

Birth Affirmations Religious

- ◆ "My strength is made perfect in weakness." 2 Corinthians 12:9
- ◆ "But the LORD stood with me and GAVE me STRENGTH." 2 Timothy 4:17
- ◆ "I CAN do ALL THINGS through CHRIST who STRENGTHENS me." Philippians 4:13
- ◆ "The pain that i am feeling, CAN NOT be COMPARED to the JOY that is coming." Romans 8:18
- ◆ "For God did not give us a spirit of FEAR, but of POWER, and of LOVE, and of a sound mind." 2 Timothy 1:7
- ◆ "Do not be AFRAID, for I AM WITH YOU!" Isaiah 43:5
- ◆ "I will keep YOU in Perfect PEACE, whose mind is stayed on Him, because he Trusted in me." Isaiah 26:3
- ◆ "When the time is RIGHT, I, the Lord will make it happen." Isaiah 60:22
- ◆ "MY GRACE is Sufficient for you; for my Strength is made PERFECT in Weakness. 2 Corinthians 12:9
- ◆ "The Lord will FULFILL His Promise to me." Psalms 138:8
- ◆ "When I AM afraid, I will TRUST In YOU." Psalms 56:3
- ◆ "I will not be SHAKEN." Psalms 16:8
- ◆ "When my Heart is OVERWHELMED; lead me to the ROCK that is HIGHER than I." Psalms 61:2
- ◆ "He will NEVER leave you, nor Forsake you." Deuteronomy 31:6
- ◆ "Don't be afraid for I AM WITH YOU. Don't be discouraged For I AM YOUR GOD; I will strengthen you, and help you; I WILL HOLD YOU UP with My victorious right hand." Isaiah 41:10
- ◆ "Weeping may endure for a night, But JOY comes in the Morning." Psalms 30:5
- ◆ "Perhaps this is the Moment for which you have been CREATED." Esther 4:14
- ◆ "You keep Him in perfect peace whose Mind is stayed on you, Because HE Trusts in you." Isaiah 26:3
- ◆ "Those who hope in the Lord will RENEW their STRENGTH." Isaiah 40:31
- ◆ "Have I not commanded thee to be STRONG and of a good COURAGE?" Joshua 1:9

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Find sets of printable scripture cards from the website below (cost about \$2.99)

<http://www.myjoyfilledlife.com/2013/12/03/printable-scripture-cards-pregnancy-labor/>

Birth Affirmations Non-Religious

- ◆ I am STRONG
- ◆ I BREATHE deeply to Release All TENSION
- ◆ The more i RELAX, the more my body SOFTENS and EXPANDS
- ◆ Just let GO
- ◆ I birth with EASE
- ◆ Labor is NORMAL
- ◆ Believe you can, and you WILL
- ◆ Women ALL Over the World are birthing with me
- ◆ I SOFTEN, I OPEN, I RELEASE
- ◆ Each CONTRACTION brings my baby closer to me
- ◆ My baby is HEALTHY and STRONG
- ◆ Just BREATH
- ◆ I am not AFRAID
- ◆ Birth is JOYOUS
- ◆ I trust BIRTH
- ◆ I am RELAXED and CALM
- ◆ I ENJOY the BIRTH of my baby
- ◆ My baby is COMING
- ◆ My baby will FIT
- ◆ Me and my baby are safe
- ◆ I trust my INSTINCTS
- ◆ This baby will Come Out of my Vagina
- ◆ My baby is in the PERFECT position for birth
- ◆ I am not AFRAID, I was born to DO THIS
- ◆ Breathing in I feel STRONG, Breathing out I LET GO
- ◆ I will MEET my BABY SOON
- ◆ My Body knows how to HAVE this BABY, just as it knew how to GROW this baby
- ◆ My body is not Broken