

# DETERMINED

A Companion Workbook

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Prepared for

**Elizabeth**

Living with Type 2 Diabetes

Season of life: Retired

Region: Williamson County, TN

Diagnosed in 2019

*"The same storm that breaks one tree can make another's roots go deeper."*

— Mark K. Fry, Sr.

# Welcome

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Elizabeth, this workbook was built for you. Every page ahead names your journey with type 2 diabetes directly — not a generic condition, not someone else's story. It is meant to be written in, prayed through, and returned to.

Whatever it means to live as a retired in Williamson County, TN with type 2 diabetes since 2019, this space is yours. Take one chapter a day, or one a week — the pace is up to you.

*"He gives strength to the weary and increases the power of the weak."*

— Isaiah 40:29

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## Chapter 1

# Here's My Story, What's Yours?

*"Even the darkest night will end and the sun will rise."*

— Victor Hugo

Elizabeth, this is where we begin. Living with type 2 diabetes — and the choosing food and movement on purpose that now comes with it — was not the story you would have written. It is the one God is meeting you inside of, starting today.

For you, Elizabeth, the first chapter of type 2 diabetes was the day a shared meal stopped feeling ordinary.

Beginning here means naming, out loud, that choosing food and movement on purpose is now part of your life — and refusing to let that be the whole story.

## Reflection

1. What word would you use to describe the day you first heard the words "Type 2 Diabetes"?

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2. What do you most want to be true by the end of these 30 days, Elizabeth?

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3. In 7 years since your diagnosis, what has surprised you most about yourself?

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## Prayer

*Lord, meet Elizabeth today in the middle of choosing food and movement on purpose. Give courage to begin, honesty to name what hurts, and hope enough for one more day.*

## Listen

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### **Listen: House of the Lord — Phil Wickham**

[https://www.youtube.com/results?search\\_query=Phil%20Wickham%20House%20of%20the%20Lord](https://www.youtube.com/results?search_query=Phil%20Wickham%20House%20of%20the%20Lord)

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Chapter 2

# Why God?! Why Me?!

*"The greatest weapon against stress is our ability to choose one thought over another."*

— William James

There is a difference, Elizabeth, between denying type 2 diabetes and being defined by it. Honesty about a bad reading does not make you fragile — it makes you real.

Living with type 2 diabetes means people ask how you are while choosing food and movement on purpose is quietly running in the background.

Honesty about a bad reading does not make you fragile, Elizabeth — it makes you real.

## Reflection

1. Where have you been tempted to pretend you are fine when a bad reading says otherwise?

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2. What is one truth about life with type 2 diabetes you wish people understood?

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3. How does being a retired shape the way you carry this?

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## Prayer

*Father, help Elizabeth tell the truth today — about a bad reading, about choosing food and movement on purpose, and about the tiredness underneath both.*

## Listen

**Listen: Truth Be Told — Matthew West**

[https://www.youtube.com/results?search\\_query=Matthew%20West%20Truth%20Be%20Told](https://www.youtube.com/results?search_query=Matthew%20West%20Truth%20Be%20Told)

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### Chapter 3

## Come to Grips With Your Illness

*"Acceptance of what has happened is the first step to overcoming the consequences of any misfortune."*

— William James

Three days in, Elizabeth, and the weight of type 2 diabetes is real. Endurance for you looks like choosing food and movement on purpose on a day nobody sees or claps for it — and that still counts.

Endurance for you, Elizabeth, looks like choosing food and movement on purpose on a day nobody sees or claps for it.

You have already outlasted more of type 2 diabetes than you give yourself credit for.

About six in ten adults in the United States are living with at least one chronic condition, and four in ten are living with two or more.

### Reflection

1. What is one thing you did this week that was harder than it looked?

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2. Where does a bad reading tempt you to quit, and what keeps you going?

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3. Who has believed in you when you couldn't believe in yourself?

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### Prayer

*God, when Elizabeth wants to quit in the middle of choosing food and movement on purpose, be the quiet strength that says keep going.*

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## Listen

### Listen: Do It Again — Elevation Worship

[https://www.youtube.com/results?search\\_query=Elevation%20Worship%20Do%20It%20Again](https://www.youtube.com/results?search_query=Elevation%20Worship%20Do%20It%20Again)



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Chapter 4

# To God be the Glory

*"Courage is not having the strength to go on; it is going on when you don't have the strength."*

— Theodore Roosevelt

Grief is honest work, Elizabeth. Type 2 Diabetes has quietly cost you the shame you have carried in public, and pretending otherwise costs too much.

