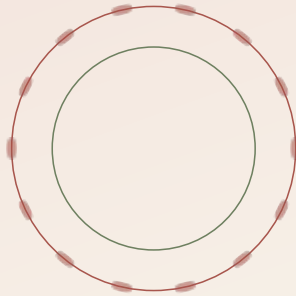


A Complete Prayer & Scripture Journey



THE EXPECTANT MOTHER'S 280-DAY FAITH JOURNEY

**A Complete Prayer & Scripture Journey for Every Expectant
Mother and Her Baby**

Daily Prayers • Biblical Confessions • Encouragement
Three Trimesters • Hospital & Medical Team • Delivery • Naming • Child Dedication

Nelly Braide Anene

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*A Complete Prayer & Scripture Journey for Every
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Team • Delivery • Naming • Child Dedication

By Nelly Braide Anene

The Expectant Mother's 280-Day Faith Journey

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This devotional is a work of spiritual encouragement and is not a medical publication. Please see the disclaimer included in the following pages.

*To every expectant mother who has ever lain awake wondering if she was
walking this road alone.*

You are not.

*This is for you, and for the child you are carrying, both of you known, both
of you loved, both of you held by a faithfulness that started long before this
journey did.*

CONTENTS

What's Inside

OPENING

Welcome from Nelly • How to Use • Prayer Map • Find a Prayer

SECTION ONE

Trimester One: I Am Beginning (Days 1–91)

SECTION TWO

Trimester Two: I Am Growing (Days 92–182)

SECTION THREE

Trimester Three: I Am Preparing (Days 183–280)

WHEN THE TIME COMES

The Hospital Prayer Companion • Medical Team Prayer Card

My Birth Day • The Journey Continues

Preparing for Baby Naming

Preparing for Child Dedication

CLOSING

About Nelly Braide Anene

WELCOME

A Word From Nelly



Hello, and welcome.

If you are holding this devotional, whether you are newly pregnant and still catching your breath from the news, or further along and looking for something to walk with you the rest of the way, I am genuinely glad you are here.

I have spent years walking alongside expectant mothers. Praying with them in the early, uncertain weeks. Sitting with them through the discomforts nobody warns you about. Going with them to the hospital, staying through the long hours, and being there in the room, or just outside it, when their babies finally arrived. This devotional came out of that walking. Not from a theory about what pregnancy should feel like spiritually, but from years of watching what it actually does feel like, and from believing that Scripture, prayer, and a companion for the journey make a real difference in how a woman carries these 280 days.

I hope you use this as exactly that: a companion, not a checklist. A place to return to daily if you can, and without guilt on the days you can't.

***With you in prayer,
Nelly***

For Every Expectant Mother



Pregnancy is often talked about as though it is purely physical, a body doing biological work, tracked in weeks and measurements and appointments. It is that. But it is also, for many women, one of the more spiritually significant seasons of an entire life.

You are being asked to trust God with something you cannot control, on a timeline you did not choose. That is not a small spiritual task.

This devotional does not promise that faith removes the hard parts. It promises that faith gives you somewhere real to bring them.

My hope for you is simple: that by the time you reach Day 280, and beyond it, you would look back on this pregnancy not just as something you endured, but as a season you walked through intentionally, prayerfully, and faithfully.

BEFORE YOU BEGIN

How to Use This Devotional

START FROM DAY 1 WHERE POSSIBLE.

If you are reading this before or very early in your pregnancy, begin at the beginning.

ALREADY PREGNANT? START FROM WHEREVER YOU ARE.

Find the day that roughly matches your current week of pregnancy, and continue from there.

READ THE SCRIPTURE, THEN THE REFLECTION.

Each day opens with a short passage and a brief teaching or reflection on it.

PRAY THE PRAYERS ALOUD, IF YOU CAN.

There is something different about saying these words with your own voice.

SPEAK THE DAILY CONFESSION ALOUD.

This is where the words move from something you read to something you declare.

EVERY SEVENTH DAY IS A LONGER WEEKLY REFLECTION.

Give yourself a few unhurried minutes for this one.

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. This devotional was never meant to become one more thing to feel behind on. Simply continue.

YOUR JOURNEY AT A GLANCE

The 280-Day Prayer Map

Every stage of this journey, and the prayer focus that carries you through it.

Trimester One · Days 1–91

Faith · Protection · Peace · Healthy Beginnings · Trust

Trimester Two · Days 92–182

Growth · Bonding · Strength · Wisdom · Identity

Trimester Three · Days 183–280

Preparation · Courage · Peace · Delivery · Surrender

Delivery

Wisdom · Medical Team · Mother · Baby · Safe Care · Peace

After Delivery

Recovery · Gratitude · Bonding · Family

Naming

Identity · Blessing · Family Unity

Child Dedication

Thanksgiving · Purpose · Family · Consecration

WHEN YOU NEED IT MOST

Find a Prayer for What You're Facing

This devotional does not have to be read only in order. If today is hard, start here.

I FEEL AFRAID

Turn to any Surrender Day, or the Hospital Prayer Companion

I FEEL OVERWHELMED OR EXHAUSTED

Turn to a Gratitude Day, or Week 8: Strength for Today

I HAVE A DOCTOR'S APPOINTMENT OR SCAN

Turn to Before Your Appointment (this section)

I AM WAITING FOR RESULTS

Turn to Week 6: Peace in the Waiting

I AM WORRIED ABOUT THE BABY'S HEALTH

Turn to any Mother & Baby Moment day

I AM ANXIOUS ABOUT DELIVERY

Turn to Week 32–35: Courage for What's Ahead

I AM GOING INTO LABOUR

Turn to the Hospital Prayer Companion

I JUST HAD MY BABY

Turn to The Journey Continues

I AM NAMING MY BABY

Turn to Preparing for Baby Naming

I AM PREPARING FOR DEDICATION

Turn to Preparing for Child Dedication

The Daily Faith Rhythm

Most days in this devotional follow one of eight rotating formats, so the journey stays varied rather than mechanical. A small icon marks each one, so you can recognize the day's rhythm at a glance.

Across all the formats, you will typically encounter some combination of: a Scripture card, a short reflection, a prayer for you, a prayer for your baby, a highlighted confession to speak aloud, and, some days, a reflection question or a small faith action.

Every seventh day shifts into a longer Weekly Reflection, a chance to look back honestly over the week behind you before stepping into the next one.

This devotional is a faith-based spiritual support resource. It is not a substitute for prenatal care, medical advice, diagnosis, treatment, or professional healthcare.

Expectant mothers should maintain regular care with their qualified healthcare providers and seek professional medical attention whenever they have concerns, symptoms, or emergencies.

TRIMESTER ONE • DAYS 1-91

I Am Beginning

New beginnings, trust, faith over fear, and God's steady presence through the first stretch of this journey.



“Beginning with God.”

WEEKS 1-13

Beginning With God

Week 1 • Beginning With God

Genesis 1:1-3

"In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light."

Every great work of God in Scripture begins the same way: with His presence over what looks, at first, like formlessness. Genesis opens with the Spirit hovering over the deep, before there was light, before there was shape, before there was anything to see yet. That is exactly where you are standing today.

MY PRAYER FOR YOU TODAY — NELLY

"I don't know your name, but I know this moment. I know what it is to stand at the very beginning of something this significant and feel both wonder and fear arrive together. I want you to know, from the very first page of this journey, that you are not walking these 280 days by chance, and you are not walking them alone. I am praying for you today, specifically, by name, even though we may never meet. Whatever brought you to this page, wherever you are in your story, I am asking God to meet you exactly here, at the beginning, and to walk every single day of this with you until you hold your child. This is not a journey you have to walk perfectly. It's a journey you get to walk faithfully, one day at a time. I'm honored to walk beside you."

With you in prayer, Nelly

MOTHER'S PRAYER

Lord, I begin this journey knowing You were already present before I knew I was pregnant. Hover over what feels unformed in me right now, my fears, my questions, my hope, and bring order and peace to it, the way You did over the deep.

BABY'S PRAYER

Father, this child's story begins in You, just as all creation did. Let their life carry the mark of a good beginning, one shaped by Your hand from the very first cell.

TODAY'S CONFESSION

I am not beginning this journey alone. God was already here before I arrived, and He will still be here on Day 280.

REFLECTION QUESTION

What do you hope to be true about your faith by the end of these 280 days that isn't fully true yet today?

WEEK 1 • BEGINNING WITH GOD

Day 2



FORMAT D: FAITH CHECK-IN

**Philippians 4:6–7**

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

WHAT I AM FEELING

Today, be honest. Maybe it's excitement. Maybe it's a flicker of fear you haven't said out loud yet. Maybe both, arriving in the same breath. That's allowed here.

WHAT I CHOOSE TO BELIEVE

I choose to believe that God is not waiting for me to feel ready before He begins working. He is already at work, in me and in this small life He's forming.

PRAYER

Lord, I bring You exactly what I'm feeling today, not a polished version of it. Where there is worry, meet me with peace. Where there is joy, let it deepen. Thank You for being trustworthy enough to receive both.

TODAY'S CONFESSION

I do not have to sort out every feeling before I bring it to God. He receives me as I am, today.

FAITH ACTION

Write down, in one honest sentence, what you're actually feeling right now. Don't edit it.

WEEK 1 • BEGINNING WITH GOD

Day 3



FORMAT C: MOTHER & BABY MOMENT

 Jeremiah 1:5

Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations."

MOTHER'S PRAYER

Lord, before I knew this baby existed, You already knew them. Before I had a name for what I was feeling, You had already begun forming this child's purpose. Help me trust a story that started before I arrived at it.

PRAYER OVER BABY

Father, You knew this child before their conception, and You set them apart with purpose. Let that purpose unfold in Your timing, not mine.

SPEAK THIS OVER YOUR BABY

"Before I formed you, I knew you. You were not an accident. You carry purpose."

REFLECTION

What does it settle in you to know this baby was known by God before you knew you were pregnant?

WEEK 1 • BEGINNING WITH GOD

Day 4



FORMAT F: SURRENDER DAY



Psalm 34:18

The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit."

WHAT AM I CARRYING?

Perhaps the shock of the news, good or complicated. Perhaps a fear that arrived before the joy did.

WHAT AM I SURRENDERING?

The pressure to have a fully settled, entirely joyful reaction on day four. Some things take longer to land than a positive test does.

PRAYER

Lord, You are close to the brokenhearted, and You save those who are crushed in spirit. I bring You this early weight exactly as it is right now, unresolved and real.

TODAY'S CONFESSION

God is close to the brokenhearted. I do not have to carry this alone or carry it perfectly.

WEEK 1 • BEGINNING WITH GOD

Day 5



FORMAT B: PRAYER FOCUS



Psalm 121:1-2

I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth."

SHORT TEACHING

"I lift up my eyes to the hills, where does my help come from? My help comes from the Lord." The psalmist doesn't pretend the hills, the obstacles ahead, aren't real. He simply names where his help is actually coming from. You can do the same today.

FOCUSED PRAYER

Lord, as I look at everything ahead of me in this pregnancy, remind me where my help actually comes from. Not from having it all figured out, but from You.

TODAY'S CONFESSION

My help comes from the Lord, the Maker of heaven and earth, and the Maker of this life within me.

BABY'S BLESSING

May you grow up knowing exactly where to look when you need help, upward, toward the One who made you.

WEEK 1 • BEGINNING WITH GOD

Day 6



FORMAT E: GRATITUDE DAY

 Psalm 100:4-5

Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.”

THREE THINGS TO THANK GOD FOR TODAY

1. That this pregnancy did not depend on your strength to begin.
2. For one specific person already supporting you, name them.
3. For a body that is already doing something extraordinary, whether or not you feel it yet.

PRAYER

Father, before I ask You for anything else today, let me simply thank You. Thank You for life, for breath, for this beginning I did not have to earn.

TODAY'S CONFESSION

Gratitude is not something I wait to feel. It's something I choose to practice, even here, even now.

BABY'S BLESSING

Little one, may your life always be marked by thankfulness, the kind that notices small things and calls them holy.

Week 1

Beginning With God

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 2 • THE GOD WHO SEES ME

Day 8



FORMAT A: DAILY DEVOTIONAL

 Isaiah 43:1

But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine."

REFLECTION

"I have called you by name; you are Mine." God spoke that over Israel, but the truth underneath it is just as true over you and over the child forming inside you right now. Neither of you are anonymous to Him. Not for a single day of these 280.

MOTHER'S PRAYER

Lord, remind me today that I am known by name, not just known about. Let that truth settle somewhere deep, past my worry and into my rest.

BABY'S PRAYER

Father, this child is known by You before any birth certificate, before any name we choose. Let their identity always be rooted first in being Yours.

TODAY'S CONFESSION

I am not anonymous to God. I am called, known, and held, by name.

WEEK 2 • THE GOD WHO SEES ME

Day 9



FORMAT D: FAITH CHECK-IN

 Psalm 139:1-4

O LORD, thou hast searched me, and known me. Thou knowest my downsitting and mine uprising, thou understandest my thought afar off. Thou compassest my path and my lying down, and art acquainted with all my ways. For there is not a word in my tongue, but, lo, O LORD, thou knowest it altogether."

WHAT I AM FEELING

Maybe today feels ordinary, and that itself is strange, how something this significant can coexist with an unremarkable Tuesday.

WHAT I CHOOSE TO BELIEVE

I choose to believe God is present even in the ordinary stretches of this journey, not only in the dramatic moments.

PRAYER

Lord, You know my sitting down and my rising up. You know this day before I live it. Meet me in its ordinariness.

TODAY'S CONFESSION

God is not only present in my big moments. He is present in my ordinary Tuesdays too.

FAITH ACTION

Thank God for one completely ordinary part of today.

WEEK 2 • THE GOD WHO SEES ME

Day 10



FORMAT C: MOTHER & BABY MOMENT

 Isaiah 44:2

Thus saith the LORD that made thee, and formed thee from the womb, which will help thee; Fear not, O Jacob, my servant; and thou, Jesurun, whom I have chosen."

MOTHER'S PRAYER

Lord, You formed me in my mother's womb, and now I carry a child You are forming in mine. There is a chain of Your faithfulness running through generations, and I am part of it.

PRAYER OVER BABY

Father, just as You helped me from before my birth, help this child from before theirs. Let Your hand be evident over this whole story.

SPEAK THIS OVER YOUR BABY

"You are formed by the same God who formed your mother. His faithfulness did not skip a generation."

REFLECTION

What is one thing about your own upbringing, faith-related or not, that you hope to pass on to this child?

WEEK 2 • THE GOD WHO SEES ME

Day 11



FORMAT F: SURRENDER DAY



Psalm 32:8

I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye."

WHAT AM I CARRYING?

The urge to have every decision already mapped out, doctor, birth plan, finances, all of it, right now.

WHAT AM I SURRENDERING?

The pressure to be my own instructor and counselor, when God has already offered to guide me.

PRAYER

Lord, You promised to instruct me and teach me in the way I should go, and to counsel me with Your loving eye on me. I release the pressure to have this all mapped out myself.

TODAY'S CONFESSION

God instructs me and teaches me in the way I should go. I do not have to be my own guide.

WEEK 2 • THE GOD WHO SEES ME

Day 12



FORMAT B: PRAYER FOCUS

**James 1:5**

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”

SHORT TEACHING

This verse doesn't say wisdom is only for the spiritually advanced. It says if anyone lacks it, ask, and God gives generously, without finding fault. You are allowed to ask for wisdom about the smallest, most practical pregnancy decisions.

FOCUSED PRAYER

Lord, I ask for wisdom, not just for the big decisions ahead, but for today's small ones too.

TODAY'S CONFESSION

I ask boldly for wisdom, and I believe God gives it generously, without judging me for needing it.

BABY'S BLESSING

May you grow into someone who asks for wisdom freely, rather than pretending to already have all the answers.

WEEK 2 • THE GOD WHO SEES ME

Day 13



FORMAT E: GRATITUDE DAY

 1 Thessalonians 5:18

In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

THREE THINGS TO THANK GOD FOR TODAY

1. A moment of calm you experienced this week, however brief.
2. Access to care or information that generations before you didn't have.
3. The simple fact that you woke up today able to keep going.

PRAYER

Father, in every circumstance, You've asked me to give thanks, not because every circumstance is good, but because You are. Let today's thanksgiving be genuine, not performed.

TODAY'S CONFESSION

I give thanks in this circumstance, not necessarily for every detail of it, but because God is good within it.

BABY'S BLESSING

May thankfulness come easily to you, even in circumstances that are hard.

Week 2

The God Who Sees Me

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 3 • FAITH OVER FEAR

Day 15



FORMAT A: DAILY DEVOTIONAL

 2 Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

REFLECTION

Fear can arrive early in pregnancy and settle in quietly, fear of loss, fear of the unknown, fear of not being enough for what's coming. This verse doesn't shame you for feeling it. It simply reminds you what spirit you were actually given, power, love, and a sound mind, not fear as your default operating system.

MOTHER'S PRAYER

Lord, when fear shows up uninvited, remind me that it is not the spirit You gave me. Replace it with power, love, and a steady mind.

BABY'S PRAYER

Father, let this child grow up in an atmosphere shaped more by faith than by fear, starting with the atmosphere of my own heart right now.

TODAY'S CONFESSION

God has not given me a spirit of fear. Today, I choose the spirit He actually gave me.

WEEK 3 • FAITH OVER FEAR

Day 16



FORMAT D: FAITH CHECK-IN

 Mark 5:36

As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe."

WHAT I AM FEELING

Perhaps a specific fear has surfaced this week, about a symptom, a scan, a story you heard from someone else's pregnancy.

WHAT I CHOOSE TO BELIEVE

I choose to believe Jesus's words to Jairus are still true for me: don't be afraid, just believe.

PRAYER

Lord, I name the specific fear I'm carrying today, and I ask You to meet it with the same words You spoke over Jairus, don't be afraid, only believe.

TODAY'S CONFESSION

I do not have to let fear finish its sentence in me. I choose belief instead.

FAITH ACTION

Name the specific fear you're feeling today, out loud or on paper, and then pray directly over it.

WEEK 3 • FAITH OVER FEAR

Day 17



FORMAT C: MOTHER & BABY MOMENT



Psalm 34:4

I sought the LORD, and he heard me, and delivered me from all my fears."

MOTHER'S PRAYER

Lord, I sought You today with a real fear in my heart, and I'm asking You to answer the way You've answered before, by delivering me from it.

PRAYER OVER BABY

Father, let this child never carry fears they were never meant to carry. Let their foundation be one of security in You.

SPEAK THIS OVER YOUR BABY

"I sought the Lord, and He answered me. He delivered me from all my fears, and He will do the same for you."

REFLECTION

What is one fear you've carried this week that you haven't said out loud to anyone yet?

WEEK 3 • FAITH OVER FEAR

Day 18



FORMAT F: SURRENDER DAY

**Isaiah 41:10**

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."

WHAT AM I CARRYING?

A specific worry, maybe about the baby's health, maybe about your own capacity to handle what's ahead.

WHAT AM I SURRENDERING?

The belief that carrying this worry alone somehow protects you or the baby. It doesn't. It only exhausts you.

PRAYER

Lord, You said do not fear, for You are with me. I surrender this specific worry to You right now, not because it isn't real, but because You are more real, and more present.

TODAY'S CONFESSION

I will not fear, for God is with me. I will not be dismayed, for He is my God.

WEEK 3 • FAITH OVER FEAR

Day 19



FORMAT B: PRAYER FOCUS



Psalm 27:1

The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?"

SHORT TEACHING

"The Lord is my light and my salvation, whom shall I fear?" Light doesn't argue with darkness. It simply shows up, and the darkness has to respond to it. Let God's presence be that kind of light over your fear today, not a debate, just a fact that changes the room.

FOCUSED PRAYER

Lord, be my light in whatever feels dark or uncertain about this pregnancy right now. I don't need to out-argue my fear. I just need Your light in the room.

TODAY'S CONFESSION

The Lord is my light and my salvation. Whom, or what, shall I fear?

BABY'S BLESSING

May you walk through your own life knowing exactly where the light comes from.

WEEK 3 • FAITH OVER FEAR

Day 20



FORMAT E: GRATITUDE DAY

 Psalm 92:1-2

IT IS A GOOD THING TO GIVE THANKS UNTO THE LORD, AND TO SING PRAISES UNTO THY NAME, O MOST HIGH: To shew forth thy lovingkindness in the morning, and thy faithfulness every night,”

THREE THINGS TO THANK GOD FOR TODAY

1. A fear that felt smaller today than it did a week ago.
2. A conversation that brought you comfort recently.
3. The specific stage of pregnancy you're currently in.

PRAYER

Father, it is good to praise You, to proclaim Your love in the morning and Your faithfulness even now. Even with fear still present in the background, I choose to proclaim what's good about today specifically.

TODAY'S CONFESSION

It is good to praise the Lord and proclaim His love and faithfulness, in this actual day, not the version of today I wish I had.

BABY'S BLESSING

May you learn to find something to rejoice in, even on days that aren't easy.

Week 3

Faith Over Fear

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 4 • A QUIET TRUST

Day 22



FORMAT A: DAILY DEVOTIONAL



“Proverbs 3:5–6

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

REFLECTION

Trust isn't usually loud. It rarely feels like a dramatic leap. More often, it looks like a quiet, repeated decision, made again tomorrow, and the day after, to lean on God rather than your own limited understanding of how this pregnancy will unfold.

MOTHER'S PRAYER

Lord, teach me quiet trust, not the dramatic kind I perform for others, but the kind that settles into my ordinary days.

BABY'S PRAYER

Father, let this child grow up in a home where trust in You is not just spoken about, but genuinely practiced.

TODAY'S CONFESSION

I trust the Lord with all my heart. I do not have to lean on my own understanding to feel secure.

WEEK 4 • A QUIET TRUST

Day 23



FORMAT D: FAITH CHECK-IN

**Habakkuk 3:17-18**

Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice in the LORD, I will joy in the God of my salvation."

WHAT I AM FEELING

Perhaps things aren't going exactly as you imagined, symptoms that surprised you, a plan that shifted.

WHAT I CHOOSE TO BELIEVE

I choose to believe that even if circumstances aren't what I expected, I can still choose joy in the Lord.

PRAYER

Lord, even where things haven't gone as I planned, I choose, like Habakkuk, to rejoice in You, not in my circumstances.

TODAY'S CONFESSION

Even if my circumstances aren't what I expected, I will still rejoice in the God of my salvation.

FAITH ACTION

Name one thing that hasn't gone as planned this month, and consciously release your grip on it.

WEEK 4 • A QUIET TRUST

Day 24



FORMAT C: MOTHER & BABY MOMENT

 Psalm 46:10

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."

MOTHER'S PRAYER

Lord, in the middle of appointments, symptoms, and questions, help me to be still and simply know that You are God. I don't have to manage everything to trust You.

PRAYER OVER BABY

Father, let this child grow up able to be still in a noisy world, knowing You are God even when everything around them is loud.

SPEAK THIS OVER YOUR BABY

"Be still, and know that He is God. You don't have to strive to be loved by Him."

REFLECTION

What would it look like this week to practice being still for five real minutes, without your phone, without a task list?

WEEK 4 • A QUIET TRUST

Day 25



FORMAT F: SURRENDER DAY

 Romans 12:1

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”

WHAT AM I CARRYING?

The pressure to control how your body looks, feels, and functions through this pregnancy.

WHAT AM I SURRENDERING?

The illusion of control over a body that was always, ultimately, in God's hands.

PRAYER

Lord, I offer my body to You today, not as something I have to perfectly manage, but as a living offering, changes and all.

TODAY'S CONFESSION

My body is a living sacrifice, offered to God, not a project I have to perfect.

WEEK 4 • A QUIET TRUST

Day 26



FORMAT B: PRAYER FOCUS

 Psalm 62:5-6

My soul, wait thou only upon God; for my expectation is from him. He only is my rock and my salvation: he is my defence; I shall not be moved."

SHORT TEACHING

"Find rest, O my soul, in God alone; my hope comes from Him." Notice the psalmist is speaking to his own soul, actively instructing it to rest. Trust sometimes requires you to talk to yourself, reminding your own heart where your hope actually comes from.

FOCUSED PRAYER

Lord, today I speak to my own soul the way the psalmist did: find rest in God alone. Not in outcomes. Not in certainty. In You.

TODAY'S CONFESSION

My soul finds rest in God alone. My hope comes from Him, not from having every answer.

BABY'S BLESSING

May you learn early to find your rest in God, rather than in circumstances that are always shifting.

WEEK 4 • A QUIET TRUST

Day 27



FORMAT E: GRATITUDE DAY

 Psalm 116:1-2

I love the LORD, because he hath heard my voice and my supplications. Because he hath inclined his ear unto me, therefore will I call upon him as long as I live.”

THREE THINGS TO THANK GOD FOR TODAY

1. A prayer that felt genuinely answered this month, however small.
2. A physical sensation, even an uncomfortable one, that reminds you life is growing.
3. A moment of quiet you found this week.

PRAYER

Father, I love You because You have heard my voice, my prayers, my worries, my hopes. I will call on You as long as I live, including every remaining day of this pregnancy.

TODAY'S CONFESSION

I love the Lord because He hears me. I will call on Him for as long as I live.

BABY'S BLESSING

May you grow up knowing that God hears you too, every prayer, every cry, every quiet request.

Week 4

A Quiet Trust

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

Trust

Week 5 • The God Who Carries

MY PRAYER FOR YOU TODAY — NELLY

"You've just finished four weeks of beginning, and now we step into a season I want to call Trust. Not because the beginning didn't require trust too, but because this next stretch will ask something a little different of you: the trust that stays steady even when nothing dramatic is happening, even when it's just ordinary week after ordinary week. I've walked with enough expectant mothers to know this middle stretch of the first trimester can feel strangely quiet after the shock of the news wears off. If that's you right now, I want you to know it's not a sign that something's wrong. It's simply a season. I'm praying today that God gives you a trust that doesn't need constant reassurance, a quiet, steady confidence that He is doing what He said He would do, even on the ordinary days. Especially on the ordinary days."

