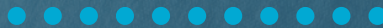




110

*birth
affirmations*



FOR AN EMPOWERED LABOR AND
DELIVERY



i am birth affirmations

1. I am strong, capable, and ready to embrace the birthing process.
2. I am supported and surrounded by love during my labor.
3. I am confident in my body's ability to bring forth new life.
4. I am at peace, trusting in the perfect timing of my baby's birth.
5. I am connected to the divine wisdom guiding me through this journey.
6. I am safe and secure, knowing that God's love surrounds me.
7. I am resilient, and I can overcome any challenges that arise.
8. I am relaxed, releasing any tension and surrendering to the birthing process.
9. I am in control of my mind, focusing on positive thoughts and not negative thought patterns.
10. I am filled with courage, ready to face each contraction with strength.
11. I am at ease, allowing my body to open and welcome my baby.
12. I am deeply loved, cherished, and supported by God and my loved ones.
13. I am a vessel of love, bringing new life into the world with grace.
14. I am capable of handling each moment of labor with grace and poise.
15. I am patient, trusting that my baby will arrive at the perfect time.
16. I am releasing any fear and embracing the power of God's peace.
17. I am mindful of my breath, allowing it to guide me through each contraction.
18. I am surrounded by a circle of support, praying for me during labor.
19. I am open to receive God's strength and guidance as I birth my baby.
20. I am present in this moment, fully embracing the miracle of childbirth.
21. I am in tune with my body, knowing it knows how to have an amazing birth.
22. I am powerful, and with each contraction, I move closer to meeting my baby.
23. I am creating a positive and peaceful environment in my birth room.
24. I am calm and centered, flowing through labor with grace and ease.
25. I am focused on God's promises, knowing He is with me every step of the way.



i am
birth affirmations

26. I am releasing any doubt and fully trusting in my body's natural ability to birth.
27. I am letting go of any negative thoughts, replacing them with love and joy.
28. I am surrounded by angels, protecting and guiding me through labor.
29. I am grateful for this birthing experience, knowing it brings forth new life.
30. I am tapping into the well of strength within me, drawing from God's power.
31. I am embracing the journey of labor with faith, hope, and love.
32. I am worthy of a positive and empowering birthing experience.
33. I am listening to my body, understanding its cues, and responding with love.
34. I am resilient, and I can handle whatever comes my way during labor.
35. I am birthing my baby with love, joy, and excitement in my heart.
36. I am at peace, knowing that God's plan for my baby's birth is perfect.
37. I am connected to the generations of strong women who have birthed before me.
38. I am surrounded by love, and that love guides me through each contraction.
39. I am surrendering to the birthing process, trusting in its divine wisdom.
40. I am a vessel of life, bringing forth a precious baby into this world.

notes



Christian birth affirmations

strength + courage

1. "The Lord is my strength; I can do all things through Him."
2. "I am fearfully and wonderfully made by God."
3. "With God as my shield, I am not afraid of what lies ahead."
4. "In Christ, I am more than a conqueror."
5. "God's perfect love casts out all fear."
6. "I trust in the Lord with all my heart."
7. "The joy of the Lord is my strength."
8. "I am rooted and grounded in God's love."
9. "I am clothed with strength and dignity."
10. "God's grace is sufficient for me."

trusting the process

11. "God is with me; I will not be dismayed."
12. "I release my worries and anxieties to God, for He cares for me."
13. "I surrender control and trust in God's perfect plan."
14. "I walk by faith, not by sight."
15. "God's peace guards my heart and mind."
16. "I find rest in God alone."
17. "God's strength is made perfect in my weakness."
18. "The Lord leads me beside still waters; He restores my soul."
19. "I am patient and steadfast, knowing God's promises are true."
20. "I am confident that God will complete the good work He started in me."



Christian birth affirmations

embracing God's love

21. "God's love for me never fails; I am deeply cherished."
22. "I abide in God's love, and His love sustains me."
23. "I am chosen and dearly loved by God."
24. "The Lord surrounds me with songs of deliverance."
25. "God's plans for me are good, filled with hope and a future."
26. "God's peace surpasses all understanding."
27. "I am beautifully and wonderfully created in God's image."
28. "God's joy is my strength, and I rejoice in His love for me."
29. "I have been given a spirit of power, love, and self-discipline."
30. "God's Word is a lamp to my feet and a light to my path."

birthing with faith

31. "I am capable, strong, and ready to embrace the birthing process."
32. "My body is a temple of the Holy Spirit, and it knows how to bring forth life."
33. "I release any fear and tension, allowing God's peace to flow through me."
34. "I trust in the timing of God's perfect plan for my baby's birth."
35. "My mind is clear, and my body is relaxed as I prepare for the miracle of birth."
36. "God's presence surrounds me, bringing comfort and assurance during labor."
37. "I am a vessel of love, bringing new life into the world through God's grace."
38. "As I focus on God's promises, I am filled with strength and confidence."
39. "Each contraction brings me closer to holding my precious baby in my arms."
40. "God's hands guide me through each moment of this birthing journey."



Christian birth affirmations

finding peace in labor

41. "I surrender to the natural rhythm of my body and the birthing process."
42. "God's peace flows through me, calming my mind and body during labor."
43. "I breathe in God's peace and breathe out any tension or discomfort."
44. "I am safe and supported, surrounded by God's love and care."
45. "God's presence fills this birthing room, bringing peace and serenity."
46. "With each breath, I release any fear and embrace the peace that God provides."
47. "I am wrapped in the warmth of God's love, guiding me through labor."
48. "In the midst of labor, I find solace in God's presence and rest in His arms."
49. "God's peace envelops me, allowing me to surrender to the birthing process."
50. "I am rooted in God's peace, unshaken by any challenges that arise."

embracing God's strength

51. "With God's strength, I face each contraction with courage and determination."
52. "God's power surges through me, guiding my baby's safe journey into the world."
53. "I am strong in the Lord, capable of handling any intensity of contractions."
54. "With God as my stronghold, I am steadfast in the face of labor pain."
55. "God's presence empowers me, giving me the strength to endure and persevere."
56. "I am not alone; God's mighty hand upholds me through each contraction."
57. "God's strength sustains me, even in the most intense moments of labor."
58. "In the midst of labor, I draw on God's strength to carry me through."
59. "I welcome each contraction as a step closer to meeting my precious baby."
60. "With God's strength, I face this labor with a warrior's spirit."



Christian birth affirmations

Trusting God's plan

61. "I trust God's divine timing for my baby's birth, knowing it is perfect."
62. "God's plan for my baby's arrival is unfolding beautifully, moment by moment."
63. "I surrender to God's timing, knowing that everything happens as it should."
64. "In every moment of labor, God's plan for my baby and me is at work."
65. "I release any sense of control and trust that God is guiding this birth."

staying calm + focused

66. "God's peace fills me, allowing me to stay calm and centered during labor."
67. "With each breath, I invite God's peace to flow through me and ease any discomfort."
68. "I stay focused on God's promises, confident in His ability to carry me through."
69. "God's peace surrounds me, even in the midst of intensity, keeping me steady."
70. "I am present in this moment, trusting in God's guidance and wisdom."

notes



mother mindset

Devotional for New Moms

Motherhood is a beautiful journey filled with love, joy, and growth, but it can also be overwhelming with busy little ones demanding your attention.

As a new mom, you may find it challenging to maintain a consistent prayer life. Effectual Fervent Mama is here to empower you to connect with God effectively even through the joyful chaos of motherhood.

[**LEARN MORE**](#)

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