



3 Steps to Stress Free Birth and Postpartum Life

Welcome! Whether you are just beginning your pregnancy journey, nearing the end of your pregnancy journey, or have given birth and are in the postpartum journey, these 3 steps can be utilized throughout your journey! So here we go!

Birthing is stressful! Raising a baby is stressful! But God! But God is faithful to see you through this time and help you have a happy, healthy baby and raise him or her with His peace! Let's get into the steps!

Step 1: Write out prayers for you and your baby.

These prayers can be used during pregnancy but can be adapted to fit your postpartum life. You can begin to pray over your baby, in utero or outside the womb with confidence and peace! It is delivered in such a calming and peaceful way that you are bound to melt away your stresses! In Matthew 6:8, Jesus said ... "your Father knows what you need before you ask Him." Does this mean you don't ask Him for your needs? It is more powerful to thank Him in advance for what He is ABOUT TO DO in your life! So what does that look like? Let's say you are fearful of having a cesarean birth.



Instead of praying NOT to have a cesarean, frame your prayer like this:

“Father, you are so faithful to me and my baby! I thank you in advance for bringing this baby into your beautiful creation naturally! I know you created my body to birth my baby naturally and I trust you completely!”

If you are postpartum, maybe you are overwhelmed with caring for your new baby. You could pray something like this:

“Lord, you are writing my baby’s story right now. You are guiding my steps to train our precious baby in the way you plan. You are relaxing my shoulders and muscles, you are adding minutes and hours to every day. You are shortening my list of what has to be done and giving me grace. You are showing me what is important in life and how I need to prioritize my days. You are keeping me positive and thankful for Your goodness and favor upon me and my family!” Do you see the difference?

Step 2: Break down any barriers that can hold your birth from progressing easily and quickly. It is known among the midwifery community that certain barriers can get in the way of birthing comfortably. What I mean by barriers could be past trauma, past heart wounds, mindsets that make you feel inadequate, have given you a lower self-esteem, or hurt you in some way. We have to get past these barriers in order to have a peaceful, comfortable, quick birth. There are many different barriers and you may have multiple barriers. Pray for God to show you any barriers that would stand in the way of your birth.



Ask Him in prayer and in reading your Bible to reveal to you any heart wounds or pain you have suffered that needs to be dealt with before this baby comes.

If you are postpartum, the same barriers can get in the way of motherhood.

The enemy loves to destroy us and rehash history. But when we address barriers, we can then repent for our broken heart, ask God to heal us and believe that He has totally restored us so that we do not have to live a crippled life of fear with Satan anymore. We will have to continue to do this every time our hearts are hurt by others or ourselves. Unfortunately, that is our sin nature.

But the Good News is that we don't have to live that life anymore. When we repent and put our trust in God, He carries our burdens for us so we don't have to and He forgets our sins (Jeremiah 31:34).

Step 3: Avoid negative wording and thoughts as much as possible! Write out positive affirmations and declare them out loud as much as possible. There is power in declaring things to the Lord out loud! Positive affirmations look like this:

God is helping me birth this baby without any interventions.

The Lord gives me strength for each day.

My Heavenly Father is breathing life into my baby with each breath I take.

Try to keep them simple and short. Try to write one down each day and repeat it all day and add one more every day to your memory. You can put them on a post-it and take them with you in your car, put them on the mirror in our bathroom, post them in your prayer closet, etc.

Those are the 3 steps to stress free birth and postpartum life! If you are able to implement these 3 steps all of the time, you can reduce all of the stress in your life. The hardest part is remembering to do it. Putting it into action. Make a plan and stick to it. I recommend making an audio of the scriptures or prayers you write and listening to it at least every other day, memorizing a new positive affirmation every day and checking your heart at least once every week to see if you need to ask forgiveness or forgive others for anything. Always remember to put God at the center of everything you do and He will bless you and carry you.



Scripture verses for birthing and postpartum:

A large empty rectangular box with a thin black border, intended for writing or pasting scripture verses.



Biblical birth and postpartum affirmations:

[Empty rectangular box for writing affirmations]

