



# Finding Strength and Comfort in God's Care for Your Health



Explore scripture-based comfort and hope during hypoglycemia episodes through God's promises of healing, peace, and strength.

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# Table of contents

<u>Introduction</u>	3
<u>Day 1: ☒ God's Presence in Weakness</u>	4
<u>Day 2: 🍷 God Provides Physical Nourishment</u>	10
<u>Day 3: 🛖 Restoring Health and Strength</u>	16
<u>Day 4: 🕊 Peace in Anxiety</u>	22
<u>Day 5: 🙏 Trusting God's Timing</u>	28
<u>Day 6: 💪 Courage to Continue</u>	34
<u>Day 7: ✨ Hope for the Future</u>	40



## Introduction

Living with hypoglycemia can bring sudden physical and emotional challenges. Episodes of low blood sugar may cause anxiety, weakness, and fear, leaving you searching for peace and strength beyond your own. ***God's Word offers profound comfort and reassurance during these moments.*** As you journey through this 7-day Bible study, you will discover scriptures that remind you of God's healing power, His intimate knowledge of your struggles, and His unwavering presence.

Each day's reflection is designed to uplift your spirit and build your faith. You will find encouragement rooted in God's promises to heal, restore, and sustain you even when your body feels frail. These scriptures are not just words; they are God's living breath poised to offer calm in the midst of the storm.

Through prayerful meditation, devotional insights, and introspective questions, you'll develop a deeper trust in God's care—physically, emotionally, and spiritually. This study is a safe space to acknowledge your fears while embracing hope. Remember that **you are never alone in your health journey; God walks with you through every episode, sustaining you with His love and strength.**

May this time of study bring you peace that surpasses understanding, *healing beyond the physical*, and a renewed confidence in God's provision for all aspects of your health.





## Day 1: ✕ God's Presence in Weakness



Day 1: ☒ God's Presence in Weakness

## Your Verse

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

## Supporting Scriptures

- *Isaiah 41:10 – "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: ☒ God's Presence in Weakness

## Devotional: God Is Your Strength in Every Weakness

When hypoglycemia strikes, your body and mind may feel weak and vulnerable. In these moments, Psalm 46:1 reminds us that God is not distant but our near refuge and source of strength. This is a sanctuary where you can lean fully without fear.

Isaiah 41:10 reassures us that fear has no place when God is holding our hand. His presence dispels worry and gives you courage to face the unexpected challenges that come with health struggles. Paul's words in 2 Corinthians emphasize that God's grace covers all weaknesses, including physical ones, turning them into opportunities for His power to shine.

*Lean on God's presence when your body feels frail—it is the foundation for true strength beyond the limits of your flesh.*



## Reflect and Apply

1. How can acknowledging God's presence in your weak moments change your perspective on hypoglycemia episodes?

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2. What does it mean for God's grace to be 'sufficient' when you feel physically drained?

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3. In what ways might you lean more on God's strength instead of your own during health challenges?

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## Journaling Prompts

1. Write about a recent time when you felt weak and how God's presence was evident or could have been invited.

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2. List practical ways you can remind yourself daily that God is your refuge and strength.

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3. Reflect on how understanding God's grace in weakness can transform your attitude toward health struggles.

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Day 1: ☒ God's Presence in Weakness

## Prayer for Today

**Lord, thank You for being my refuge and strength during times of weakness and uncertainty.** Help me to sense Your ever-present help when hypoglycemia challenges me. Teach me to rely fully on Your grace and not my own strength. Calm my fears and fill me with peace that only You can give.  
*Guide me to trust You deeply today.*





## Day 2: 📖 God Provides Physical Nourishment



## Your Verse

*Matthew 6:31-33 - "So do not worry, saying, 'What shall we eat?'... But seek first his kingdom and his righteousness, and all these things will be given to you as well."*

## Supporting Scriptures

- *Psalm 34:8 - "Taste and see that the LORD is good; blessed is the one who takes refuge in him."*
- *John 6:35 - "I am the bread of life. Whoever comes to me will never go hungry."*



Day 2: 🍞 God Provides Physical Nourishment

## Devotional: Trusting God to Provide All Your Needs

**Managing hypoglycemia requires careful attention to physical nourishment.** Matthew 6 encourages us not to be consumed by worry about what to eat, but first to focus on God's kingdom and righteousness. When you put God first in your life, He promises to provide what you need, including health and sustenance.

Psalm 34 invites us to experience the goodness of the Lord firsthand—like tasting bread and finding satisfaction. Similarly, Jesus' claim as the Bread of Life in John 6 promises that those who come to Him will find true fulfillment beyond mere physical food.

