



PRAYER & SCRIPTURE INSPIRED BIRTH DECLARATIONS

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SPEAKING GOD'S TRUTH OVER YOUR BIRTH:

One of the greatest ways we can prepare for birth is by filling our minds with God's truth instead of fear. The world is quick to tell us everything that could go wrong, but Scripture calls us to fix our thoughts on whatever is true, noble, right, pure, lovely, and praiseworthy (Philippians 4:8).

Birth begins long before labor, it starts with what we believe. Our culture is filled with fear surrounding birth, but God's Word invites us to think differently. Instead of rehearsing worst-case scenarios, we can meditate on His promises, speak life over our babies, and declare His truth over our bodies

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INVITING GOD INTO YOUR BIRTH

As you read these affirmations, don't just say the words, pray them. Declare God's promises over your body, your womb, and your baby. Invite the Holy Spirit into your birth space and ask Him to replace fear with His perfect peace. Proverbs 18:21 reminds us that there is power in the tongue, and while our words don't control the outcome, they do reveal where our trust is placed. My prayer is that these truths would renew your mind, strengthen your faith, and remind you that the same God who created your body and knit your baby together is faithfully with you through every contraction and every moment of your birth

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Prayers & Scripture-Inspired **DECLARATIONS FOR BIRTH**

PRAYING OVER THE BIRTH SPACE + RENEWING YOUR MIND

The Holy Spirit fills the birth space with His perfect peace.

The Lord goes before me and is with me as I labor with him.

God has not given me a spirit of fear, but of power, love, and a sound mind as I give birth

The joy of the Lord is my strength in every moment of my birth.

The Lord is my refuge, my strength, and my ever-present help during my birth

I welcome God's presence into every contraction and every breath.

God's presence is greater than every contraction, every unknown, and every challenge.

My heart is fixed on the Lord, and He fills me with unshakable peace.

God is writing a beautiful birth story, and I trust Him with every page.

I surrender this birth to the Lord and trust Him to lead each step.

Lord, replace every fearful belief I've carried about birth with Your perfect peace + truth.

I will not conform to the world's view of birth but be transformed by the renewing of my mind.



