
7 DAY

PREGNANCY DEVOTIONAL

by Kaitie Johnson



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7 Day Pregnancy Devotional

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Hello!

This little labor of love has found its way into your hands, and I'm beyond thrilled. As I've studied God's design for birth and His heart over the years, it has transformed my spiritual walk. And I'm expectant for God to do the same in your life.

As you walk through this guide, take your time. I pray that you go and sit in what God is teaching you. I believe God has wonderful things in store for you as you turn each page!

Kaitie

Doula and Childbirth Educator
glorywomb.com

Day 1 Beautifully and Wonderfully Made

“For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.” Psalm 139:13-16 (ESV)

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” Ephesians 2:10 (ESV)

“Everyone who is called by my name, whom I created for my glory, whom I formed and made.” Isaiah 43:7 (ESV)

In a world of standardized, factory-made goods, one can appreciate the intimate time an artist takes to knit and weave, mold and form, or brush and paint. Before creating a masterpiece, an artist intently reflects the message he wants to communicate. Likewise, the Creator of the Universe intentionally thought about each human being, including you and your baby, before the Earth was even made.

King David illustrates a baby "knitting together" in a mother's womb. Knitting is a craft in which the proximity of hands is essential. Thus, God the Father is not far off from His creation but intimately involved and near. He forms and makes for His glory. He has purposely planned wonderful works for each of His unique, one-of-a-kind creations.

Many believe God is far off and out of reach. Yet God's Word reveals the opposite, displaying the Father's heart. God knew you, mama before there were stars in the sky. He foresaw your baby's cells forming in the cocoon of your womb long before any pregnancy test was confirmed. God watches over every detail of development. His fingerprints are all over each of you.

Let His Word reassure your heart that He has good plans for you and your baby. Each of your lives has been uniquely created for His glory. Let your soul know well that you and your baby are fearfully and wonderfully made and equipped for such a time as this. You are not alone, for Jesus (who was even knitted together in His mother's womb) was sent to redeem humanity so that the Lord can dwell within in you and you can dwell within in Him. He is ever so near!



Prayer

Father, thank You that you have fearfully and wonderfully knitted together myself in my mother's womb and baby in my own. Thank You for being intimately involved and near in every area of our lives. I dedicate myself and my baby to Your glory and for good works through Jesus Christ. May every one of the days formed for us, written out in Your book, be done in Jesus' Name. Amen.

My thoughts

date: _____

Day 2 Surrounded in Christ

“Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live. In that day you will know that I am in my Father, and you in me, and I in you. Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.”

John 14:19-21 (ESV)

“And my God will supply every need of yours according to his riches in glory in Christ Jesus.” Philippians 4:19 (ESV)

“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.” Galatians 2:20 (ESV)

Pregnancy can often offer us a new appreciation for our bodies. It's a wonder to look in the mirror and see a cute bump as evidence of new life. As you place your hand on your bump to feel your baby's movements, it can feel like there is a veil between this world and the unseen world of your baby. However, your baby is ever so close.

Considering the womb, where your baby is safely cocooned and growing, it is marvelous. The baby is protected by the shock-absorbing amniotic sac, shielded by the waters of amniotic fluid, which cushion the baby from impact, and nurtured by a direct line of nutrients and oxygen from the placenta. Safeguarded from outside threats, the baby is alive in you. Likewise, inside the baby are parts of you – your DNA.

You and your baby are shielded and protected
by the Father *who loves you.*

As you reflect on a baby growing in your womb, consider how, like a womb, you are safe and nurtured in Christ, and He is in you. You live in Christ as a newborn creation through the gift of the Holy Spirit. You don't have to worry about any fiery dart of the enemy as you and your baby are shielded and protected by the Father who loves you. Because Christ lives, you have a connection to záo life, which is to live, breathe, be among the living, and enjoy an active, blessed, and endless life in the Kingdom of God. Throughout pregnancy, labor, and motherhood, dwell and live daily in Christ and know He is always near...so close that you are in Him and He is in You!



Prayer

Jesus, I give You thanks for You being in me, and I am in You. Thank You for meeting my baby's and my needs according to Your riches and glory and giving us záo life throughout this pregnancy. I choose to live by faith in You. I surrender to You all my fears and worries. I will rest and be nourished in Your Word and the Father's love. Amen.