With you in prayer, Nelly

Deuteronomy 33:27

"The eternal God is thy refuge, and underneath are the everlasting arms: and he shall thrust out the enemy from before thee; and shall say, Destroy them."

MOTHER'S PRAYER

Lord, the eternal God is my refuge, and underneath me are the everlasting arms. As I enter this new phase, teach me the kind of trust that doesn't need daily proof to stay steady.

BABY'S PRAYER

Father, even now, in this quieter stretch of growth, continue Your work in this child. What isn't dramatic to us is never ordinary to You.

TODAY'S CONFESSION

I am learning a trust that doesn't need constant reassurance. God is faithful whether or not I feel it today.

One Month of Faith

Week 5 • The God Who Carries

Lamentations 3:22-23

"It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

Thirty days ago, you began this journey, whatever that beginning felt like for you, shock, joy, fear, or some tangle of all three. "His mercies are new every morning." You have now received thirty fresh mercies, one for every day you've walked so far, and there is no reason to expect that pattern to stop.

MOTHER'S PRAYER

Lord, thank You for thirty days of new mercy. I haven't needed to carry old grace forward, because You've supplied fresh mercy every single morning.

BABY'S PRAYER

Father, this child has now been growing for a full month under Your care. Continue Your faithful, mercy-new-every-morning work in their life.

TODAY'S CONFESSION

God's mercies toward me are new every morning. Great is His faithfulness, one month in, and every month still ahead.

REFLECTION QUESTION

Looking back on this first month, what is one moment where you noticed God's mercy specifically?

WEEK 5 • THE GOD WHO CARRIES

Day 31



FORMAT C: MOTHER & BABY MOMENT

**Deuteronomy 31:8**

And the LORD, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed."

MOTHER'S PRAYER

Lord, You go before me into every appointment, every unknown symptom, every question I haven't asked yet. You will never leave me or forsake me. Let me actually believe that today, not just recite it.

PRAYER OVER BABY

Father, go before this child too, into their birth, their childhood, their whole story. You are already there before they arrive.

SPEAK THIS OVER YOUR BABY

"The Lord goes before you and will be with you. He will never leave you nor forsake you."

REFLECTION

Where specifically do you need to believe God is "going before you" this week?

WEEK 5 • THE GOD WHO CARRIES

Day 32



FORMAT F: SURRENDER DAY



Psalm 62:8

*Trust in him at all times; ye people, pour out your heart before him:
God is a refuge for us. Selah.”*

WHAT AM I CARRYING?

Whatever hasn't fully settled from the month you just completed, unanswered questions, unresolved worry, unspoken exhaustion.

WHAT AM I SURRENDERING?

The habit of holding things in rather than pouring them out to God, who is described here as a refuge, not a judge of your honesty.

PRAYER

Lord, I pour out my heart before You today, unfiltered. You are my refuge, not someone I need to impress with composure.

TODAY'S CONFESSION

I trust in God at all times. I pour out my heart to Him, because He is my refuge.

WEEK 5 • THE GOD WHO CARRIES

Day 33



FORMAT B: PRAYER FOCUS

 Isaiah 46:4

And even to your old age I am he; and even to hoar hairs will I carry you: I have made, and I will bear; even I will carry, and will deliver you."

SHORT TEACHING

This verse doesn't promise an easy road. It promises a Carrier. "Even to your old age I am He... I have made, and I will bear." God isn't asking you to have enough strength for this trimester. He's offering to be the strength.

FOCUSED PRAYER

Lord, on the days I feel too tired to hold myself together, remind me that I don't have to. You are the One holding.

TODAY'S CONFESSION

I do not carry this pregnancy alone. I am being carried.

BABY'S BLESSING

May you always know, from the very beginning of your life, that you are held by a God who does not grow tired of carrying you.

WEEK 5 • THE GOD WHO CARRIES

Day 34



FORMAT E: GRATITUDE DAY



Psalm 34:8

O taste and see that the LORD is good: blessed is the man that trusteth in him."

THREE THINGS TO THANK GOD FOR TODAY

1. A taste of God's goodness you experienced this week, in a person, a moment, or an answered prayer.
2. Something about your changing body you're learning to appreciate rather than resent.
3. One month of this pregnancy behind you, safely.

PRAYER

Father, taste and see that You are good, isn't just a poetic phrase. I've tasted it this month, in small, real ways. Thank You.

TODAY'S CONFESSION

I have tasted and seen that the Lord is good. Blessed am I for taking refuge in Him.

BABY'S BLESSING

May you also come to taste and see God's goodness for yourself, not secondhand, but personally.

Week 5

The God Who Carries

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 6 • PEACE IN THE WAITING

Day 36



FORMAT A: DAILY DEVOTIONAL

 1 Peter 5:7

Casting all your care upon him; for he careth for you."

REFLECTION

Peter doesn't say "manage your anxiety quietly." He says cast it, actively, onto God, because He cares for you personally, not because He's obligated to tidy up your emotions. The casting is active. The care behind it is what makes the casting safe.

MOTHER'S PRAYER

Lord, I cast my specific anxieties onto You today, not vaguely, but by name. Not because I have to hold it together, but because You genuinely care.

BABY'S PRAYER

Father, let this child grow up in a home marked by real peace, not the absence of hard things, but Your presence in the middle of them.

TODAY'S CONFESSION

I cast all my anxiety on God, because He cares for me. I do not have to carry it to earn His attention.

WEEK 6 • PEACE IN THE WAITING

Day 37



FORMAT D: FAITH CHECK-IN

 John 14:27

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."

WHAT I AM FEELING

Perhaps the waiting itself is starting to feel long, waiting for the next appointment, the next milestone, the next sign that everything is alright.

WHAT I CHOOSE TO BELIEVE

I choose to believe the peace Jesus gives isn't the world's version, dependent on circumstances resolving. It's His own peace, available now, mid-wait.

PRAYER

Lord, give me Your peace, not the world's version that requires certainty first, but Yours, available even in the not-yet.

TODAY'S CONFESSION

The peace I have is not the world's peace. It does not depend on my circumstances being resolved.

FAITH ACTION

Identify one specific thing you're "waiting on" right now, and consciously hand the waiting itself to God.

WEEK 6 • PEACE IN THE WAITING

Day 38



FORMAT C: MOTHER & BABY MOMENT

 Isaiah 26:3

*Thou wilt keep him in perfect peace, whose mind is stayed on thee:
because he trusteth in thee."*

MOTHER'S PRAYER

Lord, keep me in perfect peace as I fix my mind on You rather than on every unknown ahead. My mind wanders to worry easily. Draw it back.

PRAYER OVER BABY

Father, let peace be a native atmosphere for this child, starting now, in the environment of my own steadied mind.

SPEAK THIS OVER YOUR BABY

"You will be kept in perfect peace, because your mind will be fixed on Him."

REFLECTION

What does your mind default to when it wanders, worry, planning, or peace? What would it take to redirect it toward God more often?

WEEK 6 • PEACE IN THE WAITING

Day 39



FORMAT F: SURRENDER DAY

**Matthew 11:28-29**

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls."

WHAT AM I CARRYING?

The mental weight of waiting well, of not seeming impatient or anxious to others.

WHAT AM I SURRENDERING?

The performance of peace, in favor of the real thing, found by actually coming to Jesus rather than pretending to be fine.

PRAYER

Lord, I come to You, weary from carrying this waiting alone. Give me rest, real rest, not the appearance of having it together.

TODAY'S CONFESSION

I come to Jesus when I am weary, and He gives real rest, not a performance of peace.

WEEK 6 • PEACE IN THE WAITING

Day 40



FORMAT B: PRAYER FOCUS



Psalm 27:14

Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.

SHORT TEACHING

"Wait for the Lord; be strong and take heart." Waiting, in Scripture, is rarely passive. It's paired here with strength and courage, an active posture, not a helpless one. Waiting well is still a form of faith in motion.

FOCUSED PRAYER

Lord, as I wait through this pregnancy, one appointment, one week at a time, give me strength and courage in the waiting itself, not just at the end of it.

TODAY'S CONFESSION

I wait for the Lord. I am strong. I take heart. Waiting is not wasted time.

BABY'S BLESSING

May you grow up able to wait well, with strength, rather than only being comfortable when things move fast.

WEEK 6 • PEACE IN THE WAITING

Day 41



FORMAT E: GRATITUDE DAY

 Colossians 3:15

And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.”

THREE THINGS TO THANK GOD FOR TODAY

1. A moment this week when peace genuinely showed up, unexpectedly.
2. Progress in this pregnancy that you might otherwise take for granted.
3. Someone who has helped carry your waiting alongside you.

PRAYER

Father, let the peace of Christ rule in my heart today, not circumstances, not anxiety, not the noise of everyone else's opinions about this pregnancy. Your peace, ruling.

TODAY'S CONFESSION

I let the peace of Christ rule in my heart. I am thankful, even in the waiting.

BABY'S BLESSING

May peace rule in your heart too, from your very first days.

Week 6

Peace in the Waiting

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 7 • MADE WITH PURPOSE

Day 43



FORMAT A: DAILY DEVOTIONAL

 Jeremiah 29:11

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end."

REFLECTION

This verse is often quoted alone, but its context matters: it was spoken to a people in exile, in a season that didn't look like "plans to prosper" from where they stood. If God's promise of purpose held true in exile, it holds true in a pregnancy that doesn't yet look like what you imagined either.

MOTHER'S PRAYER

Lord, even in seasons that don't look the way I expected, I trust that Your plans for me, and for this baby, are still good.

BABY'S PRAYER

Father, You know the plans You have for this child, plans to prosper them, to give them hope and a future. Let that purpose unfold across their whole life.

TODAY'S CONFESSION

God knows the plans He has for me and for my baby, plans for good, not for harm.

WEEK 7 • MADE WITH PURPOSE

Day 44



FORMAT D: FAITH CHECK-IN

 Ephesians 2:10

For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.”

WHAT I AM FEELING

Maybe you're wondering, quietly, what kind of person this baby will grow up to be, and whether you're equipped to guide them there.

WHAT I CHOOSE TO BELIEVE

I choose to believe this child is God's handiwork, created for good works He prepared in advance, not works I have to manufacture alone.

PRAYER

Lord, this baby is Your handiwork, not just mine and their father's. Let me parent from that truth, not from pressure to engineer their whole future myself.

TODAY'S CONFESSION

***This child is God's handiwork, created for good works prepared in advance.
I am not doing this alone.***

FAITH ACTION

Write one hope you have for who this child becomes, and hand it to God in prayer.

WEEK 7 • MADE WITH PURPOSE

Day 45



FORMAT C: MOTHER & BABY MOMENT



Psalm 139:15-16

My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being imperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them."

MOTHER'S PRAYER

Lord, I still can't see this baby's face, but You already can. You saw every day of this child's life before a single one of them happened. Help me trust the parts of this story I can't yet see.

PRAYER OVER BABY

Father, You knit this child together in secret, and You call that secret work good. Let every unseen part of their formation, body, spirit, purpose, be shaped by Your hand.

SPEAK THIS OVER YOUR BABY

"Before you took your first breath, God had already written every day of your life. You are not a surprise to Him."

REFLECTION

What is one thing about this pregnancy you wish you could see right now, that you're being asked to trust God with instead?

WEEK 7 • MADE WITH PURPOSE

Day 46



FORMAT F: SURRENDER DAY

 Proverbs 16:9

A man's heart deviseth his way: but the LORD directeth his steps."

WHAT AM I CARRYING?

The desire to plan out exactly how this child's life, and your motherhood, will unfold.

WHAT AM I SURRENDERING?

The illusion that your plans, however good, are the final word. "The Lord establishes his steps."

PRAYER

Lord, I have plans and hopes for this child, but I release my grip on the outcome. You establish the steps, mine and theirs.

TODAY'S CONFESSION

In my heart I plan, but the Lord establishes the steps. I release my grip on the outcome.

WEEK 7 • MADE WITH PURPOSE

Day 47



FORMAT B: PRAYER FOCUS

 Romans 8:28

And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”

SHORT TEACHING

This verse is not a promise that everything happening is good in itself. It's a promise that God works all things, including hard things, together for good, for those who love Him. That's a different, sturdier promise than "everything is fine."

FOCUSED PRAYER

Lord, I don't need every part of this pregnancy to feel good to trust that You are working all of it together for good.

TODAY'S CONFESSION

God works all things together for good, for those who love Him. I am one of those people.

BABY'S BLESSING

May you grow up trusting that God can work even hard things together for your good.

WEEK 7 • MADE WITH PURPOSE

Day 48



FORMAT E: GRATITUDE DAY

 Psalm 138:8

The LORD will perfect that which concerneth me: thy mercy, O LORD, endureth for ever: forsake not the works of thine own hands."

THREE THINGS TO THANK GOD FOR TODAY

1. A sense of purpose you feel about this specific season of life.
2. One quality about yourself you hope to pass on to this child.
3. Evidence, however small, that God has been fulfilling His purpose in your life before this pregnancy even began.

PRAYER

Father, You will fulfill Your purpose for me, this pregnancy included. Thank You for not abandoning a work You started.

TODAY'S CONFESSION

The Lord will fulfill His purpose for me. His love endures forever, He will not abandon the work of His hands.

BABY'S BLESSING

May you grow into the full purpose God has for you, without shortcuts, without rushing, in His timing.

Week 7

Made With Purpose

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 8 • STRENGTH FOR TODAY

Day 50



FORMAT A: DAILY DEVOTIONAL



Isaiah 40:29-31

He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

REFLECTION

"He gives strength to the weary and increases the power of the weak." Notice who this promise is for, not the strong, the weary. If you're tired today, physically, emotionally, or both, you are exactly who this verse was written for, not a disappointment to it.

MOTHER'S PRAYER

Lord, I am weary in ways I didn't expect this early. Give me strength I don't currently have, the way You promised.

BABY'S PRAYER

Father, even from my tiredness, You are still forming this child with full attention. Thank You that Your work doesn't slow down when mine does.

TODAY'S CONFESSION

God gives strength to the weary. I am not disqualified from His help by being tired.

WEEK 8 • STRENGTH FOR TODAY

Day 51



FORMAT D: FAITH CHECK-IN

**2 Corinthians 4:16**

For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day."

WHAT I AM FEELING

Perhaps your body feels like it's working against you some days, nausea, fatigue, unfamiliar aches.

WHAT I CHOOSE TO BELIEVE

I choose to believe that even as my body labors through this, I am being renewed day by day, not just worn down.

PRAYER

Lord, my body is doing hard, unseen work right now. Renew me inwardly even on the days my outward strength feels low.

TODAY'S CONFESSION

Though outwardly I am wasting away, inwardly I am being renewed day by day.

FAITH ACTION

Rest without guilt today, even if it's only for ten minutes.

WEEK 8 • STRENGTH FOR TODAY

Day 52



FORMAT C: MOTHER & BABY MOMENT

 Nehemiah 8:10

Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our LORD: neither be ye sorry; for the joy of the LORD is your strength."

MOTHER'S PRAYER

Lord, let the joy of the Lord actually be my strength today, not a phrase I recite, but something I lean on when my own strength runs low.

PRAYER OVER BABY

Father, let this child know real joy, the kind that isn't dependent on easy circumstances, but rooted in You.

SPEAK THIS OVER YOUR BABY

"The joy of the Lord will be your strength, not the absence of hard days, but a strength underneath them."

REFLECTION

What has brought you a flicker of real joy this week, even on a hard day?

WEEK 8 • STRENGTH FOR TODAY

Day 53



FORMAT F: SURRENDER DAY



Psalm 73:26

My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever."

WHAT AM I CARRYING?

The frustration of a body that doesn't feel like your own right now.

WHAT AM I SURRENDERING?

The expectation that you should be able to push through on your own strength alone.

PRAYER

Lord, my flesh and my heart may fail, but You are the strength of my heart. I release the pressure to be strong on my own.

TODAY'S CONFESSION

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

WEEK 8 • STRENGTH FOR TODAY

Day 54



FORMAT B: PRAYER FOCUS

Philippians 4:13

I can do all things through Christ which strengtheneth me.”

SHORT TEACHING

This verse is often quoted for achievement, but Paul wrote it about contentment, in plenty and in want. "I can do all things through Him who strengthens me" isn't a promise of unlimited ability. It's a promise of sufficient strength for whatever today actually requires.

FOCUSED PRAYER

Lord, I don't need strength for everything today, only for what today actually holds. Give me that.

TODAY'S CONFESSION

I can do what today requires through Christ who strengthens me. I don't need strength for tomorrow yet.

BABY'S BLESSING

May you learn contentment in both plenty and want, strengthened by Christ rather than by circumstances.

WEEK 8 • STRENGTH FOR TODAY

Day 55



FORMAT E: GRATITUDE DAY

**Lamentations 3:22-24**

It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. The LORD is my portion, saith my soul; therefore will I hope in him."

THREE THINGS TO THANK GOD FOR TODAY

1. A specific way your body has surprised you with its capability this week.
2. Rest you were able to get, even imperfect rest.
3. God's portion for you today, whatever that has looked like.

PRAYER

Father, "the Lord is my portion, therefore I will wait for Him." Today, that's enough. I don't need more than Your portion for me right now.

TODAY'S CONFESSION

The Lord is my portion. I will hope in Him, today and every day of this journey.

BABY'S BLESSING

May the Lord be your portion too, enough for whatever season you find yourself in.

Week 8

Strength for Today

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 9 • THE FAITHFUL ONE

Day 57



FORMAT A: DAILY DEVOTIONAL

 Deuteronomy 7:9

Know therefore that the LORD thy God, he is God, the faithful God, which keepeth covenant and mercy with them that love him and keep his commandments to a thousand generations;"

REFLECTION

God's faithfulness in Scripture is never described as occasional. It's described as covenant-keeping, across a thousand generations. That's not the language of a God who might show up. It's the language of One whose character simply doesn't waver, including toward you, in this specific pregnancy.

MOTHER'S PRAYER

Lord, You are the faithful God, keeping covenant across generations. Let me trust that same faithfulness over these nine months.

BABY'S PRAYER

Father, let this child grow up under the same covenant faithfulness that has carried generations before them.

TODAY'S CONFESSION

God is faithful, keeping His covenant. His character does not waver, even when my circumstances do.

WEEK 9 • THE FAITHFUL ONE

Day 58



FORMAT D: FAITH CHECK-IN



2 Timothy 2:13

If we believe not, yet he abideth faithful: he cannot deny himself."

WHAT I AM FEELING

Perhaps you've had a wavering week, faith strong some days, shaky on others.

WHAT I CHOOSE TO BELIEVE

I choose to believe that even when I am faithless, God remains faithful. His faithfulness was never dependent on my consistency.

PRAYER

Lord, thank You that Your faithfulness doesn't rise and fall with mine. Even on my shaky days, You remain who You are.

TODAY'S CONFESSION

If I am faithless, He remains faithful. He cannot disown Himself, or the promises He's made to me.

FAITH ACTION

Reflect on one specific promise of God you're holding onto for this pregnancy, and write it down somewhere visible.

WEEK 9 • THE FAITHFUL ONE

Day 59



FORMAT C: MOTHER & BABY MOMENT

 Psalm 89:1-2

I will sing of the mercies of the LORD for ever: with my mouth will I make known thy faithfulness to all generations. For I have said, Mercy shall be built up for ever: thy faithfulness shalt thou establish in the very heavens."

MOTHER'S PRAYER

Lord, I will sing of Your great love forever. Through my mouth, let Your faithfulness be made known, not just to this generation, but to the one growing inside me.

PRAYER OVER BABY

Father, let this child inherit not just physical traits from their family, but a legacy of knowing Your faithfulness.

SPEAK THIS OVER YOUR BABY

"God's love stands firm forever. His faithfulness is established, and it will be established for you too."

REFLECTION

What is one story of God's faithfulness in your own life that you want this child to eventually know?

Steadfast in the Process

Week 9 • The Faithful One

Habakkuk 3:19

"The LORD God is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places. To the chief singer on my stringed instruments."

Sixty days is long enough to know this isn't a sprint. The prophet Habakkuk, writing in a season of real uncertainty, still declared: "The Sovereign Lord is my strength; He makes my feet like the feet of a deer, He enables me to tread on the heights." Not around the difficulty. Through it, with sure footing.

MOTHER'S PRAYER

Lord, sixty days into this journey, I ask for the same sure-footedness Habakkuk describes, not an easy path, but steady footing on the path I'm actually walking.

BABY'S PRAYER

Father, this child has now been growing steadily for two months. Continue Your steady, unhurried work in their formation.

TODAY'S CONFESSION

The Sovereign Lord is my strength. He makes my feet steady, even on uncertain ground.

REFLECTION QUESTION

What has "steadiness" looked like for you over these first sixty days, even without dramatic breakthroughs?

WEEK 9 • THE FAITHFUL ONE

Day 61



FORMAT B: PRAYER FOCUS

 Hebrews 10:23

Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)"

SHORT TEACHING

"Let us hold unswervingly to the hope we profess, for He who promised is faithful." The command here isn't to feel unwavering. It's to hold on, actively, even when your grip feels uncertain, because the One who promised is the steady one, not you.

FOCUSED PRAYER

Lord, help me hold on to hope today, not because I feel unshakeable, but because You are the One who promised, and You are faithful.

TODAY'S CONFESSION

I hold unswervingly to the hope I profess, because He who promised is faithful.

BABY'S BLESSING

May you learn to hold onto hope, not because you never waver, but because God never does.

WEEK 9 • THE FAITHFUL ONE

Day 62



FORMAT E: GRATITUDE DAY



Psalm 36:5

Thy mercy, O LORD, is in the heavens; and thy faithfulness reacheth unto the clouds.”

THREE THINGS TO THANK GOD FOR TODAY

1. A specific promise of God you've seen fulfilled in your own life before this pregnancy.
2. The steadiness of routine, however small, that has carried you through this week.
3. Two months of growth for this baby, safely underway.

PRAYER

Father, Your love reaches to the heavens, Your faithfulness to the skies. Thank You that Your faithfulness is not limited by my ability to perceive it.

TODAY'S CONFESSION

God's faithfulness reaches to the skies. It is bigger than what I can see or measure.

BABY'S BLESSING

May you grow up under a faithfulness bigger than what either of us can fully see.

Week 9

The Faithful One

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

Adjustment

Week 10 · Learning to Adjust

MY PRAYER FOR YOU TODAY — NELLY

"Nine weeks of trust behind you, and now we step into something I call Adjustment. This is the phase where the reality of pregnancy stops being new information and starts being your actual life, your body changing in ways you're still getting used to, your emotions shifting sometimes without warning, your daily rhythms rearranging around this baby whether you feel ready or not. I want to say clearly: struggling to adjust is not a lack of faith. It is not a sign you're doing this wrong. It is simply what adjustment looks like, for every mother I have ever walked with, including the ones who seemed the most put-together from the outside. I'm praying today that God gives you grace for this adjustment, not pressure to have it mastered quickly, but real grace, for your body, your emotions, and your pace."

With you in prayer, Nelly

2 Corinthians 12:9

"And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."

MOTHER'S PRAYER

Lord, Your grace is sufficient for me, and Your power is made perfect in my weakness. As I adjust to this new reality, let me actually believe that, not just recite it.

BABY'S PRAYER

Father, as my body continues adjusting to carry this child, let Your grace be sufficient for every part of this process, for both of us.

TODAY'S CONFESSION

God's grace is sufficient for me. His power is made perfect in my weakness, including the weakness of not having adjusted yet.

WEEK 10 • LEARNING TO ADJUST

Day 65



FORMAT D: FAITH CHECK-IN

 Ecclesiastes 3:1

To every thing there is a season, and a time to every purpose under the heaven.”

WHAT I AM FEELING

Perhaps a sense of being caught between who you were before pregnancy and who you're becoming now, not fully either one yet.

WHAT I CHOOSE TO BELIEVE

I choose to believe there is a season for this too, a time to adjust, and I don't have to rush through it.

PRAYER

Lord, there is a time for everything, including this in-between season I'm in right now. Help me not to rush what needs its own time.

TODAY'S CONFESSION

There is a season for everything, including this adjustment. I do not have to rush it.

FAITH ACTION

Name one adjustment, physical or emotional, that you're still getting used to, without judging yourself for it.

WEEK 10 • LEARNING TO ADJUST

Day 66



FORMAT C: MOTHER & BABY MOMENT



Psalm 94:19

In the multitude of my thoughts within me thy comforts delight my soul."

MOTHER'S PRAYER

Lord, when anxiety was great within me, Your consolation brought me joy before, and I need that same consolation for this specific burden of adjustment today, the mental load of a body and a life that are both changing faster than I feel ready for.

PRAYER OVER BABY

Father, as I adjust to carrying you, let this child feel only stability, even in the parts of this process that feel unstable to me.

SPEAK THIS OVER YOUR BABY

"When anxiety is great within you, God's consolation brings joy. That same consolation is available to you too, from the very beginning."

REFLECTION

What is the hardest adjustment you've faced so far, and have you actually brought it to God directly, or just endured it quietly?

WEEK 10 • LEARNING TO ADJUST

Day 67



FORMAT F: SURRENDER DAY

**Matthew 11:28-30**

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

WHAT AM I CARRYING?

Physical exhaustion, the mental load of appointments and decisions, the pressure to seem fine when you're not.

WHAT AM I SURRENDERING?

The idea that you have to carry all of it without help, without rest, without asking God, or anyone else, for support.

PRAYER

Jesus, You said Your burden is light. Mine doesn't feel light right now. I bring You what's heavy today and ask You to carry what I can't.

TODAY'S CONFESSION

I am allowed to set things down. Surrender is not failure. It is faith with its hands open.

WEEK 10 • LEARNING TO ADJUST

Day 68



FORMAT B: PRAYER FOCUS



Psalm 55:6

*And I said, Oh that I had wings like a dove! for then would I fly away,
and be at rest."*

SHORT TEACHING

Even the psalmist admitted wanting to fly away from a hard season, "Oh, that I had the wings of a dove, I would fly away and be at rest." That honesty is in Scripture on purpose. You're allowed to admit wanting relief without that admission meaning you lack faith.

