



Week 3 : Trusting God with Your Body

Scripture: Psalm 139:14- *"I praise you because I am fearfully and wonderfully made."*

Monday:

Take a look at your body, and thank God for all the beautiful changes.

Challenge: In your journal, list 3 things your body has done good during pregnancy.

Tuesday:

Speak over your body: "My body was made to do this."

Challenge: Write out this out on note cards or sticky notes and repeat it daily.

Wednesday:

Stretching: Look up gentle pregnancy stretching videos you can do at home.

Challenge: Invite God into this time by incorporating worship music as you stretch.

Thursday:

Lay hands on your belly!

Challenge: Pray over your belly. Ask God to bless your womb and prepare it for birth

Friday:

Drink water today as an act of trust and care that God has for you.

Challenge: With each sip of water, thank God for hydration and strength in your body.

Saturday/Sunday:

Sat: Release Comparison! Challenge: Stop Looking at everyone else. Trust God is writing your unique birth story

Sun: Reflect on the miracle of what your body is doing right now. Check out what your body and baby is doing at whatever weeks pregnant you are.