

# SAMPLE DIABETES SERMON

Refer to this sample sermon template to help you craft the right message to inspire your congregation to better prevent and care for diabetes.

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## THEME

We are accountable to God for the condition and use of our bodies.

## OPENING STORY

We have all been touched by diabetes in some way. Share with your congregation a personal story about a neighbor, family member, friend or yourself and how diabetes affects you. Most likely, congregation members have experienced similar situations.

## EXAMPLES IN RELIGIOUS TEXTS

Share stories of prophets, disciples, and other prominent religious figures whose stories relate to your opening story through virtuous character. Focus on the themes of struggle, hope, and endurance.

## THE WORD OF GOD

“God helps those who help themselves. We must take the first steps to heal ourselves by getting the right information and making change in our lives.” Cite verses from religious texts that offer encouragement for prevention and self-care of illness.

## ENDING

Help guide your congregation by giving them action steps and read a prayer.

## ACTION STEPS

Advise your congregation to:

- Read the diabetes brochure, take the risk assessment inside the brochure or online at [www.FaithFightsDiabetes.org](http://www.FaithFightsDiabetes.org), go to your doctor, and get screened for diabetes
- If you are at risk for diabetes, lose 5% of your body weight (which is about 10 pounds if you weigh 200 pounds) and get in 30 minutes of physical activity 5 times a week
- If you have diabetes, see your doctor and make sure you are managing your condition with lifestyle changes and/or medication and find a Certified Diabetes Educator (CDE) in your area.

For all of the action steps, have the resources available for your congregation members as they leave the service and upon request.

## PRAYER

Pray together for God to protect us from difficulty in achieving our goals, ease the burden of illness/diabetes in our lives, and help us stay strong and committed to taking care of our health. Invite interested congregants to come forward after the service with questions.