

You're Pregnancy Devotional



38 Weeks of Words,
Prayers & Declarations

Includes
Prayer
Points

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Title: Your Pregnancy Devotional

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INTRODUCTION

Congratulations, you are carrying a special seed that God has blessed you with. It doesn't matter the circumstances, children come from God. There are many people worldwide trying everything to get a child. Billions of dollars are spent just for some to try and conceive. Some not with much success.

Lo, children are an heritage of the Lord: and the fruit of the womb is his reward. As arrows are in the hand of a mighty man; so are children of the youth. Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate. (Psalms 127:3-5 KJV)

The child you are carrying must bring joy and happiness not only to you but the whole family. This devotional is mostly targeted at helping you participate and ensure the spiritual development of your child. It is also aimed at ensuring that

you stay spiritually strong during this time. It will provide you with a summarized fact sheet detailing the developments in your body and your baby's milestones.

This child is from God and through this book and the prayers in it, you will ensure that this child is not stolen by the enemy before he or she is born.

This is a possibility as we see a story in the book of Revelation where the enemy tried to steal a baby.

And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars: And she being with child cried, travailing in birth, and pained to be delivered. (Revelation 12:1-2 KJV)

The woman was travailing in birth and going through pain needing to deliver the child. As if this was not enough, the Bible shows us that the enemy, the devil in the form of a dragon tried to steal the baby boy that the woman delivered.

And there appeared another wonder in heaven; and behold a great red dragon, having seven heads and ten horns, and seven crowns upon his heads. And his tail drew the third part of the stars of heaven, and did cast them to the earth: and the dragon stood before the woman which was ready to be delivered, for to devour her child as soon as it was born. (Revelation 12:3-4 KJV)

His intention was to devour this child. Remember in Genesis the devil was told the seed of the woman shall bruise your head (Genesis 3:8). This is the reason why we must be diligent in our pregnancy journey so that the devil will find no occasion or opportunity to devour this precious seed that you are carrying.

The prayers and devotions in this book are born out of a period of prayer and we pray that as you take this journey, may the presence of the Holy Spirit be your companion. We do not doubt that through his grace that has seen you conceive,

you will hold this child in your hands and the child will grow up to be a blessing to you and your family.

FIRST TRIMESTER

WEEK 4

YOU ARE CARRYING A SPECIAL CHILD

And the angel of the Lord appeared unto the woman, and said unto her, Behold now, thou art barren, and bearest not: but thou shalt conceive, and bear a son. Now therefore beware, I pray thee, and drink not wine nor strong drink, and eat not any unclean thing: For, lo, thou shalt conceive, and bear a son; and no razor shall come on his head: for the child shall be a Nazarite unto God from the womb: and he shall begin to deliver Israel out of the hand of the Philistines. (Judges 13:3-5 KJV)

God is the giver of children. There might not have been an angel that came to announce your conception but know that this child is from God. This story is the announcement of the birth of Samsom who went on to become one of the judges in Israel at a difficult time. Notice here the instructions that were given to Manoah's wife. She was to stay away from wine and strong drink. She was also to ensure that she ate no unclean thing.

What you eat and drink is important now because it will directly affect the precious seed you are carrying. You must therefore watch your diet. This child you are carrying has a special and unique purpose that God has sent him for. This assignment will be accomplished but your support from now remains vital.

I have been surprised to see pregnant people smoking or drinking alcohol. This is not fair on the child that one is carrying. All these cravings must be set aside in consideration of this precious seed. You have the power within you to defend this child and ensure their healthy delivery.

PRAY THIS,

Father God I thank you for this special child. I acknowledge my role as a Stewart to bring this child into the world. I pray for his or her assignment here on earth. It will not be curtailed, hindered nor cut off by the devil. I

pray for a special covering over this child and myself in Jesus' name. Amen

Quick reference

You

You may be experiencing any of the following pregnancy symptoms: missed period, nausea, vomiting, dizziness, headaches, bloating, a feeling of fullness, light cramping, poor appetite, frequent urination, and breast tenderness. If you've had some minor spotting in the past week, it may be implantation bleeding, which is not a cause for concern.

Some women have no symptoms at all at this point which is perfectly normal.

WEEK 5

A JOURNEY OF FAITH

Through faith also Sara herself received strength to conceive seed, and was delivered of a child when she was past age, because she judged him faithful who had promised. (Hebrews 11:11 KJV)

The journey you have started is a journey of faith. There could be many factors that disqualified you from being pregnant but through faith this has been possible. Now, you need to remain strong in faith because conception is one thing and delivering is another.

Your confidence has to remain in God. Look nowhere else for answers. Sarah in her old age was able to deliver a healthy child. It does not matter what report you have been given this week by the doctors or professionals, do not despair. God's love and protection is around you and the child. Faith is your winning formula.

Faith defies natural circumstances. Faith brings to pass the word that God has spoken. It is anchored on the word of God and not on circumstances! Even in a time when she could not conceive because her womb was dead, Sara believed. She stood in faith until conception happened.

When you believe the word of God, you are bound to see the fulfilment of His promises. Just as faith brought conception, faith will bring deliverance of the child that you are carrying. Therefore stand strong in faith to see this come to pass.

PRAY THIS,

Heavenly Father, thank you this week for deploying your angel of protection over us. As I stand in faith thank you for the Holy Spirit is enveloping the baby and myself in Jesus' name. Amen

Quick reference

You

You may be feeling exhausted and unusually irritable or emotional. Your metabolism is increasing and your uterus growing bigger.

During this trimester, your body is working extra hard so you may be feeling tired. Morning sickness could be starting. Going to the bathroom more frequently is normal, as are headaches due to the rise in hormones. You may have all of these pregnancy symptoms, some of them, or none at all. Each

woman's pregnancy is different from another woman's and even different from first pregnancy on to additional pregnancies in the same woman.

Get plenty of rest to help your body do its job. Exercising can also help, keeping your muscles strong and your body moving is important all throughout your pregnancy!

