

A close-up photograph of a pregnant woman's belly. The skin is a warm, light brown tone. On the left, a hand with white-painted nails rests gently on the belly. The belly is decorated with several small white flowers and yellow stamens. Large, dark shadows of trees and foliage are cast across the skin, creating a serene and naturalistic scene. The woman is wearing a dark blue or black top at the top left and a light beige or cream-colored long-sleeved top at the bottom left.

TRUSTING THE LORD IN PREGNANCY

WEEK 2: SURRENDERING FEAR

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

Monday:

In a journal, write out your top 3 pregnancy fears.

Challenge: Take each before the Lord and lay them at his feet. Trust that he has you.

Tuesday:

Meditate on scripture: Psalm 56:3

Challenge: Every time anxiety tries to come up write and say this scripture aloud.

Wednesday:

Let go of fear, pick up Worship

Challenge: List out some of your favorite worship songs. Create a playlist to play all the time.

Thursday:

Speak boldly over you and your baby

Challenge: Write out on sticky notes or not cards, “Fear has no place here” and post it everywhere!

Friday:

Meditate on scripture: 2 Timothy 1:7

Challenge: Write out this scripture, then during the day keep repeating “God gives me power, love, and a sound mind.”