

## Scripture for Labor and Delivery

- Nevertheless she will be saved in childbearing if they continue in faith, love, and holiness, with self-control. 1 Timothy 2:15
- May He give you the desire of your heart and make all your plans succeed. Psalm 20:4
- Commit to the Lord whatever you do and your plans will succeed. Proverbs 16:3
- ... For He Himself has said, "I will never leave you nor forsake you." Hebrews 13:5
- Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in the time of need. Hebrews 4:16
- I will ask my Father and He will give you another Comforter – the Spirit of truth. He will be with you forever. The people of the world cannot accept Him, because they don't see Him or know Him, but you know Him because he stays with you – He is in you. John 14:16
- If you are willing and obedient, you shall eat the good of the land. Isaiah 1:19
- I am more than a conqueror in Christ Jesus.
- "Like a child quieted upon its mother's breast, my soul is quieted within me." Psalm 131:3
- The angel of the Lord encamps all around those who fear Him, and delivers them. Oh, taste and see that the Lord is good you His saints! There is no want to those who fear Him. The young lions lack and suffer hunger; but those who seek the Lord shall not lack any good thing. Psalm 34:7-10
- As a man thinks in His heart, so is he. Proverbs 23:7
- Out of the Abundance of the heart, the mouth speaks. Matthew 12:24 (What you think about or dwell upon is what you will ultimately create! Think → Speak → Manifestation)
- For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. Jeremiah 29:11
- So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. James 4:7-8
- The devil, your enemy, goes around like a roaring lion looking for something to eat. Refuse to give in to him, by standing strong in your faith. 1 Peter 5:8-9 (Lions attack sick, young, or straggling animals --- Keep your eyes on Christ and resist the devil. Then, says James, "he will flee from you" -- His trap is fear)

- Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests with this in mind, be alert and always keep on praying for all the saints. Ephesians 6:10-18
- Faith is the substance of things hoped for, the evidence of things not seen. Hebrews 11:1
- And this is the confidence that we have in Him, that, if we ask any thing according to His will He heareth us; and if we know that He hears us whatsoever we ask, we know that we have the petitions that we desired of Him. 1 John 5:14-15

#### Who God is

- Is anything too hard for the Lord? Genesis 18:14
- Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you. Jeremiah 32:17
- We know how much God loves us, and we have put our trust in His love. God is love, and all who live in love live in God, and God lives in them. 1 John 4:16
- We know that He loves us perfectly. Romans 8:38-39 – Focus on His immeasurable love for you.
- This fulfilled the word of the Lord through the prophet Isaiah, who said, “He took our sicknesses & removed our diseases.” Matthew 8:7

#### God's Way

- Jesus said to the people who believed in Him, “you are truly my disciples if you remain faithful to my teachings. And you will know the truth and the truth will set you free.” John 8:31-32 (so if the son sets you free, you will be free indeed vs 36)
- You have to totally separate your thinking from the old ways and completely renew your mind. (Romans 12:2)
- For the world that's (bad labor experiences) fairly accurate, but we're not of the world. The Bible says we are in this world but not of this world. John 17:14
- The thief's purpose is to steal and kill & destroy. My purpose is to give them a rich and satisfying life. John 10:10 (In contrast to the thief who takes life. Jesus gives life. The life He gives right now is abundantly rich and full. It is eternal, yet it begins immediately. Life in Christ is lived on a higher plane because of His overflowing forgiveness, love, and guidance.)

- And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12:2
- “The Hebrew women are not like the Egyptian women,” the midwives replied, “They are more vigorous and have their babies so quickly that we cannot get there in time.” Exodus 1:19
- Your Word is a lamp to my feet and a light for my path. Psalm 119:105

#### Dealing with Medical Personnel

- Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, & bringing into captivity every thought to the obedience of Christ. 2 Corinthians 10:5
- Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you.” Deuteronomy 31:6
- ... He who is in you is greater than he who is in the world. 1 John 4:4
- ... If God is for me, who can be against me? Romans 8:31
- No weapon that is formed against me shall prosper... Isaiah 54:17

#### Overcoming Fear

- For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7
- Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7
- You will keep in perfect peace him whose mind is stayed on thee, because he trusts in you. Isaiah 26:1
- Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27
- ... the Lord is my helper; I will not fear... Hebrews 13:6
- ... “Do not be afraid, Abram, for I will protect you, and your reward will be great.” Genesis 15:1 (God promised protection to Abram and because you are part of the covenant you receive protection as well.)
- But we know what to do with fear... Say out Loud, “I rebuke you fear in the name of Jesus. God has not given me a spirit of fear, but of power, and of love, and of a sound mind. I have God’s perfect love and that perfect love casts out fear.” (2 Timothy 1:7; 1 John 4:18) You rebuke fear, and fear leaves. That’s a continuous thing.