Your Baby

Your baby's heart will begin to beat this week! Your baby is now called an embryo and is about the size of an apple seed.

WEEK 6

FIX YOUR EYES ON JESUS

We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed; (2 Corinthians 4:8-9 KJV)

Your eyes must remain fixed on Jesus, the author and the finisher of your faith. He is the beginning and the ending. He is Alpha and Omega (the First and the Last). In Him everything finds its beginning and its end. This journey you are undergoing began in him and will end in him. He is the author of life. The changes in your body might trouble you, refuse to be distressed! Believe his word. You might feel persecuted but you are never forsaken. The king of kings is with you in this journey. He says I will never leave you nor forsake you. The scripture says though cast down, we are not destroyed. Stand strong, you will emerge victorious.

This child is enveloped by the Holy Spirit. He or she is a gift from God. This child will not be lost. Focus on the joy that is ahead of you. There is peace in the midst of the storm. Our Lord Jesus taught us this. He was asleep in the boat when a storm arose. The disciples woke him up as they were afraid. He rebuked the storm. There was no fear nor panic in Him. Don't fear today, rebuke the storm.

The words you say are always going to be central to the outcome of this journey. You overcome fear with words. You overcome the threats of the enemy with words. Therefore make declarations of where you want to go and where you want to see this child. Because your journey is in God, the circumstances seeking to trouble you, perplex you, persecute you and cast you down will not succeed.

PRAY THIS,

Lord I pray for the future of this child. May he or she grow to be a person of influence who never departs from your presence! Thank you for granting me victory over every troubling situation. Thank you for your protection over the child and myself this week in Jesus' name.

Quick reference

You

Stay hydrated by drinking lots of water. Food cravings and food aversions may develop. Begin eating healthy.

WEEK 7

GIVE THIS CHILD TO GOD

And she vowed a vow, and said, O Lord of hosts, if thou wilt indeed look on the affliction of thine handmaid, and remember me, and not forget thine handmaid, but wilt give unto thine handmaid a man child, then I will give him unto the Lord all the days of his life, and there shall no razor come upon his head. (1 Samuel 1:11 KJV)

Hannah was barren and as she prayed for a child, she realized the importance of God's participation both in conception and raising of the child. Our children are with us for the first twenty or so years of their lives yet these foundational years are critical.

Recognize today that God must be given room to play his part. This week, dedicate this child to him so he may take full charge. Samuel grew up to be a

prophet that God used to change things around the nation of Israel. If Hannah had withheld this child, it would have delayed or thwarted the purpose of God for him.

We are all born with a special purpose. We might all not turn out to be the president of a country or CEO of a big company but there is a special purpose in all of us. This is the right time to dedicate this child and commit them to all that God has intended for them. They will impact their society positively because of the prayers you invest in them today.

As you pray, God will reveal the special purpose. Not your own will but God's will to be fulfilled!

PRAY THIS,

Dear Lord, today I dedicate this child to you. May you take over and give me the wisdom to raise him or her up in the fear and knowledge of you. Amen

Quick reference

You

Your waist may already be expanding. You may experience constipation and have occasional bouts of indigestion. Some women also feel a bit dizzy or lightheaded at times.

You will develop a mucus plug around this time, which forms in the opening of the cervical canal and seals off the uterus for protection. Eventually, you will lose this plug as your cervix dilates in preparation for labour.

WEEK 8

THE BATTLE IS NOT YOURS BUT GOD'S

And he said, Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the Lord unto you, Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's. (2 Chronicles 20:15 KJV)

One of the most important things in this journey is to put your full trust in God. When we trust God, we tap into his full grace. King Jehoshaphat was confronted with a great multitude. The enemy had come in full force to destroy Jerusalem and its inhabitants. Thank God for he sent his word to deal with the situation. He said to him, 'Be not afraid nor dismayed.' The multitude would have been terrifying but King Jehoshaphat had to overcome that fear.

Fear is deadly as it operates in opposition to faith. What one fears normally has a tendency of catching up with them. This week, build your faith strong, discard any form of fear the enemy would want to sow in your heart. One of the best ways to deal with fear is to give everything over to God. Let him take control over you and this baby.

Jehoshaphat was reminded that the battle was not his but God's! No matter how great the multitude that faced him was, it was not his battle but God's! Your situation might be different but this week I want you to know that this journey you are taking is not yours but God's. This understanding will change the whole picture. Refuse to pay respect to the outside circumstances. Look up to God for yourself and this child and He will surely fight every obstacle on your behalf.

I am confident that victory will be yours in this journey.

PRAY THIS,

Thank you Lord for the battle is mine but yours. I place my trust in you knowing that you are the giver of victory. In you mountains are moved, obstacles are overcome and challenges are cleared. I hold on to your word this week knowing that you are fighting on our behalf in Jesus' name. Amen

Quick reference

You

You may have early pregnancy symptoms such as acne, tender, swollen breasts, nausea, and extreme fatigue.

Indigestion and bloating are common complaints of pregnancy. A slowed digestive process causes these symptoms and allows your bloodstream to better absorb nutrients that are then passed on to your baby. Try wearing loose-fitting clothes, eating small, frequent meals, chewing your food thoroughly and avoiding high fat foods. This discomfort is completely harmless to your baby.

WEEK 9

YOURS IS THE LIVING CHILD!

And she arose at midnight, and took my son from beside me, while thine handmaid slept, and laid it in her bosom, and laid her dead child in my bosom. (1 Kings 3:20 KJV)

Vigilance in prayer is of utmost importance at this time. The enemy the devil fights precious seeds. Where God plants something good, he wants to come in and plant discord. This is the reason why you must be strong spiritually as you undertake this journey of pregnancy. You need to be constantly alert in the spirit so as to deal with every attempt of the devil to kill, steal and destroy.

Your child needs your heartfelt prayers to enjoy total protection from every

attempt of the devil to snatch them away. There are various ways in which he would attempt to snatch the child: he can try to kill the child, to curtail the development of the child or even to cause the child to be miscarried.

