



TRUSTING THE LORD IN PREGNANCY

WEEK 2: SURRENDERING FEAR
SCRIPTURE: *ISAIAH 41:10*– “DO NOT FEAR, FOR I AM WITH YOU...”

Saturday:

Go outside and let the sun on your face. Take some deep breathes of gratitude

Challenge: Write out a prayer thanking God for his protection through this pregnancy.

Sunday:

Take a Social Media Break! Reflect and praise God for how fear has lost its grip on you.

Reminder:

Be aware of doom scrolling. The internet is full of people giving advice and telling stories of their experiences. Do not allow that to cloud your thinking. Continue to trust in the Lord and read his Word daily. He got you Mama!