FOCUSED PRAYER

Lord, some days I want to escape the discomfort of adjusting. I bring You that honest desire, without shame, and ask for real rest inside this season, not just an exit from it.

TODAY'S CONFESSION

I can be honest about wanting relief. God receives my honesty, not just my composure.

BABY'S BLESSING

May you grow up in a home where honesty about hard feelings is welcomed, not hidden.

WEEK 10 • LEARNING TO ADJUST

Day 69



FORMAT E: GRATITUDE DAY

 James 1:17

Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.”

THREE THINGS TO THANK GOD FOR TODAY

1. One adjustment that has actually gotten easier since it first started.
2. A good gift you've received this week, however small.
3. Grace someone extended to you recently.

PRAYER

Father, every good and perfect gift comes from You, including the parts of this adjustment that have genuinely gotten easier. Thank You.

TODAY'S CONFESSION

Every good gift comes from the Father of lights, who does not change like shifting shadows.

BABY'S BLESSING

May you recognize good gifts in your life and know exactly where they come from.

Week 10

Learning to Adjust

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 11 • WISDOM FOR EACH DAY

Day 71



FORMAT A: DAILY DEVOTIONAL

 Proverbs 2:6

For the LORD giveth wisdom: out of his mouth cometh knowledge and understanding."

REFLECTION

"For the Lord gives wisdom; from His mouth come knowledge and understanding." Wisdom, in this verse, isn't something you accumulate through effort alone. It's something given, from a source outside yourself, available to you specifically for the decisions this pregnancy keeps asking of you.

MOTHER'S PRAYER

Lord, You are the source of wisdom, not my own research or worry. Give me what I need for today's decisions.

BABY'S PRAYER

Father, let this child grow up valuing wisdom that comes from You, not just information gathered from anywhere else.

TODAY'S CONFESSION

The Lord gives wisdom. It comes from His mouth, and He is not withholding it from me.

WEEK 11 • WISDOM FOR EACH DAY

Day 72



FORMAT D: FAITH CHECK-IN

 Proverbs 9:10

The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding.”

WHAT I AM FEELING

Perhaps decision fatigue, from choosing a provider, a feeding plan, a hundred small things you didn't know you'd have to decide.

WHAT I CHOOSE TO BELIEVE

I choose to believe the fear of the Lord, reverence, trust, is the beginning of the wisdom I actually need, more than having every fact memorized.

PRAYER

Lord, before I chase more information, let me start with reverence for You. That's the beginning of real wisdom, not just data.

TODAY'S CONFESSION

The fear of the Lord is the beginning of wisdom. I start there, not with panic-driven research.

FAITH ACTION

Identify one decision you've been avoiding, and take one small step toward it today.

WEEK 11 • WISDOM FOR EACH DAY

Day 73



FORMAT C: MOTHER & BABY MOMENT

 Colossians 1:9

For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding;”

MOTHER'S PRAYER

Lord, fill me with the knowledge of Your will through spiritual wisdom and understanding, especially for the decisions ahead of me regarding this baby.

PRAYER OVER BABY

Father, let this child grow up filled with the same wisdom and understanding, not just intellectual knowledge, but spiritual insight.

SPEAK THIS OVER YOUR BABY

"May you be filled with the knowledge of God's will, through wisdom that comes from the Spirit, not just the world."

REFLECTION

What decision, big or small, do you most need godly wisdom for right now?

WEEK 11 • WISDOM FOR EACH DAY

Day 74



FORMAT F: SURRENDER DAY

**Proverbs 19:21**

There are many devices in a man's heart; nevertheless the counsel of the LORD, that shall stand."

WHAT AM I CARRYING?

The pressure to have the "right" plan for everything, birth, parenting, feeding, before the baby even arrives.

WHAT AM I SURRENDERING?

The illusion that my plans are the final say. "Many are the plans in a person's heart, but it is the Lord's purpose that prevails."

PRAYER

Lord, I have plans, many of them. I release my grip on needing all of them to go exactly as I've imagined.

TODAY'S CONFESSION

I have many plans in my heart, but it is the Lord's purpose that prevails. I trust His purpose over my perfect plan.

WEEK 11 • WISDOM FOR EACH DAY

Day 75



FORMAT B: PRAYER FOCUS

 1 Kings 3:9

Give therefore thy servant an understanding heart to judge thy people, that I may discern between good and bad: for who is able to judge this thy so great a people?"

SHORT TEACHING

Solomon didn't ask for wealth or long life. He asked for a discerning heart to govern well. His prayer is a model, asking specifically for wisdom to steward what's been entrusted to you, rather than asking for the entrusted thing to simply become easier.

FOCUSED PRAYER

Lord, like Solomon, I ask for a discerning heart, not for this pregnancy to become effortless, but for wisdom to steward it well.

TODAY'S CONFESSION

I ask for a discerning heart, wisdom to steward what God has entrusted to me.

BABY'S BLESSING

May you grow into someone who asks for discernment rather than shortcuts.

WEEK 11 • WISDOM FOR EACH DAY

Day 76



FORMAT E: GRATITUDE DAY



Psalm 119:105

Thy word is a lamp unto my feet, and a light unto my path."

THREE THINGS TO THANK GOD FOR TODAY

1. A piece of good advice or wisdom you received recently.
2. A decision that turned out better than you expected.
3. God's Word as a source of guidance available to you anytime.

PRAYER

Father, Your Word is a lamp for my feet and a light for my path, not the whole path illuminated at once, but enough light for the next step. Thank You for that mercy.

TODAY'S CONFESSION

God's Word lights my path, one step at a time. I don't need to see the whole road to take the next step faithfully.

BABY'S BLESSING

May God's Word be a lamp for your feet throughout your entire life, not just in pregnancy, but always.

Week 11

Wisdom for Each Day

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 12 • ROOTED IN HOPE

Day 78



FORMAT A: DAILY DEVOTIONAL

 Romans 15:13

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost."

REFLECTION

"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope." Notice the order: trust comes first, then joy and peace, and hope overflows as a result, not the other way around. Hope here isn't wishful thinking. It's the natural overflow of trust actually being practiced.

MOTHER'S PRAYER

Lord, fill me with joy and peace as I trust You today, and let hope overflow from that trust, not from my circumstances lining up perfectly.

BABY'S PRAYER

Father, let this child be filled with hope from the very beginning, an overflow of trust in You, not dependent on perfect circumstances.

TODAY'S CONFESSION

I trust in the God of hope. Joy, peace, and hope overflow from that trust, not from my circumstances.

WEEK 12 • ROOTED IN HOPE

Day 79



FORMAT D: FAITH CHECK-IN

 Romans 5:3-4

And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope.”

WHAT I AM FEELING

Perhaps this trimester's difficulties have left you feeling more tested than triumphant.

WHAT I CHOOSE TO BELIEVE

I choose to believe that suffering, even the ordinary discomfort of pregnancy, produces perseverance, character, and ultimately, hope.

PRAYER

Lord, I don't love the discomfort of this season, but I trust You're producing something in me through it, perseverance, character, and hope.

TODAY'S CONFESSION

Suffering produces perseverance, perseverance produces character, and character produces hope. I trust this process, even now.

FAITH ACTION

Name one way you've noticed yourself becoming more resilient over these twelve weeks.

WEEK 12 • ROOTED IN HOPE

Day 80



FORMAT C: MOTHER & BABY MOMENT

 Lamentations 3:24

The LORD is my portion, saith my soul; therefore will I hope in him.

MOTHER'S PRAYER

Lord, You are my portion, therefore I will hope in You, not in a smooth trimester, not in perfect symptoms, but in You specifically.

PRAYER OVER BABY

Father, let this child's hope, throughout their life, be rooted in You as their portion, not in circumstances that will always shift.

SPEAK THIS OVER YOUR BABY

"The Lord is my portion, therefore I will hope in Him. That hope is available to you too, from the very start."

REFLECTION

What has your hope been resting on lately, circumstances, or God Himself?

WEEK 12 • ROOTED IN HOPE

Day 81



FORMAT F: SURRENDER DAY



Psalm 39:7

And now, Lord, what wait I for? my hope is in thee."

WHAT AM I CARRYING?

Uncertainty about how the rest of this pregnancy, and this trimester's closing weeks, will actually go.

WHAT AM I SURRENDERING?

Needing to know the outcome in advance. "And now, Lord, what do I look for? My hope is in You."

PRAYER

Lord, what do I look for in these uncertain weeks? Not a guarantee of ease, but You. My hope is in You alone.

TODAY'S CONFESSION

My hope is not in outcomes I can predict. My hope is in the Lord.

WEEK 12 • ROOTED IN HOPE

Day 82



FORMAT B: PRAYER FOCUS

**Hebrews 6:19**

Which hope we have as an anchor of the soul, both sure and stedfast, and which entereth into that within the veil;”

SHORT TEACHING

Hope, here, is described as an anchor for the soul, firm and secure. An anchor doesn't prevent the waves. It keeps you steady inside them. Hope in God doesn't promise a smooth trimester. It promises you won't be swept away by the rough parts of it.

FOCUSED PRAYER

Lord, let hope be my anchor this week, not removing the waves of this pregnancy, but keeping me steady inside them.

TODAY'S CONFESSION

My hope is an anchor for my soul, firm and secure. I will not be swept away.

BABY'S BLESSING

May hope be your anchor too, steady even when life gets stormy.

WEEK 12 • ROOTED IN HOPE

Day 83



FORMAT E: GRATITUDE DAY

 Psalm 71:14

But I will hope continually, and will yet praise thee more and more.”

THREE THINGS TO THANK GOD FOR TODAY

1. A hope you're holding onto for this pregnancy's remaining weeks.
2. Twelve weeks of growth for this baby, safely underway.
3. A specific way your own hope has grown steadier over this trimester.

PRAYER

Father, I will always have hope, and I will praise You more and more. Let that be true of me today, even in the final stretch of this trimester.

TODAY'S CONFESSION

I will always have hope. I will praise God more and more, not less, as this journey continues.

BABY'S BLESSING

May your hope grow more and more too, not fade as life gets more complicated.

Week 12

Rooted in Hope

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 13 • FIRST TRIMESTER REFLECTION

Day 85



FORMAT A: DAILY DEVOTIONAL



Psalm 71:6

By thee have I been holden up from the womb: thou art he that took me out of my mother's bowels: my praise shall be continually of thee."

REFLECTION

"From birth I have relied on You; You brought me forth from my mother's womb." As you approach the close of your first trimester, this verse reaches backward and forward at once, a reminder that your own life began under the same careful hand now forming your child.

MOTHER'S PRAYER

Lord, from before my own birth, You have been faithful. Let me trust that same faithfulness as I near the end of this first trimester.

BABY'S PRAYER

Father, this child, too, will one day be able to say, "from birth I have relied on You." Let that reliance begin even now, before their first breath.

TODAY'S CONFESSION

From before my birth, God has been faithful to me. He is no less faithful to this child.

WEEK 13 • FIRST TRIMESTER REFLECTION

Day 86



FORMAT D: FAITH CHECK-IN

 Philippians 1:6

Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."

WHAT I AM FEELING

Perhaps a mix of relief at nearing the end of this trimester, and awareness of how much is still ahead.

WHAT I CHOOSE TO BELIEVE

I choose to believe that He who began this good work in me, and in this baby, will carry it on to completion.

PRAYER

Lord, You started this. Whatever the second and third trimesters hold, I trust You to carry this work through to completion.

TODAY'S CONFESSION

He who began a good work in me will carry it on to completion. This trimester's end is not the finish. It's a milestone toward it.

FAITH ACTION

Write a short note to yourself, to read again at the end of your second trimester, about how you're feeling right now.

WEEK 13 • FIRST TRIMESTER REFLECTION

Day 87



FORMAT C: MOTHER & BABY MOMENT

 1 Samuel 1:27

For this child I prayed; and the LORD hath given me my petition which I asked of him."

MOTHER'S PRAYER

Lord, like Hannah, I prayed for this child, in some form, whether through years of longing or a simple hope, and You have granted what I asked. Let my gratitude match hers.

PRAYER OVER BABY

Father, like Hannah dedicated Samuel, I dedicate this child to You, even now, before their first breath, before their name is spoken aloud.

SPEAK THIS OVER YOUR BABY

"I prayed for this child, and the Lord has granted what I asked of Him. You are an answer, not an accident."

REFLECTION

In what way, big or small, has this baby felt like an answer to something you were hoping or praying for?

WEEK 13 • FIRST TRIMESTER REFLECTION

Day 88



FORMAT F: SURRENDER DAY

 Psalm 143:8

Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee."

WHAT AM I CARRYING?

Whatever tension remains from this trimester, unfinished worries, physical discomfort, unresolved questions about what's ahead.

WHAT AM I SURRENDERING?

The need to have this trimester end with every loose end tied up neatly.

PRAYER

Lord, let the morning bring me word of Your unfailing love, for I have put my trust in You. Show me the way I should go, this trimester and the ones still ahead.

TODAY'S CONFESSION

I trust God for what I cannot yet see. He shows me the way, one trimester at a time.

WEEK 13 • FIRST TRIMESTER REFLECTION

Day 89



FORMAT B: PRAYER FOCUS

**Ecclesiastes 3:11**

He hath made every thing beautiful in his time: also he hath set the world in their heart, so that no man can find out the work that God maketh from the beginning to the end."

SHORT TEACHING

"He has made everything beautiful in its time." Not every week of this trimester has felt beautiful while you were living it. But this verse promises something about timing, not instant beauty, but beauty that becomes visible in its appointed time.

FOCUSED PRAYER

Lord, I trust that You are making something beautiful out of this trimester, even the parts that didn't feel beautiful while I was living them.

TODAY'S CONFESSION

God makes everything beautiful in its time. I trust His timing, even retroactively, over these past thirteen weeks.

BABY'S BLESSING

May you grow up trusting God's timing, even when beauty isn't immediately visible.

First Trimester Reflection

Week 13 • First Trimester Reflection

Psalm 103:2-5

"Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's."

Thirteen weeks ago, you began this journey with a single positive test and a hundred unanswered questions. Today, at the close of your first trimester, the invitation is the same one David gave himself: "Praise the Lord, my soul, and forget not all His benefits." Not just the dramatic ones. All of them, including the quiet, ordinary faithfulness of these past ninety days.

MOTHER'S PRAYER

Lord, at the close of this first trimester, I choose to remember, not just the hard parts, but every benefit, every mercy, every quiet faithfulness of these thirteen weeks. Thank You.

BABY'S PRAYER

Father, this child has now completed their first trimester of growth. Every organ forming, every system beginning, has happened under Your careful attention. Continue this good work.

TODAY'S CONFESSION

I praise the Lord, and I will not forget His benefits, not one of them, across these first ninety days.

REFLECTION QUESTION

Looking back across your entire first trimester, what is the single moment you most want to remember?

Week 13

First Trimester Reflection

This Trimester I Learned...

I Am Most Grateful For...

What I Surrendered This Trimester...

The Scripture That Carried Me Most...

My Prayer for My Baby, Entering Trimester Two...

My Prayer for Myself, Entering Trimester Two...

One Thing I Will Carry Into the Next Trimester...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

TRIMESTER TWO • DAYS 92-182

I Am Growing

Growth, bonding, strength, and a deepening sense of who you are becoming, alongside who this baby is becoming.



“Growing in grace.”

WEEKS 14-26

Growth

Week 14 • A New Chapter

MY PRAYER FOR YOU TODAY — NELLY

"Welcome to your second trimester. If your first trimester was hard, exhausted, sick, afraid, I want you to feel permission today to breathe out. That season is behind you now. If it was gentler than you expected, I'm grateful for that too, and I don't want you to feel guilty for the ease. However you arrived here, you arrived. I'm praying today that this new season brings not just physical relief, but a deeper settling of your spirit. God said, 'I am doing a new thing.' I believe that's true for this trimester, new strength, new bonding with this baby, new confidence in who you're becoming as a mother. I'm walking these next thirteen weeks with you too. Let's go."

With you in prayer, Nelly

Isaiah 43:19

"Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert."

MOTHER'S PRAYER

Lord, thank You for bringing me into this new trimester. Whatever the first one held, I release it and step forward into what You're doing now.

BABY'S PRAYER

Father, this child is growing rapidly now, in ways I can start to feel. Let every stage of this growth be covered by Your hand.

TODAY'S CONFESSION

A new season has begun, and I welcome it with faith, not fear.

WEEK 14 • A NEW CHAPTER

Day 93



FORMAT D: FAITH CHECK-IN

 Psalm 84:5-7

Blessed is the man whose strength is in thee; in whose heart are the ways of them. Who passing through the valley of Baca make it a well; the rain also filleth the pools. They go from strength to strength, every one of them in Zion appeareth before God."

WHAT I AM FEELING

Perhaps relief, if the first trimester was hard. Perhaps still tired, if it wasn't finished with you yet. There's no wrong answer entering this new chapter.

WHAT I CHOOSE TO BELIEVE

I choose to believe that those whose strength is in God go from strength to strength, and that this trimester can be one of those stretches, not a plateau.

PRAYER

Lord, thank You for bringing me into the second trimester. Let this be a season where I go from strength to strength, not by my own effort, but because my strength is in You.

TODAY'S CONFESSION

Those whose strength is in the Lord go from strength to strength. I don't have to manufacture that growth myself.

FAITH ACTION

Notice one small physical change today, without judgment, and simply say "thank You" for it.

WEEK 14 • A NEW CHAPTER

Day 94



FORMAT C: MOTHER & BABY MOMENT

 Psalm 92:12-13

The righteous shall flourish like the palm tree: he shall grow like a cedar in Lebanon. Those that be planted in the house of the LORD shall flourish in the courts of our God."

MOTHER'S PRAYER

Lord, let this baby, and let me, flourish like a palm tree in this new season, planted, rooted, growing steadily under Your care.

PRAYER OVER BABY

Father, this child is planted in Your house, in Your care, before they even arrive. Let their growth, from here forward, be steady and strong.

SPEAK THIS OVER YOUR BABY

"You are planted in the house of the Lord. You will flourish, rooted and growing, from the very beginning."

REFLECTION

What does "flourishing," rather than just surviving, look like for you in this new trimester?

WEEK 14 • A NEW CHAPTER

Day 95



FORMAT F: SURRENDER DAY

 Psalm 46:1

God is our refuge and strength, a very present help in trouble.”

WHAT AM I CARRYING?

Any leftover exhaustion or anxiety from the first trimester that hasn't fully released yet.

WHAT AM I SURRENDERING?

The idea that you have to carry the last season's weight forward into this new one.

PRAYER

Lord, You are my refuge and strength, an ever-present help in trouble. I release what the first trimester cost me, and I ask for a genuinely fresh start in this one.

TODAY'S CONFESSION

God is my refuge and strength. I do not have to carry last season's weight into this new one.

WEEK 14 • A NEW CHAPTER

Day 96



FORMAT B: PRAYER FOCUS

**2 Corinthians 5:17**

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

SHORT TEACHING

"If anyone is in Christ, the new creation has come." This verse is usually applied to salvation, but its principle holds here too: entering a new season doesn't require you to have fully processed the old one first. Newness is available now, not only after perfect closure.

FOCUSED PRAYER

Lord, let this trimester be genuinely new, not just a continuation of the last one's fatigue and fear.

TODAY'S CONFESSION

The old has gone, the new is here. I step into this trimester as a new season, not a rerun of the last one.

BABY'S BLESSING

May your life always be marked by the possibility of genuine newness, not stuck repeating old patterns.

WEEK 14 • A NEW CHAPTER

Day 97



FORMAT E: GRATITUDE DAY



Psalm 4:7

Thou hast put gladness in my heart, more than in the time that their corn and their wine increased."

THREE THINGS TO THANK GOD FOR TODAY

1. Any increase in energy or appetite you've noticed.
2. The specific week of pregnancy you've reached.
3. One person who has checked in on you recently.

PRAYER

Father, You have filled my heart with greater joy than any harvest of grain and new wine could bring. Let that be true of me today, in this specific season.

TODAY'S CONFESSION

God has filled my heart with joy, greater than any circumstance could produce on its own.

BABY'S BLESSING

May joy be a native language in your life, not something you have to learn late.

Week 14

A New Chapter

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 15 • GROWING IN GRACE

Day 99



FORMAT A: DAILY DEVOTIONAL

 2 Peter 3:18

But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen."

REFLECTION

"Grow in the grace and knowledge of our Lord and Savior Jesus Christ." Growth, here, is paired with grace, not effort alone. As your baby grows physically this week, let your own spiritual growth happen the same way, not by striving, but by grace doing its quiet work in you.

MOTHER'S PRAYER

Lord, let me grow in grace this trimester, not just in physical size, but in genuine closeness to You.

BABY'S PRAYER

Father, let this child, one day, grow in grace and knowledge of You too, not just physically, but spiritually, across their whole life.

TODAY'S CONFESSION

I am growing in grace and knowledge, not by striving alone, but by God's grace doing its quiet work in me.

A New Chapter

Week 15 • Growing in Grace

Isaiah 46:9-10

“Remember the former things of old: for I am God, and there is none else; I am God, and there is none like me, Declaring the end from the beginning, and from ancient times the things that are not yet done, saying, My counsel shall stand, and I will do all my pleasure:”

One hundred days. A third of this journey, behind you. If the number itself surprises you, let it. A hundred days ago, this baby was the size of a poppy seed. Today, an entire chapter has been written, in your body, in your faith, in the quiet, cumulative work of showing up daily that got you here.

MOTHER'S PRAYER

Lord, You declare the end from the beginning, and there is none like You. One hundred days in, I trust that You already see the whole of this story, even the parts I can't yet see.

BABY'S PRAYER

Father, this child has now grown for one hundred days under Your care. You know the end of their story from its very beginning. Let that same certainty cover the chapter still ahead.

TODAY'S CONFESSION

God declares the end from the beginning. He already sees the whole of this story, one hundred days in and beyond.

REFLECTION QUESTION

If you titled the first hundred days of this journey like a book chapter, what would you call it?

WEEK 15 • GROWING IN GRACE

Day 101



FORMAT C: MOTHER & BABY MOMENT

 Philippians 1:9–10

And this I pray, that your love may abound yet more and more in knowledge and in all judgment; That ye may approve things that are excellent; that ye may be sincere and without offence till the day of Christ;”

MOTHER'S PRAYER

Lord, let my love for this child abound more and more in knowledge and depth of insight, so I can discern what truly matters as they grow.

PRAYER OVER BABY

Father, let this child grow up surrounded by a love that abounds more and more, not love that plateaus, but love that keeps deepening.

SPEAK THIS OVER YOUR BABY

"My love for you will abound more and more, in knowledge and depth of insight, for the rest of my life."

REFLECTION

In what specific way has your love for this baby already deepened since Day 1?

WEEK 15 • GROWING IN GRACE

Day 102



FORMAT F: SURRENDER DAY

**Psalm 131:1-2**

Lord, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me. Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child."

WHAT AM I CARRYING?

The pressure to understand everything about how this pregnancy, and this future child, will unfold.

WHAT AM I SURRENDERING?

The need for full understanding. "I have calmed and quieted myself, I am like a weaned child with its mother."

PRAYER

Lord, I don't need to understand everything ahead of me. I surrender my need for full clarity, and I quiet myself like a weaned child, content simply to be near You.

TODAY'S CONFESSION

I have calmed and quieted my soul. I do not need to understand everything to be at peace.

WEEK 15 • GROWING IN GRACE

Day 103



FORMAT B: PRAYER FOCUS

 Colossians 2:6-7

As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving."

SHORT TEACHING

"Rooted and built up in Him, strengthened in the faith... overflowing with thankfulness." Growth here has three movements: rooting down, building up, and overflowing outward. It's not just about getting bigger. It's about getting deeper, sturdier, and more generous, all at once.

FOCUSED PRAYER

Lord, let my growth this trimester be rooted, built up, and overflowing, not just visible on the outside, but real underneath.

TODAY'S CONFESSION

I am rooted and built up in Christ, strengthened in faith, and overflowing with thankfulness.

BABY'S BLESSING

May your roots run deep, your foundation be strong, and your life overflow with genuine thankfulness.

WEEK 15 • GROWING IN GRACE

Day 104



FORMAT E: GRATITUDE DAY

 Psalm 145:3-4

Great is the LORD, and greatly to be praised; and his greatness is unsearchable. One generation shall praise thy works to another, and shall declare thy mighty acts."

THREE THINGS TO THANK GOD FOR TODAY

1. A specific way you've felt this baby's presence more clearly this week.
2. One generational blessing, faith, love, resilience, that you hope to pass forward.
3. A small joy from an otherwise ordinary day this week.

PRAYER

Father, "one generation commends Your works to another." Let my life, even now, in this pregnancy, be one generation telling the next about Your greatness.

TODAY'S CONFESSION

One generation commends God's works to another. I am part of that chain, and so is this baby.

BABY'S BLESSING

May you grow up hearing about God's greatness, passed to you from a generation that genuinely believed it.

Week 15

Growing in Grace

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 16 • JOY RETURNS

Day 106



FORMAT A: DAILY DEVOTIONAL

 Psalm 139:14

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

REFLECTION

This baby's body is being knit together with a level of detail no human hand could replicate, every cell arriving exactly on schedule, exactly where it needs to be. Wonder isn't an overreaction to that. It's the appropriate response.

MOTHER'S PRAYER

Lord, let me not rush past the wonder of what You're doing in me. Slow me down enough to notice it.

BABY'S PRAYER

Father, every part of this child You are forming is fearfully and wonderfully made. Let their body be a testimony to Your craftsmanship, and let them grow up knowing it.

TODAY'S CONFESSION

What is being formed in me is wonderful, not because it is easy, but because it is Yours.

WEEK 16 • JOY RETURNS

Day 107



FORMAT D: FAITH CHECK-IN

 Psalm 16:11

Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore."

WHAT I AM FEELING

Perhaps, this week, something lighter than you've felt in a while, a laugh that came more easily, energy that surprised you.