My thoughts

date: _____

Day 3 Do Not Fear

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” Isaiah 41:10 (ESV)

*“I sought the Lord, and he answered me and delivered me from all my fears.”
Psalm 34:4 (ESV)*

“The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” Deuteronomy 31:8 (NIV)

Pregnancy and parenthood can come with a lot of surprises and unknowns. We can be hammered by questions like: "What If there are complications?" "What if I harm my baby?" "What if I can't handle the pain of childbirth?" "What if I'm not a good parent?" "What if I have no idea what I'm doing?"

While the journey ahead may feel like a rollercoaster with its mix of joy and challenges, the Bible can offer you a steady foundation. When things get uncomfortable, our first instinct is often to escape. It's easy to turn to things like binge-watching Netflix, scrolling through social media, or mindlessly eating to distract ourselves.

The kingdom of darkness, ruled by Satan, has weapons against anyone bearing the image of God to prevent them from thriving as a child of God. One of Satan's most common tactics of warfare is fear. The enemy knows that if he can get your eyes on causing the problem to look bigger, God will look smaller. However, time and time again, the Bible shows us that God is greater than our fears, and we can always put our trust in Him.

The Bible gives us the strategy to overcome our fears. This strategy includes:

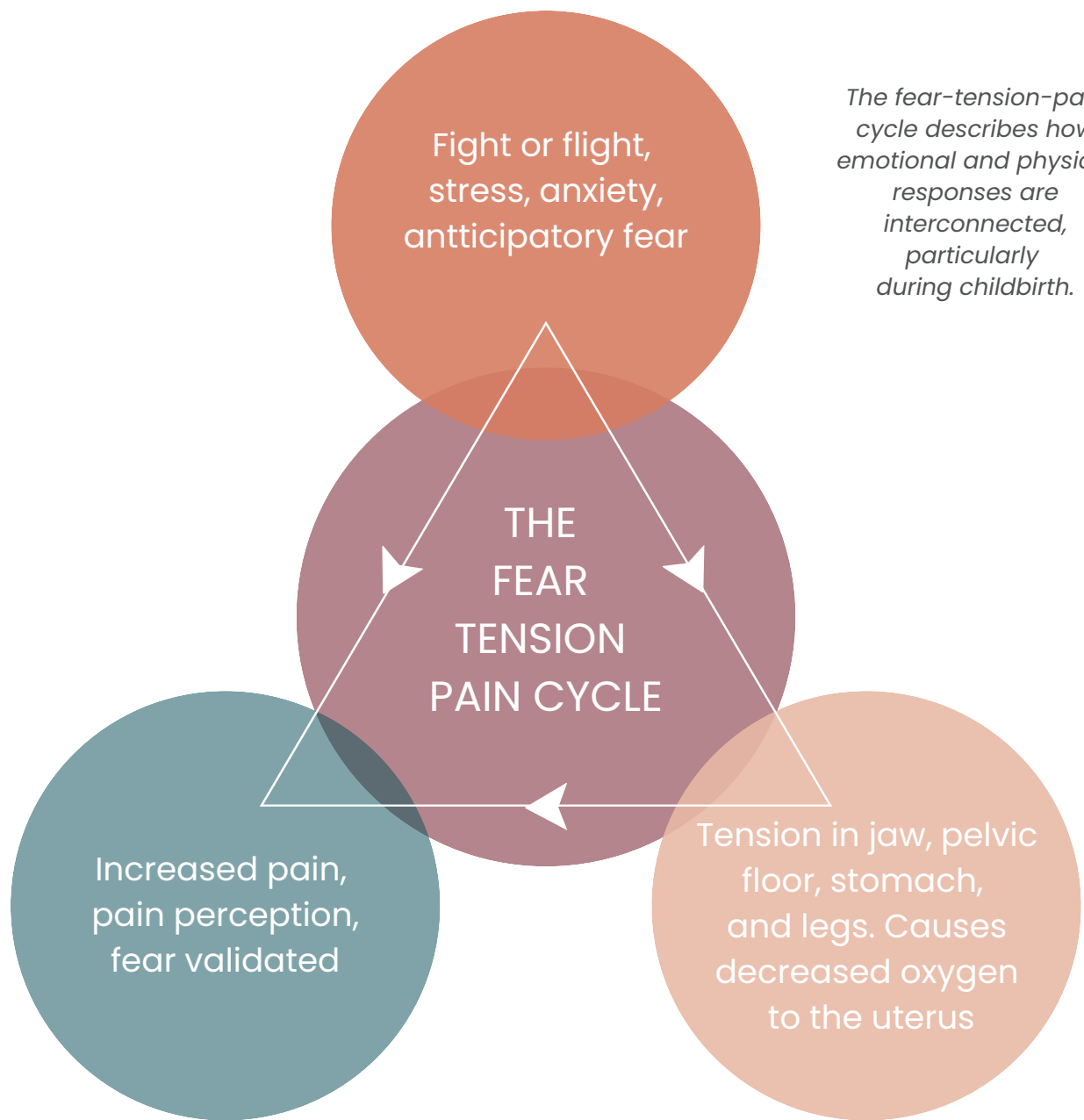
- Seeking Him.
- Resting in the assurance that He is always with us.
- Understanding who God is: all-powerful and loving.
- Knowing He cares for us and wants to help.
- Recognizing Him as our loving Father, strong tower, light, and salvation.
- Dwelling in God's perfect love, where fear has no place.
- Using the fruit of the Spirit, especially self-control, to make every thought obedient to Christ.
- Trusting that God has given us a sound mind, His strength, and peace.
- Praising the Lord and putting our trust in Him.
- Staying alert and standing firm in the faith.

