how trusting God can bring comfort and hope, even when medical challenges persist.

Each day offers a Scripture to anchor your thoughts, a devotional to inspire faith, questions to reflect on your personal journey, and prompts to journal your prayers and feelings. Whether you're newly diagnosed or have walked this path for years, this plan aims to nourish both your body and spirit, reminding you that you are never alone.

Let God's Word be your refuge and strength, your healing balm in moments of trial. Welcome to a week of growing in trust, courage, and peace as you walk in faith with your Type 1 Diabetes.





Day 1: 🛡 Finding Strength in God



Day 1:  Finding Strength in God

Your Verse

Psalm 46:1 – "God is our refuge and strength, an ever-present help in trouble."

Supporting Scriptures

- *Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."*



Day 1:  Finding Strength in God

Devotional: God's Strength Sustains You

Starting with strength: Living with Type 1 Diabetes can be exhausting. There are days when managing blood sugar, injections, and symptoms feel overwhelming. But God's Word invites us to lean on Him as our refuge and strength. Psalm 46:1 reminds us that God is an ever-present help, ready to support us in our moments of weakness and fear.

When you feel drained, remember 2 Corinthians 12:9 where Paul shares that God's grace is enough to carry us through our struggles. It's okay to acknowledge your limitations and realize that God's power works best in your weakness — that means you are not alone. Is your spirit weary today? Let God's presence rejuvenate you.

God's strength is your shield and comfort as you face each day. Trust Him with your health and your heart.



Day 1:  Finding Strength in God

Reflect and Apply

1. In what areas of managing your diabetes do you feel weakest or most vulnerable?

2. How can you invite God's strength into these moments of weakness?

3. What does it mean for you personally that God is your refuge and strength?



Day 1:  Finding Strength in God

Journaling Prompts

1. Write about a recent moment when you felt overwhelmed with your diabetes care.

2. Reflect on how God has helped you through medical challenges in the past.

3. Write down a personal prayer asking God for strength today.



Day 1:  Finding Strength in God

Prayer for Today

Dear Lord, thank You for being my refuge and strength. When I feel weak and uncertain because of my diabetes, remind me that Your grace is sufficient. Help me to trust You fully and lean on Your power every day. Fill me with peace and courage to face each challenge with confidence, knowing I am not alone. Strengthen my body and spirit, and guide my steps in Your perfect love.

Amen.    





Day 2: Peace Beyond Symptoms



Day 2: 🌿 Peace Beyond Symptoms

Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

- *Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 2: 🌿 Peace Beyond Symptoms

Devotional: Receiving God's Deep Peace

Peace amid uncertainty: Living with a chronic condition like Type 1 Diabetes often brings worries: What will the future hold? What if complications arise? Jesus offers a peace unlike any other — a peace that surpasses worldly understanding.

John 14:27 assures us that Jesus gives us His peace, encouraging us not to let fear control our hearts. When your mind feels restless, bring your concerns to God as Philippians 4:6 teaches — with prayer, petition, and thanksgiving. God promises in Isaiah 26:3 to guard your heart and mind with perfect peace when you trust Him.

Invite God's peace to calm your spirit today, especially when anxieties about your health rise.



Day 2: 🌿 Peace Beyond Symptoms

Reflect and Apply

1. What fears or worries about your diabetes tend to trouble your heart?

2. How can you practice presenting your anxieties to God daily?

3. What does 'perfect peace' mean to you in the context of your health journey?



Journaling Prompts

1. List your current worries about living with Type 1 Diabetes.

2. Write a prayer asking Jesus to fill your heart with His peace.

3. Describe a past experience where God's peace helped you through a difficult time.



Day 2: 🌿 Peace Beyond Symptoms

Prayer for Today

Lord Jesus, thank You for Your gift of peace that calms my anxious heart. Help me to surrender my fears about my diabetes and trust in Your care. Teach me to bring every concern to You with thanksgiving, knowing that Your perfect peace will guard my heart and mind. Let Your peace reign in me today and every day. *Amen.* 🙏🕊️❤️🌿