- Recognize fear and command it to leave in Jesus' name, and it has to go. Submit yourselves therefore to God. Resist the devil, and he will flee from you! James 4:7
- Fear has torment but perfect love casts out fear. 1 John 4:18 -- Now, God is love (1 John 4:16) the Bible says, and you've got God so fear must go.
- I sought the Lord, and He heard me, and delivered me from all my fears. Psalm 34:4

#### Strength

- I can do everything through Him who gives me strength. Philippians 4:13
- It is God who arms me with strength and makes my way perfect. Psalm 29:11

#### Guidance

- I will instruct you and teach you in the way you should go; I will guide you with my eye. Psalms 32:8
- Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will direct your paths. Proverbs 3:5-6

#### Prayers

##### **During Active Labor...**

Lord, thank You for each contraction that you have given me. I know that each one will bring me closer to my child's first breath. Lord, show my child the way to come out, and see the world that you have made. Lord, I know that you rest not during this time. I know that You always were, are now, and always will be on the throne. Your dominion is forever.

I give my body permission to open up and let my baby out. I release all tension, for I know that it is not of You but of the enemy. Fear and tension are branches that bear no fruit, and I now that if I allow that fear to take root, that I may not be able to bear the fruit of my womb. So then, I ask You to prune the branch of fear, and throw it to the fire to be burned. I cannot do it on my own, Lord, but I know that You can. Bring me back to a state of deep rest in You, Lord, and please take away all distractions so that I can hear Your waves of comfort rush over me. I know that this is a time of great vulnerability to the attack of Satan, and I pray against that in Jesus' name. I understand that if I remain in You and in Your peace, I will find new strength to continue on. I will not believe the lie that says that it will get twice as hard from this point. Lord, I am pressed, but not crushed. I have made it this far, Lord, take me the rest of the way. You are a sun and shield, Lord. You give us grace and glory, and not good thing will You withhold from those of us who put our trust in You. Blessed are you, Lord! You are my God and my strength! Be with me now, overcome any evil thoughts, You have complete control over me. Shield my heart and my mind, and give your grace to me now, in Jesus' name, Amen. (Christ Centered Childbirth, Kelly J. Townsend)

### **If fear comes pray...**

Heavenly Father, thank you that you have not given me a spirit of fear, but of love & power & a sound mind. Lord, I know that fear is not from you. You are the Author of peace. I ask you to fill me with your peace. I resist all fear in the name of Jesus. Thank you that I have the peace of God that surpasses all understanding, in Jesus' name.

### **Talk to Your Body...**

Father, pain is under the curse of the Law, and your Word says that Jesus bore our pain, so I rebuke all pain and will not tolerate pain.

I will have a short, easy, pain-free delivery in Jesus' name; therefore, I won't need any anesthetic of any kind. Thank you, Lord, in Jesus' name. Amen.

I command my cervix to dilate fully to 10cm, to be elastic and stretch. To the uterus, vagina, perineum, vulva as well as my cervix you relax, be elastic and stretch without causing pain or any complications. Accommodate the birth of my baby. Furthermore, I declare in Jesus' name that I will not tear or need an episiotomy.

### **The Bible...**

This is my Bible. It is the Incorruptible, the Indestructible, Ever-living seeds, of the Word of God. I am what it says I am. I have what it says I have. I can do what it says I can do. In Jesus' name.

### **Put On...**

The belt of truth, the breastplate of righteousness; shoes of the preparation of the gospel of peace; Above all, I take the shield of faith, where with I will have the power to guard every fiery dart the devil fires my way. I take the sword of the Spirit, which is the Word of God; I take the lances of prayer which is all types of prayer and supplication in the Spirit, now I have the power to withstand evil and take my stand as a soldier in the army of the Almighty God. My duty and assignment is to stand in the gap shoulder to shoulder with the other soldiers of the Lord as He places me. Resisting every attack of the devil, holding the ground, refusing to be moved, healing the oppressed and destroying every work of the devil.

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## Points to Ponder

- Resist the devil, and He must flee!
- Is anything too hard for God?
- I know my Redeemer lives!
- God is still in Control!
- The devil is a liar!
- Thank you Lord for providing a way!
- Lord, help me to recognize the first signs of fear and resist them!
- Who said?
- Fear motivates Satan as Faith motivates God.
- Believe God wants the best for you!
- Faith in God's word brings Peace.
- F – aise  
E – vidence  
A -- bout  
R – eality
- I don't take my cues from this world or other people.
- I refuse to give into the thoughts that have their origin in fear.
- I am the righteousness of God!
- It is written.

Sources:

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*The Holy Bible*

*Christ Centered Childbirth, by Kelly J. Townsend*

*Supernatural Childbirth, by Jackie Mize*

*The Lord of Birth: Devotional Bible Study for Pregnancy, by Jennifer Vanderlaan*