WHAT I CHOOSE TO BELIEVE

I choose to believe that in God's presence there is fullness of joy, available to me even mid-pregnancy, not reserved for after delivery.

PRAYER

Lord, You fill me with joy in Your presence. Let me actually receive that joy today, rather than postponing it until circumstances feel perfect.

TODAY'S CONFESSION

In God's presence there is fullness of joy. I don't have to wait until delivery to experience it.

FAITH ACTION

Do one thing today purely because it brings you joy, with no productivity attached to it.

WEEK 16 • JOY RETURNS

Day 108



FORMAT C: MOTHER & BABY MOMENT

 Zephaniah 3:17

The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing."

MOTHER'S PRAYER

Lord, You rejoice over me with singing. That's hard to imagine some days, but I receive it today, that You take delight in me, not just in what I accomplish.

PRAYER OVER BABY

Father, You will rejoice over this child too, with singing, from their very first breath and for their whole life.

SPEAK THIS OVER YOUR BABY

"The Lord your God is with you, mighty to save. He will take great delight in you and rejoice over you with singing."

REFLECTION

What would change in how you see yourself today if you truly believed God delights in you, not just tolerates you?

WEEK 16 • JOY RETURNS

Day 109



FORMAT F: SURRENDER DAY

 Psalm 30:11

Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;"

WHAT AM I CARRYING?

Any lingering sadness or heaviness from the first trimester that joy hasn't fully replaced yet.

WHAT AM I SURRENDERING?

The expectation that joy has to be permanent or constant to be real. It can come and go and still be genuine.

PRAYER

Lord, You turned my wailing into dancing before, You clothed me with joy. I surrender the remaining heaviness and ask for that same turning now.

TODAY'S CONFESSION

God turns wailing into dancing. He clothes me with joy, even after a hard season.

WEEK 16 • JOY RETURNS

Day 110



FORMAT B: PRAYER FOCUS

**John 15:11**

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full."

SHORT TEACHING

Jesus said He told His disciples certain things "so that My joy may be in you and that your joy may be complete." Joy, here, isn't manufactured by circumstances. It's given, from Christ's own joy, meant to become complete, fully formed, in you.

FOCUSED PRAYER

Lord, let Your joy be in me today, complete, not partial, not dependent on this pregnancy going perfectly.

TODAY'S CONFESSION

Christ's joy is in me, and my joy is complete, not because everything is easy, but because His joy doesn't depend on that.

BABY'S BLESSING

May Christ's joy be in you too, complete and unshakeable, from your very first days.

WEEK 16 • JOY RETURNS

Day 111



FORMAT E: GRATITUDE DAY



Psalm 126:3

The LORD hath done great things for us; whereof we are glad."

THREE THINGS TO THANK GOD FOR TODAY

1. A specific moment of unexpected laughter this week.
2. Physical comfort or relief you've experienced recently.
3. This baby's continued, steady growth, unseen but real.

PRAYER

Father, You have done great things for me, and I am filled with joy. Let me name those great things specifically today, not just generally.

TODAY'S CONFESSION

The Lord has done great things for me, and I am filled with joy, specific joy, over specific things.

BABY'S BLESSING

May you always be able to name the great things God has done in your life, specifically, with gratitude.

Week 16

Joy Returns

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 17 • FEARFULLY MADE

Day 113



FORMAT A: DAILY DEVOTIONAL

 Isaiah 49:1

Listen, O isles, unto me; and hearken, ye people, from far; The LORD hath called me from the womb; from the bowels of my mother hath he made mention of my name."

REFLECTION

"Before I was born the Lord called me; from my mother's womb He has spoken my name." This verse, echoing a prophetic calling, holds a truth that applies to your baby too: identity and purpose were not decided at birth. They were already present, already known by God, in the womb.

MOTHER'S PRAYER

Lord, before this baby was born, You already called them by name, in a sense, already knew their whole story. Help me trust a story You started before I even knew I was carrying it.

BABY'S PRAYER

Father, before this child was born, You called them, and You are setting them apart with purpose, even now, in the womb.

TODAY'S CONFESSION

Before this baby was born, God had already called them by name. He knows them, fully, purposefully.

WEEK 17 • FEARFULLY MADE

Day 114



FORMAT D: FAITH CHECK-IN

 Psalm 119:73

*Thy hands have made me and fashioned me: give me understanding,
that I may learn thy commandments.”*

WHAT I AM FEELING

Perhaps a renewed sense of wonder at your own body, at what it's capable of, even amid discomfort.

WHAT I CHOOSE TO BELIEVE

I choose to believe my body was made by God's hands, formed with intention, not an accident of biology alone.

PRAYER

Lord, Your hands made me and formed me. Let me see my body this week as Your intentional work, not just something to manage or endure.

TODAY'S CONFESSION

God's hands made me and formed me. My body is His work, not a problem to be solved.

FAITH ACTION

Say one kind thing about your body today, out loud.

WEEK 17 • FEARFULLY MADE

Day 115



FORMAT C: MOTHER & BABY MOMENT

 Psalm 139:13

For thou hast possessed my reins: thou hast covered me in my mother's womb."

MOTHER'S PRAYER

Lord, You created this baby's inmost being, knitting them together in my womb with a precision I can't fully comprehend. Thank You for entrusting that sacred work to my body.

PRAYER OVER BABY

Father, every organ, every system, every part of this child You are still knitting together, let it be formed exactly as You intend.

SPEAK THIS OVER YOUR BABY

"God created your inmost being. He knit you together in your mother's womb, with intention and care."

REFLECTION

What is one physical detail about this baby you're already curious or excited about?

WEEK 17 • FEARFULLY MADE

Day 116



FORMAT F: SURRENDER DAY

**1 Corinthians 6:19–20**

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

WHAT AM I CARRYING?

Frustration or self-consciousness about how your body looks or feels right now.

WHAT AM I SURRENDERING?

The cultural pressure to see your changing body as a problem rather than as a temple currently doing sacred work.

PRAYER

Lord, my body is a temple of Your Spirit. I surrender my frustration with how it looks or feels, and I honor it instead, as the sacred space it currently is.

TODAY'S CONFESSION

My body is a temple of the Holy Spirit. I honor it, even in its changing, unfamiliar shape.

WEEK 17 • FEARFULLY MADE

Day 117



FORMAT B: PRAYER FOCUS

**Philippians 4:19**

But my God shall supply all your need according to his riches in glory by Christ Jesus."

SHORT TEACHING

This isn't a promise that every want gets met. It's a promise that every genuine need, financial, emotional, physical, as you prepare for this baby, is seen by a Father who owns "the riches in glory."

FOCUSED PRAYER

Lord, You already know what this baby will need, before I've thought to ask. I release my planning anxiety into Your provision.

TODAY'S CONFESSION

I do not have to manufacture provision on my own strength. God supplies.

BABY'S BLESSING

May you never lack what is truly needed, and may you grow up trusting the One who provides it.

WEEK 17 • FEARFULLY MADE

Day 118



FORMAT E: GRATITUDE DAY

 Psalm 40:5

Many, O LORD my God, are thy wonderful works which thou hast done, and thy thoughts which are to us-ward: they cannot be reckoned up in order unto thee: if I would declare and speak of them, they are more than can be numbered."

THREE THINGS TO THANK GOD FOR TODAY

1. A specific wonder about this baby's development you learned about this week.
2. Something your body has done well recently, even something small.
3. A moment of connection with your partner, family, or friend about this pregnancy.

PRAYER

Father, many are the wonders You have done. Your plans for me are too many to declare. Let me marvel at even a fraction of them today.

TODAY'S CONFESSION

Many are the wonders God has done. His plans for me are more than I could ever fully declare.

BABY'S BLESSING

May wonder be a lifelong posture for you, noticing God's work rather than taking it for granted.

Week 17

Fearfully Made

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 18 • GOD'S PROVISION

Day 120



FORMAT A: DAILY DEVOTIONAL



Matthew 6:31–33

Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

REFLECTION

Jesus's instruction not to worry about what you'll eat, drink, or wear isn't dismissive of real practical needs. It's followed by a redirection: "seek first His kingdom... and all these things will be given to you as well." Provision follows seeking, not the other way around.

MOTHER'S PRAYER

Lord, as I think about everything this baby will need, help me seek You first, trusting that practical provision follows, rather than leads.

BABY'S PRAYER

Father, You already know what this child will need. Provide for them, materially and spiritually, as only You can.

TODAY'S CONFESSION

I seek God's kingdom first. Provision for what this baby needs follows that seeking, not the other way around.

WEEK 18 • GOD'S PROVISION

Day 121



FORMAT D: FAITH CHECK-IN



Psalm 23:1

The LORD is my shepherd; I shall not want."

WHAT I AM FEELING

Perhaps some financial or practical anxiety about preparing for this baby, costs you hadn't fully considered.

WHAT I CHOOSE TO BELIEVE

I choose to believe the Lord is my shepherd, and I lack nothing that truly matters, even amid financial uncertainty.

PRAYER

Lord, You are my shepherd. Even in seasons of financial concern, I trust that I lack nothing essential, because You are leading and providing.

TODAY'S CONFESSION

The Lord is my shepherd. I lack nothing that truly matters, even when the practical picture feels uncertain.

FAITH ACTION

Write down one practical need for this baby, and pray specifically over it, rather than just worrying about it silently.

WEEK 18 • GOD'S PROVISION

Day 122



FORMAT C: MOTHER & BABY MOMENT

 2 Corinthians 9:8

And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work."

MOTHER'S PRAYER

Lord, You are able to make all grace abound to me, so that in all things, at all times, having all I need, I will abound in every good work, including the good work of raising this child.

PRAYER OVER BABY

Father, let Your abounding grace cover every provision this child will need, materially, emotionally, spiritually.

SPEAK THIS OVER YOUR BABY

"God is able to make all grace abound to you, so that in all things, at all times, you will have all you need."

REFLECTION

What is one area where you're trusting God for provision right now, that you haven't fully named yet?

WEEK 18 • GOD'S PROVISION

Day 123



FORMAT F: SURRENDER DAY

**Luke 12:24**

Consider the ravens: for they neither sow nor reap; which neither have storehouse nor barn; and God feedeth them: how much more are ye better than the fowls?"

WHAT AM I CARRYING?

Comparisons to other families who seem more financially or practically prepared than you feel.

WHAT AM I SURRENDERING?

Measuring your provision against someone else's, rather than trusting God's specific care for your specific family.

PRAYER

Lord, You feed the ravens, who neither sow nor reap, and how much more valuable am I, and this baby, to You. I release the comparison and rest in Your specific care for us.

TODAY'S CONFESSION

God feeds the ravens. I am far more valuable to Him than they are. He will care for what I need too.

WEEK 18 • GOD'S PROVISION

Day 124



FORMAT B: PRAYER FOCUS



Psalm 34:10

The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing."

SHORT TEACHING

"Those who seek the Lord lack no good thing." The promise isn't that seeking guarantees luxury. It's that genuine seeking of God results in not lacking what's genuinely good and needed, a subtle but important distinction from a prosperity guarantee.

FOCUSED PRAYER

Lord, I seek You today, not primarily for material provision, but for You. Trusting that what's genuinely good for this baby will not be withheld.

TODAY'S CONFESSION

Those who seek the Lord lack no good thing. I seek Him, and I trust His provision for what is genuinely needed.

BABY'S BLESSING

May you grow up seeking God first, trusting that good things follow that seeking.

WEEK 18 • GOD'S PROVISION

Day 125



FORMAT E: GRATITUDE DAY

**Philippians 4:11–12**

Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.”

THREE THINGS TO THANK GOD FOR TODAY

1. A specific practical provision that has already come together for this baby.
2. Contentment you've felt in a season that isn't financially perfect.
3. A person who has offered practical help, big or small, during this pregnancy.

PRAYER

Father, I am learning, like Paul, to be content whatever the circumstances. Thank You for the provision I already have, rather than only noticing what's still missing.

TODAY'S CONFESSION

I have learned the secret of being content in any and every situation. I am not waiting for perfect circumstances to feel provided for.

BABY'S BLESSING

May you grow up learning contentment too, not dependent on having everything, but secure in having enough.

Week 18

God's Provision

This Phase I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me Most This Phase...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into the Bonding Phase...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

Bonding

Week 19 • Knowing You Already

MY PRAYER FOR YOU TODAY — NELLY

"You're entering the Bonding phase now, and for many of the mothers I've walked with, this is where pregnancy starts to feel less abstract and more like an actual relationship. You might be feeling movement for the first time, or feeling it more distinctly than before. You might be noticing, for the first time, that you're not just carrying a pregnancy, you're getting to know a person. I want to encourage you to let that bonding happen naturally, in your own way and your own timing. Some mothers feel an instant, overwhelming connection. Others feel it grow slowly, quietly, over weeks. Both are completely normal. Neither speaks to how much you love this child. I'm praying today that whatever pace your bonding takes, you'd feel free from comparison, and full of genuine anticipation for the relationship that's already beginning."

With you in prayer, Nelly

Ephesians 3:17-19

"That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, May be able to comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God."

MOTHER'S PRAYER

Lord, root and establish me, and this bond with my baby, in love, so that together we may grasp how wide and long and high and deep Your love actually is.

BABY'S PRAYER

Father, let this child feel loved and known, even now, before we've met face to face.

TODAY'S CONFESSION

This bond is being rooted and established in love, wide and long and high and deep, beyond what I can fully measure.

WEEK 19 • KNOWING YOU ALREADY

Day 128



FORMAT D: FAITH CHECK-IN

 1 Thessalonians 2:8

So being affectionately desirous of you, we were willing to have imparted unto you, not the gospel of God only, but also our own souls, because ye were dear unto us."

WHAT I AM FEELING

Perhaps a tenderness you weren't expecting, or perhaps you're still waiting for that feeling to fully arrive, and wondering if something is wrong with you for that.

WHAT I CHOOSE TO BELIEVE

I choose to believe love for this child is not measured by a single feeling, but is already present in the care I'm taking, the prayers I'm praying, the choices I'm making for their good.

PRAYER

Lord, whatever I feel or don't yet feel emotionally, let me trust that love is already present, in action, even before it fully arrives in feeling.

TODAY'S CONFESSION

My love for this child is already real, expressed in care and prayer, whether or not the feeling has fully caught up yet.

FAITH ACTION

Do one small, tangible act of care for this baby today, regardless of how you feel emotionally.

WEEK 19 • KNOWING YOU ALREADY

Day 129



FORMAT C: MOTHER & BABY MOMENT

 Song of Songs 6:3

I am my beloved's, and my beloved is mine: he feedeth among the lilies."

MOTHER'S PRAYER

Lord, this baby is becoming more real to me by the week, not an idea anymore, but a person I'm already learning to love. Thank You for this bond forming before we've even met face to face.

PRAYER OVER BABY

Father, let this child know love before language, safety before words, from the very first flutter of movement they make.

SPEAK THIS OVER YOUR BABY

"I am yours, and you are mine. I already love you. You are not waiting to be wanted. You are wanted now."

REFLECTION

Describe, in a sentence or two, what it's felt like to sense this baby's presence growing more real.

WEEK 19 • KNOWING YOU ALREADY

Day 130



FORMAT F: SURRENDER DAY

 1 John 4:18

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love."

WHAT AM I CARRYING?

Fear about whether you'll bond "correctly" or "enough" with this child, once they arrive.

WHAT AM I SURRENDERING?

The performance pressure around bonding, replacing it with trust that perfect love casts out fear, including the fear of not loving well enough.

PRAYER

Lord, cast out the fear I carry about whether I'll bond well with this child. Let Your perfect love fill the space that fear currently occupies.

TODAY'S CONFESSION

Perfect love casts out fear. I release my fear about bonding, and I trust love to grow as it needs to.

WEEK 19 • KNOWING YOU ALREADY

Day 131



FORMAT B: PRAYER FOCUS

 Song of Songs 8:7

Many waters cannot quench love, neither can the floods drown it: if a man would give all the substance of his house for love, it would utterly be contemned."

SHORT TEACHING

"Many waters cannot quench love; rivers cannot sweep it away." This poetic image reminds you that real love, including the love you're building with this child, isn't fragile. It can survive imperfect bonding moments, hard weeks, or a slow start, and remain fully real.

FOCUSED PRAYER

Lord, let the love growing between me and this baby be the kind many waters cannot quench, resilient, not dependent on perfect circumstances.

TODAY'S CONFESSION

Many waters cannot quench the love growing in me for this child. It is resilient, not fragile.

BABY'S BLESSING

May you know a love in your life that many waters cannot quench, starting with mine.

WEEK 19 • KNOWING YOU ALREADY

Day 132



FORMAT E: GRATITUDE DAY

 Psalm 127:3

Lo, children are an heritage of the LORD: and the fruit of the womb is his reward."

THREE THINGS TO THANK GOD FOR TODAY

1. A specific moment this week when you felt connected to this baby.
2. The gift of carrying a child at all, which Scripture calls a heritage from the Lord.
3. Someone who has encouraged your bond with this baby, even in small ways.

PRAYER

Father, children are a heritage from You, a reward. Let me receive this baby that way today, as a gift, not a task to manage.

TODAY'S CONFESSION

This child is a heritage from the Lord, a reward, not a burden to bear alone.

BABY'S BLESSING

May you always know you were received as a gift, not as an obligation.

Week 19

Knowing You Already

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 20 • HALFWAY THROUGH

Day 134



FORMAT A: DAILY DEVOTIONAL

 1 Thessalonians 2:11–12

As ye know how we exhorted and comforted and charged every one of you, as a father doth his children, That ye would walk worthy of God, who hath called you unto his kingdom and glory.”

REFLECTION

Paul describes his care for the Thessalonians as a father dealing with his own children, encouraging, comforting, urging them on. That same tender attentiveness is already forming in you, even before this baby arrives, in every choice you're making for their good right now.

MOTHER'S PRAYER

Lord, form in me the kind of tender, attentive love Paul describes, not perfect, but genuinely present, starting even now.

BABY'S PRAYER

Father, let this child grow up encouraged, comforted, and gently urged forward, the way a loving parent cares for their own.

TODAY'S CONFESSION

A mother's heart is forming in me, tender and attentive, even before this baby arrives.

WEEK 20 • HALFWAY THROUGH

Day 135



FORMAT D: FAITH CHECK-IN

 Isaiah 49:15

Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee."

WHAT I AM FEELING

Perhaps a fierce protectiveness has started to surface, something new, something you didn't feel quite this strongly before.

WHAT I CHOOSE TO BELIEVE

I choose to believe that even the deepest human mother-love is only a shadow of how God feels toward His own children, including this baby.

PRAYER

Lord, "can a mother forget the baby at her breast? Though she may forget, I will not forget you." Let that certainty about Your love steady my own growing love for this child.

TODAY'S CONFESSION

God's love for this child is even more certain than my own. I do not carry this love alone.

FAITH ACTION

Name one protective instinct you've noticed rising in yourself this week.

WEEK 20 • HALFWAY THROUGH

Day 136



FORMAT C: MOTHER & BABY MOMENT

 1 Corinthians 13:4-7

Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things."

MOTHER'S PRAYER

Lord, shape the love I have for this child after Your own: patient, kind, not easily angered, always protecting, always trusting, always hoping.

PRAYER OVER BABY

Father, let this child grow up inside a love that looks like Yours, patient and kind, not perfect, but genuinely modeled after the real thing.

SPEAK THIS OVER YOUR BABY

"The love I have for you is patient and kind. It always protects, always trusts, always hopes, always perseveres."

REFLECTION

Which quality of love from this passage do you most want to grow in as you become this child's mother?

WEEK 20 • HALFWAY THROUGH

Day 137



FORMAT F: SURRENDER DAY

**Psalm 139:23-24**

*Search me, O God, and know my heart: try me, and know my thoughts:
And see if there be any wicked way in me, and lead me in the way
everlasting.”*

WHAT AM I CARRYING?

Any fear that your own upbringing or past hurts will repeat themselves in how you mother this child.

WHAT AM I SURRENDERING?

The belief that you're destined to repeat old patterns, rather than trusting God to search your heart and lead you somewhere new.

PRAYER

Lord, search me and know my heart. Test me and know my anxious thoughts. Lead me in a way that breaks unhealthy patterns, not one that repeats them.

TODAY'S CONFESSION

God searches my heart and leads me forward. I am not destined to simply repeat the past.

WEEK 20 • HALFWAY THROUGH

Day 138



FORMAT B: PRAYER FOCUS

**Proverbs 31:26**

She openeth her mouth with wisdom; and in her tongue is the law of kindness."

SHORT TEACHING

The Proverbs 31 woman is often held up as an impossible standard, but this specific verse describes something achievable, "she speaks with wisdom, and faithful instruction is on her tongue." Motherhood doesn't require perfection. It asks for wisdom, spoken faithfully, over time.

FOCUSED PRAYER

Lord, let wisdom and faithful instruction be on my tongue as I speak to this child, from their earliest days onward.

TODAY'S CONFESSION

I speak with wisdom. Faithful instruction is on my tongue, not perfection, but genuine, growing wisdom.

BABY'S BLESSING

May the words you hear from me, from your earliest days, carry wisdom and faithfulness.

WEEK 20 • HALFWAY THROUGH

Day 139



FORMAT E: GRATITUDE DAY

 Ruth 4:15

And he shall be unto thee a restorer of thy life, and a nourisher of thine old age: for thy daughter in law, which loveth thee, which is better to thee than seven sons, hath born him.”

THREE THINGS TO THANK GOD FOR TODAY

1. A specific way you've noticed your own heart softening or growing this week.
2. A mother figure in your own life who modeled love well.
3. The specific bond you're building with this baby, unique to the two of you.

PRAYER

Father, thank You for the mothers who came before me, whose love shaped my own capacity to love. Let me carry that legacy forward, imperfectly but genuinely.

TODAY'S CONFESSION

I carry forward a legacy of love, imperfect but genuine, into this new relationship with my child.

BABY'S BLESSING

May you inherit a legacy of love that stretches back further than either of us can trace.

Halfway Through

Week 20 • Halfway Through

1 Samuel 7:12

"Then Samuel took a stone, and set it between Mizpeh and Shen, and called the name of it Ebenezer, saying, Hitherto hath the LORD helped us."

When Israel needed a marker of God's help, Samuel didn't wait until the whole battle was over. He set up a stone right in the middle of the journey and named it Ebenezer: "Thus far the Lord has helped us." Day 140 is your Ebenezer. Not the finish line, the middle. And the middle deserves its own stone.

MY PRAYER FOR YOU TODAY — NELLY

"You are exactly halfway. I want you to actually pause here, not just read past this number. Whatever the last 140 days held, easy weeks or hard ones, moments of deep peace or nights of real worry, you are still here, still carrying this child, still showing up to this journey. That is not nothing. That is faithfulness, yours and God's, working together. I'm praying today that you feel the weight of how far you've already come, and that it gives you real strength, not just a nice thought, for the 140 days still ahead. Thus far the Lord has helped you. He is not tired. He is not finished. And neither are you."

With you in prayer, Nelly

MOTHER'S PRAYER

Lord, thank You for the last 140 days. I set up my own Ebenezer today, a marker that says You have helped me thus far. I trust You for the days still ahead.

BABY'S PRAYER

Father, this child is halfway through their formation, and already so much of who they are has been shaped by Your hand. Continue the good work You have started, all the way to completion.

TODAY'S CONFESSION

Thus far, the Lord has helped me. He will not stop halfway.

REFLECTION QUESTION

Looking back over these first 140 days, what is one specific way you've seen God's help that you almost overlooked?

WEEK 21 — Speaking Life

WEEK 21 • A MOTHER'S HEART

Day 141



FORMAT A: DAILY DEVOTIONAL

**Proverbs 18:21**

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof."

REFLECTION

"The tongue has the power of life and death." This isn't only about how you speak to others, it includes how you speak over this baby, and how you speak to yourself about this whole journey. Words carry weight, even before they're understood by the one hearing them.

MOTHER'S PRAYER

Lord, let my words, over this baby and over myself, carry life, not death, blessing, not tearing down.

BABY'S PRAYER

Father, let this child grow up surrounded by words that speak life over them, from before they even understand language.

TODAY'S CONFESSION

My words carry the power of life. I choose to speak life over this baby and over myself.

WEEK 21 • A MOTHER'S HEART

Day 142



FORMAT D: FAITH CHECK-IN

 Ephesians 4:29

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."

WHAT I AM FEELING

Perhaps you've noticed some unkind self-talk creeping in about your body, your capability, or your readiness for motherhood.

WHAT I CHOOSE TO BELIEVE

I choose to believe my words, even the ones I say only to myself, should build up, not tear down.

PRAYER

Lord, let no unwholesome talk come from my mouth, including the words I say silently to myself. Let my words build up, benefiting those who hear them, including me.

TODAY'S CONFESSION

My words build up. I do not tear myself down with the very language I use to think about myself.

FAITH ACTION

Notice one piece of harsh self-talk today, and consciously replace it with something true and kind.

WEEK 21 • A MOTHER'S HEART

Day 143



FORMAT C: MOTHER & BABY MOMENT

Numbers 6:24–26

The LORD bless thee, and keep thee: The LORD make his face shine upon thee, and be gracious unto thee: The LORD lift up his countenance upon thee, and give thee peace."

MOTHER'S PRAYER

Lord, bless this baby and keep them. Make Your face shine upon them and be gracious to them. Turn Your face toward them and give them peace.

PRAYER OVER BABY

Father, let this ancient blessing rest over this child, from before their birth and across their entire life.

SPEAK THIS OVER YOUR BABY

"The Lord bless you and keep you. The Lord make His face shine on you and be gracious to you. The Lord turn His face toward you and give you peace."

REFLECTION

What is one specific blessing, beyond this ancient one, that you want to speak over your baby today?

WEEK 21 • A MOTHER'S HEART

Day 144



FORMAT F: SURRENDER DAY

 James 3:9–10

Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God. Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.”

WHAT AM I CARRYING?

Guilt over any harsh or careless words you've spoken, about yourself, this pregnancy, or someone close to you.