The story above is of one woman who when she was asleep, another woman came in and exchanged her child with a dead one. In her moment of sleep and slumber she lost her precious seed. They had both given birth to children but the other lay on her child and it died. To deal with this, she swapped the children at midnight. The reaction of the other woman in the morning was not that of panic and fear. She looked and analysed the child and realised that this child was not her own.

As you go through this journey, analyse! Don't accept things as they are or as they seem. You will overcome every attempt of the devil through vigilance and prayer.

PRAY THIS,

Thank you Lord for you have given your angels charge over me and my child. I speak the blood of Jesus to cover us for protection this week. There is no weapon formed against this child and myself that will prosper in Jesus' name.

Quick reference

You

You may continue to feel tired, nauseated, and possibly dizzy. You also may be experiencing heartburn and indigestion, occasional food cravings and food aversions, nausea, bloating, and mood swings and weepiness from the hormones raging and changing throughout your body.

Baby

Your baby's physical body including her arms, legs and head has taken shape. The embryonic tail at the bottom of your baby's spinal cord is shrinking, and your baby's head is now nearly half the size of its entire body.

WEEK 10

STRENGTHENED IN THE INNER MAN

That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; (Ephesians 3:16 KJV)

This journey you are on is not only a physical one but it is also a spiritual journey. It involves a fight that the devil has against mankind and God's ultimate plan for us. This pregnancy journey is therefore also a time for the strengthening of your spirit man.

Your inner man must be strengthened and invigorated with power by his Spirit. You know that the Holy Spirit has been given to dwell in us as God's children. His mission is to reveal the purpose of God and to enable us to fulfil God's mandate for our lives. It is therefore imperative that he has full room to perform this work in you and your baby.

I am confident today that this journey will be a delightful one. A journey in which you will receive help from the spirit of God in the revelation of your life purpose. It will also be a delightful thing for the purpose of the child you are carrying to be protected, that the enemy will have no room to manipulate, confuse or delay it.

The areas you need to grow therefore are in prayer as this directly brings growth into your spirit. You also need to grow in your study and understanding of the word of God. The reason is that all victory is by the word of God! It is the seed of our lives and everything around us. So view this journey from a spiritual level and when the child is born, you must be in a stronger place spiritually. There might be mistakes you made in the past that may try and hinder you and cause you to interpret this child as a mistake. The reality however is that all children are from God. He is the one that breathes his breath and imparts the spirit of

man.

PRAY THIS,

Thank you Lord for the work of the Holy Spirit in my life and that of my baby. Thank you for strengthening my inner man through your spirit and I know that I will be stronger not only physically but also spiritually as I go through this journey in Jesus' name.

Quick reference

You

Tiredness and nausea are very common still. Your waist is starting to disappear. Hormonal changes occur during pregnancy that can affect the gums. The gums may become swollen and inflamed.

Your care provider will be able to check for the baby's heartbeat using a Doppler stethoscope. This may be the first visit you get to hear your baby's heartbeat!

Your Baby

Your baby is now 1.25 to 1.68 inches long and weighs approximately 0.18 ounces. In week 10 of pregnancy your baby now enters its foetal period. Tiny toes have formed.

The eyes are largely open, are no longer transparent. External genitalia are beginning to differentiate. External ears are completely formed, as well as the upper lip.

As external changes such as the separation of fingers and toes and the disappearance of the tail takes place, internal developments are taking place too. Tooth buds form inside the mouth, and if you're having a boy, his testes will begin producing the male hormone testosterone.

WEEK 11

HE IS YOUR PROVIDER!

Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, (Ephesians 3:20 KJV)

This is week 11, and our focus is on the word SUPPLY. Life is meaningful with a full supply of all good things. Not only material things but love, appreciation, peace, joy and grace.

It is wonderful to note from the above scripture that we have a God who is available now to do exceeding, abundantly above our requests and thinking according to his power working in us. This knowledge assures us of supply of all good things in our lives. At this time of pregnancy, may everything that is required be supplied to you by the grace of God! May your expectations be exceeded! There may be medical bills that need to be settled, believe God this week. Trust Him to supply. There will be things required for the arrival of the baby, let's believe God for the supernatural supply of all the required financial resources.

For this to be so, your faith is of utmost importance. You must be ready to believe that God will do it. What challenge are you facing today? Know that God can supply above your imagination. You must therefore anchor on his word and not the circumstances. Rise up in confidence without fear or panic and he will surely come through and supply supernaturally. As we pray this week, He will supply.

In his word, we see a constant supply to those that prayed to him. God was always faithful to honour their requests. Yours will also be honoured in Jesus' name.

PRAY THIS,

Thank you Lord for you can do exceeding abundantly above all that I may ever think or ask for. Today I thank you for every need is supplied according to your riches in glory. I will not lack anything and my child will not lack anything, instead we will be witnesses of your abundance in Jesus' name.

Quick reference

You

You may have gained some weight. It is important to stick to (or start) eating a healthy diet. You will only need about 300-500 calories extra a day while you are pregnant. Make those calories premium, they help your baby grow.

Avoid junk foods, and try to ensure that you are getting a variety of fruits and vegetables and protein.

Your Baby'

Your baby is almost large enough for you to nestle in your palm.

Week 11 of pregnancy marks the end of the embryonic period. From now on, your baby is called a foetus. It also marks the period when your baby is out of the danger zone for the development of most congenital complications. Other developments that are happening around this time are the external genitals move outside of the body, the hair follicles of the skin are forming, and teeth are beginning to form.

WEEK 12

HEAVENLY PROTECTED!

And Elisha prayed, and said, Lord, I pray thee, open his eyes, that he may see. And the Lord opened the eyes of the young man; and he saw: and, behold, the mountain was full of horses and chariots of fire round about Elisha. (2 Kings 6:17 KJV)

This week, the key word is PROTECTION. As you carry a precious seed, the enemy continues to fight so as to derail both your destiny and that of the child. Know today however that every attempt of the devil will not succeed.