Day 3: ⚖️ God's Control Over Our Bodies



Day 3: 📖 God's Control Over Our Bodies

Your Verse

1 Corinthians 6:19-20 - "...your body is a temple of the Holy Spirit... Therefore honor God with your body."

Supporting Scriptures

- *Psalm 139:13-14 - "For you created my inmost being; you knit me together in my mother's womb."*
- *Romans 8:28 - "And we know that in all things God works for the good of those who love him."*



Devotional: Honoring God in Your Body

Honoring God with your body: Managing Type 1 Diabetes requires diligent care for your body. 1 Corinthians 6:19–20 reminds us that our bodies are temples of the Holy Spirit, entrusted to us by God. Despite the medical challenges, your body is sacred and significant.

Psalms 139 celebrates God's intimate creation of you, knitting you together with care and purpose. Even as your body faces health trials, God's hands are still at work. Romans 8:28 reassures us that God can bring good from every circumstance, including illness.

Trust that God holds your body, and your care for it honors Him.



Day 3: 📖 God's Control Over Our Bodies

Reflect and Apply

1. How do you care for your body as God's temple through your diabetes management?

2. What challenges do you face in trusting God's control over your health?

3. How can your attitude toward your body reflect your faith in God's plan?



Day 3: 📖 God's Control Over Our Bodies

Journaling Prompts

1. Describe how you see your body as God's temple today.

2. Write about ways you honor God through your diabetes care.

3. Record a prayer surrendering your body and health to God's care.



Day 3: 🙏 God's Control Over Our Bodies

Prayer for Today

Father God, thank You for creating me with such care and purpose. Even when my body faces challenges from diabetes, help me to remember it is Your temple. Teach me to honor You in how I care for myself. Give me peace that You work all things together for my good. Help me trust Your divine plan for my health. *Amen.* 🙏🙏❤️





Day 4: ✨ Hope in God's Promises



Day 4: ✨ Hope in God's Promises

Your Verse

Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."*
- *Lamentations 3:22-23 – "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."*



Day 4: ✨ Hope in God's Promises

Devotional: God's Hope Sustains You

Clinging to hope: The future with Type 1 Diabetes may feel uncertain or intimidating. Yet, God's promise in Jeremiah 29:11 assures us He has plans full of hope and a future for each of us.

Romans 15:13 reminds us that God is the source of hope, joy, and peace, which flourish as we trust Him. Even when struggles feel relentless, Lamentations 3:22-23 tells us of God's unfailing love and new mercies every morning.

Embrace these promises as a source of hope to sustain you.



Day 4: ✨ Hope in God's Promises

Reflect and Apply

1. How do God's promises encourage you as you face your diabetes journey?

2. What hopes do you hold for your health and future?

3. How can trusting God's plan help you live with greater peace today?



Day 4: ✨ Hope in God's Promises

Journaling Prompts

1. Write about your hopes and fears for the future regarding your health.

2. Journal how you can lean more into God's hope and peace today.

3. Pen a prayer thanking God for His plans and mercy.



Day 4: ✨ Hope in God's Promises

Prayer for Today

God of hope, thank You for the promise of a hopeful future. Help me to trust Your good plans even when I feel uncertain or afraid. Fill me with joy and peace as I place my faith in You. Renew my strength each day with Your compassion and love. Guide me forward in hope and confidence. *Amen.* 🙏





Day 5: 🙏 Trusting God in the Daily Details



Day 5: 🧘 Trusting God in the Daily Details

Your Verse

Matthew 6:34 - "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Supporting Scriptures

- *Psalms 55:22 - "Cast your cares on the Lord and he will sustain you."*
- *Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding."*



Day 5: 🧘 Trusting God in the Daily Details

Devotional: Live Trusting God Daily

Focus on today: Managing diabetes involves countless daily decisions, from nutrition to medication. It's easy to become anxious about the future. Yet Matthew 6:34 exhorts us to concentrate on today and not borrow trouble from tomorrow.

Psalms 55:22 encourages casting all your cares on God, who promises to sustain you. Proverbs 3:5–6 reminds us to trust fully in God's wisdom rather than our limited understanding.

By trusting God day-by-day, you can face each challenge with calm and confidence.



