

a resource created by ***talk the gospel.***

[the gospel
filled *birth.*]

The logo consists of the lowercase letters "ttg." in a bold, sans-serif font, centered within a white circle. The circle is set against a solid reddish-brown background.

ttg.

contents.

- ① *the gospel in birth*

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ttg.

illustrating the *gospel* in birth.

Christ suffered to give us new life. He lived for a period of time knowing that the destination was a gruesome death. During His time on Earth, He chose to suffer in the desert for 40 days before His death. He fasted to prepare and be near to the Father. He offered himself up to provide a perfect sacrifice that would cover our sins and give new life. He spent three days in the tomb and rose again to new life. This new life is impossible except through Christ's life, death, and resurrection.

We as women also suffer for new life. We live for a period of time knowing we will suffer to give and welcome new life. It is common for us to suffer 40 weeks to bring new life (a great time to prepare and be with The Father). Babies spend this time in the darkness of the womb like Christ did in the tomb. Physical life is impossible except through woman, offering herself, her suffering, and her labor/birth. Childbirth is a glimpse of the gospel.

Ultimately, if we let it, **birth shows us our helplessness and need of a Savior** during the process. This is the simple gospel. We are helpless in our sin and in need of a Savior.

prayer.

1. That I would love the pain because of how it is allowing me to be in God's presence.
2. That I would remember his mercies are new for each contraction. His mercy and strength for me are never ending.
3. That I would feel humbled and quieted during the pain.
4. That I would gain spiritual endurance from the Holy Spirit each step of the way.
5. Help for my body to perform all the correct tasks for birth and postpartum.
6. That we would be able to shine a light through calm and faithful endurance and that someone would come to know Christ.

scripture contents.

1 *for victory.*

2 *for fear & fatigue.*

3 *for endurance & waiting.*

4 *for protection.*

5 *for anticipation & after birth.*

scripture for victory.

1. Psalm 20:6-9 - *Now I know that the Lord gives victory to his anointed; he will answer him from his holy heaven. With mighty victories from his right hand. Some take pride in chariots, and others in horses, but we take pride in the name of the Lord our God. They collapse and fall, but we rise and stand firm. Lord, give victory to the king! May he answer us on the day that we call.*
2. Psalms 4:23 - *Guard your heart above all else, for from it flow the springs of life.*
3. Psalms 25:1 - *Do not let me be brought to shame, nor let my enemies triumph over me. No one whose hope is in you will be brought to shame... guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.*

scripture for fatigue & fear.

1. *Psalm 4:8- I will both lie down and sleep in peace, for you alone, Lord, make me live in safety.*
2. *Psalm 40:17- I am oppressed and needy; may the Lord think of me. You are my helper and my deliverer; my God, do not delay.*
3. *Philippians 4:13- I can do all things through Christ who gives me strength.*
4. *Isaiah 9:6 - He shall be called wonderful counselor, prince of peace, almighty God, everlasting Father.*
5. *Psalms 94:22 - But the Lord is my refuge; my God is the rock of my protection”*
6. *Philippians 4:6-8- Be anxious for nothing but in everything with prayer and supplication let your requests be made known to God and the peace which surpasses all understanding will guard your hearts and minds in Christ Jesus.*
7. *Nehemiah 8:10- Do not be grieved for the joy of the Lord is your strength.*
8. *Matthew 14:31 - You of little faith, why did you doubt?*
9. *James 4:7 Resist the devil and he will flee.*

scripture for waiting.