In the above scripture, we encounter the story of Elisha and his servant. They were surrounded by the enemy, looking with the natural eye the servant panicked. There was no way they were going to survive this except if there was a divine intervention. The servant ran to Elisha to announce the situation to which Elisha responded with a prayer. Not for God to intervene but for the eyes of his servant to be opened so he could see! When his eyes were opened, he saw the horses and chariots of fire around Elisha.

There were more fighting on behalf of Elisha than those fighting against him. I pray today that your eyes be opened to see the troops of heaven that are on your side. You are above what the natural eye is seeing, you are more equipped and more protected. You are above every negative report that the doctor can give.

God himself is working in you to create the bones, nerves and all that pertains to

your child. I declare protection upon you and the child so that the devil finds no room to manipulate the perfect work that God is doing.

PRAY THIS,

Thank you Lord for there are troops of heaven gathered to fight on my behalf and that of my child this week. I encourage myself in you as I refuse to panic. I soldier on in faith and experience protection for myself and my child in Jesus' name.

Quick reference

You

You are beginning to have a "pregnant glow." Increased blood volume and pregnancy hormones work together to give you that glow. The greater blood volume brings more blood to the blood vessels and hormones increase oil gland secretion, resulting in a flushed, plumper, smoother skin appearance. Morning sickness should diminish or disappear, fatigue disappears or diminishes, and your waistline expands.

Your baby

Your baby's brain continues to develop, and tiny fingernails and toenails start to form. Vocal cords are formed this week, which is the last of your first trimester.

Your baby's kidneys are functioning, as is the liver. The thyroid gland and pancreas are also complete. Your baby is now passing urine and the gall bladder secretes bile. After swallowing amniotic fluid, your baby will now be able to pass it out of the body as urine. A skeleton made of cartilage is forming.

SECOND TRIMESTER

The second Trimester is an important phase after the foundational first trimester. In this phase, we begin a strengthening journey to seal what God has begun both in you and the child you are carrying. I know our God will make this journey easy by his grace.

This journey can be likened to the journey the children of Israel undertook from the land of Egypt to the Promised Land. They had to face and overcome obstacles and through the manifold grace of God they did. They faced life threatening situations and overcame under the leadership of Moses and later

Joshua. I am confident that victory is your portion in this journey.

WEEK 13

GIVE YOUR BURDENS TO GOD!

Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved. (Psalms 55:22 KJV)

Generally in life we encounter one burden after another. Successful living is in being able to put down a burden somewhere. As a child of God, you have a dependable place to cast your burdens. You are assured that there the burden will be lifted to the place it must be.

The Psalmist says cast your burden upon the LORD and he shall sustain you. His sustenance is sure in this period where you are a vessel to bring a life into this world. Some days might seem hard to bear but each morning you can always depend upon the Lord.

“He will not suffer the righteous to be moved.” As you anchor on Him, He is a dependable rock. There is a song we used to sing which says, “All other ground is sinking sand.” This week, we are anchoring on the rock, you will not be moved by anything. All the plans of the evil one will crumble because you are standing on the rock.

I pray for you today that every burden you were feeling be lifted up in the name of Jesus. May the hand of God be upon you to cause you to overcome anything the enemy tries to bring your way this week!

DECLARE THIS,

I am the blessed of the Lord today and the special seed I am carrying is also blessed. I walk in power and victory and every burden is lifted off my life today.

Quick reference

Your baby

Fingerprints have formed on your baby's tiny fingertips, her veins and organs are clearly visible through her still-thin skin, and her body is starting to catch up with her head — which makes up just a third of her body size now. If you're having a girl, she now has more than 2 million eggs in her ovaries.

WEEK 14

HE IS YOUR HEALER

But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed. (Isaiah 53:5 KJV)

Our experience with the pregnancy journey has always been varied and also the experience of the different believers we pastor. One thing is certain though, there are times when one feels like giving up because of the pain and the seeming burden.

The prophet Isaiah looks into the future and sees that great journey Christ took to cross. In this epic journey, he was wounded for our transgressions and bruised for our iniquities. He was chastised for our peace and with his wounds he paid for our own healing. Whatever pain you face in this journey, you must know that your healing was paid for. There is no reason at all to give up.

This week, let's focus on His healing virtue. He is sure to bring into normality every challenge that you might be facing. As his child, divine health is your portion even at this time of your life.

God spoke to the children of Israel and said that if they followed his words and commandments he would not put any of the diseases on them that were on the Egyptians. "For I am The Lord that heals you." He declares in Exodus 15:26.

I pray for you today that every pain and ache succumbs to the word of God. Healing is your portion in Jesus' name!

Declare this,

I walk in divine health. The precious seed I am carrying has divine health. I tap into the grace that was delivered by the stripes of Jesus on that cross over 2000 years ago.

Quick reference

Your baby

Your baby can now squint, frown, grimace, pee, and possibly suck his thumb! Thanks to brain impulses, his facial muscles are getting a workout as his tiny features form one expression after another. His kidneys are producing urine, which he releases into the amniotic fluid around him — a process he'll keep up until birth. He can grasp, too, and if you're having an ultrasound now, you may even catch him sucking his thumb.

You

Welcome to your second trimester! Your energy is likely returning, your breasts may be feeling less tender, and your queasiness may have completely abated by now.

WEEK 15

HE FIGHTS FOR YOU AND YOUR CHILD

But the Lord says, “The captives of warriors will be released, and the plunder of tyrants will be retrieved. For I will fight those who fight you, and I will save your children. (Isaiah 49:25 NLT)

The nine months of pregnancy are like a seed that is in the ground. A lot goes on with a seed in the ground which we do not see. This is the same with the child in the womb. Even though medical science has tried to look deeper into what is happening through scans and all, we are all still clueless on how the bones are formed in there. Which is why we could never replicate this, only God knows how.