*Your physical care and spiritual nourishment go hand in hand. Trust God to provide both as you manage your health with wisdom and faith.*



## Reflect and Apply

1. How might seeking God's kingdom first change your approach to managing your diet and health?

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2. What is the difference between physical hunger and the deeper hunger Jesus satisfies?

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3. How can you practically combine faith and good health habits when hypoglycemia threatens your stability?

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## Journaling Prompts

1. Write about ways God has provided for your physical or emotional needs during difficult health times.

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2. Describe how you can seek God's kingdom first in daily choices related to your well-being.

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3. Reflect on what 'the bread of life' means to you personally amid health challenges.

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Day 2: 🍞 God Provides Physical Nourishment

## Prayer for Today

**Father, thank You for providing for all my needs, seen and unseen.** Help me to balance careful physical care with placing You first in my heart. Teach me to trust Your goodness and provision especially when hypoglycemia causes uncertainty. Nourish my soul and body with Your presence and peace today.





## Day 3: 🛏 Restoring Health and Strength





Day 3: 🚑 Restoring Health and Strength

## Your Verse

*Exodus 15:26 - "I am the LORD, who heals you."*

## Supporting Scriptures

- *Jeremiah 30:17 - "I will restore you to health and heal your wounds."*
- *Psalms 147:3 - "He heals the brokenhearted and binds up their wounds."*



## Day 3: 🏠 Restoring Health and Strength

## Devotional: God's Promise to Heal and Restore You

**God is intimately involved in the healing process—even when it's slow and unseen.** Exodus 15:26 clearly states, "I am the LORD, who heals you." This is an encouragement that healing is not just physical, but holistic: body, mind, and spirit.

Jeremiah 30:17 offers hope for restoration, promising God will heal not only physical wounds but also the emotional wounds that may accompany chronic health struggles. Psalm 147:3 reassures us of God's compassionate care, binding up broken hearts and wounds alike.

*In moments of exhaustion or discouragement, rest in God's promise to heal and restore. His healing work is ongoing and whole.*



Day 3: 🏠 Restoring Health and Strength

## Reflect and Apply

1. What kind of healing do you feel you need most right now—physical, emotional, or spiritual?

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2. How does knowing God heals the brokenhearted encourage you during health episodes?

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3. In what ways can you cooperate with God's healing process through rest and faith?

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Day 3: 🏠 Restoring Health and Strength

# Journaling Prompts

1. Write about a time you experienced God's healing, big or small.

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2. List areas in your life where you long for restoration and invite God to work there.

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3. Reflect on how you can create space for rest that honors God's healing presence.

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Day 3: 🏠 Restoring Health and Strength

## Prayer for Today

**Lord, I cling to Your promise that You are the healer of my body and soul. In my moments of weakness and pain, remind me that You are restoring me. Give me patience in seasons of waiting and the peace to rest fully in Your loving care. Heal my wounds and strengthen my spirit today.**





## Day 4: 🕊️ Peace in Anxiety



## Your Verse

*Philippians 4:6-7 - "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."*

## Supporting Scriptures

- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast."*
- *John 14:27 - "Peace I leave with you; my peace I give you."*



Day 4: 🕊️ Peace in Anxiety

## Devotional: Receiving God's Peace in Troubled Times

**Hypoglycemia episodes can trigger anxiety and fear, but God offers a peace that transcends these feelings.** Philippians 4:6-7 teaches us not to be anxious but to bring everything to God in prayer. When we do, His peace guards our hearts and minds like a protective shield.

Isaiah promises perfect peace for those who fix their thoughts on God, and Jesus Himself offers a lasting peace unlike anything the world can give (John 14:27). This peace calms the storm inside, helping you face health struggles with a quiet confidence grounded in God's presence.

*Allow yourself to pause, pray, and receive God's peace amidst your health anxieties.*





## Reflect and Apply

1. What anxieties surface most often during your hypoglycemia episodes?

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2. How does God's peace differ from the relief offered by medication or external comforts?

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3. What practical steps can you take to cultivate a steadfast mind focused on God?

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# Journaling Prompts

1. Describe a recent moment when God's peace calmed your fears or worries.

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2. Write a prayer asking God to guard your heart and mind during anxious times.

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3. Reflect on habits that help you remember to bring anxiety to God in prayer.

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Day 4: 🕊️ Peace in Anxiety

## Prayer for Today

**Heavenly Father, calm my anxious heart and mind with Your peace. Help me to bring every worry to You in prayer and trust Your protective presence. Guard me from fear during sudden health episodes and fill me with the tranquility that only You can provide.**





## Day 5: 🙏 Trusting God's Timing



Day 5: 🙏 Trusting God's Timing

## Your Verse

*Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."*

## Supporting Scriptures

- *Psalm 27:14 - "Wait for the LORD; be strong and take heart and wait for the LORD."*
- *Isaiah 40:31 - "Those who hope in the LORD will renew their strength."*



Day 5: 🙏 Trusting God's Timing

## Devotional: Strength in Waiting on God's Timing

**Sometimes healing or stable health doesn't come as quickly as we desire.** Ecclesiastes 3:1 reminds us God has a perfect timing for all things—including health and healing. Learning to wait on God can test our patience but builds our faith.