WHAT AM I SURRENDERING?

The pattern of letting both blessing and cursing come from the same mouth, choosing instead to be more intentional.

PRAYER

Lord, forgive me for the times my words haven't matched who You've called me to be. Help me be more intentional, letting blessing, not inconsistency, define my speech.

TODAY'S CONFESSION

I choose consistency in my words. Blessing, not cursing, will define how I speak.

WEEK 21 • A MOTHER'S HEART

Day 145



FORMAT B: PRAYER FOCUS

 Psalm 141:3

Set a watch, O LORD, before my mouth; keep the door of my lips."

SHORT TEACHING

"Set a guard over my mouth, Lord; keep watch over the door of my lips." David didn't trust himself to manage his own speech perfectly, he asked for God's help guarding it. That's not weakness. That's wisdom about how words actually get away from us.

FOCUSED PRAYER

Lord, set a guard over my mouth today. Keep watch over what I say, about this baby, about myself, about this whole journey.

TODAY'S CONFESSION

God guards my mouth. I am not left to manage my own speech alone.

BABY'S BLESSING

May you grow up with a guarded, intentional tongue, one that speaks life more often than it speaks carelessly.

WEEK 21 • A MOTHER'S HEART

Day 146



FORMAT E: GRATITUDE DAY

 Proverbs 16:24

Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.”

THREE THINGS TO THANK GOD FOR TODAY

1. Kind words someone spoke over you recently.
2. A word of blessing you've already spoken over this baby.
3. Growth you've noticed in how you talk to yourself about this pregnancy.

PRAYER

Father, gracious words are a honeycomb, sweetness to the soul and health to the body. Thank You for the sweet words spoken over me, and let me pass that sweetness forward.

TODAY'S CONFESSION

Gracious words are sweetness to the soul. I receive them, and I speak them forward.

BABY'S BLESSING

May the words spoken over you always be gracious, sweetness to your soul from your very first days.

Week 21

A Mother's Heart

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 22 • SPEAKING LIFE

Day 148



FORMAT A: DAILY DEVOTIONAL

 Joshua 24:15

And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD."

REFLECTION

"As for me and my household, we will serve the Lord." Joshua's declaration wasn't made in isolation, it was a household decision, spoken for those under his care before they could speak for themselves. You are making a similar declaration now, for a household that includes a member who can't yet speak at all.

MOTHER'S PRAYER

Lord, as for me and my household, including this baby not yet born, we will serve You. I make that declaration on their behalf today.

BABY'S PRAYER

Father, let this child grow up in a household that has already decided, before their birth, to serve You.

TODAY'S CONFESSION

As for me and my household, we will serve the Lord. That includes this child, decided before they could decide for themselves.

WEEK 22 • SPEAKING LIFE

Day 149



FORMAT D: FAITH CHECK-IN

**Psalm 133:1**

Behold, how good and how pleasant it is for brethren to dwell together in unity!"

WHAT I AM FEELING

Perhaps some tension in family dynamics as everyone adjusts to this baby's coming, differing opinions, old patterns resurfacing.

WHAT I CHOOSE TO BELIEVE

I choose to believe unity is possible, even amid different personalities and opinions, and that it's worth pursuing.

PRAYER

Lord, how good and pleasant it is when family lives together in unity. Help my household pursue that unity as we prepare for this baby.

TODAY'S CONFESSION

Unity in my household is good and pleasant. I will pursue it, even where it takes effort.

FAITH ACTION

Have one honest, unifying conversation this week with someone in your household about preparing for this baby.

WEEK 22 • SPEAKING LIFE

Day 150



FORMAT C: MOTHER & BABY MOMENT

 Deuteronomy 6:6-7

And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up."

MOTHER'S PRAYER

Lord, let Your commandments be on my heart, so that I can impress them on this child, talking about them at home, on the road, at every ordinary moment of our life together.

PRAYER OVER BABY

Father, let this child grow up in a household where Your ways are woven into ordinary life, not confined to formal moments alone.

SPEAK THIS OVER YOUR BABY

"These commandments will be on your heart too, woven into ordinary life, not just formal moments."

REFLECTION

What is one everyday moment, mealtime, bedtime, a car ride, where you hope faith will naturally show up in your future family life?

WEEK 22 • SPEAKING LIFE

Day 151



FORMAT F: SURRENDER DAY



Isaiah 41:13

For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee."

WHAT AM I CARRYING?

Perhaps a fear about who this baby will grow up to be, or a worry from a difficult relationship in your own past that you don't want to repeat.

WHAT AM I SURRENDERING?

The belief that you have to have motherhood figured out perfectly before this baby arrives.

PRAYER

Father, You take hold of my right hand and say to me, do not fear, I will help you. I give You my fears about the mother I will become. I don't have to arrive already finished.

TODAY'S CONFESSION

God takes hold of my right hand. I am allowed to grow into motherhood, not arrive already finished.

WEEK 22 • SPEAKING LIFE

Day 152



FORMAT B: PRAYER FOCUS

**Ephesians 6:4**

And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord."

SHORT TEACHING

This verse instructs fathers not to exasperate their children, but bring them up in the training and instruction of the Lord. It's a guardrail as much as a goal, a reminder that raising a child in faith should never come at the cost of exasperating relationship. The same guardrail applies to mothers.

FOCUSED PRAYER

Lord, as I think ahead to raising this child, help me hold both truths together, faithful instruction and a relationship that doesn't exasperate.

TODAY'S CONFESSION

I will raise this child in the training and instruction of the Lord, without exasperating the relationship between us.

BABY'S BLESSING

May your upbringing be marked by both faithful instruction and genuine warmth, never one at the cost of the other.

WEEK 22 • SPEAKING LIFE

Day 153



FORMAT E: GRATITUDE DAY

 Psalm 128:3

Thy wife shall be as a fruitful vine by the sides of thine house: thy children like olive plants round about thy table."

THREE THINGS TO THANK GOD FOR TODAY

1. A specific family member or friend who has shown genuine support for this pregnancy.
2. A family tradition you hope to carry forward with this child.
3. A moment of family unity you've experienced recently.

PRAYER

Father, thank You for the household forming around this baby, imperfect but genuinely committed. Bless every relationship this child will grow up inside of.

TODAY'S CONFESSION

I am grateful for the household forming around this child, imperfect but genuinely committed to their good.

BABY'S BLESSING

May you grow up surrounded by a family that, despite its imperfections, is genuinely for you.

Week 22

Speaking Life

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 23 • FAMILY AND COVENANT

Day 155



FORMAT A: DAILY DEVOTIONAL

 Psalm 63:8

My soul followeth hard after thee: thy right hand upholdeth me.”

REFLECTION

"My soul clings to You; Your right hand upholds me." Bonding, at its core, is a form of clinging, a growing attachment that deepens with familiarity. As your soul clings to God, notice how naturally that same posture is forming toward this baby too.

MOTHER'S PRAYER

Lord, as my soul clings to You, let my heart continue clinging to this baby too, a bond that deepens with every passing week.

BABY'S PRAYER

Father, uphold this child with Your right hand, the same steady support You offer me.

TODAY'S CONFESSION

My soul clings to God, and my heart clings to this child. Both bonds are real, and both are growing.

WEEK 23 • FAMILY AND COVENANT

Day 156



FORMAT D: FAITH CHECK-IN

 Genesis 33:5

And he lifted up his eyes, and saw the women and the children; and said, Who are those with thee? And he said, The children which God hath graciously given thy servant."

WHAT I AM FEELING

Perhaps a growing sense of "we," rather than just "I," as this pregnancy continues.

WHAT I CHOOSE TO BELIEVE

I choose to believe this baby is genuinely a gift, given graciously, the way Jacob described his own children.

PRAYER

Lord, like Jacob, I recognize this child as a gift You have graciously given me. Let me hold that truth close today.

TODAY'S CONFESSION

This child is a gift, graciously given. I do not take that gift for granted.

FAITH ACTION

Say the words "we" or "us" today when referring to yourself and this baby, noticing how it feels.

WEEK 23 • FAMILY AND COVENANT

Day 157



FORMAT C: MOTHER & BABY MOMENT

 Isaiah 40:11

He shall feed his flock like a shepherd: he shall gather the lambs with his arm, and carry them in his bosom, and shall gently lead those that are with young."

MOTHER'S PRAYER

Lord, You tend Your flock like a shepherd, gathering the lambs in Your arms and carrying them close to Your heart. Let me carry this baby the same way, close to my heart, even now.

PRAYER OVER BABY

Father, gather this child close, the way a shepherd gathers a lamb. Let them always know what it feels like to be carried close to a heart that loves them.

SPEAK THIS OVER YOUR BABY

"He gathers the lambs in His arms and carries them close to His heart. That is how you are already being carried."

REFLECTION

What does "carrying this baby close to your heart" look like practically for you this week?

WEEK 23 • FAMILY AND COVENANT

Day 158



FORMAT F: SURRENDER DAY



Psalm 84:11

For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly."

WHAT AM I CARRYING?

Any comparison between your own bonding experience and someone else's, a friend, a sister, an influencer online.

WHAT AM I SURRENDERING?

Measuring your bond against someone else's timeline or expression of it.

PRAYER

Lord, You withhold no good thing from those who walk uprightly. I release the comparison and trust that whatever bond You're growing in me is genuinely good, on its own timeline.

TODAY'S CONFESSION

God withholds no good thing from me. My bond with this child does not need to match anyone else's timeline.

WEEK 23 • FAMILY AND COVENANT

Day 159



FORMAT B: PRAYER FOCUS

 1 John 3:1

Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not."

SHORT TEACHING

"See what great love the Father has lavished on us, that we should be called children of God." Notice the word lavished, not measured, not rationed. That's the model for the love you're building with this baby too, generous, not calculated.

FOCUSED PRAYER

Lord, let me lavish love on this child, the way You've lavished love on me, generously, not carefully rationed.

TODAY'S CONFESSION

Love has been lavished on me. I lavish that same generous love on this child.

BABY'S BLESSING

May love be lavished on you your whole life, generous, never rationed.

WEEK 23 • FAMILY AND COVENANT

Day 160



FORMAT E: GRATITUDE DAY



Psalm 116:12

What shall I render unto the LORD for all his benefits toward me?"

THREE THINGS TO THANK GOD FOR TODAY

1. A physical sign of this baby's growth or movement you've noticed this week.
2. The specific way your bond with this child has deepened over these five months.
3. A moment when you felt genuine anticipation about meeting this baby.

PRAYER

Father, what can I offer You for all Your goodness to me, including the gift of this growing bond? Let my life itself be the offering.

TODAY'S CONFESSION

I offer my life in response to God's goodness, including the gift of this deepening bond with my child.

BABY'S BLESSING

May your own life become an offering of gratitude, in response to how deeply you are loved.

Week 23

Family and Covenant

This Phase I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me Most This Phase...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into the Identity & Strength Phase...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

Identity & Strength

Week 24 • Who I Am Becoming

MY PRAYER FOR YOU TODAY — NELLY

"We're entering a shorter phase now, only three weeks, but don't let the length fool you into thinking it's less important. This is the season where the identity shift of motherhood tends to become undeniable, not just physically, but in how you see yourself, how others start to see you, how your own sense of who you are begins to stretch to include 'mother' as part of it. I want to be honest with you: this shift can feel disorienting even when it's welcome. You are allowed to grieve small parts of the identity you're leaving behind, even while genuinely excited about who you're becoming. Both things can be true. I'm praying today that God gives you a settled sense of self through this transition, one that isn't shaken by how much is changing around you and within you."

With you in prayer, Nelly

Colossians 3:3

"For ye are dead, and your life is hid with Christ in God."

MOTHER'S PRAYER

Lord, my life is hidden with Christ in God, even as it expands to include this new identity, mother. Anchor me there as everything else shifts.

BABY'S PRAYER

Father, let this child grow up secure in their own identity too, one day, rooted in You rather than in comparison or performance.

TODAY'S CONFESSION

My life is hidden with Christ in God. This identity shift is not a loss. It is an expansion, rooted in something unshakeable.

WEEK 24 • WHO I AM BECOMING

Day 163



FORMAT D: FAITH CHECK-IN

 Galatians 2:20

I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.”

WHAT I AM FEELING

Perhaps a strange mix of excitement about becoming a mother and quiet grief for parts of your old life or identity that are shifting.

WHAT I CHOOSE TO BELIEVE

I choose to believe I can hold both feelings honestly, without one canceling out the other.

PRAYER

Lord, I no longer live for myself alone, Christ lives in me, and now, so does this new identity as a mother. Help me hold this transition with honesty, not forced positivity.

TODAY'S CONFESSION

I am allowed to feel both excitement and grief in this transition. Both are honest. Neither disqualifies my faith.

FAITH ACTION

Name one part of your pre-pregnancy identity you're grieving, even a little, without guilt.

WEEK 24 • WHO I AM BECOMING

Day 164



FORMAT C: MOTHER & BABY MOMENT

 Isaiah 62:2

*And the Gentiles shall see thy righteousness, and all kings thy glory:
and thou shalt be called by a new name, which the mouth of the LORD
shall name."*

MOTHER'S PRAYER

Lord, You are giving me a new identity, mother, that no one has called me before. Let me receive it the way You intend, with dignity, not just responsibility.

PRAYER OVER BABY

Father, this child, too, will one day receive new names, new identities, across their life. Let each one be received the way You intend.

SPEAK THIS OVER YOUR BABY

"You will be given a new name, one that God Himself will bestow, across every season of your life."

REFLECTION

What does the identity of "mother" mean to you specifically, beyond the biological fact of it?

WEEK 24 • WHO I AM BECOMING

Day 165



FORMAT F: SURRENDER DAY

**Philippians 3:13-14**

Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."

WHAT AM I CARRYING?

Nostalgia or anxiety about the version of yourself that existed before this pregnancy.

WHAT AM I SURRENDERING?

Straining backward toward who you were, in favor of pressing forward toward who you're becoming.

PRAYER

Lord, forgetting what is behind and straining toward what is ahead, I press on toward the person You're forming me into. Help me release my grip on who I used to be.

TODAY'S CONFESSION

I press forward toward who I am becoming. I do not need to hold tightly to who I used to be.

WEEK 24 • WHO I AM BECOMING

Day 166



FORMAT B: PRAYER FOCUS



Psalm 139:16

Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them."

SHORT TEACHING

"All the days ordained for me were written in Your book before one of them came to be." This includes the days of becoming a mother, not a detour from your original story, but a chapter already written into it before you lived a single day of it.

FOCUSED PRAYER

Lord, motherhood was written into my story before I lived a single day of it. Let me trust that this identity is not a detour, but part of the plan.

TODAY'S CONFESSION

This chapter of becoming a mother was written into my story before it began. It is not a detour. It is part of the plan.

BABY'S BLESSING

May you always trust that your own story, whatever shape it takes, was written with intention.

WEEK 24 • WHO I AM BECOMING

Day 167



FORMAT E: GRATITUDE DAY

 Psalm 18:19

He brought me forth also into a large place; he delivered me, because he delighted in me.”

THREE THINGS TO THANK GOD FOR TODAY

1. A part of your identity that has grown stronger, not weaker, through this pregnancy.
2. A moment recently when you felt genuinely confident as a soon-to-be mother.
3. Someone who has affirmed this new identity forming in you.

PRAYER

Father, You brought me into a spacious place; You rescued me because You delighted in me. Let me receive this new identity as something You delight in, not something I have to earn.

TODAY'S CONFESSION

God delights in me, in this new identity forming in me. I do not have to earn His delight.

BABY'S BLESSING

May you always know you are delighted in, not merely tolerated, from your very first days.

Week 24

Who I Am Becoming

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 25 • STRENGTH IN THE BODY

Day 169



FORMAT A: DAILY DEVOTIONAL



Psalm 28:7

The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him."

REFLECTION

"The Lord is my strength and my shield; my heart trusts in Him, and He helps me." As your body carries more visible weight and demand each week, this verse offers a specific kind of strength, not muscular, but a trust-based strength that results in real help.

MOTHER'S PRAYER

Lord, be my strength and my shield as my body works harder each week. Let my trust in You translate into real, practical help.

BABY'S PRAYER

Father, strengthen the body that is carrying this child, so that both of us are held steady through these final months.

TODAY'S CONFESSION

The Lord is my strength and my shield. My heart trusts in Him, and He helps me, practically, not just spiritually.

WEEK 25 • STRENGTH IN THE BODY

Day 170



FORMAT D: FAITH CHECK-IN

**2 Corinthians 4:16-17**

For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;"

WHAT I AM FEELING

Perhaps physical strain that's becoming more noticeable, a body working harder than it used to.

WHAT I CHOOSE TO BELIEVE

I choose to believe that even as my body labors, this light and momentary trouble is producing something of far greater weight.

PRAYER

Lord, my body is straining in ways it hasn't before. Let me trust that this labor, physical and otherwise, is producing something eternal, not just enduring something temporary.

TODAY'S CONFESSION

Though outwardly I am wasting away, inwardly I am being renewed day by day. This strain is producing something of eternal weight.

FAITH ACTION

Do one gentle, physical act of self-care today, without guilt.

WEEK 25 • STRENGTH IN THE BODY

Day 171



FORMAT C: MOTHER & BABY MOMENT

 Proverbs 31:17

She girdeth her loins with strength, and strengtheneth her arms."

MOTHER'S PRAYER

Lord, the woman of strength in Proverbs 31 sets about her work vigorously, and her arms are strong for her tasks. Let that same strength be true of me, in this specific task of carrying and preparing for this child.

PRAYER OVER BABY

Father, let this child grow up watching strength modeled, not perfection, but genuine, vigorous engagement with hard things.

SPEAK THIS OVER YOUR BABY

"Your mother's arms are strong for her tasks, and one of those tasks was carrying you."

REFLECTION

In what specific way have you surprised yourself with your own physical or emotional strength this pregnancy?

WEEK 25 • STRENGTH IN THE BODY

Day 172



FORMAT F: SURRENDER DAY

**2 Corinthians 12:9-10**

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong."

WHAT AM I CARRYING?

Frustration at physical limitations that have become more noticeable as this pregnancy progresses.

WHAT AM I SURRENDERING?

The pressure to be strong on my own, in favor of God's grace being sufficient even, especially, in weakness.

PRAYER

Lord, Your grace is sufficient for me, Your power is made perfect in weakness. I surrender my frustration with physical limits, and I boast instead in Your strength working through them.

TODAY'S CONFESSION

When I am weak, then I am strong, because Christ's power rests on me.

WEEK 25 • STRENGTH IN THE BODY

Day 173



FORMAT B: PRAYER FOCUS



Psalm 18:33

He maketh my feet like hinds' feet, and setteth me upon my high places."

SHORT TEACHING

"He makes my feet like the feet of a deer; He causes me to stand on the heights." Deer don't move gracefully on flat, easy ground alone, they're known for sure footing on steep, uncertain terrain. That's the strength being offered to you now.

FOCUSED PRAYER

Lord, make my feet sure, not on easy ground, but on the increasingly uncertain terrain of these final months of this trimester.

TODAY'S CONFESSION

God makes my feet like the feet of a deer. He causes me to stand, sure-footed, even on uncertain, demanding ground.

BABY'S BLESSING

May you walk through your own life with sure footing, especially on the terrain that isn't easy.

WEEK 25 • STRENGTH IN THE BODY

Day 174



FORMAT E: GRATITUDE DAY

 Isaiah 40:31

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

THREE THINGS TO THANK GOD FOR TODAY

1. A specific way your body has shown resilience this week.
2. Rest that genuinely restored you, even briefly.
3. Strength you've drawn from an unexpected source recently.

PRAYER

Father, those who hope in You will renew their strength, they will soar on wings like eagles, they will run and not grow weary. Thank You for strength that renews, rather than one that simply depletes.

TODAY'S CONFESSION

Those who hope in the Lord renew their strength. I am not simply depleting; I am being renewed.

BABY'S BLESSING

May you know a strength that renews rather than depletes, drawn from hope in God.

Week 25

Strength in the Body

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 26 • SECOND TRIMESTER REFLECTION

Day 176



FORMAT A: DAILY DEVOTIONAL

 Psalm 90:12

So teach us to number our days, that we may apply our hearts unto wisdom."

REFLECTION

"Teach us to number our days, that we may gain a heart of wisdom." As this trimester closes, numbering these days isn't about anxious counting down. It's about genuinely noticing what these ninety-one days have held, and letting that noticing produce wisdom, not just relief that a milestone is near.

MOTHER'S PRAYER

Lord, teach me to number these closing days of my second trimester with wisdom, not just anticipation for what's next.

BABY'S PRAYER

Father, this child's days, too, are being numbered by You, each one intentional, none of them wasted.

TODAY'S CONFESSION

I number my days with wisdom, noticing what this trimester has actually held, not rushing past it toward what's next.

WEEK 26 • SECOND TRIMESTER REFLECTION

Day 177



FORMAT D: FAITH CHECK-IN



Psalm 31:15

*My times are in thy hand: deliver me from the hand of mine enemies,
and from them that persecute me."*

WHAT I AM FEELING

Perhaps anticipation for the third trimester, mixed with awareness that it will bring its own new demands.

WHAT I CHOOSE TO BELIEVE

I choose to believe my times, including this trimester and the one still ahead, are genuinely in God's hands, not slipping past His attention.

PRAYER

Lord, my times are in Your hands. Help me see this closing trimester that way, held by You, even the parts that felt hard while I was living them.

TODAY'S CONFESSION

My times are in God's hands. This trimester, in its entirety, was held by Him, not wasted.

FAITH ACTION

Write one sentence describing this trimester as a "chapter," the way you might title it in a book.

WEEK 26 • SECOND TRIMESTER REFLECTION

Day 178



FORMAT C: MOTHER & BABY MOMENT

 Psalm 71:17-18

O God, thou hast taught me from my youth: and hitherto have I declared thy wondrous works. Now also when I am old and greyheaded, O God, forsake me not; until I have shewed thy strength unto this generation, and thy power to every one that is to come."

MOTHER'S PRAYER

Lord, You have taught me from my youth, and I still proclaim Your marvelous deeds. Even now, when I am older and carrying this child, do not forsake me until I declare Your power to the next generation.

PRAYER OVER BABY

Father, let this child, too, one day proclaim Your marvelous deeds to a generation still to come. Let the chain of declaration continue through them.

SPEAK THIS OVER YOUR BABY

"God has taught your mother from her youth, and now she is teaching you, even before you can understand the words."

REFLECTION

What is one "marvelous deed" of God, from your own life, that you're already planning to tell this child about one day?

WEEK 26 • SECOND TRIMESTER REFLECTION

Day 179



FORMAT F: SURRENDER DAY



Psalm 94:22

But the LORD is my defence; and my God is the rock of my refuge.”

WHAT AM I CARRYING?

Anxiety about entering the third trimester, physically and emotionally.

WHAT AM I SURRENDERING?

Facing that anxiety without a fortress, in favor of remembering the Lord has been my fortress before.

PRAYER

Lord, You have been my fortress, my rock in whom I take refuge. Be that fortress again as I enter the trimester ahead.

TODAY'S CONFESSION

The Lord is my fortress. I do not have to face the third trimester without refuge.

Preparing My Heart

Week 26 • Second Trimester Reflection

Psalm 51:10

"Create in me a clean heart, O God; and renew a right spirit within me."

As Trimester Two closes, this milestone isn't primarily about physical preparation, that will come soon enough. It's about the heart. "Create in me a pure heart, O God, and renew a steadfast spirit within me." Whatever this trimester has stirred up, frustration, fear, deep joy, let this be a moment of genuine heart preparation for what's ahead.

MOTHER'S PRAYER

Lord, create in me a pure heart as I prepare to enter my final trimester. Renew a steadfast spirit within me, one that can meet whatever these last weeks require.

BABY'S PRAYER

Father, prepare this child's heart too, even now, for the life that awaits them, a heart steadfast and pure, shaped by You from the very beginning.

TODAY'S CONFESSION

God is creating a pure heart in me and renewing a steadfast spirit, in preparation for what lies ahead.

REFLECTION QUESTION

As you close this trimester, what is one thing you want your heart to release before entering the third?

WEEK 26 • SECOND TRIMESTER REFLECTION

Day 181



FORMAT E: GRATITUDE DAY

 1 Chronicles 16:34

O give thanks unto the LORD; for he is good; for his mercy endureth for ever.”

THREE THINGS TO THANK GOD FOR TODAY

1. The entirety of this second trimester, safely completed.
2. A specific way you've grown, spiritually or emotionally, over these thirteen weeks.
3. The body of this child, now fully formed in miniature, growing toward readiness.

PRAYER

Father, give thanks to the Lord, for He is good; His love endures forever. Let that be true of how I close this trimester, not with relief alone, but with genuine thanksgiving.

TODAY'S CONFESSION

I give thanks to the Lord, for He is good. His love has endured through this entire trimester, and it endures still.

BABY'S BLESSING

May your own life be marked by thanksgiving, for a God whose love endures forever.

Week 26

Second Trimester Reflection

This Trimester I Learned...

I Am Most Grateful For...

What I Surrendered This Trimester...

The Scripture That Carried Me Most...

My Prayer for My Baby, Entering Trimester Three...

My Prayer for Myself, Entering Trimester Three...

One Thing I Will Carry Into the Final Trimester...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

TRIMESTER THREE • DAYS 183–280

I Am Preparing

Preparation, courage, surrender, and peace, as this journey
moves toward its threshold.



“Welcome, new beginning.”

WEEKS 27–40

Preparation

Week 27 · Entering the Final Stretch

MY PRAYER FOR YOU TODAY — NELLY

"Welcome to your third trimester. This is the home stretch, and I want to be honest with you about what that phrase actually means: not that the hardest part is over, but that the goal is now genuinely, physically close. Your body is going to ask more of you in these coming weeks than it has all pregnancy. Your mind is going to move between excitement and nervousness, sometimes in the same hour. I've walked with enough mothers through this exact stretch to know it is rarely a straight line toward calm. I'm praying today for endurance that doesn't run out before delivery does, and for a preparation process, physical, emotional, spiritual, that happens with peace rather than panic. You are not behind. You are exactly where this journey was always going to bring you."