It is always the intention of the enemy to destroy this child now or at a later stage but in this foundational stage, you can cover and cushion this child with prayer. The promises of God are sure, he says in the scripture above he will fight those who fight you and he will save your children. I believe this promise stretches to the rest of the life of your children. Everything that the enemy tries to steal from them will be retrieved but it is important that you lay these things in their foundation through prayer.

It is exciting to know that no matter how powerful the devil can portray himself, God is ready to fight for you and your children.

I pray for you and your child this week. May your child be well set for greater things in life! He or she will not lack any good thing in life.

Declare this,

I stand on the sure promise of God that he will fight the one who fights me and he will contend with those who contend with my child. I receive the grace of protection.

Quick reference

Baby

Your growing baby is busy moving amniotic fluid through her nose and upper respiratory tract, which helps the primitive air sacs in her lungs begin to develop. Her legs are growing longer than her arms now, and she can move all of her joints and limbs.

You

You've probably gained about 5 pounds by now (a little more or less is fine, too) and are well into the swing of your pregnancy, but you may still be surprised by an unexpected symptom now and then.

WEEK 16

FIX YOUR THOUGHTS ON HIM

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! (Isaiah 26:3 NLT)

Thoughts are the central control of our lives. These are so personal to each one of us and they are the foundation of all achievement. They are the foundation of all good and equally all evil. It is all conceived in the mind first.

Depending on your circumstances, your thoughts can easily sway you and cause a rising blood pressure, fear and panic. The above word is clear though on how to achieve maximum peace at this time: put all your trust in God. Fix your thoughts on him. As you fix your thoughts on him, you are acknowledging his ability to take care of all things. You are casting all your cares on him because he cares.

As you think about yourself and the child, include God in your thoughts. Think His word, meditate on it! Meditate on what his word says, not what the doctor has said. Ultimately, it is God who has the intimate detail of you and your child. Stand on his word!

In your thoughts, disregard fear! Stand strong in faith and you will enjoy perfect

peace in this time.

I pray for you that the peace of God that surpasses all understanding will cover you at this time. As you fix your thoughts on him may you be a partaker of God's provision in every area.

Declare this,

I participate in the peace of God that is perfect, lasting and beyond comprehension. I refuse to fear and panic as I choose to meditate only on God's word!

Quick reference

Baby

In the next few weeks, your baby will double his weight and add inches to his length. There is a lot happening inside as well. For example, his heart is now pumping about 25 quarts of blood each day, and this amount will continue to increase as your baby continues to develop.

You

The top of your uterus is about halfway between your pubic bone and your navel, and the round ligaments that support it are thickening and stretching as it grows. You're probably feeling a whole lot better as you settle into pregnancy, too.

WEEK 17

THE HOLY SPIRIT THE TRANSFORMER

**Until the spirit be poured upon us from on high, and the wilderness be a fruitful field,
and the fruitful field be counted for a forest. (Isaiah 32:15 KJV)**

The Holy Spirit is God's power. Our first encounter with him is in Genesis 1, where he hovered upon the face of the earth when it was without form and void. When God spoke, the Holy Spirit went into creation mode fulfilling God's word.

All we do finds fulfilment when the Holy Spirit acts upon it. The prophet Isaiah says *until the spirit poured upon us from on high, he will turn the wilderness into a fruitful field and the field into a forest*. Notice the transition here, from a dry and parched land to a forest.

In this journey of pregnancy, the Holy Spirit is hovering over you to bring life. I want you to know today that you can fully depend on the Holy Spirit to ensure that this mission is accomplished. Every area in which you lacked, he will turn a wilderness into a vibrant forest. This week we want you to focus on this scripture and see God's work fulfilled!

I pray for you that the Holy Spirit will bring restoration and promotion. May you see deserts transformed into vibrant forests!

Declare this,

My life is empowered by the Holy Spirit. I am walking in victory and conquest this week in Jesus' name!

Quick reference

Your baby

Your baby's skeleton is changing from soft cartilage to bone, and the umbilical cord — her lifeline to the placenta — is growing stronger and thicker. Your baby weighs 5 ounces now and she's around 5 inches long from head to bottom. She can move her joints, and her sweat glands are starting to develop.

You

As your belly grows, your center of gravity changes, so you may begin to occasionally feel a little unsteady on your feet. Try to avoid situations with a high risk of falling. Wear low-heeled shoes to reduce your risk of taking a tumble; trauma to your abdomen could be dangerous for you and your baby.

WEEK 18

HE HAS GOOD PLANS FOR YOU

I know what I'm doing. I have it all planned out--plans to take care of you, not abandon you, plans to give you the future you hope for. "When you call on me, when you come and pray to me, I'll listen. (Jer 29:11-12 MSG)

It is important to know this week that he has big plans for you and your child. This should direct your prayers to enforce the truth of this word. The future is always difficult to see for many people as we can easily get occupied by the reality of the moment. The prophet Jeremiah in the above scripture helps us tap into the mind of God concerning the future.

Your child will grow up to be great upon the earth. This is the time to enforce the will of God in prayer so that the devil will not find any occasion in the future to bring destruction to these great plans of God. Today, the world wakes up to different types of news each morning. Strange things are happening ranging from new trends of criminal behaviour, poverty, mass murders and even drug addiction. This week in prayer we will enforce the good plans of The Lord for your child.

He or she will live until they are satisfied. He or she will be a joy to you from childhood to adulthood. The protection of God will be a reality upon his or her life.

I pray for you that your child will not be a victim of all the criminal things in the world today. No contamination of the devil will find any room into their life and the grace of God will lift and sustain and lead them into the great plans of God.

Declare this,

I am walking into the perfect will of God. I am a witness of the fulfilment of the great plans The Lord has for me and my child. As I call on him, he is attentive and listening to every prayer and call in Jesus' name.