Fear is the opposite of what a pregnant mama, and especially a laboring mother, needs. For example, fear can delay labor progress and intensify contractions. When you're afraid or anxious, your body activates the stress response, triggering the release of hormones like adrenaline and cortisol. These hormones can cause muscles to tense up and increase the intensity of physical sensations, including contractions. This is known as the fear-tension-pain cycle.

Whenever fear creeps in, relaxation techniques, deep breathing, and following God's strategy from the Bible can help ease both the physical and emotional effects throughout your pregnancy and labor. Know that the Lord is your stronghold and that with any obstacle, you can say, "Whom shall I fear?"

Prayer

Loving Father, I give all my fears to You. As I think about the future for myself and my baby, I trust in Your faithfulness. Thank You for always being with us, strengthening us, guiding us, and freeing me from my fears. I praise You for going before us and behind us in this journey of parenting. Help me to stay grounded in Your love daily. Amen.



The fear-tension-pain cycle describes how emotional and physical responses are interconnected, particularly during childbirth.

My thoughts

date: _____

Day 4 The Power of Rejoicing

“Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

Philippians 4:4-8 (ESV)

“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:16-18 (ESV)

“But let all those who go to you for safety be glad. Let them always sing for joy. Spread your cover over them and keep them safe. Then those who love you will be glad because of you.”

Psalms 5:11 (NIV)

After seeing two pink lines, joy is expected to take the wheel and hit cruise control. We imagine pregnancy and motherhood with all smiles and the "glow." However, when pregnancy and the reality of taking care of another sets in, you can be bombarded with an attack of anxieties and worries.

The power of worrying can lead one in a downward spiral to hopelessness and a sick heart. Some might say this is normal and comes with the territory. Or perhaps the lie that if you are not worrying about your child, then you are not a good parent is harassing you. While this might be normal to some, this isn't to be normal for a child of God.

However, Bible verses like Philippians 4 give us the strategy to exit worry's vicious cycle quickly. When anxiety begins creeping in, remind your heart that God is near. Next, begin giving thanks to the Lord, great or small. Rejoice! Why? Because this rejoicing isn't rooted in circumstances or ourselves. Rejoicing is to be praising

God Himself. Rejoice in Him for who He is and what He has done, is doing, and will do. Then, share with Him what's on your mind and your desires. Dare to even dream with Him. If any thought is not true, honorable, right, pure, lovely, and admirable, then release that thought to Him. When you follow this strategy, God's peace is promised to guard your heart and mind as you abide in Him.

Rejoicing in the Lord is a profound way to express our faith, whether in moments of joy or during tough times as a parent. God's Word reminds us that God is our strength, salvation, and ultimate source of joy. As we unite in worship and rely on our Heavenly Father through challenges, we discover true happiness and peace in His presence.



Rejoicing isn't rooted
in circumstances
or ourselves.