With you in prayer, Nelly

1 Corinthians 15:58

"Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord."

MOTHER'S PRAYER

Lord, let me stand firm and let nothing move me in this final trimester, knowing that my labor, in every sense of that word, is not in vain.

BABY'S PRAYER

Father, this child is entering their final stretch of growth too. Let every remaining week of formation be covered by Your hand.

TODAY'S CONFESSION

I stand firm. Nothing moves me. My labor, in this final stretch, is not in vain.

WEEK 27 • ENTERING THE FINAL STRETCH

Day 184



FORMAT D: FAITH CHECK-IN

 Galatians 6:9

And let us not be weary in well doing: for in due season we shall reap, if we faint not."

WHAT I AM FEELING

Possibly a mix of excitement that the end is in sight, and a new kind of tired, the third-trimester kind, that first and second trimester didn't warn you about.

WHAT I CHOOSE TO BELIEVE

I choose to believe I will not grow weary in doing this good, hard work of carrying this child to term, because God's strength doesn't run on my schedule.

PRAYER

Lord, this final stretch is real, and so is my need for endurance I don't manufacture on my own. Renew me today.

TODAY'S CONFESSION

I will reap a harvest if I do not give up. I am not giving up.

FAITH ACTION

Do one small thing today that makes tomorrow easier, pack a bag, prep a meal, rest without guilt.

WEEK 27 • ENTERING THE FINAL STRETCH

Day 185



FORMAT C: MOTHER & BABY MOMENT



Psalm 138:3

In the day when I cried thou answeredst me, and strengthenedst me with strength in my soul."

MOTHER'S PRAYER

Lord, when I call, You answer me, and You embolden me with strength in my soul. Let that boldness carry me through this final stretch, even on the hardest days.

PRAYER OVER BABY

Father, let this child's final weeks of growth be strengthened continually, right up until the day they're ready to arrive.

SPEAK THIS OVER YOUR BABY

"When I call, God answers me and emboldens me with strength. That strength is available to both of us, for this final stretch."

REFLECTION

What does calling on God, practically, look like for you during this final trimester?

WEEK 27 • ENTERING THE FINAL STRETCH

Day 186



FORMAT F: SURRENDER DAY

 Colossians 1:11

Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;"

WHAT AM I CARRYING?

The mental weight of everything still left to prepare, physically and logistically, before this baby arrives.

WHAT AM I SURRENDERING?

The pressure to have everything ready perfectly, rather than trusting sufficient strength for what each day actually requires.

PRAYER

Lord, strengthen me with all power according to Your glorious might, so I have great endurance and patience for what today actually requires, not the whole list at once.

TODAY'S CONFESSION

I am being strengthened with all power according to God's glorious might. I do not need strength for the whole list at once.

WEEK 27 • ENTERING THE FINAL STRETCH

Day 187



FORMAT B: PRAYER FOCUS

 Isaiah 40:29

He giveth power to the faint; and to them that have no might he increaseth strength."

SHORT TEACHING

"He gives strength to the weary and increases the power of the weak." This final trimester will likely be the most physically demanding stretch of this whole pregnancy. This verse isn't a suggestion to push harder. It's a promise about where strength for the pushing actually comes from.

FOCUSED PRAYER

Lord, as this trimester makes new physical demands, give me strength I don't currently have, the way You've promised.

TODAY'S CONFESSION

God gives strength to the weary. I am not disqualified from His help by being tired in this final stretch.

BABY'S BLESSING

May you learn, throughout your life, exactly where real strength comes from when your own runs low.

WEEK 27 • ENTERING THE FINAL STRETCH

Day 188



FORMAT E: GRATITUDE DAY

**Psalm 71:18**

Now also when I am old and greyheaded, O God, forsake me not; until I have shewed thy strength unto this generation, and thy power to every one that is to come.”

THREE THINGS TO THANK GOD FOR TODAY

1. Twenty-six completed weeks of this pregnancy, now behind you.
2. A specific way your body has adjusted well to carrying this baby this far.
3. A person who has already offered practical help for this final stretch.

PRAYER

Father, do not forsake me now, in this final stretch, until I declare Your power to the next generation, this baby included. Thank You for bringing me this far.

TODAY'S CONFESSION

God has not forsaken me for twenty-six weeks, and He will not forsake me now, in this final stretch.

BABY'S BLESSING

May you grow up declaring God's power to the generation after you, the same way I hope to declare it to you.

Week 27

Entering the Final Stretch

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 28 • PREPARING MY HOME

Day 190



FORMAT A: DAILY DEVOTIONAL

 Proverbs 31:15,21

She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens. She is not afraid of the snow for her household: for all her household are clothed with scarlet."

REFLECTION

The Proverbs 31 woman is described preparing for her household with foresight, rising while it's still night, unafraid of winter because her family is well clothed. Preparation, in Scripture, isn't anxious scrambling. It's foresight practiced calmly, ahead of time.

MOTHER'S PRAYER

Lord, let my preparation for this baby's arrival happen with calm foresight, not anxious scrambling. Guide me in what actually matters to prepare.

BABY'S PRAYER

Father, let this child's home be prepared not just physically, but spiritually, a household ready to receive them with peace.

TODAY'S CONFESSION

My preparation happens with calm foresight, not anxious scrambling. I am not afraid of what's ahead.

WEEK 28 • PREPARING MY HOME

Day 191



FORMAT D: FAITH CHECK-IN

**Proverbs 24:3-4**

Through wisdom is an house builded; and by understanding it is established: And by knowledge shall the chambers be filled with all precious and pleasant riches."

WHAT I AM FEELING

Perhaps overwhelmed by the sheer number of practical things left to prepare, a room, supplies, logistics.

WHAT I CHOOSE TO BELIEVE

I choose to believe that by wisdom a house is built, and through understanding it is established, not through frantic overpreparation.

PRAYER

Lord, give me wisdom to prepare what actually matters, and peace to release what doesn't. Let this home be built through understanding, not panic.

TODAY'S CONFESSION

By wisdom my house is built. I do not need to prepare frantically to prepare well.

FAITH ACTION

Make one small, concrete step today toward preparing your home for this baby.

WEEK 28 • PREPARING MY HOME

Day 192



FORMAT C: MOTHER & BABY MOMENT

 Psalm 127:1

*Except the LORD build the house, they labour in vain that build it:
except the LORD keep the city, the watchman waketh but in vain."*

MOTHER'S PRAYER

Lord, unless You build this house, and this preparation, I labor in vain. Let every effort I make be built on You, not just my own striving.

PRAYER OVER BABY

Father, let the home this child comes into be one You have genuinely built, not just one that looks prepared on the surface.

SPEAK THIS OVER YOUR BABY

"Unless the Lord builds the house, the builders labor in vain. This home is being built with Him, not just by our effort."

REFLECTION

What is one preparation task you've been striving over that you could release into God's hands instead?

WEEK 28 • PREPARING MY HOME

Day 193



FORMAT F: SURRENDER DAY

**Matthew 6:33**

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

WHAT AM I CARRYING?

Comparison with other families' nurseries, gear, or preparation, and feeling like yours falls short.

WHAT AM I SURRENDERING?

Seeking those comparisons first, in favor of seeking God's kingdom first and trusting that what's genuinely needed follows.

PRAYER

Lord, I seek Your kingdom first, ahead of a perfectly prepared nursery or the ideal amount of baby gear. Trusting what's genuinely needed will be provided.

TODAY'S CONFESSION

I seek God's kingdom first. What is genuinely needed for this baby will be added, in its own time.

WEEK 28 • PREPARING MY HOME

Day 194



FORMAT B: PRAYER FOCUS



Proverbs 16:3

Commit thy works unto the LORD, and thy thoughts shall be established."

SHORT TEACHING

"Commit to the Lord whatever you do, and He will establish your plans." Preparation isn't about finishing everything by sheer effort. It's about committing the plan to God and trusting Him to establish what actually needs to hold.

FOCUSED PRAYER

Lord, I commit my preparation plans to You. Help me discern what actually needs to be ready before delivery, and what can genuinely wait for afterward.

TODAY'S CONFESSION

I commit my plans to the Lord, and He establishes them. Not all preparation needs to happen before this baby arrives.

BABY'S BLESSING

May you grow up trusting good timing, rather than needing everything finished all at once.

WEEK 28 • PREPARING MY HOME

Day 195



FORMAT E: GRATITUDE DAY

 Psalm 118:24

This is the day which the LORD hath made; we will rejoice and be glad in it."

THREE THINGS TO THANK GOD FOR TODAY

1. That you've reached the third trimester at all.
2. One practical preparation you've already made.
3. The people preparing alongside you, however small their role.

PRAYER

Father, this is the day You have made, this exact one, in this exact week of pregnancy. Let me rejoice in it rather than rushing past it toward the due date.

TODAY'S CONFESSION

I do not have to wait until delivery to feel grateful. Today is worth thanking God for, as it is.

BABY'S BLESSING

May gratitude be woven into how you see the world, from your very first days outside the womb.

Week 28

Preparing My Home

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 29 • PREPARING MY HEART

Day 197



FORMAT A: DAILY DEVOTIONAL

 Proverbs 4:23

Keep thy heart with all diligence; for out of it are the issues of life."

REFLECTION

"Above all else, guard your heart, for everything you do flows from it." As practical preparation ramps up, this verse redirects attention to the preparation that actually shapes everything else, the condition of your heart entering motherhood, not just the readiness of the nursery.

MOTHER'S PRAYER

Lord, above all else, guard my heart in this season. Let everything I do for this baby flow from a heart that's genuinely prepared, not just a checklist that's complete.

BABY'S PRAYER

Father, let this child, one day, learn to guard their own heart too, above everything else they're taught to manage or achieve.

TODAY'S CONFESSION

I guard my heart above all else. Everything I do for this baby flows from that guarded, prepared place.

WEEK 29 • PREPARING MY HEART

Day 198



FORMAT D: FAITH CHECK-IN

 Jeremiah 24:7

And I will give them an heart to know me, that I am the LORD: and they shall be my people, and I will be their God: for they shall return unto me with their whole heart."

WHAT I AM FEELING

Perhaps an awareness of old fears or unresolved emotions surfacing as delivery approaches.

WHAT I CHOOSE TO BELIEVE

I choose to believe God can give me a heart to know Him more fully, even amid the emotional intensity of this final stretch.

PRAYER

Lord, give me a heart to know You, one that can meet whatever emotions surface in these coming weeks with genuine trust rather than avoidance.

TODAY'S CONFESSION

God gives me a heart to know Him, even amid the emotional weight of this season.

FAITH ACTION

Name one unresolved emotion surfacing this week, and bring it honestly to God in prayer.

WEEK 29 • PREPARING MY HEART

Day 199



FORMAT C: MOTHER & BABY MOMENT

 Ezekiel 36:26

A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh."

MOTHER'S PRAYER

Lord, give me a new heart and put a new spirit in me, one ready for the significant transition ahead, not a heart of stone toward my own fears, but a heart genuinely responsive to You.

PRAYER OVER BABY

Father, let this child, too, one day receive a new heart, responsive to You, from as early in their life as possible.

SPEAK THIS OVER YOUR BABY

"God gives a new heart and puts a new spirit within. That renewal is available to you too, throughout your whole life."

REFLECTION

What is one part of your heart, fear, resentment, anxiety, that you're asking God to renew before this baby arrives?

Entering the Final Stretch

Week 29 · Preparing My Heart

Hebrews 12:1

“Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,”

Two hundred days. Let us run with perseverance the race marked out for us, the writer of Hebrews says, throwing off everything that hinders. You are two-thirds through this particular race, close enough now to feel the shape of the finish line, even if it's not yet visible.

MOTHER'S PRAYER

Lord, let me run this final stretch with perseverance, throwing off whatever hinders me, fear, comparison, exhaustion, that doesn't need to be carried across this finish line with me.

BABY'S PRAYER

Father, this child has run two hundred days of this race already, formed and shaped by Your hand the entire way. Carry them through the final stretch with the same faithfulness.

TODAY'S CONFESSION

I run this race with perseverance. I throw off what hinders me, and I keep going.

REFLECTION QUESTION

What is one thing, an old fear, an unhelpful comparison, a habit, you're ready to "throw off" for this final stretch?

WEEK 29 • PREPARING MY HEART

Day 201



FORMAT B: PRAYER FOCUS

 Isaiah 30:18

And therefore will the LORD wait, that he may be gracious unto you, and therefore will he be exalted, that he may have mercy upon you: for the LORD is a God of judgment: blessed are all they that wait for him."

SHORT TEACHING

"The Lord longs to be gracious to you... blessed are all who wait for Him." As delivery approaches, waiting becomes more active, not less, filled with appointments, decisions, and physical changes. This verse reframes the wait itself as something God longs to meet with grace, not silence.

FOCUSED PRAYER

Lord, as I wait for this final stretch to unfold, meet me with the grace You long to give, not just patience to endure it.

TODAY'S CONFESSION

The Lord longs to be gracious to me. Blessed am I for waiting on Him, even now.

BABY'S BLESSING

May you learn to wait expecting grace, not merely enduring, but actively trusting.

WEEK 29 • PREPARING MY HEART

Day 202



FORMAT E: GRATITUDE DAY



Psalm 34:1

I will bless the LORD at all times: his praise shall continually be in my mouth.”

THREE THINGS TO THANK GOD FOR TODAY

1. Two hundred days of this pregnancy, faithfully carried.
2. A specific fear that has genuinely lessened over these two hundred days.
3. A person who has prayed for you or this baby recently.

PRAYER

Father, I will extol You at all times, Your praise will always be on my lips, including today, two hundred days into this journey.

TODAY'S CONFESSION

I will extol the Lord at all times. His praise is on my lips, two hundred days in and still counting.

BABY'S BLESSING

May praise be a natural language for you too, at all times, not only in the easy seasons.

Week 29

Preparing My Heart

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 30 • TRUSTING THE PROCESS

Day 204



FORMAT A: DAILY DEVOTIONAL

 Ecclesiastes 3:1-2

To every thing there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;"

REFLECTION

"There is a time to be born." That timing was never yours to control, not at conception, and not at delivery. As the due date approaches and the temptation to control timing intensifies, this verse offers a return to a truth you accepted at Day 1: this timing belongs to God.

MOTHER'S PRAYER

Lord, there is a time to be born, and I release my grip on controlling exactly when that time comes. I trust Your timing, the way I trusted it at the very beginning.

BABY'S PRAYER

Father, this child's birth day is already known by You, even if it isn't known by us yet. Let Your perfect timing hold, unrushed and unforced.

TODAY'S CONFESSION

There is a time to be born, and that timing belongs to God, not to my calendar or my preferences.

WEEK 30 • TRUSTING THE PROCESS

Day 205



FORMAT D: FAITH CHECK-IN

 Isaiah 12:2

Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation."

WHAT I AM FEELING

Perhaps impatience creeping in, wanting to know exactly when this will all happen.

WHAT I CHOOSE TO BELIEVE

I choose to believe God is my salvation, and I will trust and not be afraid, even while the exact timing remains unknown.

PRAYER

Lord, You are my salvation. I will trust and not be afraid, even in the not-knowing of exactly when this will happen.

TODAY'S CONFESSION

God is my salvation. I trust and am not afraid, even in the not-knowing.

FAITH ACTION

Name one specific timing-related anxiety, and consciously release it to God today.

WEEK 30 • TRUSTING THE PROCESS

Day 206



FORMAT C: MOTHER & BABY MOMENT

 Psalm 31:14–15

But I trusted in thee, O LORD: I said, Thou art my God. My times are in thy hand: deliver me from the hand of mine enemies, and from them that persecute me."

MOTHER'S PRAYER

Lord, I trust in You. I say, "You are my God." My times, including this baby's birth, are in Your hands.

PRAYER OVER BABY

Father, this child's arrival time is in Your hands, not ours. Let their timing be exactly right, unrushed by our impatience.

SPEAK THIS OVER YOUR BABY

"My times are in God's hands, and so are yours. Your arrival will happen exactly when it should."

REFLECTION

What would it look like to genuinely trust God's timing this week, rather than just saying you trust it?

WEEK 30 • TRUSTING THE PROCESS

Day 207



FORMAT F: SURRENDER DAY

 Isaiah 55:8-9

For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts."

WHAT AM I CARRYING?

The desire to control or predict exactly how and when labor will begin.

WHAT AM I SURRENDERING?

The assumption that my plans for timing are better than God's. "My thoughts are not your thoughts, neither are your ways My ways."

PRAYER

Lord, Your thoughts are higher than mine, Your ways higher than my ways. I release my need to predict or control this baby's timing.

TODAY'S CONFESSION

God's ways are higher than my ways. I release my need to control the timing of this birth.

WEEK 30 • TRUSTING THE PROCESS

Day 208



FORMAT B: PRAYER FOCUS

 2 Peter 3:8-9

But, beloved, be not ignorant of this one thing, that one day is with the Lord as a thousand years, and a thousand years as one day. The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance."

SHORT TEACHING

"With the Lord a day is like a thousand years, and a thousand years are like a day." God's relationship with time is not anxious the way ours can become. He is not slow, Peter writes, He is patient. That patience covers your due date too.

FOCUSED PRAYER

Lord, You are not slow, You are patient, even about this baby's arrival. Let me borrow some of that patience for myself this week.

TODAY'S CONFESSION

God is not slow. He is patient. I can borrow that patience for my own waiting.

BABY'S BLESSING

May you grow up understanding God's patience, not His slowness, in how He works.

WEEK 30 • TRUSTING THE PROCESS

Day 209



FORMAT E: GRATITUDE DAY



Psalm 40:1

I waited patiently for the LORD; and he inclined unto me, and heard my cry."

THREE THINGS TO THANK GOD FOR TODAY

1. A specific way you've grown in patience over this pregnancy.
2. A moment this week when trusting God's timing actually brought you peace.
3. This baby's continued safe growth toward their appointed time.

PRAYER

Father, I waited patiently for the Lord, and He turned to me and heard my cry. Thank You for hearing me, even in the impatient moments.

TODAY'S CONFESSION

I wait patiently for the Lord. He turns to me and hears my cry, even when patience is hard to hold onto.

BABY'S BLESSING

May you grow into someone who waits well, trusting that God hears even the impatient cries.

Week 30

Trusting the Process

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 31 • THE BODY PREPARES

Day 211



FORMAT A: DAILY DEVOTIONAL

 Psalm 139:5

Thou hast beset me behind and before, and laid thine hand upon me."

REFLECTION

"You hem me in, behind and before." As your body visibly prepares for labor, it can feel exposed, unfamiliar, even alarming. This verse reframes it: you are hemmed in, not left unguarded. God's hand is not absent from what your body is doing right now.

MOTHER'S PRAYER

Lord, my body is changing in ways I can't fully control or predict. Remind me that You are not surprised by any of it, and neither should I be afraid of it.

BABY'S PRAYER

Father, as this baby's body finishes its final preparations, guard every remaining stage of growth. You have hemmed this child in from the very beginning.

TODAY'S CONFESSION

My body is not a mystery to God, even when it feels unfamiliar to me.

WEEK 31 • THE BODY PREPARES

Day 212



FORMAT D: FAITH CHECK-IN



Psalm 100:3

Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture."

WHAT I AM FEELING

Perhaps discomfort or even alarm at new physical sensations as your body actively prepares for labor.

WHAT I CHOOSE TO BELIEVE

I choose to believe it is God who made me, and that this includes the unfamiliar, sometimes uncomfortable, final preparations my body is making.

PRAYER

Lord, it is You who made me, not I myself. Help me trust my body's process, made by Your hand, rather than fearing it.

TODAY'S CONFESSION

It is God who made me. This body, and its unfamiliar final weeks, belongs to Him first.

FAITH ACTION

Name one physical change that has alarmed you recently, and research or ask about it from a trusted source, rather than letting worry sit unaddressed.

WEEK 31 • THE BODY PREPARES

Day 213



FORMAT C: MOTHER & BABY MOMENT

 Isaiah 66:9

***Shall I bring to the birth, and not cause to bring forth? saith the LORD:
shall I cause to bring forth, and shut the womb? saith thy God."***

MOTHER'S PRAYER

Lord, You said You would not bring to the moment of birth and then not deliver. Let that promise settle any fear I carry about my body's capability to finish what it started.

PRAYER OVER BABY

Father, You who opened the womb will not close it before this child is ready to arrive. Trust the process You designed.

SPEAK THIS OVER YOUR BABY

"God brings to the moment of birth, and He delivers. Your arrival is held in that same faithful promise."

REFLECTION

What is one specific worry about labor or delivery you haven't said out loud to anyone yet?

WEEK 31 • THE BODY PREPARES

Day 214



FORMAT F: SURRENDER DAY

 2 Chronicles 20:12

O our God, wilt thou not judge them? for we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee.”

WHAT AM I CARRYING?

Fear about your body's capability to handle labor and delivery well.

WHAT AM I SURRENDERING?

Looking to my own strength alone, rather than admitting honestly that I don't know what to do, and fixing my eyes on God instead.

PRAYER

Lord, I do not know what to do, but my eyes are on You. My help comes from You, the Maker of this body preparing for labor.

TODAY'S CONFESSION

I do not know what to do, but my eyes are on God. My help comes from Him.

WEEK 31 • THE BODY PREPARES

Day 215



FORMAT B: PRAYER FOCUS

 Exodus 1:19-20 (referenced principle)

And the midwives said unto Pharaoh, Because the Hebrew women are not as the Egyptian women; for they are lively, and are delivered ere the midwives come in unto them. Therefore God dealt well with the midwives: and the people multiplied, and waxed very mighty.”

SHORT TEACHING

Scripture doesn't shy away from acknowledging that some women's bodies handle labor differently, faster, slower, with more or less difficulty. There's no single "correct" pattern promised. What's promised, throughout Scripture, is God's attentiveness to the process, whatever shape it takes for you.

FOCUSED PRAYER

Lord, whatever pattern my own labor takes, be attentive to it, the way You are attentive to every woman's process, without a single script that fits everyone.

TODAY'S CONFESSION

My labor does not need to look like anyone else's to be held by God's attentive care.

BABY'S BLESSING

May you always know that your story doesn't need to match anyone else's pattern to be genuinely held by God.

WEEK 31 • THE BODY PREPARES

Day 216



FORMAT E: GRATITUDE DAY

 Psalm 22:9–10

But thou art he that took me out of the womb: thou didst make me hope when I was upon my mother's breasts. I was cast upon thee from the womb: thou art my God from my mother's belly."

THREE THINGS TO THANK GOD FOR TODAY

1. A specific way your body has already shown you it knows what to do.
2. Support you've received, or plan to receive, during labor and delivery.
3. Thirty-one weeks of faithful growth for this baby.

PRAYER

Father, You brought me out of the womb, and from my mother's womb You have been my God. I praise You continually, including for the body preparing to bring forth this child.

TODAY'S CONFESSION

From my mother's womb, God has been my God. I praise Him continually, for this body and its preparation.

BABY'S BLESSING

May you, too, learn to rely on God from your very first breath onward.

Week 31

The Body Prepares

This Phase I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me Most This Phase...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into the Courage Phase...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

Courage

Week 32 • Courage for What's Ahead

MY PRAYER FOR YOU TODAY — NELLY

"We're entering the Courage phase now, and I want to say something plainly: it is completely normal to be afraid of labor. I have sat with mothers in this exact stretch of pregnancy who felt guilty for their fear, as though real faith should have erased it by now. It doesn't work that way, and it was never supposed to. Courage was never the absence of fear. It's choosing to trust God while the fear is still present. I'm praying today that you feel permission to name your fears honestly, out loud, to God and to someone you trust, rather than carrying them silently because you think a 'good' expectant mother wouldn't have them. You are allowed to be afraid and faithful at the same time. I'm walking these next weeks with you, courage and all."

With you in prayer, Nelly

Deuteronomy 31:23

"And he gave Joshua the son of Nun a charge, and said, Be strong and of a good courage: for thou shalt bring the children of Israel into the land which I sware unto them: and I will be with thee."

MOTHER'S PRAYER

Lord, be strong and courageous, You said, for I will be with you. Let me hold that same charge as I walk into whatever this labor and delivery holds.

BABY'S PRAYER

Father, let this child grow up understanding real courage, the kind that trusts You in the middle of fear, not only in its absence.

TODAY'S CONFESSION

I am strong and courageous, not because I feel no fear, but because God has said He will be with me.

WEEK 32 • COURAGE FOR WHAT'S AHEAD

Day 219



FORMAT D: FAITH CHECK-IN

 Psalm 56:3

What time I am afraid, I will trust in thee."

WHAT I AM FEELING

Perhaps fear about labor itself has surfaced more directly this week, no longer an abstract future concern, but something close and specific.

WHAT I CHOOSE TO BELIEVE

I choose to believe that when I am afraid, I can put my trust in God, specifically, right now, not as a general idea but as an actual response to this actual fear.

PRAYER

Lord, when I am afraid, I put my trust in You. This specific fear about what's ahead, I place directly into Your hands.

TODAY'S CONFESSION

When I am afraid, I put my trust in God. That is my actual, specific response to this actual fear.

FAITH ACTION

Say your specific fear about labor out loud to someone you trust today.

WEEK 32 • COURAGE FOR WHAT'S AHEAD

Day 220



FORMAT C: MOTHER & BABY MOMENT

 Deuteronomy 31:6

Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee."

MOTHER'S PRAYER

Lord, be strong and courageous, You said, do not be afraid, for the Lord your God goes with you; He will never leave you nor forsake you. Let that promise carry me into delivery.

PRAYER OVER BABY

Father, You go with this child too, into their birth and beyond. They will never be forsaken, from their very first moment.

SPEAK THIS OVER YOUR BABY

"The Lord goes with you. He will never leave you nor forsake you, from your very first breath."

REFLECTION

What would change about how you're feeling this week if you truly believed God was physically present in the delivery room with you?