Quick reference

Your baby

Head to rump, your baby is about 5 1/2 inches long, and he weighs almost 7 ounces. He's busy flexing his arms and legs — movements that you'll start noticing more and more in the weeks ahead. His blood vessels are visible through his thin skin, and his ears are now in their final position, although they're still standing out from his head a bit. A protective covering of myelin is beginning to form around his nerves, a process that will continue for a year after he's born. If you're having a girl, her uterus and fallopian tubes are formed and in place. If you're having a boy, his genitals are noticeable now, but he may hide them from you during an ultrasound.

You

An increase in appetite is pretty common about now. Make it count by choosing

meals and snacks that are rich in nutrients. Bigger, more comfortable clothes are a must now as your appetite and waistline grow.

Your cardiovascular system is undergoing dramatic changes, and during this trimester your blood pressure will probably be lower than usual. From now on, when you do lie down, it's best to lie on your side — or at least partly tilted to one side. (When you lie flat on your back, your uterus can compress a major vein, leading to decreased blood return to your heart.) Try placing a pillow behind you or under your hip or upper leg for comfort.

WEEK 19

OPEN DOORS

And the key of the house of David will I lay upon his shoulder; so he shall open, and none shall shut; and he shall shut, and none shall open. (Isaiah 22:22 KJV)

Open doors are for real but there are important things you need to understand

about open doors. The process that God engaged in by sending Christ is that of placing keys in your hands. There is so much that is depended on what we do yet many a busy crying to God to do something for them.

This week, let's focus on what we are supposed to do. Since God has already done much for us, we have the duty of activating the blessings in our lives by taking certain actions. The above scripture says the keys were laid on the shoulder enabling opening with no one shutting and closing and none opening. This is full control granted. I believe the same grace is on you as a child of God. There are doors that will open because you said so and there are doors that will close because you said so.

God has placed keys on your shoulders, you must open the right doors and close the wrong doors with your mouth this week. Close the doors to sickness for you and your child. Close the doors to lack and poverty. There are doors you would want to open. Doors of prosperity and abundance. Doors of divine health and favour. All this you can do using your mouth for death and life are in the power of the tongue.

I pray for you today that as you speak, favourable doors are starting to open for you and no one shall close them.

Declare this,

I am walking in abundance and prosperity. My child will know no lack in his life in Jesus' name.

Quick reference

Your Baby

Your baby's sensory development is exploding! Her brain is designating specialized areas for smell, taste, hearing, vision, and touch. Some research suggests that she may be able to hear your voice now, so don't be shy about reading aloud, talking to her, or singing a happy tune if the mood strikes you.

You

You'll start growing even faster in the weeks to come. As a result, you may notice some achiness in your lower abdomen or even an occasional brief, stabbing pain on one or both sides — especially when you shift position or at the end of an active day.

WEEK 20

SEEK THE LORD

But if from there you will seek (inquire for and require as necessity) the Lord your God, you will find Him if you [truly] seek Him with all your heart [and mind] and soul and life. (Deuteronomy 4:29 AMP)

A journey like this is an opportunity for one to refocus their life. It is a moment where everything is shouting for you to slow down and participate in one of the first and greatest commands God gave to man, *'be fruitful and multiply, replenish the earth.'*

This week, seek the face of The Lord. Seek his will and get to know him better, after all he is the author of your life and that of the child you are carrying. The above scripture defines seeking The Lord, it is to inquire of him on the direction to take and to require of him anything in life. He knows what is best for you.

The promise is clear that when we enquire and require of him, he will be found of us. In this journey of seeking him, it has to involve all your being: it has to be with all your heart, soul and life. It is a call to fully engage with him and get to know him more and deeper. Yes, one can get acquainted with God to that level. Moses was a man who walked with God and conversed with him face to face. What of Enoch who walked with God in his time until God took him!

Set your heart to seek the face of God. Tell him you want only his will for your life and that of your child.

I pray for you that the grace of God will direct you. As you seek his face may you get to know him fully!

Declare this,

As I seek his face, I am finding inner peace in this world. My life is turning out to be a life led by God in all I do.

Quick reference

Your baby

Your baby weighs about 10 1/2 ounces now. He's also around 6 1/2 inches long from head to bottom and about 10 inches from head to heel. He's swallowing more these days, which is good practice for his digestive system. He's also producing meconium, a black, sticky by-product of digestion. This gooey substance will accumulate in his bowels, and you'll see it in his first soiled diaper (some babies pass meconium in the womb or during delivery).

You

You've hit the halfway mark in your pregnancy. The top of your uterus is about level with your belly button, and you've likely gained around 10 pounds. Expect to gain another pound or so each week from now on. (If you started your pregnancy underweight, you may need to gain a bit more; if you were overweight, perhaps a bit less.)

WEEK 21

HE IS WITH YOU

When you pass through the waters, I will be with you, and through the rivers, they will not overwhelm you. When you walk through the fire, you will not be burned or scorched, nor will the flame kindle upon you. (Isaiah 43:2 AMP)

It brings much comfort to know that when you face or pass through difficulties you have someone on your side who can handle it. The scripture above carries such a promise for you this week.

He says that when you pass through the waters, he will be there with you and when you pass through the rivers they will not overwhelm you. This journey can turn out to be a river of emotions but this will not overwhelm you as you have The Lord by your side. The children of Israel saw The Lord part the Red Sea and the Jordan river for them resulting in them crossing over the greatest obstacles to their journey in style. You too will experience this!

There are times the things you experience are like walking through the fire. The promise is sure, the fire will not burn you nor scorch you. The flame will not kindle on you. So when others who don't know The Lord struggle, you will enjoy his protection all the way through.

This week, he is with you and your child. Let this truth and reality fill your mind. Whatever the enemy tries to do will not work.

I pray for you that as you face any challenge and walk through any difficult you will experience the assurance of his abiding presence.

Declare this,

I am walking in fullness of the protection of Jehovah. I will fear not when I pass through the waters and through the fire. My victory is certain in Jesus' name.