Prayers & Scripture-Inspired **DECLARATIONS FOR BIRTH**

Physiological Birth Declarations

**My body was
wonderfully made for
this moment.**

**I reject the lie that my
body is broken. I
embrace the truth that
God created my body
with wisdom and
purpose.**

**I release the lie that my
body is cursed and
receive the truth that I
am God's good creation.**

**Each contraction brings
my baby closer to my
arms. Holy Spirit come.**

**I surrender to God's
design and trust that he
will lead me throughtout
my entire birth.**

**Oxytocin flows as I rest
in God's peace.**

**Holy Spirit, guide me to
relax, release tension,
and work with the way
You created my body to
give birth.**

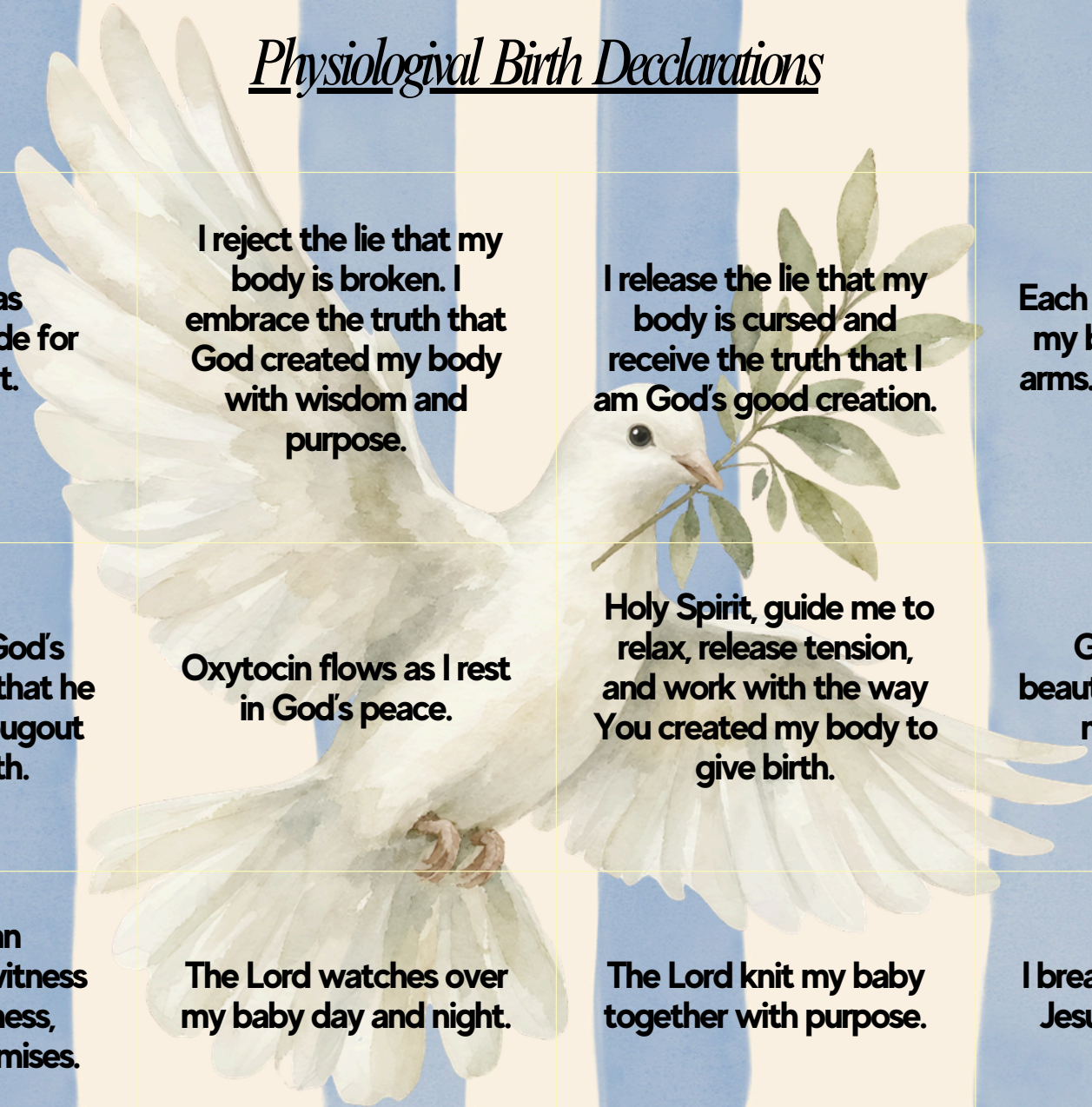
**God is writing a
beautiful birth story. for
my family line.**

**My birth is an
opportunity to witness
God's faithfulness,
goodness, + promises.**

**The Lord watches over
my baby day and night.**

**The Lord knit my baby
together with purpose.**

**I breathe in your peace,
Jesus, as every wave
comes.**



Prayers & Scripture-Inspired **DECLARATIONS FOR BIRTH**

FORTWINMOMS

God created my babies
to grow together, and
He will bring them forth
in His perfect timing.

Two babies does not
mean double the fear, it
means double the
opportunity to witness
God's power.

The Lord strengthens
me for the unique calling
of bringing two babies
into the world.

I trust God's voice above
fear, statistics, and
opinions.

My provider + birth
location does not
determine my outcome,
God is my ultimate
guide.

The same God who knit
together two babies in
my womb will guide
them safely into my
arms.

There is room for peace,
and joy even in a twin
pregnancy. My twins are
a beautiful reminder that
God often does
immeasurably more than
we could ask or imagine.

I release the outcome of
birth + trust the One who
holds it. My twin birth is
an opportunity to
experience God's peace
in a deeper way.

God is using my birth
story to encourage
other twin mothers to
choose faith over fear +
trust His design.

My body was designed
to nourish and birth both
of my babies.

God is giving me
everything I need for
both babies.

My twin pregnancy is
not a reason for fear but
an opportunity to trust
God's perfect design.