Prayer

Lord, I come before your throne, under your refuge, and rejoice in you. You are worthy of all my praise. You created all things; by Your will, they exist and have been created. You are alpha and omega - who was and is and is to come. Holy! Holy! Holy are You, Lord, my God! As for me and my house, we will serve You, Lord, despite any circumstance. I praise You, Father, and give You thanks. Amen.

My thoughts

date: _____

Day 5 Who Said?

“Without weakening in his faith, he faced the fact that his body was as good as dead—since he was about a hundred years old—and that Sarah’s womb was also dead. Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised.” Romans 4:19-21 (NIV)

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.” James 1:5-8 (NIV)

“Your word is a lamp to my feet And a light to my path.” Psalm 119:105 (NKJV)

“It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.” John 6:63 (NKJV)

As your anticipation grows to meet your baby, so can your lists. From a birth plan to how you feed the baby, what diapers the baby will wear, or where the baby will sleep, there are many decisions to make before a baby ever arrives. Researching the options can be overwhelming. In a time of instant satisfaction, it is easy to run to a search engine, healthcare provider, medical literature, or even our closest loved ones looking for answers and hope quickly.

However, more important than getting an expert opinion is seeking and receiving what God says as our ultimate source, answers, and final authority on any matter. We can expectantly ask God any question, big or small, and know He desires to answer us. He wants us to invite Him into the decision-making because He cares for you and your baby and wants you to live abundantly.

When we read God's Word, we cannot simply choose a good scripture and leave it at that. Just like highlighting a quote from an author's book, it doesn't cause us to know the writer, so we can not truly know God unless we spend time with Him. He doesn't want our head knowledge; He wants our hearts. Although we can begin with searching scriptures, God desires us to spend time with Him so that we and Him can talk like friends face to face. He wants to give each of us personal life coaching for our unique circumstances. This intimate time with Him, can silence doubt so that you believe.

No matter what comes your way, you have the power to face any fear or lie that tries to creep in. When you receive understanding and believe God's Word above all else, your faith grows stronger. In those moments, ask yourself, "Who said?" Remember, anything else has no final say because that's not YOUR GOD. You can stand firm on what God has said, what He's saying, and what He will continue to say. His Word is unshakable and forever true.

As you spend time with Your Father, ask Him, "Abba, what's best for this pregnancy?" Or "What's best for this baby?" And if you're facing a challenge, don't be afraid to ask Him, "Father, what's best for this challenge we're facing?"

Invite Him into the
decision-making because
He *cares* for us and
wants us to live.



Prayer

Father, I come to You, finding comfort in Your Word. No matter what any test results, doctors' opinions, or even what I see online might say about this pregnancy, about me, or my baby, I choose to trust You as my ultimate source, my answers, and my authority. I hold onto every Word you say because it guides me and keeps me from stumbling. Your Words are always true, and You are so faithful. Thank you for speaking to me throughout this situation and giving me a spirit of wisdom and understanding and above all, life! Amen.

My thoughts

date: _____

My Birth Preferences Thoughts

Sit down with the Lord and begin jotting down thoughts to create your own detailed birth preferences with the Lord for your upcoming birth.

During Labor:

During Birth:

In Case of C-Section:

After Birth/ Baby Care Preferences:

Day 6 Surrender

“Submit to God. Resist the devil and he will flee from you.” James 4:7 (NKJV)

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.” Proverbs 3:5-6 (ESV)

“Going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. And he said, “Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.” Mark 14:35-36 (NKJV)

As the 40 weeks draw closer, many mamas cannot imagine being pregnant any longer. Out of the anticipation to see the baby, sometimes drastic measures to induce labor are taken to convince the baby to come out. When 'D-Day,' or the due date, finally arrives, we wonder why we don't have our baby in our arms yet and are reminded when another asks, "Is the baby here yet?" Or perhaps when experiencing the sensations of contractions, we resist them as we stiffen our bodies like a board. Perhaps we are offered an option that could benefit us, but out of a closed mind, we quickly say 'no' because it's not what was in our birth plan.

Pregnancy and labor are training grounds for a woman to surrender. Just as unique and sometimes unpredictable babies can be, so too can our pregnancies and labors be. When we surrender and trust God in the process, fear, anxiety, and tension are dispelled.