Reflect and Apply

1. What worries about tomorrow do you carry concerning your diabetes?

2. How can you consciously cast your cares on God each day?

3. Where do you need to trust God more instead of relying on your understanding?



Day 5:  Trusting God in the Daily Details

Journaling Prompts

1. Write about your current daily worries related to diabetes management.

2. Describe a way you can practice more trust in God today.

3. Pray for courage to face your daily challenges without anxiousness.



Day 5: 🧑‍🦯 Trusting God in the Daily Details

Prayer for Today

Lord, help me to focus on today and place my trust fully in You. When I feel overwhelmed by diabetes care or worry about the future, remind me to cast my cares on You. Teach me to lean not on my own understanding but on Your perfect guidance. Sustain me through each step today. *Amen.* 🙏 📅 🙌 ❤️





Day 6: ✨ God's Comfort in Pain



Day 6: ✨ God's Comfort in Pain

Your Verse

2 Corinthians 1:3-4 - "The God of all comfort, who comforts us in all our troubles..."

Supporting Scriptures

- *Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 6: ✨ God's Comfort in Pain

Devotional: Receiving God's Comfort in Trials

Finding comfort: Diabetes pain or complications can leave you feeling brokenhearted or burdened. 2 Corinthians 1:3–4 describes God as the ultimate comforter, who is close to us in every trouble.

Psalm 34:18 assures that the Lord is near to those crushed in spirit. Jesus personally invites the weary to come to Him for rest in Matthew 11:28.

No matter the pain, God's loving presence can bring peace and healing to your heart and soul.



Day 6: ✨ God's Comfort in Pain

Reflect and Apply

1. How does God comfort you in moments of pain or discouragement?

2. What burdens do you need to bring to Jesus right now?

3. How can you experience God's rest amid ongoing health challenges?



Day 6: ✨ God's Comfort in Pain

Journaling Prompts

1. Describe a time when God comforted you during a difficult health issue.

2. Write a prayer inviting Jesus to carry your burdens today.

3. Reflect on ways you can rest physically and spiritually.



Day 6: ✨ God's Comfort in Pain

Prayer for Today

Compassionate God, I bring my pain, weariness, and burdens to You. Thank You for being close to my broken heart and offering true rest. Comfort me in all my troubles and remind me that I am not alone. Help me to find peace in Your presence today. *Amen.* 🙏❤️🕊️✨





Day 7: Walking by Faith



Day 7: 🌄 Walking by Faith

Your Verse

2 Corinthians 5:7 – "For we live by faith, not by sight."

Supporting Scriptures

- *Hebrews 11:1 – "Faith is confidence in what we hope for and assurance about what we do not see."*
- *Isaiah 40:31 – "Those who hope in the Lord will renew their strength."*



Day 7: 🌿 Walking by Faith

Devotional: Living Fully by Faith

Faith fills the journey: As you continue managing Type 1 Diabetes, your journey may feel uncertain or invisible to others. Yet 2 Corinthians 5:7 calls us to live by faith, not by sight — trusting God beyond what our eyes can see.

Hebrews 11:1 describes faith as assurance and confidence in God's promises. When facing invisible battles or daily challenges, let your hope in the Lord renew your strength, as Isaiah 40:31 promises.

Walk forward confidently, knowing your faith carries you through every trial.



Day 7: 🌄 Walking by Faith

Reflect and Apply

1. How does living by faith impact your daily diabetes journey?

2. What does assurance in things unseen mean to you personally?

3. How can hope in God renew your strength during tough times?



Day 7: 🌄 Walking by Faith

Journaling Prompts

1. Write about how faith has helped you cope with diabetes challenges.

2. Journal a statement of faith declaring trust in God's plan for you.

3. Pray for renewed hope and strength to continue your journey.



Day 7: 🌄 Walking by Faith

Prayer for Today

Lord, help me to live by faith each day, trusting You even when I cannot see the outcome. Strengthen my hope and renew my spirit as I face challenges with diabetes. Let my confidence be in Your promises and love. Guide me step by step on this journey of faith. *Amen.* 🙏🌟💪❤️





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.