Quick reference

Your baby now weighs about three-quarters of a pound and is approximately 10 1/2 inches long. You will soon getting the kicks and nudges.

You

You're probably feeling pretty comfortable these days. You're not too big yet, and the usual discomforts associated with early pregnancy are, for the most part, gone. If you're feeling good, relax and enjoy it while you can — the third trimester may bring with it a new crop of complaints.

That's not to say you won't have some minor glitches to deal with now.

WEEK 22

HE IS THE GIVER OF CHILDREN

He gives the childless woman a family, making her a happy mother. Praise the Lord! (Psalms 113:9 NLT)

Conception is certainly the act of God. With the advanced medical and scientific things there are still many wanting to have children but still struggle. A few years back a precious saint had a child but her journey to this miracle baby needed God's hand. She had to undergo many failed operations to deal with one thing after another as a cause of her childlessness.

At one time she was giving up and opting for adoption. When we committed ourselves to prayer and committed this problem into the hands of God, she conceived. At the age of forty when all the odds were stacked against her she held the baby girl in her hands.

God is the one that gives the childless woman a family, making her a happy mother. This journey you are taking is all in the hands of The Lord. It is important that your focus remains on God as the author of children. This journey might present some pain, don't vacillate in your thoughts, keep your focus on God!

Medical science might be telling you different things, believe only God's word. You will hold this precious gift in your hand despite the odds.

I pray for you today that you be a witness of God's goodness with regards delivery of this child.

Declare this,

By God's grace I am a joyous parent. My house will be filled with children that will grow to be a blessing in this world.

Quick reference

Baby

Your baby is starting to look like a miniature newborn. His lips, eyelids, and eyebrows are becoming more distinct, and he's even developing tiny tooth buds beneath his gums. His eyes have formed, but his irises (the colored part of the eye) still lack pigment.

You

At least half of pregnant women develop stretch marks by the time they give birth. These small streaks of differently textured skin can range from pink to dark brown (depending on your skin color). Although they most commonly appear on your tummy, stretch marks may also show up on your buttocks, thighs, hips, and breasts. There's no proof that lotion helps prevent stretch marks, but keeping your skin moisturized may help with any itching.

WEEK 23

THE POWER OF YOUR TONGUE

I create the fruit of the lips; Peace, peace to him that is far off, and to him that is near, saith the Lord; and I will heal him. (Isaiah 57:19 KJV)

We all have heard of the power of the tongue from an early age in our lives. If not, we personally discovered that power as a result of the words we spoke to people. Death and life are truly in the power of the tongue. The Apostle James says the tongue is a small member but it boasts much destruction (James 3:5-6).

God says he creates the fruit of the lips in the above verse. The words we speak are like seeds that are planted and with time bring about fruit. There are different types of seeds, some good and beneficial and some not good at all. God as the Creator gives life to the words you speak. If you speak peace, you harvest peace. If you speak anger, you harvest anger. If you speak healing you will reap and harvest healing.

The choice is yours on what words to speak. There might be pressure on you to say something negative but think about it first. Think about the outcome of the words you speak over yourself and the child you are carrying. This week, consciously speak words of peace, healing and progress. Your life will begin to take a new positive twist.

I pray for you for the grace to choose your words correctly.

Declare this,

I sow seeds of good words. Peace, healing and health are mine. I am programmed to overcome in Jesus' name.

Quick reference

Baby

Blood vessels in her lungs are developing to prepare for breathing, and the sounds that your baby's increasingly keen ears pick up are preparing her for

entry into the outside world. Loud noises that become familiar now — such as your dog barking or the roar of the vacuum cleaner — probably won't faze her when she hears them outside the womb.

You

You may notice that your ankles and feet start to swell a bit in the coming weeks or months, especially at the end of the day or during the heat of summer. Sluggish circulation in your legs — coupled with changes in your blood chemistry that may cause some water retention — may result in swelling.

Also, try to exercise regularly to increase circulation, and wear support stockings (put them on first thing in the morning) and roomy, comfortable shoes. You may be tempted to skimp on liquids to combat swelling, but you need to drink plenty of water because staying hydrated actually helps prevent fluid retention.

WEEK 24

HE GOES BEFORE YOU

**And the Lord, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.
(Deuteronomy 31:8 KJV)**

Fear is responsible for many dead dreams. Ask yourself today, how many things have you not accomplished because of one fear or another? One man once said that the graveyard is the richest place in the world as it carries many brilliant ideas that were never implemented owing to fear.

This week you need not to fear because you have a strong companion who has gone this way ahead of you. He knows every obstacle and pothole on the way. He has analysed the road and knows the things to do to ensure that you make it to the end.

Every negative spirit that imagined trapping you and destroying you in this journey will not succeed. He says he will be with you. He will not fail you. He doesn't know how to fail for he has never failed. He is the right companion for this journey. There are some companions that can't stomach challenges and when things get tough they flee. God is with you in this journey and will not forsake you.

I pray for you that fear be totally removed from your life. That this journey be of courage and fulfilled expectations.

Declare this,

I will not fear because I have a great companion walking this journey with me in

Jesus' name.

Quick reference

Baby

His brain is growing quickly now, and his taste buds are continuing to develop. His lungs are developing "branches" of the respiratory "tree" as well as cells that produce surfactant, a substance that will help his air sacs inflate once he hits the outside world. His skin is still thin and translucent, but that will start to change soon.

You

In the past few weeks, the top of your uterus has risen above your belly button and is now about the size of a soccer ball.

WEEK 25

YOU ARE CROSSING OVER

And the priests that bare the ark of the covenant of the Lord stood firm on dry ground in the midst of Jordan, and all the Israelites passed over on dry ground, until all the people were passed clean over Jordan. (Joshua 3:17 KJV)

It is easy for one to develop fears and doubts on whether an endeavour in life will be successful. As you carry this child in your twenty fifth week, these fears might be real to you.