Jesus gives us the perfect example of how to surrender. Mark's testimony of Christ's final days shows that even the Son of God faced struggles here on Earth. Yet, He offers us a powerful example of how, even in our weightiest moments, we can and should still surrender to God's will.

When we trust God in the known and unknown, don't rely on our own thinking, and trust God with our body, soul, and spirit, He will show us the right way. Meditate on this truth: God loves you and your baby more than you yourself. He sent His only son, Jesus, to die on the cross for you and your baby as your Savior. The Father sent you the Holy Spirit so He can continuously abide with you. Trust in Him and that He has made provision for you.



Prayer

Father, I submit myself to You and Your plans. Even when I don't understand, I choose to trust You. You are good and You love baby and I. Let Your will be done in my life and baby's. Send the Holy Spirit to comfort me during this sensitive time. Thank you for Your presence and never leaving us. Amen.

My thoughts

date: _____

Day 7 Rest

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” Matthew 11:28-30 (ESV)

“Be still, and know that I am God.” Psalm 46:1 (ESV)

“In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.” Psalm 4:8 (ESV)

“And he said, “My presence will go with you, and I will give you rest.” Exodus 33:14 (ESV)

“So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his.” Hebrews 4:9-10 (ESV)

Weeks before the baby arrives, nesting is game on! From completing the baby's nursery to packing the overnight bag, deep cleaning every surface of the home, and, of course, crossing off the items on the list, we're going nonstop. We imagine the baby coming at this particular time, and when the baby doesn't arrive, we start to take matters into our own hands to encourage the baby to come. We can overwork ourselves and deplete our energy in the hopes of inducing labor.

Surprisingly, however, rest can be the key to preparing mama for labor and unlocking the baby from the womb. Resting in the days leading up to labor can help build energy reserves. Labor can be physically intense, so getting proper rest can increase stamina. Resting helps lower stress levels, and when you're less anxious, your body can better regulate hormones like oxytocin, which is essential for starting contractions, or prostaglandins, which help soften and ripen the cervix.

You are a bodybuilder, mama! Your body is literally building a baby. Just like bodybuilders have rest days, and our God rested, so should we, too rest. Overworking can lead to burnout, mood swings, and increased risk of various health issues.

Rest isn't just a break from our busy lives—it has a purpose. God desires for His children to have rest not only for our bodies but also for our hearts and minds. He longs for you to be still and spend quality time with Him. He wants to take the burdens that weigh on you and make your journey lighter so you can genuinely experience rest.

Instead of fretting about when the baby will arrive, trust God and rest in Him. Spend time with Him and share your concerns with Him. He wants to hear. Give Him what's weighing on you. Feel free to ask Him, "Father, what would you like me to surrender? What do you have for me in exchange?" Expect to receive His goodness so that you will feel lighter and even more rested to equip you for your journey of pregnancy, labor, and postpartum.

Prayer

Abba, I choose to be still in this moment with You. I surrender everything that is weighing on me today to You. I receive your light yoke. Thank You for giving my body, soul, and spirit rest, strength, and peace. I know with You, my God, I am safe and provided for. Amen.



My thoughts

date: _____



As you close this 7-day devotional, remember: you are not alone. God is with you — in every moment of joy, uncertainty, and wonder. You are carrying a miracle, and you are being carried by a faithful Heavenly Father who has a plan for both you and your baby. I pray this devotional brought peace to your heart and strength to your spirit, connecting you closer to the Father's heart as you prepare for the birth of your baby.

Keep an eye on your inbox for more encouragement and announcements — I'm honored to walk with you on this sacred journey.

Keep beholding Him,

Website: glorywomb.com

Newsletter: subscribepage.io/BNWYJU

Social Media: [@glorywomb](https://www.instagram.com/glorywomb)



Scan Me

Resources & Recommendations:

- ◀ The Mama Natural Pregnancy Childbirth. by Genevieve Howland
- ◀ Ina May's Guide to Childbirth by Ina May Gaskin
- ◀ Painfree Childbirth by Nissa Andrews
- ◀ Supernatural Childbirth by Jackie Mize
- ◀ Husband-Coached Childbirth by Dr. Bradley
- ◀ Glorywomb App on Apple IOS App Store and Google Play Store (Coming 2026)