You have quietly grieved the shame you have carried in public, Elizabeth, and that grief deserves a page of its own.

Naming what type 2 diabetes has cost is not self-pity — it is the beginning of healing.

## Reflection

1. Name one loss type 2 diabetes has cost you — like the shame you have carried in public — that you have not fully grieved.

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2. What would it look like to let yourself cry about that this week?

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3. Where has God met you inside a loss, even quietly?

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## Prayer

*Lord, You are close to the brokenhearted. Come close to Elizabeth today, especially around the shame you have carried in public.*

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## Listen

### **Listen: Even When It Hurts — Hillsong United**

[https://www.youtube.com/results?search\\_query=Hillsong%20United%20Even%20When%20It%20Hurts](https://www.youtube.com/results?search_query=Hillsong%20United%20Even%20When%20It%20Hurts)

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Chapter 5

## Don't Live in the Past

*"Optimism is essential to achievement and it is also the foundation of courage and true progress."*

— Nicholas M. Butler

Anger is not the opposite of faith, Elizabeth. Half the psalms are angry. God can handle the truth about a bad reading on the wrong week.

Anger and type 2 diabetes — Elizabeth, a bad reading on the wrong week is enough to wake it. God is not scared of what you feel about type 2 diabetes; He is waiting for the truth of it.

### Reflection

1. What are you angry about — a bad reading, choosing food and movement on purpose, or something deeper — that you have not said out loud?

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2. Who is it safe to bring that anger to — God, a friend, a counselor?

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3. How can you let anger move you toward honesty instead of bitterness?

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### Prayer

*God, hear the anger under Elizabeth's words today — the anger at a bad reading, at choosing food and movement on purpose, at what type 2 diabetes keeps taking. Turn it into honesty, not bitterness.*

### Listen

**Listen: It Is Well — Kristene DiMarco / Bethel**

[https://www.youtube.com/results?search\\_query=Bethel%20Kristene%20DiMarco%20It%20Is%20Well](https://www.youtube.com/results?search_query=Bethel%20Kristene%20DiMarco%20It%20Is%20Well)

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Chapter 6

# Job, Joseph, Jesus and Paul

*"Trials make you strong. Failure makes you humble. Challenges make you strive."*

— Kemi Sogunle

Fear knocks loudest at night, Elizabeth. At 2 a.m. it usually sounds like one sentence: where your numbers will land at the next visit. This chapter is a lamp for those hours.

At 2 a.m., Elizabeth, where your numbers will land at the next visit is what type 2 diabetes whispers loudest.

The lamp for those hours is not fearlessness — it is knowing you are not alone with a bad reading.

## Reflection

1. When where your numbers will land at the next visit shows up at 2 a.m., what does your body do first?

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2. What would it look like to hand that fear to God one time each morning?

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3. Who is one person you can text at 2 a.m. when the fear feels loud?

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## Prayer

*Father, when where your numbers will land at the next visit wakes Elizabeth in the dark, be nearer than the fear itself.*

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## Listen

### **Listen: No Longer Slaves — Zach Williams**

[https://www.youtube.com/results?search\\_query=Zach%20Williams%20No%20Longer%20Slaves](https://www.youtube.com/results?search_query=Zach%20Williams%20No%20Longer%20Slaves)

## Chapter 7

# Keep Your Chin Up

*"We shall never know all the good that a simple smile can do."*

— Mother Teresa

Medical language can dehumanize, Elizabeth. In the exam room you are more than a bad reading on a chart or another line item in choosing food and movement on purpose.

In the exam room, Elizabeth, you are more than a bad reading on a chart or a code in a system.

You are allowed to ask hard questions about type 2 diabetes until the answers make sense to you, not just to the clinicians.

This is not an argument against grief, and it is not a diagnosis. If the heaviness does not lift, that is a medical matter, not a spiritual failure — tell your doctor.