WEEK 32 • COURAGE FOR WHAT'S AHEAD

Day 221



FORMAT F: SURRENDER DAY

 Psalm 55:22

Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved."

WHAT AM I CARRYING?

Say it plainly if you can: fear of labor, fear of the unknown, fear of pain, fear of what could go wrong.

WHAT AM I SURRENDERING?

The illusion that fear disappears by refusing to name it. Naming it is the first step to releasing it.

PRAYER

Lord, I don't have to pretend I'm not afraid. I bring You my fear about delivery directly, and I ask for courage that doesn't require the fear to vanish first.

TODAY'S CONFESSION

Courage is not the absence of fear. It is choosing to trust God in the middle of it.

WEEK 32 • COURAGE FOR WHAT'S AHEAD

Day 222



FORMAT B: PRAYER FOCUS

**Isaiah 43:2**

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee."

SHORT TEACHING

"When you pass through the waters, I will be with you." This promise doesn't say you'll avoid deep water. It says you won't be alone in it, and you won't be overwhelmed by it. Labor may well be a "deep water" experience. This verse still holds there.

FOCUSED PRAYER

Lord, when I pass through the waters of labor, be with me. Do not let me be overwhelmed by what's ahead.

TODAY'S CONFESSION

When I pass through the waters, God is with me. I will not be overwhelmed.

BABY'S BLESSING

May you know, throughout your life, that passing through deep waters does not mean passing through them alone.

WEEK 32 • COURAGE FOR WHAT'S AHEAD

Day 223



FORMAT E: GRATITUDE DAY

 Psalm 118:6

The LORD is on my side; I will not fear: what can man do unto me?"

THREE THINGS TO THANK GOD FOR TODAY

1. A specific source of courage you've drawn on this week.
2. Someone who will be present with you during labor and delivery.
3. A moment this week when fear felt smaller than it has before.

PRAYER

Father, the Lord is with me, I will not be afraid. What can mere mortals do to me? Let that confidence, not bravado, carry me forward.

TODAY'S CONFESSION

The Lord is with me. I will not be afraid. This is confidence in Him, not denial of my circumstances.

BABY'S BLESSING

May you grow into someone whose confidence comes from God's presence, not from the absence of hard things.

Week 32

Courage for What's Ahead

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 33 • PRAYING FOR THE TEAM

Day 225



FORMAT A: DAILY DEVOTIONAL



Psalm 91:11

For he shall give his angels charge over thee, to keep thee in all thy ways."

REFLECTION

"He will command His angels concerning you, to guard you in all your ways." This promise covers the people involved in your delivery too, doctors, midwives, nurses, anyone whose hands will be part of this baby's arrival. You are not the only one this trimester is asking you to trust God for.

MOTHER'S PRAYER

Lord, command Your angels concerning the medical team who will be part of this delivery. Guard their hands, their judgment, their attentiveness.

BABY'S PRAYER

Father, surround everyone who will help bring this child into the world with wisdom and steady hands.

TODAY'S CONFESSION

God commands His angels to guard the ways of everyone involved in this delivery, not just my own.

WEEK 33 • PRAYING FOR THE TEAM

Day 226



FORMAT D: FAITH CHECK-IN

**Proverbs 21:1**

The king's heart is in the hand of the LORD, as the rivers of water: he turneth it whithersoever he will."

WHAT I AM FEELING

Perhaps some nervousness about a specific provider, hospital, or unfamiliar aspect of your care team.

WHAT I CHOOSE TO BELIEVE

I choose to believe God can direct the decisions and judgment of everyone involved in this delivery, the way He directs a king's heart, like a watercourse.

PRAYER

Lord, direct the hearts and decisions of my medical team the way You direct a king's heart. Let their judgment be sound, especially in the moments that matter most.

TODAY'S CONFESSION

God directs the hearts of those caring for me. Their judgment is not outside His reach.

FAITH ACTION

Write down the names, or roles, of everyone you expect to be part of your delivery team, and pray for each one specifically.

WEEK 33 • PRAYING FOR THE TEAM

Day 227



FORMAT C: MOTHER & BABY MOMENT



Psalm 41:3

The LORD will strengthen him upon the bed of languishing: thou wilt make all his bed in his sickness."

MOTHER'S PRAYER

Lord, sustain the medical team on the bed of their own exhaustion, if delivery happens during a long shift for them. Let their care for me and this baby not run out.

PRAYER OVER BABY

Father, let everyone who touches this child's earliest moments do so with wisdom, gentleness, and steady hands.

SPEAK THIS OVER YOUR BABY

"God sustains those who care for the weak. He will sustain everyone caring for both of us, when the moment comes."

REFLECTION

Is there a specific concern about your delivery team or setting that you haven't yet brought to God directly?

WEEK 33 • PRAYING FOR THE TEAM

Day 228



FORMAT F: SURRENDER DAY

**Philippians 4:6**

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

WHAT AM I CARRYING?

Anxiety about factors during delivery that are entirely outside your control, timing, complications, decisions made by others.

WHAT AM I SURRENDERING?

The illusion that anxious vigilance protects you or this baby better than trust does.

PRAYER

Lord, I don't have to be anxious about anything, including the parts of delivery I cannot control. I bring these specific concerns to You, by prayer and petition.

TODAY'S CONFESSION

I release the parts of delivery I cannot control. Anxious vigilance does not protect me better than trust in God does.

WEEK 33 • PRAYING FOR THE TEAM

Day 229



FORMAT B: PRAYER FOCUS

**Ephesians 1:17**

That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him.”

SHORT TEACHING

Your care team will make decisions, sometimes quickly, sometimes under pressure. Paul's prayer for the Spirit of wisdom and revelation wasn't only for the Ephesians. You can pray this same request over every person who will make a judgment call during your delivery.

FOCUSED PRAYER

Lord, give the Spirit of wisdom and revelation to everyone who will make decisions during my delivery, so they see clearly what each moment requires.

TODAY'S CONFESSION

God gives the Spirit of wisdom and revelation, to me and to everyone caring for me during delivery.

BABY'S BLESSING

May everyone who cares for you in your earliest moments be filled with the Spirit of wisdom, given generously by God.

WEEK 33 • PRAYING FOR THE TEAM

Day 230



FORMAT E: GRATITUDE DAY

**Psalm 121:7-8**

*The LORD shall preserve thee from all evil: he shall preserve thy soul.
The LORD shall preserve thy going out and thy coming in from this
time forth, and even for evermore."*

THREE THINGS TO THANK GOD FOR TODAY

1. A specific quality you appreciate about your care provider or delivery plan.
2. Access to medical care that many throughout history have not had.
3. Peace of mind you've felt, even briefly, about your delivery team.

PRAYER

Father, You will keep me from all harm, You will watch over my life. Let that watching extend to everyone who will care for me and this baby during delivery.

TODAY'S CONFESSION

The Lord watches over my life, and over everyone who will be part of this baby's arrival.

BABY'S BLESSING

May you always be watched over, by God, and by the people entrusted with your care.

Week 33

Praying for the Team

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 34 • CASTING MY CARES

Day 232



FORMAT A: DAILY DEVOTIONAL

 1 Peter 5:6-7

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you."

REFLECTION

"Humble yourselves... casting all your anxiety on Him because He cares for you." Casting isn't a one-time act. It's closer to a daily discipline, especially now, as delivery draws near and new anxieties can surface faster than old ones resolve.

MOTHER'S PRAYER

Lord, I cast my anxiety on You again today, not because yesterday's casting didn't work, but because today has its own weight to release.

BABY'S PRAYER

Father, let this child learn, eventually, the same discipline of casting their cares onto You, rather than carrying them alone.

TODAY'S CONFESSION

I cast my anxiety on God today, freshly, because He genuinely cares for me.

WEEK 34 • CASTING MY CARES

Day 233



FORMAT D: FAITH CHECK-IN

 Micah 7:7

Therefore I will look unto the LORD; I will wait for the God of my salvation: my God will hear me."

WHAT I AM FEELING

Perhaps anxious thoughts have multiplied this week, about labor, about the baby's health, about everything still ahead.

WHAT I CHOOSE TO BELIEVE

I choose to believe that I can watch in hope for the Lord, waiting for God my Savior, even amid thoughts multiplying this week.

PRAYER

Lord, I watch in hope for You. I wait for You, my Savior, even as anxious thoughts multiply. My God will hear me.

TODAY'S CONFESSION

I watch in hope for the Lord. My God will hear me, even amid this week's multiplying fears.

FAITH ACTION

List every specific anxious thought from this week, then pray over the list, one item at a time.

WEEK 34 • CASTING MY CARES

Day 234



FORMAT C: MOTHER & BABY MOMENT

 Joshua 1:9

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest."

MOTHER'S PRAYER

Lord, You told Joshua to be strong and courageous because You would be with him wherever he went. I am about to walk into a room I've never walked into before, meeting this baby. Be with me there too.

PRAYER OVER BABY

Father, as this child prepares to enter the world, let them enter into a story where courage and Your presence were already established, long before their first breath.

SPEAK THIS OVER YOUR BABY

"You are entering a world where your mother has already learned to be brave, because God went first."

REFLECTION

What does courage look like for you specifically, right now, in this final stretch?

WEEK 34 • CASTING MY CARES

Day 235



FORMAT F: SURRENDER DAY

 Psalm 142:2

I poured out my complaint before him; I shewed before him my trouble.”

WHAT AM I CARRYING?

A specific fear you haven't fully named yet, even to yourself.

WHAT AM I SURRENDERING?

The habit of holding it in rather than pouring out my complaint honestly before the God who already knows my trouble.

PRAYER

Lord, I pour out my complaint before You. I tell You my trouble, this specific fear included. You already know it before I say it.

TODAY'S CONFESSION

I pour out my complaint before God. He already knows my trouble, even the parts I haven't said aloud.

WEEK 34 • CASTING MY CARES

Day 236



FORMAT B: PRAYER FOCUS

 Nahum 1:7

The LORD is good, a strong hold in the day of trouble; and he knoweth them that trust in him.

SHORT TEACHING

"The Lord is good, a refuge in times of trouble. He cares for those who trust in Him." This isn't a promise that trouble won't come. It's a promise about where to go when it does, and that going there is not in vain.

FOCUSED PRAYER

Lord, You are good, a refuge in this specific time of uncertainty. I trust in You, and I believe You care for me inside this trouble, not just after it ends.

TODAY'S CONFESSION

The Lord is good, a refuge in times of trouble. He cares for me, even now, inside the uncertainty.

BABY'S BLESSING

May you always know where to run when trouble comes, straight to a good and caring refuge.

WEEK 34 • CASTING MY CARES

Day 237



FORMAT E: GRATITUDE DAY

 Psalm 34:6

This poor man cried, and the LORD heard him, and saved him out of all his troubles.”

THREE THINGS TO THANK GOD FOR TODAY

1. A specific anxious thought that has genuinely quieted this week.
2. A person who has listened to your fears without minimizing them.
3. Thirty-four weeks of this baby's safe growth.

PRAYER

Father, this poor woman called, and You heard her; You saved her out of all her troubles, anxious ones included. I will call on You for as long as I live.

TODAY'S CONFESSION

I called, and God heard me. He saved me out of all my troubles, anxious ones included.

BABY'S BLESSING

May you always know that God hears you too, especially the anxious prayers.

Week 34

Casting My Cares

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 35 • A SOUND MIND

Day 239



FORMAT A: DAILY DEVOTIONAL

 1 Peter 1:13

Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;”

REFLECTION

"Prepare your minds for action; be self-controlled." As delivery approaches, the mind can drift toward every possible scenario, most of them imagined, none of them happening yet. This verse offers a different posture, an alert, prepared mind rather than one left to wander freely toward every hypothetical.

MOTHER'S PRAYER

Lord, prepare my mind for what's ahead. Keep me alert and steady rather than drifting toward every imagined scenario about labor and delivery.

BABY'S PRAYER

Father, let this child grow up with a mind that can find steadiness in You, even amid uncertainty.

TODAY'S CONFESSION

My mind is prepared and steady, alert rather than wandering toward imagined scenarios.

Preparing for the Arrival

Week 35 • A Sound Mind

Luke 1:45

“And blessed is she that believed: for there shall be a performance of those things which were told her from the Lord.”

Two hundred and forty days. Mary was told, "Blessed is she who has believed that the Lord would fulfill His promises to her." You, too, have believed, through symptoms, through waiting, through fear and faith intertwined, and the fulfillment of what you've carried is now genuinely close.

MOTHER'S PRAYER

Lord, blessed am I for believing You would fulfill Your promises, across these two hundred and forty days. Let that belief carry me through the final weeks ahead.

BABY'S PRAYER

Father, this child's arrival is drawing near. Prepare every remaining detail, their body, this mother's body, the moment of meeting, with Your faithful hand.

TODAY'S CONFESSION

Blessed am I for believing God would fulfill His promises. That fulfillment is now genuinely close.

REFLECTION QUESTION

As you prepare for this baby's arrival, what promise of God are you holding onto most tightly right now?

WEEK 35 • A SOUND MIND

Day 241



FORMAT C: MOTHER & BABY MOMENT

 Proverbs 3:24

When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet."

MOTHER'S PRAYER

Lord, when I lie down, let me not be afraid. Let my sleep be sweet, even as my body carries the weight of these final weeks.

PRAYER OVER BABY

Father, let this child rest safely too, in these final days of growth, dwelling securely until the moment they're ready to arrive.

SPEAK THIS OVER YOUR BABY

"When you lie down, you will not be afraid. Your sleep will be sweet, held securely until you're ready to meet the world."

REFLECTION

What has been helping you find rest, physically or emotionally, during these final weeks?

WEEK 35 • A SOUND MIND

Day 242



FORMAT F: SURRENDER DAY

**Proverbs 12:25**

Heaviness in the heart of man maketh it stoop: but a good word maketh it glad."

WHAT AM I CARRYING?

Anxiety that weighs the heart down, heavier some days than others as delivery approaches.

WHAT AM I SURRENDERING?

Carrying that weight without a kind word, from God or from someone trusted, to lift it.

PRAYER

Lord, anxiety weighs my heart down, but a kind word cheers it up. Speak a kind word over me today, and help me receive it.

TODAY'S CONFESSION

Anxiety weighs my heart down, but a kind word cheers it up. I receive God's kind word to me today.

WEEK 35 • A SOUND MIND

Day 243



FORMAT B: PRAYER FOCUS

**Isaiah 61:3**

To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified."

SHORT TEACHING

God offers "a garment of praise instead of a spirit of despair." As anxious thoughts increase in frequency this close to delivery, this verse offers a specific exchange, not the absence of thought, but praise deliberately worn in place of the spirit of despair trying to settle in.

FOCUSED PRAYER

Lord, clothe me with a garment of praise today, in exchange for the spirit of despair trying to settle in as delivery draws near.

TODAY'S CONFESSION

God clothes me with a garment of praise, in exchange for despair. That exchange is available today, specifically.

BABY'S BLESSING

May you be clothed in praise throughout your life, the overflow of genuine trust.

WEEK 35 • A SOUND MIND

Day 244



FORMAT E: GRATITUDE DAY

 Psalm 139:17-18

How precious also are thy thoughts unto me, O God! how great is the sum of them! If I should count them, they are more in number than the sand: when I awake, I am still with thee."

THREE THINGS TO THANK GOD FOR TODAY

1. A specific moment of mental clarity or calm this week.
2. Evidence that God's thoughts toward you have been precious, even in an anxious season.
3. Thirty-five weeks of this baby's growth, safely underway.

PRAYER

Father, how precious to me are Your thoughts. Were I to count them, they would outnumber the grains of sand. Let that vastness comfort me today, more than my own anxious thoughts can overwhelm me.

TODAY'S CONFESSION

God's thoughts toward me are precious and vast, outnumbering my own anxious ones.

BABY'S BLESSING

May you always know how precious and vast God's thoughts are toward you too.

Week 35

A Sound Mind

This Phase I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me Most This Phase...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into the Surrender Phase...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

Surrender

Week 36 • Letting Go

MY PRAYER FOR YOU TODAY — NELLY

"You're entering one of the harder emotional stretches of this journey, the season where your body is heavy, your mind is full of a hundred small worries about labor, and 'surrender' can start to feel like a word people say too easily. I don't want to say it easily to you. I know surrender, real surrender, is costly. It means setting down the illusion that you can control how delivery unfolds, and trusting God with what you genuinely cannot manage on your own. I'm praying for you specifically in this: that surrender would not feel like giving up, but like finally putting down a weight you were never meant to carry alone. You do not have to have peace about every unknown today. You just have to keep bringing them to God, the way you've been doing since Day 1. I'm still praying with you."

With you in prayer, Nelly

Matthew 6:34

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."

MOTHER'S PRAYER

Lord, this is a hard kind of trust, letting go of control over something as significant as labor and delivery. Help me surrender without pretending it's easy.

BABY'S PRAYER

Father, as we enter these final weeks together, I entrust the timing and details of this child's arrival into Your hands. You are not surprised by any of it.

TODAY'S CONFESSION

I release what I cannot control into God's hands. This is not weakness. This is faith.

WEEK 36 • LETTING GO

Day 247



FORMAT D: FAITH CHECK-IN

 Job 1:21

And said, Naked came I out of my mother's womb, and naked shall I return thither: the LORD gave, and the LORD hath taken away; blessed be the name of the LORD."

WHAT I AM FEELING

Perhaps grief mixed in with anticipation, grief for the pregnancy itself ending, even while genuinely excited to meet this baby.

WHAT I CHOOSE TO BELIEVE

I choose to believe, with Job, that whatever this season gives or takes, the name of the Lord is still worth blessing.

PRAYER

Lord, whatever this final stretch holds, I choose to bless Your name, even amid the mixed emotions of an ending and a beginning happening at once.

TODAY'S CONFESSION

Whatever this season gives or takes, blessed be the name of the Lord.

FAITH ACTION

Name one thing about pregnancy itself, not just the discomfort, that you'll genuinely miss.

WEEK 36 • LETTING GO

Day 248



FORMAT C: MOTHER & BABY MOMENT

 Ephesians 3:20

Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,"

MOTHER'S PRAYER

Lord, You are able to do immeasurably more than all I ask or imagine, according to Your power at work in me. Let that be true of this delivery, this transition, this whole unfolding story.

PRAYER OVER BABY

Father, do immeasurably more than we could ask or imagine for this child's arrival. The exact day, the exact circumstances, all of it, entrusted into Your capable hands.

SPEAK THIS OVER YOUR BABY

"God is able to do immeasurably more than we ask or imagine. Your arrival is held in that kind of power, not our limited plans."

REFLECTION

What is the hardest part of this pregnancy to genuinely let go of control over?

WEEK 36 • LETTING GO

Day 249



FORMAT F: SURRENDER DAY

 Romans 8:31

What shall we then say to these things? If God be for us, who can be against us?"

WHAT AM I CARRYING?

The belief that my plan for how delivery should go is the only good plan available.

WHAT AM I SURRENDERING?

The need to defend my own plan, in favor of trusting that if God is for me and this baby, nothing working against that plan can ultimately succeed.

PRAYER

Lord, if You are for us, who can be against us? I release my grip on my own plan, and I trust that You are genuinely for this baby and me.

TODAY'S CONFESSION

God is for me. I release my grip on my own plan for how this should go.

WEEK 36 • LETTING GO

Day 250



FORMAT B: PRAYER FOCUS

 Psalm 37:5

Commit thy way unto the LORD; trust also in him; and he shall bring it to pass."

SHORT TEACHING

"Commit to the Lord whatever you do, and He will establish your plans." Committing isn't the same as controlling. You can hand this day, and this delivery, fully to God without needing to manage every detail yourself.

FOCUSED PRAYER

Lord, I commit my way, and my delivery, to You today. Do what only You can do with what I release.

TODAY'S CONFESSION

I commit my way to the Lord. What I release into His hands, He is faithful to carry.

BABY'S BLESSING

May you grow up knowing how to commit your own path to God, rather than gripping it too tightly yourself.

WEEK 36 • LETTING GO

Day 251



FORMAT E: GRATITUDE DAY

 Psalm 116:7

Return unto thy rest, O my soul; for the LORD hath dealt bountifully with thee."

THREE THINGS TO THANK GOD FOR TODAY

1. A specific fear you've genuinely surrendered this week, not just talked about.
2. A moment of rest your soul actually received.
3. Thirty-six weeks of faithful growth for this baby.

PRAYER

Father, be at rest once more, O my soul, for the Lord has been good to me. Let that rest be real today, not performed.

TODAY'S CONFESSION

My soul is at rest, because the Lord has been good to me, across every one of these thirty-six weeks.

BABY'S BLESSING

May your soul know real rest throughout your life, not performed calm, but genuine peace.

Week 36

Letting Go

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 37 • RESTING IN GOD

Day 253



FORMAT A: DAILY DEVOTIONAL

**Psalm 23:1-3**

The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake."

REFLECTION

"He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul." As the final weeks demand more from your body, this psalm offers a picture of a Shepherd who insists on rest, not as a luxury, but as something He actively provides.

MOTHER'S PRAYER

Lord, make me lie down in green pastures, even now, in this demanding final stretch. Refresh my soul, not just my body.

BABY'S PRAYER

Father, let this child, too, know the quiet waters and green pastures of Your care, from their very first days.

TODAY'S CONFESSION

The Lord makes me lie down and refreshes my soul. Rest is something He provides, not a luxury I have to earn.

WEEK 37 • RESTING IN GOD

Day 254



FORMAT D: FAITH CHECK-IN

 Mark 6:31

And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat."

WHAT I AM FEELING

Perhaps a genuine tiredness that goes beyond the physical, a soul-level weariness from carrying anticipation this long.

WHAT I CHOOSE TO BELIEVE

I choose to believe Jesus's own invitation to His disciples, "come with Me by yourselves to a quiet place and get some rest," is extended to me too, right now.

PRAYER

Lord, come with me to a quiet place and let me rest, the way You invited Your disciples to do. I need that invitation today.

TODAY'S CONFESSION

Jesus invites me to rest in a quiet place with Him. I accept that invitation today.

FAITH ACTION

Find ten genuinely quiet minutes today, without a task attached to them.

WEEK 37 • RESTING IN GOD

Day 255



FORMAT C: MOTHER & BABY MOMENT



Matthew 11:28

Come unto me, all ye that labour and are heavy laden, and I will give you rest."

MOTHER'S PRAYER

Lord, I come to You, weary and burdened by the weight of this final stretch. Give me rest, real rest, not just the absence of activity.

PRAYER OVER BABY

Father, let this child, too, one day know how to come to You when weary, from the earliest habits I can model for them.

SPEAK THIS OVER YOUR BABY

"Come to Me, all who are weary and burdened, and I will give you rest. That invitation is already open to you."

REFLECTION

What does "real rest," beyond just physical sleep, look like for you right now?

WEEK 37 • RESTING IN GOD

Day 256



FORMAT F: SURRENDER DAY

 Exodus 33:14

And he said, My presence shall go with thee, and I will give thee rest.”

WHAT AM I CARRYING?

The pressure to stay productive right up until delivery, rather than allowing genuine rest.

WHAT AM I SURRENDERING?

The belief that rest is unproductive, in favor of trusting God's promise that His presence itself gives rest.

PRAYER

Lord, You said Your Presence will go with me, and You will give me rest. I surrender the pressure to be productive, and I receive Your presence as sufficient.

TODAY'S CONFESSION

God's presence goes with me, and He gives me rest. That rest is not unproductive. It is provided.

WEEK 37 • RESTING IN GOD

Day 257



FORMAT B: PRAYER FOCUS

 Psalm 127:2

It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep."

SHORT TEACHING

"In vain you rise early and stay up late, toiling for food to eat, for He grants sleep to those He loves." This isn't a rebuke of hard work. It's a reminder that striving without rest misses something rest itself was meant to provide, as a gift, not merely a gap between tasks.

FOCUSED PRAYER

Lord, You grant sleep and rest to those You love. Let me receive that gift this week, rather than striving past it.

TODAY'S CONFESSION

God grants rest to those He loves. I am loved, and I receive that gift, rather than striving past it.

BABY'S BLESSING

May you grow up understanding rest as a gift from a God who loves you, not merely a gap between tasks.

WEEK 37 • RESTING IN GOD

Day 258



FORMAT E: GRATITUDE DAY



Psalm 3:5

I laid me down and slept; I awaked; for the LORD sustained me.”

THREE THINGS TO THANK GOD FOR TODAY

1. A specific stretch of good rest you've had this week.
2. Someone who has encouraged you to slow down recently.
3. Thirty-seven weeks of this baby's safe, steady growth.

PRAYER

Father, I lie down and sleep, I wake again, because You sustain me. Thank You for rest that is genuinely available, even now.

TODAY'S CONFESSION

I lie down and sleep, and I wake again, because the Lord sustains me, even in this final stretch.

BABY'S BLESSING

May you always know the safety of resting in a God who watches over you while you sleep.

Week 37

Resting in God

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

Almost There

Week 38 • Almost There

Habakkuk 2:3

"For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry."

"For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay." Two hundred and sixty days in, whatever "lingering" feels like right now, the appointed time has not forgotten you.

MOTHER'S PRAYER

Lord, though this final stretch may linger longer than I'd prefer, I wait for the appointed time, trusting it will not prove false, and it will not delay beyond what is truly needed.

BABY'S PRAYER

Father, this child's arrival is drawing near, appointed and certain. Let these final days unfold exactly as You have planned.

TODAY'S CONFESSION

The appointed time will not prove false. Though it may linger, it will certainly come.

REFLECTION QUESTION

What has "almost there" started to feel like for you, physically and emotionally, this week?

WEEK 38 • ALMOST THERE

Day 261



FORMAT D: FAITH CHECK-IN

 Psalm 130:5-6

I wait for the LORD, my soul doth wait, and in his word do I hope. My soul waiteth for the Lord more than they that watch for the morning: I say, more than they that watch for the morning.”

WHAT I AM FEELING

Perhaps a heightened impatience now, the finish line close enough to see but not yet close enough to touch.

