

Catholic Reflection Journal for Diabetes Recovery

A Tool for Healing, Balance, and Holiness

Part I: Grounding in the Present Moment

Date:

Time:

Location:

Environment (e.g., quiet, busy, safe):

Body Check-In

☐ Balanced ☐ Fatigued ☐ Numbness ☐ Thirsty ☐ Other: _____

Emotion Check-In

☐ Peaceful ☐ Anxious ☐ Sad ☐ Hopeful ☐ Irritable ☐ Grateful ☐ Other: _____

Blood Glucose Reading (if taken): _____

Food and Water Intake Summary: _____

Part II: Personal Reflection

1. Did I experience any highs or lows today?

☐ High BG ☐ Low BG ☐ Both ☐ Neither

If yes:

- What do I remember feeling physically and emotionally?
- Were there any triggers (e.g., stress, activity, food, timing)?
- How did I care for myself during and after the episode?

2. Where did I feel God's presence in my health journey today?

(e.g., a prayer, a kind word, a moment of insight, silence, Eucharist)

3. What was difficult for me today?

(e.g., diet challenges, energy levels, fear, temptation to neglect health)

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4. Did I offer any part of this day as prayer or sacrifice to God?

☐ Yes ☐ No ☐ Not sure

"Whether you eat or drink, or whatever you do, do everything for the glory of God." (1 Corinthians 10:31)

Reflect: How might I live that truth with diabetes today?

Part III: Prayerful Response

5. A short prayer from me to God today:

(Write freely or use a format such as "Jesus, today I feel... Please help me to...")

6. Scripture for the Day (choose or write one):

- Psalm 30:2 - "Lord my God, I called to you for help, and you healed me."
- Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."
- Philippians 4:13 - "I can do all things through Christ who strengthens me."
- John 10:10 - "I came that they may have life, and have it abundantly."

7. Intention for Tomorrow:

☐ I will care for my body as a temple of the Holy Spirit

☐ I will not fear tomorrow

☐ I will eat and rest mindfully

☐ I will ask someone for help or support

☐ I will thank God for small victories

☐ Other: _____

Optional Creative Space

Use this space to draw, colour, copy Scripture verses, write poems, or paste an image or holy card.

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Weekly Reflection (Use every 7 days)

Looking back over the past week:

- What have I learned about managing my health and emotions?
- When have I seen God's grace show up?
- What am I most grateful for?
- What spiritual fruit do I ask for this week (e.g., patience, courage, trust)?

Closing Prayer

"Jesus, Divine Physician, I surrender my diabetes to You. Teach me to honour my body with wisdom and trust. When I feel weak or discouraged, lift me up. When I feel blessed and strong, let me praise You. With the intercession of St. Pauline, patron of diabetics, may I walk daily in hope and grace. Amen."

This journal is offered as a companion in your journey with diabetes. May it be a small sign of God's abiding love and care for your healing.