## Reflection

1. What has a doctor said about type 2 diabetes that stayed with you — for better or worse?

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2. How do you want to be seen by your care team, beyond your diagnosis?

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3. What is one question about choosing food and movement on purpose you have been afraid to ask at your next appointment?

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## Prayer

*Lord, remind Elizabeth today: You know the whole person, not just the chart and not just a bad reading.*

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## Listen

### **Listen: Battle Belongs — Phil Wickham**

[https://www.youtube.com/results?search\\_query=Phil%20Wickham%20Battle%20Belongs](https://www.youtube.com/results?search_query=Phil%20Wickham%20Battle%20Belongs)

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Chapter 8

# It's Not All About YOU

*"My mother taught me to be honest, to be selfless, and to touch people in a positive way."*

— Scott Eastwood

Seasons of life change what type 2 diabetes costs you, Elizabeth. What weighs most on a retired carrying choosing food and movement on purpose is not what weighed most a decade ago.

This season of life plus type 2 diabetes means choosing food and movement on purpose on top of everything else you already carry as a retired.

What type 2 diabetes costs you now is different from what it would have cost in another season — and that is worth naming.

## Reflection

1. What does type 2 diabetes cost you specifically as a retired?

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2. What did you assume this season of life would look like before a bad reading?

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3. Where is God writing a better story than the one you planned?

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## Prayer

*God, in this retired season, meet Elizabeth where choosing food and movement on purpose actually is — not where life used to be.*



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## Listen

### **Listen: Seasons — Hillsong Worship**

[https://www.youtube.com/results?search\\_query=Hillsong%20Worship%20Seasons](https://www.youtube.com/results?search_query=Hillsong%20Worship%20Seasons)

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Chapter 9

# Eat and Exercise Like Your Life Depends On It

*"The doctor of the future will give no medicine, but will involve the patient in the proper use of food, fresh air and exercise."*

— Thomas Edison

Community is not optional, Elizabeth. Type 2 Diabetes is too heavy to carry alone, and the people who really know its cost are the ones who don't flinch when a bad reading shows up.

The people who really know what type 2 diabetes costs you, Elizabeth, are the ones who don't flinch when a bad reading shows up.

You do not need a crowd — you need a few who will sit through a shared meal with you.

A note for your season: if you are in active treatment, run any change to how you eat or move past your care team first. Stewardship here means asking, not pushing through.

## Reflection

1. Who are the two or three people who don't flinch when you talk about a bad reading?

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2. Where could you look for a small support group — locally, online, or through your church?

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3. What is one honest thing about choosing food and movement on purpose you could share this week instead of "I'm fine"?

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## Near You

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Look around Williamson County, TN this week for one small group, faith community, or nonprofit that meets people living with a chronic condition. One coffee is enough to start.

## Prayer

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*Father, bring people into Elizabeth's life who will sit through a shared meal without flinching or fixing.*

## Listen

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### **Listen: Praise You in This Storm — Casting Crowns**

[https://www.youtube.com/results?search\\_query=Casting%20Crowns%20Praise%20You%20In%20This%20Storm](https://www.youtube.com/results?search_query=Casting%20Crowns%20Praise%20You%20In%20This%20Storm)

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Chapter 10

# The Reverse Effect

*"Those who are happiest are those who do the most for others."*

— Booker T. Washington

Purpose does not wait for a cure, Elizabeth. Even inside choosing food and movement on purpose, as a retired living with type 2 diabetes, your life has weight and meaning today.

Purpose with type 2 diabetes is not paused while you are choosing food and movement on purpose — it is often forged there, Elizabeth.

Someone is watching how you carry a bad reading with dignity, whether you know it or not.

## Reflection

1. What do you want people to say about how you carried a bad reading with dignity?

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2. As a retired, who is watching how you handle choosing food and movement on purpose?

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3. What is one small act of purpose you can do this week that only you can do?

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## Prayer

*Lord, give Elizabeth purpose for today — not someday — even in the middle of choosing food and movement on purpose.*

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## Listen

### **Listen: Whom Shall I Fear — Chris Tomlin**

[https://www.youtube.com/results?search\\_query=Chris%20Tomlin%20Whom%20Shall%20I%20Fear](https://www.youtube.com/results?search_query=Chris%20Tomlin%20Whom%20Shall%20I%20Fear)

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Chapter 11

# Lessons From Road Signs

*"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."*

— Jimmy Dean

Prayer changes, Elizabeth, when the answer you want has not come. Some of your realest prayers happen after a bad reading, when words come slow and honesty comes first.