WHAT I CHOOSE TO BELIEVE

I choose to believe waiting for the Lord, even now, even this close, is still worth doing with my whole being, not just gritted teeth.

PRAYER

Lord, I wait for You, and in Your Word I put my hope. My whole being waits, more than watchmen wait for the morning.

TODAY'S CONFESSION

I wait for the Lord with my whole being, more eagerly than watchmen wait for the morning.

FAITH ACTION

Notice one physical sign this week that reminds you the end is genuinely near, and thank God for it specifically.

WEEK 38 • ALMOST THERE

Day 262



FORMAT C: MOTHER & BABY MOMENT

 Genesis 21:1

And the LORD visited Sarah as he had said, and the LORD did unto Sarah as he had spoken."

MOTHER'S PRAYER

Lord, You were gracious to Sarah, and You did for her what You had promised. I trust that same graciousness now, more than ever, this close to the end.

PRAYER OVER BABY

Father, You who have brought this pregnancy this far will not abandon it now. Bring this child fully, safely, into the world.

SPEAK THIS OVER YOUR BABY

"God is gracious, and He does what He has promised. Your arrival is close, and it is held by that same promise."

REFLECTION

What is one thing you're most looking forward to about finally meeting this baby?

WEEK 38 • ALMOST THERE

Day 263



FORMAT F: SURRENDER DAY

 1 John 5:14

And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:"

WHAT AM I CARRYING?

The mounting anticipation itself, which can feel almost as heavy as the earlier fears did.

WHAT AM I SURRENDERING?

Letting anticipation tip into anxiety, in favor of the confidence that God hears me when I bring this to Him according to His will.

PRAYER

Lord, this is the confidence I have in approaching You, that if I ask anything according to Your will, You hear me. I bring this anticipation to You directly.

TODAY'S CONFESSION

I have confidence that God hears me when I bring this to Him. His peace guards me, even this close to the end.

WEEK 38 • ALMOST THERE

Day 264



FORMAT B: PRAYER FOCUS

 James 5:7-8

Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain. Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh."

SHORT TEACHING

"See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. You too, be patient." Scripture doesn't romanticize waiting. It compares it to farming, real, physical, uncertain work that requires patience precisely because the outcome isn't yet visible.

FOCUSED PRAYER

Lord, like a farmer waiting for rain, let me wait patiently for this baby's arrival, trusting the process even without seeing the outcome yet.

TODAY'S CONFESSION

I am patient, like a farmer waiting for a valuable crop. The waiting itself is not wasted time.

BABY'S BLESSING

May you grow up understanding that good things are often worth patient waiting, not instant arrival.

WEEK 38 • ALMOST THERE

Day 265



FORMAT E: GRATITUDE DAY

 Psalm 33:20-21

Our soul waiteth for the LORD: he is our help and our shield. For our heart shall rejoice in him, because we have trusted in his holy name.”

THREE THINGS TO THANK GOD FOR TODAY

1. Thirty-eight weeks of this pregnancy, faithfully carried to this point.
2. A specific way you've felt God's help closely this week.
3. Someone who has waited alongside you patiently through this whole journey.

PRAYER

Father, we wait in hope for You, You are our help and our shield. In You our hearts rejoice, for we trust in Your holy name, even in these final, anticipation-filled days.

TODAY'S CONFESSION

I wait in hope for the Lord. He is my help and my shield, even now, this close to the end.

BABY'S BLESSING

May you always wait in hope, trusting a God who is your help and your shield.

Week 38

Almost There

This Phase I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me Most This Phase...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into the Final Phase...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

Anticipation

Week 39 • Peace in the Waiting

MY PRAYER FOR YOU TODAY — NELLY

"We're entering the final phase now, and I want you to feel the weight of that, in the best way. Anticipation is different from the fear you may have carried earlier in this trimester. It's lighter, even when it's intense, because it's pointed toward something good, not something uncertain. I'm praying today that these final one to two weeks, however many you actually have left, would be marked by genuine peace, not a manufactured calm, but the real thing, rooted in everything God has already carried you through to get here. You have walked with faith through beginnings, trust, growth, bonding, preparation, courage, and surrender. Anticipation is the reward for all of that walking. Let yourself feel it."

With you in prayer, Nelly

Psalm 62:1

"Truly my soul waiteth upon God: from him cometh my salvation."

MOTHER'S PRAYER

Lord, my soul finds rest in You alone, not dependent on knowing the exact day. Let that rest hold me steady through this final anticipation.

BABY'S PRAYER

Father, this child's arrival is close now. Let their final days of preparation, and mine, be marked by real rest in You.

TODAY'S CONFESSION

My soul finds rest in God alone. It is not shaken by not knowing the exact day.

WEEK 39 • PEACE IN THE WAITING

Day 268



FORMAT D: FAITH CHECK-IN

 Psalm 62:5

My soul, wait thou only upon God; for my expectation is from him.”

WHAT I AM FEELING

Perhaps a mix of eagerness and calm you haven't quite felt before, different from the anxiety of earlier weeks.

WHAT I CHOOSE TO BELIEVE

I choose to believe my hope, even now, comes from God alone, not from guessing the exact timing.

PRAYER

Lord, find rest, O my soul, in You alone. My hope comes from You, not from knowing exactly when this baby will arrive.

TODAY'S CONFESSION

My soul finds rest in God alone. My hope comes from Him, not from certainty about timing.

FAITH ACTION

Write a short note to your baby, to be read to them one day, describing how you feel in this final week of anticipation.

WEEK 39 • PEACE IN THE WAITING

Day 269



FORMAT C: MOTHER & BABY MOMENT

 Psalm 130:5

I wait for the LORD, my soul doth wait, and in his word do I hope."

MOTHER'S PRAYER

Lord, I wait for You, and in Your Word I put my hope. Let that hope carry me through these final days of anticipation, whatever they hold.

PRAYER OVER BABY

Father, this child is close now, so close. Let their final preparations be completed exactly as You intend, in Your perfect timing.

SPEAK THIS OVER YOUR BABY

"I wait for the Lord, and my hope is in His Word. Soon, very soon, I will meet you face to face."

REFLECTION

What is one thing you want to remember about this exact stage of waiting, once your baby has arrived?

Peace in the Waiting

Week 39 • Peace in the Waiting

Philippians 4:7

“And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

Two hundred and seventy days. The peace that transcends understanding was never meant to depend on understanding everything, including exactly when labor will begin. That peace is available to you today, in this specific, uncertain, almost-there moment.

MOTHER'S PRAYER

Lord, let Your peace, which transcends understanding, guard my heart and mind today. I don't need to understand the exact timing to receive that peace.

BABY'S PRAYER

Father, cover this child's final days of preparation with the same transcendent peace You offer me.

TODAY'S CONFESSION

God's peace transcends my understanding. I receive it today, without needing to understand everything first.

REFLECTION QUESTION

Where, specifically, have you felt God's peace most tangibly during this final stretch of waiting?

WEEK 39 • PEACE IN THE WAITING

Day 271



FORMAT B: PRAYER FOCUS

 Lamentations 3:25-26

The LORD is good unto them that wait for him, to the soul that seeketh him. It is good that a man should both hope and quietly wait for the salvation of the LORD."

SHORT TEACHING

"The Lord is good to those whose hope is in Him, to the one who seeks Him. It is good to wait quietly for the salvation of the Lord." Quiet waiting isn't passive resignation. It's an active posture of trust, chosen deliberately, especially now.

FOCUSED PRAYER

Lord, You are good to those whose hope is in You. Let me wait quietly, not passively, but with active, deliberate trust.

TODAY'S CONFESSION

It is good to wait quietly for the Lord. This waiting is active trust, not passive resignation.

BABY'S BLESSING

May you learn the good of quiet, trusting waiting, throughout your whole life.

WEEK 39 • PEACE IN THE WAITING

Day 272



FORMAT E: GRATITUDE DAY

 1 Chronicles 29:11

Thine, O LORD, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O LORD, and thou art exalted as head above all."

THREE THINGS TO THANK GOD FOR TODAY

1. The entirety of this pregnancy, thirty-nine weeks and counting, safely carried.
2. A specific joy you're anticipating about meeting this baby.
3. The peace you've felt, even briefly, in this final week.

PRAYER

Father, Yours is the greatness and the power and the glory, and everything in heaven and earth is Yours. Let that vastness fill me with joy even now, in this final stretch of waiting.

TODAY'S CONFESSION

Everything in heaven and earth belongs to God. I find joy in His greatness, even in this final, anticipation-filled stretch.

BABY'S BLESSING

May you always know the path of life, and the joy of God's presence, from your very first days.

Week 39

Peace in the Waiting

This Week I Learned...

I Am Grateful For...

I Am Surrendering...

The Scripture That Spoke to Me...

My Prayer for My Baby...

My Prayer for Myself...

One Thing I Will Carry Into Next Week...

Missed a Day?

You did not fail. There is no spiritual penalty for a skipped day. Simply continue from here.

WEEK 40 • WELCOME, NEW BEGINNING

Day 274



FORMAT A: DAILY DEVOTIONAL

 Psalm 61:2

From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I."

REFLECTION

"Lead me to the rock that is higher than I." Forty weeks ago, this journey began with a single positive test and a hundred unanswered questions. Today, in this final week, the invitation is the same one the psalmist made from the ends of the earth, calling out for a rock higher than his own overwhelmed heart, and trusting God to lead him there.

MOTHER'S PRAYER

Lord, my heart is overwhelmed in this final week. Lead me to the rock that is higher than I am, the way You have led me through every week of this journey.

BABY'S PRAYER

Father, this child's timing has been held by that same higher rock from the very beginning. Let their arrival, whenever it comes, complete what You started.

TODAY'S CONFESSION

When my heart is overwhelmed, God leads me to the rock that is higher than I am, even in this final week of not knowing.

Trusting God's Timing

Week 40 • Welcome, New Beginning

Acts 1:7

“And he said unto them, It is not for you to know the times or the seasons, which the Father hath put in his own power.”

"It is not for you to know the times or dates the Father has set by His own authority." Two hundred and seventy-five days in, this truth, spoken to disciples anxious about timing far bigger than a due date, still holds. The not-knowing is not a gap in your faith. It is simply the shape faith takes right now.

MOTHER'S PRAYER

Lord, it is not for me to know the exact day. That not-knowing is not a failure of my faith. Let me trust You fully inside it.

BABY'S PRAYER

Father, this child's arrival date is set by Your own authority, not ours. Let that timing be exactly right, unrushed and unforced.

TODAY'S CONFESSION

It is not for me to know the times or dates. That is God's authority, and I trust it fully.

REFLECTION QUESTION

As you approach the very end of this journey, what has trusting God's timing actually taught you about trust itself?

WEEK 40 • WELCOME, NEW BEGINNING

Day 276



FORMAT C: MOTHER & BABY MOMENT

 Deuteronomy 20:4

For the LORD your God is he that goeth with you, to fight for you against your enemies, to save you."

MOTHER'S PRAYER

Lord, You go with me into this final threshold, to fight for me, the way You have promised. I trust You with the day of this baby's birth, whenever it comes.

PRAYER OVER BABY

Father, You go before this child too, into their birth and every day beyond it. Let their arrival unfold under Your active, fighting-for-them presence.

SPEAK THIS OVER YOUR BABY

"God goes with your mother, to fight for her against whatever comes. That same presence goes with you too."

REFLECTION

Looking back across this entire 280-day journey, what has changed most in how you trust God?

WEEK 40 • WELCOME, NEW BEGINNING

Day 277



FORMAT F: SURRENDER DAY

**2 Corinthians 4:8-9**

We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;"

WHAT AM I CARRYING?

Whatever remains, any last fear, any final impatience, any lingering need to control exactly how these last days unfold.

WHAT AM I SURRENDERING?

All of it, one final time, in favor of trusting that even if I feel hard pressed, I am not crushed, even if perplexed, I am not in despair.

PRAYER

Lord, I may be hard pressed on every side, but not crushed. Perplexed, but not in despair. In these final days, I release my grip completely, one last time.

TODAY'S CONFESSION

I am hard pressed but not crushed, perplexed but not in despair. I release my grip completely, in these final days.

WEEK 40 • WELCOME, NEW BEGINNING

Day 278



FORMAT B: PRAYER FOCUS

 Psalm 121:8

The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore."

SHORT TEACHING

"The Lord will watch over your coming and going, both now and forevermore." This final promise covers the most immediate "coming" ahead of you, this baby's arrival, and every coming and going still ahead across both your lives, now and forevermore.

FOCUSED PRAYER

Lord, watch over my coming and going, and this baby's, both now, in this final stretch, and forevermore, across every season still ahead.

TODAY'S CONFESSION

The Lord watches over my coming and going, and my baby's, both now and forevermore.

BABY'S BLESSING

May God watch over your coming and going for your entire life, starting with this very first one.

WEEK 40 • WELCOME, NEW BEGINNING

Day 279



FORMAT E: GRATITUDE DAY

 Psalm 5:3

My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.”

THREE THINGS TO THANK GOD FOR TODAY

1. Every single week of this 280-day journey, now essentially complete.
2. The specific ways you have grown in faith that you didn't expect at Day 1.
3. This baby, now fully formed, ready to meet the world.

PRAYER

Father, in the morning You hear my voice; in the morning I lay my requests before You and wait expectantly. Let today's gratitude be as full as this entire journey has been.

TODAY'S CONFESSION

In the morning, God hears my voice. I lay my requests before Him and wait expectantly, across all 280 days of this journey.

BABY'S BLESSING

May your entire life be marked by remembering God's benefits, the way this journey has taught me to.

Welcome, New Beginning

Week 40 • Welcome, New Beginning

Psalm 30:5

"For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning."

"Weeping may stay for the night, but rejoicing comes in the morning." Whatever this pregnancy has held, ease or difficulty, peace or long nights of worry, you have arrived at the threshold. Two hundred and eighty days of showing up, praying, trusting, sometimes barely holding on, have led here. This is not the end of the story. It's the turn of a page.

MY PRAYER FOR YOU TODAY — NELLY

"We made it here together. Two hundred and eighty days ago, I prayed for you at the very beginning, not knowing your name or your story, only knowing you'd need to hear that you weren't walking this alone. Today, I want to say it one more time, louder: you were never alone. Not on the hard days. Not on the ordinary ones. Not today, whether your baby has already arrived, is arriving very soon, or you're still waiting a little longer than this page anticipated. Pregnancy doesn't always follow a calendar exactly, and that's alright. However these final days unfold for you, I am praying for peace over your body, courage over your heart, and joy over the moment you finally meet this child face to face. You have walked this journey intentionally, prayerfully, and faithfully. Now go welcome your new beginning."

With you in prayer, Nelly

MOTHER'S PRAYER

Lord, I have carried this child for 280 days, through fear and faith, exhaustion and wonder. Thank You for walking every single day of it with me. However close delivery is from this exact moment, I trust You with what comes next.

BABY'S PRAYER

Father, this child has been prayed over since before Day 1. Let that covering continue into their birth, their first breath, and every day of the life still ahead of them. Let them grow up knowing they were wanted, prayed for, and loved before they ever arrived.

TODAY'S CONFESSION

I have walked this journey intentionally, prayerfully, and faithfully. I am ready to welcome my baby into the next chapter.

Note to the reader: If your baby has not yet arrived by Day 280, that is entirely normal, please continue turning to the "When Delivery Is Near" section for as many additional days as you need, and know that your Weekly Reflection and Nelly's prayers remain available to revisit until your baby arrives.

WHEN THE TIME COMES

The Journey Beyond Day 280

Prayers for delivery, the first weeks with your baby, naming,
and child dedication.



“You are still not walking this alone.”

Before Your Appointment

Philippians 4:6-7

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

PRAYER

Lord, I bring this appointment to You before I walk into it. Give wisdom to my doctor or midwife, clarity to every reading and result, and peace to me while I wait. Whatever is discussed today, I do not face it alone.

CONFESSION

I do not have to be anxious about anything, including this appointment. I bring it to God, and His peace guards my heart and mind.

MY QUESTIONS FOR MY HEALTHCARE PROVIDER

1. _____
2. _____
3. _____

WHEN DELIVERY IS NEAR

The Hospital Prayer Companion



When labor is close, you will not have time or focus for long passages. Find the moment you're in below, and pray that one, right now.

MY PRAYER FOR YOU TODAY — NELLY

"If you are reading this section, the day is close, or already here. Everything in the 280 days behind you was preparation for this exact moment, not so you would feel no fear, but so you would know exactly where to take it. You are not walking into that room alone. Breathe. Pray. Trust."

With you in prayer, Nelly

Pray This, Right Now



I'M GOING TO THE HOSPITAL

"Lord, the moment has come. Go with me. Steady my hands as I gather what I need, and steady my heart as I leave this familiar place. Walk out this door with me."

I'M WAITING

"Lord, help me wait without spiraling into fear. Let each hour, each update, be met with Your peace rather than my anxiety. You are not in a hurry, and neither, ultimately, am I."

I'M SCARED

"Lord, be strong and courageous, You told Joshua, for I will be with you wherever you go. I am strong and courageous, not because I feel no fear, but because You have not left my side."

I'M IN ACTIVE LABOUR

"Lord, my body is doing exactly what it was made to do, even though it feels like more than I can bear. Give me strength for this contraction, this moment. I don't need strength for the whole labor at once."

I'M WAITING FOR A DECISION

"Lord, give clarity to everyone making a decision about my care or my baby's care right now. Let their judgment be sound, and let me trust the process, even mid-wait."

Continued



PRAY FOR MY MEDICAL TEAM

"Lord, bless the hands caring for me and this baby right now. Give them wisdom for every decision, clarity for every observation, and steadiness for every task."

PRAY FOR MY HUSBAND/FAMILY

"Lord, watch over the ones waiting with me, or waiting for news, right now. Steady their hearts the way You are steadying mine."

I'M ABOUT TO MEET MY BABY

"Lord, in these final moments before I meet this child face to face, still my racing heart. Thank You for carrying both of us this far."

MY BABY HAS ARRIVED

"Lord, thank You. This baby, prayed over since before Day 1, is finally here. Thank You for bringing us both safely through."

A PRAYER OF THANKSGIVING

"Lord, I praise You. Two hundred and eighty days have led to this moment. You have been faithful through fear, through waiting, through every phase of this journey. Thank You."

MY PRAYER FOR YOU TODAY — NELLY

"However this day has unfolded for you, whether it went exactly as you hoped or nothing like you planned, you did not fail at any part of this. Birth is not a performance to be graded. Welcome to the other side of this journey."

With you in prayer, Nelly

Medical Team Prayer Card



Psalm 91:11

“For he shall give his angels charge over thee, to keep thee in all thy ways.”

A Prayer Over Every Hand That Will Care for Me and My Baby

Lord, bless the doctor who leads my care. Bless the midwife who guides me through labor. Bless every nurse who checks on us through the night. Bless the anaesthetist, if I need one. Bless the surgeons, if surgery becomes necessary. Bless the paediatric and neonatal team who will care for my baby. Bless everyone making decisions about our care, and everyone whose hands will hold my child in those first hours. Give them wisdom, clarity, and steady hands. Let Your presence go before every one of them, into this room, today.

CONFESSION

God commands His angels to guard the ways of everyone involved in this delivery, not just my own.

A KEEPSAKE PAGE

My Birth Day



Today, I finally meet the baby I have been praying for.

DATE

HOSPITAL / BIRTH CENTRE

PEOPLE PRAYING WITH ME

THE SCRIPTURE I AM CARRYING TODAY

MY PRAYER BEFORE I MEET MY BABY

A MESSAGE I WANT MY BABY TO KNOW

WHAT I AM THANKING GOD FOR

The First Weeks With Your Baby



The 280 days are behind you now. This section is shorter, because these early weeks with your baby will not leave you much room for long reading.

MY PRAYER FOR YOU TODAY — NELLY

"Welcome to motherhood. Whatever you are feeling right now, even if it surprises you, it is allowed to be here. You do not have to perform joy you're not yet feeling. I am praying for you in this exact season, the one nobody quite prepares you for."

With you in prayer, Nelly

Prayers for This Season



Thanksgiving

Psalm 34:1

Lord, I will extol You at all times. This baby, prayed over since before Day 1, is here. Whatever these first days have held, I thank You.

Prayer for the Mother

Isaiah 40:11

Lord, You gently lead those who have young. Lead me gently through this recovery, this healing body, this steep new learning curve.

Prayer for the Baby

Psalm 121:7-8

Lord, watch over this child's coming and going, now and forevermore.

Prayer for the Family

Joshua 24:15

Lord, as for me and my household, we will serve You, now with one more member than when this journey began.

Continued



Wisdom for Motherhood

James 1:5

Lord, if I lack wisdom, and I do, in more moments than I expected, let me ask You for it boldly.

Rest and Emotional Support

Matthew 11:28

Lord, I come to You weary and burdened. Give me rest, and give me the humility to accept help when it's offered.

Family Unity

Psalms 133:1

Lord, how good and pleasant it is when a family lives together in unity, especially in a season this tiring.

A NOTE, HONESTLY

If the weariness you feel ever moves beyond ordinary tiredness into something heavier, persistent sadness, anxiety that won't ease, thoughts that frighten you, please reach out to your doctor or midwife without delay. Reaching out is not a failure of faith. It is wisdom.

LETTER ONE

Before I Know You



Write to your baby about this very early season, what you're feeling, hoping, and praying, before you've felt them move.

LETTER TWO

Before I Meet You



Write to your baby in these final weeks, what you want them to know before their arrival.

LETTER THREE

The Day You Arrive



Write to your baby about the day you finally meet, or leave this page for just after, when the words are fresh.

How to Walk Beside Her



This journey is not hers alone to carry. If you are walking alongside an expectant mother, this section is for you.

HOW TO PRAY FOR YOUR WIFE

Pray specifically, not generally. Pray for her fears by name when she shares them. Pray for her body, her rest, her emotional steadiness. Let her hear you praying for her, not just about her.

HOW TO PRAY FOR YOUR BABY

Pray for this child's health, purpose, and identity. Speak blessing over them even before they arrive. Your voice matters here too, not only hers.

WHAT TO SAY WHEN SHE'S AFRAID

"I'm here. Tell me what you're afraid of." "You don't have to have this figured out right now." "We're going to get through this together."

Continued



WHAT NOT TO SAY

Avoid comparing her experience to someone else's pregnancy. Avoid minimizing her fear with "it'll be fine."
Avoid making her exhaustion or mood changes about your own inconvenience.

HOW TO SUPPORT HER SPIRITUALLY

Pray with her, not just for her. Ask what she's reading in this devotional and what stood out to her. Let her lead some days, and gently initiate on others.

Prayers for the Hospital



PRAYER BEFORE HOSPITAL ARRIVAL

“Lord, give me a steady presence for her right now. Let me be calm even if she isn’t, and let me be exactly what she needs in this moment, not what I assume she needs.”

PRAYER DURING LABOUR

“Lord, give her strength, and give me patience and steadiness. Help me support without hovering, and comfort without minimizing what she’s going through.”

PRAYER AFTER DELIVERY

“Lord, thank You for bringing them both safely through. Help me step fully into this new season, present, attentive, and grateful.”

The Significance of a Name



For many families, naming a child is its own meaningful moment, sometimes held in the first days or weeks after birth, often ahead of a larger child dedication later on.

MY PRAYER FOR YOU TODAY — NELLY

"There is something sacred about naming a child. Whatever name you have chosen, hold this moment with the weight it deserves. I am praying with you as you prepare for it."

With you in prayer, Nelly

Declarations and Blessing



Thanksgiving Prayer

Lord, thank You for this name, and for the process of choosing it. This name is a gift, and today, we give thanks for it.

Prayer Over the Chosen Name

Lord, we speak this name over our child today. Let it be a name they carry with confidence, rooted in who You are shaping them to become.

BIBLICAL DECLARATIONS

1. This child's name is spoken with intention, not by accident. (*Genesis 17:5*)
2. This child will grow into the fullness of who God has called them to be. (*Jeremiah 1:5*)
3. This name will be carried with confidence, rooted in identity. (*Isaiah 43:1*)

A Beautiful Conclusion



Somewhere around three months after your baby's arrival, many families take a next step: formally dedicating their child to God.

MY PRAYER FOR YOU TODAY — NELLY

"Here we are, at what feels like the true closing of this long journey. Child dedication is a family standing before God, saying out loud what you have been praying quietly since before this baby had a name."

With you in prayer, Nelly

Prayers of Preparation



Thanksgiving Prayer

Lord, thank You. For this child, prayed over since before conception, carried through 280 days, and now thriving in our arms. Today, we say thank You out loud.

Prayer for the Child

Lord, we entrust this child to You today. Let their life be marked by the knowledge of Your love from its earliest days.

Prayer for the Parents

Lord, give us wisdom for the parenting still ahead. We cannot raise this child perfectly. Let Your grace cover what we cannot.

The Dedication Itself



BIBLICAL DECLARATIONS

1. This child is fearfully and wonderfully made, formed by God's own hand. (*Psalms 139:14*)
2. This child has a future and a hope, planned by God. (*Jeremiah 29:11*)
3. This family will serve the Lord, together, from this day forward. (*Joshua 24:15*)

A SIMPLE FAMILY DEDICATION STATEMENT

"Before God and before this community, we dedicate our child to the Lord. We commit to raising them in the knowledge and love of God, and to trusting Him with their future."

MY PRAYER FOR YOU TODAY — NELLY

"This is where I let you go. You have the tools now. Go raise this child, prayerfully, faithfully, imperfectly, exactly the way you walked this whole journey. I am, and will remain, praying for you both."

With you in prayer, Nelly

ABOUT THE AUTHOR

Nelly Braide Anene

Nelly Braide Anene is a Christian life coach, impact speaker, and encourager who has spent years walking personally alongside expectant mothers, through pregnancy, delivery, and into the early days of motherhood.

Her work centers on faith-based support through significant life seasons: praying with women daily, offering Scripture-based encouragement, and remaining present through the moments that matter most.

280 Days of Faith was written from that lived experience, not as a theoretical resource, but as a genuine companion for the road.