Psalm 27:14 encourages us to be strong and take heart as we wait, relying on God's timing rather than our own schedules. Isaiah 40:31 provides hope that those who put their hope in God will have their strength renewed, allowing you to persevere through health struggles.

*Entrust your health journey to God's perfect timing and find strength in hope.*



Day 5: 🙏 Trusting God's Timing

## Reflect and Apply

1. How do you typically respond when your health does not improve as quickly as you want?

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2. What does it mean to put your hope in the Lord during times of waiting?

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3. How can waiting on God cultivate a deeper faith amid ongoing health challenges?

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Day 5: 🙏 Trusting God's Timing

## Journaling Prompts

1. Write about a situation where waiting on God brought unexpected blessings.

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2. List ways you can actively 'wait' on God instead of feeling anxious or impatient.

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3. Reflect on what renewed strength from God looks like in your current health journey.

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Day 5: 🙏 Trusting God's Timing

## Prayer for Today

**Lord, teach me patience and trust in Your perfect timing.** Help me to wait on You with courage and hope, knowing You are working all things together for my good. Renew my strength as I place my hope fully in You today.





## Day 6: 💪 Courage to Continue



Day 6: 🍌 Courage to Continue

## Your Verse

*Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."*

## Supporting Scriptures

- *Psalm 31:24 - "Be strong and take heart, all you who hope in the LORD."*
- *Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you."*



Day 6: 🍌 Courage to Continue

## Devotional: Bold Courage Rooted in God's Presence

**The journey with hypoglycemia often requires courage to persevere.** Joshua 1:9 is a powerful call to strength and courage grounded in God's abiding presence. When you feel afraid or discouraged, remember God goes with you wherever you go.

Both Psalm 31:24 and Deuteronomy 31:6 echo the encouragement to be strong because hope in the Lord empowers your spirit. Courage does not mean the absence of fear but trusting God so deeply that fear loses its grip.

*Draw on God's strength to face each day with boldness, knowing you are never alone in your health challenges.*



Day 6: 🧡 Courage to Continue

## Reflect and Apply

1. Where do you feel fear or discouragement in your health journey?

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2. How can God's promise to be with you inspire courage in difficult moments?

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3. What does it mean to be strong 'because you hope in the Lord'?

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## Journaling Prompts

1. Write about a time when courage carried you through a tough health episode.

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2. List Bible verses or truths that help build your courage.

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3. Reflect on how trusting God influences your view of fear related to hypoglycemia.

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Day 6: 💪 Courage to Continue

## Prayer for Today

**Father, fill me with courage and strength for today's challenges.** Help me not to fear or become discouraged but to remember You walk with me every moment. Empower me to face health difficulties boldly and with hope rooted in You.



## Day 7: ✨ Hope for the Future





Day 7: ✨ Hope for the Future

## 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 – "His mercies never come to an end; they are new every morning."*



Day 7: ✨ Hope for the Future

## Devotional: God's Hope Promises a Bright Future

**Looking ahead can be difficult when health concerns loom constantly.** Jeremiah 29:11 offers the beautiful assurance that God's plans for you hold hope and a good future, despite present struggles.

Romans 15:13 encourages us to trust God, allowing Him to fill us with overflowing joy and peace—a hope that sustains through trials.

Lamentations 3:22-23 reminds us that God's mercies are fresh every day, offering new strength and grace with each morning.

*Cling to God's hope for your future, knowing He is faithful to restore, uphold, and bless.*



Day 7: ✨ Hope for the Future

## Reflect and Apply

1. How does knowing God has good plans for you influence your outlook on living with hypoglycemia?

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2. In what ways can you cultivate daily hope despite health uncertainties?

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3. How do God's mercies renew your strength each morning?

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Day 7: ✨ Hope for the Future

## Journaling Prompts

1. Write a prayer or letter to God expressing your hopes and fears about the future.

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2. List ways you have seen God's faithfulness in your past that encourage hope now.

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3. Reflect on tangible ways to hold onto joy and peace each day.

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Day 7: ✨ Hope for the Future

## Prayer for Today

**Lord, thank You for the hope and future You promise me.** Even amid health struggles, help me to trust Your plans and to be filled with joy and peace. Remind me daily that Your mercies are new and Your faithfulness is great. I place my future fully in Your hands.





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