Some of your realest prayers, Elizabeth, are the ones after a bad reading, when words come slow and honesty comes first.

God can hear the prayer that only says: I am tired of type 2 diabetes, and I still trust You a little.

## Reflection

1. What have you stopped praying for about type 2 diabetes because it hurts too much to hope?

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2. What would an honest prayer sound like from you today, right after a bad reading?

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3. Where has God answered a prayer differently than you asked, but still faithfully?

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## Prayer

*God, teach Elizabeth to pray honest, tired, believing prayers again — even the ones that only say I am tired of type 2 diabetes.*

## Listen

### **Listen: Rest on Us — Maverick City Music**

[https://www.youtube.com/results?search\\_query=Maverick%20City%20Rest%20On%20Us](https://www.youtube.com/results?search_query=Maverick%20City%20Rest%20On%20Us)

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## Chapter 12

# Caregivers: The Unsung Heroes

*"One person caring about another represents life's greatest value."*

— Jim Rohn

Identity is under attack when you live with type 2 diabetes, Elizabeth. Type 2 Diabetes is on your chart, but it is not your name — and a bad reading is not the last word on you.

Type 2 Diabetes is on your chart, Elizabeth, but it is not your name and it is not the last word on you.

Beloved was true before a bad reading showed up, and it is still true tonight.

## Reflection

1. What did you love about who you were before a bad reading — and what of that is still true?

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2. How does being a retired shape the identity you want to hold onto?

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3. What does God call you that no diagnosis and no a bad reading can touch?

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## Prayer

*Father, remind Elizabeth today: beloved was true before a bad reading, and it is still true tonight.*

## Listen

**Listen: Same God — Elevation Worship**

[https://www.youtube.com/results?search\\_query=Elevation%20Worship%20Same%20God](https://www.youtube.com/results?search_query=Elevation%20Worship%20Same%20God)



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Chapter 13

# It's Time to Start Living With a Purpose!

*"Twenty years from now you will be more disappointed by the things you didn't do than by the things you did."*

— Mark Twain

Boundaries are a form of love, Elizabeth — of yourself, of others, and of the body carrying type 2 diabetes. Sometimes the boundary sounds like: I cannot do a shared meal today.

Boundaries with type 2 diabetes sound like: I cannot do a shared meal today, and that is honest, not weak.

Every no you give choosing food and movement on purpose the space it needs is a yes to your body being human.

## Reflection

1. Where is your body asking you to draw a line around choosing food and movement on purpose that you have been ignoring?

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2. What is one "yes" you need to trade for a "no" this week?

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3. Who in your life respects your limits well, and who needs to learn?

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## Prayer

*Lord, help Elizabeth say no to what type 2 diabetes cannot afford, and yes to what choosing food and movement on purpose actually needs.*

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## Listen

### **Listen: Living Hope — Phil Wickham**

[https://www.youtube.com/results?search\\_query=Phil%20Wickham%20Living%20Hope](https://www.youtube.com/results?search_query=Phil%20Wickham%20Living%20Hope)

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# For your journey with Your Chronic Illness

Every chronic condition carries its own unseen weight — appointments, flares, grief over what changed, and the quiet courage it takes to begin again. This workbook was written for days like yours.

## Helpful Resources

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### Chronic Disease Coalition

Advocacy and community for people living with chronic conditions.

<https://chronicdiseasecoalition.org>

### CaringBridge

Free personal health journal to keep family and friends updated.

<https://www.caringbridge.org>

### BetterHelp / Faithful Counseling

Online counseling, including faith-based options.

<https://www.betterhelp.com>

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## A note on care and safety

This workbook is a companion for reflection and encouragement. It is not medical, mental-health, or spiritual counseling and does not replace care from your own team.

**If you are in the U.S. and having thoughts of harming yourself, call or text 988 to reach the Suicide & Crisis Lifeline. You are worth the call.**

Elizabeth, keep this workbook nearby. Return to any page whenever life with type 2 diabetes asks more of you than you thought you had.