

# Birth Declarations

The process of giving birth is a gift and  
a blessing from a good God.

Genesis 1:28

I will experience an amazing  
wholeness through giving birth.

1 Timothy 2:15

My body was created perfectly to birth  
my baby and will do its job well.

Psalms 139:14

I will be anointed with joy above my  
companions during this experience,  
just as Jesus was as he walked the  
earth. He is living in me and I have His  
joy!

Psalms 45:7

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I am strong in body, robust in sound health, and have power to birth my baby well through Christ who endues me with strength.

Philippians 4:13

God has planned all the days of my baby's life already, including this one.

Psalm 139:16

God hears my silent prayers and cares for my heart.

Psalm 66:17-20

I choose to rest in peace that surpasses understanding.

Philippians 4:6

# Birth Declarations

I do not labor in my own strength. I rely  
fully on God.

2 Thessalonians 3:3

When I am afraid, I will keep my eyes  
fixed on You.

Psalm 141:8

People who love me are praying for  
me and my baby RIGHT NOW.

James 5:16

You are my rock, my shield, my  
protector, my friend.

Psalm 18:2

Lord, thank you for this experience. I  
am grateful for all of it.

1 Chronicles 29:13

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My Father holds me in his hands and is  
in control of every detail.

Isaiah 64:8

God will give me the strength to do  
hard things.

Isaiah 40:29-31

When things seem uncertain, I rest in  
the Lord who never changes.

James 1:17

The Lord is my rest in this moment.

Matthew 11:28

I will not be shaken.

Psalm 62:1

# Birth Declarations

I am sustained by the Lord.

Isaiah 46:4

Love compels me through each  
contraction.

1 Corinthians 13:4-8a

Birth is sacrificing my whole body up  
for my baby. I will enter into this like  
Jesus did on the cross.

Ephesians 5:1-2

Jesus understands all my thoughts  
and feelings.

Hebrews 4:15-16

The Lord is holding me and my baby  
together.

Colossians 1:16-17

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# Birth Declarations

I will be strong and courageous.

Joshua 1:9

Love compels me through each  
contraction.

1 Corinthians 13:4-8a

I am humbly submitting my  
expectations to the Lord and His will  
for my birth.

1 Peter 5:6

I will cast all my anxiety on the Lord,  
for He cares for me.

1 Peter 5:7

The Lord has gone before me in this  
moment; I have nothing to fear.

Deuteronomy 31:8

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# Birth Declarations

Jesus is with me.

Isaiah 41:10

There is peace in me right now,  
because of Christ's gift of the Holy  
Spirit.

John 14:27

I will sing praises for the Lord has  
heard my prayers for my baby.

40:1,3

I lack nothing because my creator is  
guiding me and restoring me.

Psalms 23

JOY will be my strength.

Nehemiah 8:10