1. *James 5:11* - See, we count as blessed those who have endured. You have heard of Job's endurance and have seen the outcome that the Lord brought about—the Lord is compassionate and merciful.
2. *Psalm 27:13-14* - I am certain that I will see the Lord's goodness in the land of the living. Wait for the Lord; be strong, and let your heart be courageous. Wait for the Lord.
3. *Isaiah 40:31* - Those who hope in The Lord will renew their strength.
4. *Psalms 94:17-19* - If the Lord had not been my helper, I would soon rest in the silence of death. If I say, "My foot is slipping," your faithful love will support me, Lord. When I am filled with cares, your comfort brings me joy.
5. *1 Corinthians 10:13* - No temptation has overtaken you except that which is common to mankind. God is faithful, he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.
6. *Hebrews 12:1* - Since we are surrounded by so great a cloud of witnesses let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.
7. *Psalms 25* (continue to next page).

Psalm 25

scripture for waiting.

To you, O Lord, I lift up my soul. O my God, in you I trust; let me not be put to shame; let not my enemies exult over me. Indeed, none who wait for you shall be put to shame; they shall be ashamed who are wantonly treacherous. Make me to know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.

Remember your mercy, O Lord, and your steadfast love, for they have been from of old. Remember not the sins of my youth or my transgressions; according to your steadfast love remember me, for the sake of your goodness, O Lord! Good and upright is the Lord; therefore he instructs sinners in the way. He leads the humble in what is right, and teaches the humble his way. All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his testimonies.

For your name's sake, O Lord, pardon my guilt, for it is great. Who is the man who fears the Lord? Him will he instruct in the way that he should choose. His soul shall abide in well-being, and his offspring shall inherit the land.

Psalm 25 cont.

The friendship of the Lord is for those who fear him, and he makes known to them his covenant. My eyes are ever toward the Lord, for he will pluck my feet out of the net.

Turn to me and be gracious to me, for I am lonely and afflicted.

The troubles of my heart are enlarged; bring me out of my distresses. Consider my affliction and my trouble, and forgive all my sins. Consider how many are my foes, and with what violent hatred they hate me. Oh, guard my soul, and deliver me! Let me not be put to shame, for I take refuge in you. May integrity and uprightness preserve me, for I wait for you.

Redeem Israel, O God, out of all his troubles.

scripture for protection.

1. *Psalm 33:17-22- The horse is a false hope of safety; it provides no escape by its great power. But look, the Lord keeps his eye on those who fear him— those who depend on his faithful love to rescue them from death and to keep them alive in famine. We wait for the Lord; he is our help and shield. For our hearts rejoice in him because we trust in his holy name. May your faithful love rest on us, LORD, for we put our hope in you.*
2. *Nahum 1:7- The Lord is good, a stronghold in a day of distress; he cares for those who take refuge in him.*
3. *Psalm 5:12- For you, Lord, bless the righteous one; you surround him with favor like a shield.*

scripture for after birth.

1. *Psalms 3:3-4- But you, Lord, are a shield around me, my glory, and the one who lifts up my head. I cry aloud to the Lord, and he answers me from his holy mountain. Selah*
2. *Psalm 107:28-32- Then they cried out to the Lord in their trouble, and he brought them out of their distress. He stilled the storm to a whisper, and the waves of the sea were hushed. They rejoiced when the waves grew quiet. Then he guided them to the harbor they longed for. Let them give thanks to the Lord for his faithful love and his wondrous works for all humanity. Let them exalt him in the assembly of the people and praise him in the council of the elders.*
3. *Psalms 18 (Continue to next page).*

Psalm 18

scripture for afterbirth.

I love you, O Lord, my strength. The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. I call upon the Lord, who is worthy to be praised, and I am saved from my enemies.

The cords of death encompassed me; the torrents of destruction assailed me; the cords of Sheol entangled me; the snares of death confronted me. In my distress I called upon the Lord; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears.

Then the earth reeled and rocked; the foundations also of the mountains trembled and quaked, because he was angry.

Smoke went up from his nostrils, and devouring fire from his mouth; glowing coals flamed forth from him. He bowed the heavens and came down; thick darkness was under his feet.

He rode on a cherub and flew; he came swiftly on the wings of the wind. He made darkness his covering, his canopy around him, thick clouds dark with water. Out of the brightness before him hailstones and coals of fire broke through his clouds.

Psalm 18

scripture for afterbirth.

The Lord also thundered in the heavens, and the Most High uttered his voice, hailstones and coals of fire. And he sent out his arrows and scattered them; he flashed forth lightnings and routed them. Then the channels of the sea were seen, and the foundations of the world were laid bare at your rebuke, O Lord, at the blast of the breath of your nostrils.

He sent from on high, he took me; he drew me out of many waters. He rescued me from my strong enemy and from those who hated me, for they were too mighty for me. They confronted me in the day of my calamity, but the Lord was my support. He brought me out into a broad place; he rescued me, because he delighted in me.

The Lord dealt with me according to my righteousness; according to the cleanness of my hands he rewarded me. For I have kept the ways of the Lord, and have not wickedly departed from my God. For all his rules were before me, and his statutes I did not put away from me. I was blameless before him, and I kept myself from my guilt. So the Lord has rewarded me according to my righteousness, according to the cleanness of my hands in his sight.

Psalm 18

scripture for afterbirth.

With the merciful you show yourself merciful; with the blameless man you show yourself blameless; with the purified you show yourself pure; and with the crooked you make yourself seem tortuous. For you save a humble people, but the haughty eyes you bring down. For it is you who light my lamp; the Lord my God lightens my darkness. For by you I can run against a troop, and by my God I can leap over a wall. This God—his way is perfect; the word of the Lord proves true; he is a shield for all those who take refuge in him. For who is God, but the Lord? And who is a rock, except our God?—the God who equipped me with strength and made my way blameless. He made my feet like the feet of a deer and set me secure on the heights. He trains my hands for war, so that my arms can bend a bow of bronze.

You have given me the shield of your salvation, and your right hand supported me, and your gentleness made me great. You gave a wide place for my steps under me, and my feet did not slip. I pursued my enemies and overtook them, and did not turn back till they were consumed. I thrust them through, so that they were not able to rise; they fell under my feet. For you equipped me with strength for the battle; you made those who rise against me sink

Psalm 18

scripture for afterbirth.

under me. You made my enemies turn their backs to me, and those who hated me I destroyed. They cried for help, but there was none to save; they cried to the Lord, but he did not answer them. I beat them fine as dust before the wind; I cast them out like the mire of the streets.

You delivered me from strife with the people; you made me the head of the nations; people whom I had not known served me. As soon as they heard of me they obeyed me; foreigners came cringing to me. Foreigners lost heart and came trembling out of their fortresses.

The Lord lives, and blessed be my rock, and exalted be the God of my salvation—the God who gave me vengeance and subdued peoples under me, who delivered me from my enemies; yes, you exalted me above those who rose against me; you rescued me from the man of violence. For this I will praise you, O Lord, among the nations, and sing to your name. Great salvation he brings to his king, and shows steadfast love to his anointed, to David and his offspring forever.

gospel birth affirmations.

1. *God supplies unending strength. He is eternal and his mercies are eternal.*
2. *The biblical definition of joy says that joy is a feeling of good pleasure and happiness that is **dependent on who Jesus is rather than on who we are or what is happening around us.** Joy comes from the Holy Spirit, abiding in God's presence and from hope in His word.*
3. *God is using me to pipe a blessing into the world. Let God freely use your body for however long he needs to. To pipe is imagery of baking and piping out batter into a pan. This is another way to view the work of the uterus.*
4. *Enjoy the opportunity to struggle and grow with God.*
5. *He is the potter, I am the clay.*
6. *Pray and speak out your fears.*
7. *Thank God for his promises.*

other birth affirmations.

1. *Your body knows how to labor.*
2. *I get to be a woman and go through this pain.*
3. *Women have done this for thousands of years.*
4. *The pain is positive and productive.*
5. *The pain is purposeful, anticipated, intermittent, necessary for bringing child.*
6. *The stronger the pain the more effective the contraction.*
7. *Pray about and speak out your fears.*