When we look in scripture, we see the children of Israel departing from the wilderness where they had gone around in circles for forty long years. Now the

time of their salvation had come. Finally they could cross over into the Promised Land and bid farewell to the life of the desert. Some fears might have developed in some of them; was this surely the moment of salvation? Getting to the Jordan River which was flooded might have confirmed some of those fears. Thank God for his grace.

The priests that bare the ark of the covenant of The Lord stepped forward and stood firm in the midst of the Jordan. A miracle happened, the waters were rolled away. All the people crossed on dry ground, got to the other side clean and dry.

You too are crossing over on dry ground. You will get to the other side clean and dry by God's grace. You will continue to witness special miracles in these coming weeks.

I pray for you that you will witness special miracles this week. Any obstacle presented before you by the enemy will be overcome in Jesus' name.

Declare this,

I thank you Lord for all the evil waters meant to endanger me and to prevent me from crossing over are being miraculously rolled away this week.

Quick reference

Baby

Head to heels, your baby now measures about 13 1/2 inches. She's also growing more hair — and if you could see it, you'd now be able to discern its color and texture.

You

You may notice that you can't move around as gracefully as before. Unless your caregiver has advised you otherwise, it's fine to continue to exercise, but safely: Don't work out when you're feeling overly tired and stop if you feel any pain, dizziness, or shortness of breath. Don't lie flat on your back and avoid contact sports as well as any exercise where you're apt to lose your balance. Be sure to drink plenty of water, and make time for both warm-up and cool-down periods.

WEEK 26

HE WILL GIVE YOU REST

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” (Matthew 11:28-30 NLT)

You might be feeling like someone who is carrying a heavy burden right now. Thank God we have a place where we can take all our burdens. In the above scripture, Jesus puts the invitation to you and says come to me, with your weariness and those heavy burdens, he is sure to give you rest.

This scripture is applicable to you this week. All types of burdens can be handled by him. It might be emotional burdens or literally the physical burden he says bring it all. At this time it is important that you develop your relationship with The Lord Jesus, speak to him regularly in prayer. He will lighten the burden for you. He will teach you ways in which to handle life and this will bring rest to your soul.

The pressures of this world can break you apart if you try to handle them on your own, give them over to The Lord Jesus to handle for you. He is willing to exchange your heavy burdens with a lighter load. Don't carry all that pressure, give it to him.

I pray for you that you find the courage and strength to give all your burdens to The Lord this week.

Declare this,

All my burdens I surrender to The Lord today. I exchange fear for courage, sorrow for joy, anxiety for faith and I sail through to my victory in this season.

Quick reference

Your baby

The network of nerves in your baby's ears is better developed and more sensitive than before. He may now be able to hear both your voice and your partner's as you chat with each other. He's inhaling and exhaling small amounts of amniotic fluid, which is essential for the development of his lungs. These so-called breathing movements are also good practice for when he's born and takes that first gulp of air.

And he's continuing to put on baby fat.

You

Around this time, your blood pressure may be increasing slightly, although it's probably still lower than it was before you got pregnant.

WEEK 27

DRY BONES WILL LIVE AGAIN

Again He said to me, Prophecy to these bones and say to them, O you dry bones, hear the word of the Lord. Thus says the Lord God to these bones: Behold, I will cause breath and spirit to enter you, and you shall live; (Ezekiel 37:4-5 KJV)

This week, I want you to understand the power that God has placed in your words. You might not have the title prophet before your name but God has given you the ability to bring about change in your circumstances.

The prophet Ezekiel was brought by the Spirit into a valley which was full of dry bones. It must have been eerie and scary. A situation that would make anybody tremble. It is in this situation that God tells the prophet to be a participant in the miracle of changing the situation.

You might not be in a valley of dry bones but some situations before you might look impossible, this is where your words come in. You can speak to each and every situation. You can use your tongue as a medium to bring about the change you want to see. In this valley, the prophet began to prophesy as instructed and he witnessed a transition from skeletons to a living army.

This week, begin to declare God's word in your health, in the health of your child, in your family and in your finances. What you speak is what you get. You will be a witness of the progress that only God can give.

I pray for you that as you speak under the instruction of the Spirit of God, may mountains begin to move for you in Jesus' name.

Declare this,

I am a witness this week of impossible things becoming possible for with God nothing shall be impossible. I participate in my miracles using my mouth.

Quick reference

Your baby

She's sleeping and waking at regular intervals, opening and closing her eyes, and perhaps even sucking her fingers. With more brain tissue developing, your baby's brain is very active now. While her lungs are still immature, they would be capable of functioning — with a lot of medical help — if she were to be born now.

You

Along with an aching back, for example, you may find that your leg muscles cramp up now and then. They're carrying extra weight, after all, and your expanding uterus is putting pressure on the veins that return blood from your legs to your heart as well as on the nerves leading from your trunk to your legs. When a cramp strikes, stretching the calf muscle should give you some relief.

WEEK 28

BAALPERAZIM

And David came to Baalperazim, and David smote them there, and said, The Lord hath broken forth upon mine enemies before me, as the breach of waters. Therefore he called the name of that place Baalperazim. (2 Samuel 5:20 KJV)

In life challenges are always part of the package, this is a reality. King David got anointed as king and immediately the Philistines started chasing him so as to destroy him. The blessing of The Lord is attractive even to the enemy.

When faced by the Philistines, David was able to overcome because he fought under the direction of God. He smote them and named the place *Baalperazim*. He relied and depended on God and because of that God overcame his enemies as a breach of many waters. His deliverance was instant and the enemy could not figure out how they were overcome despite their military supremacy.

What you are facing today as a challenge might be great but you will see the breakthrough that only God gives. Don't surrender or give up. Hold on to God's word and promises. Your victory is certain if you operate under the leading hand of God.

I pray for you this week that you be a witness of breakthroughs from The Lord. May you witness God's hand at work even against might things that were levelled against you!

Declare this,

I am a participator in the breakthroughs that God is giving. I am emerging victorious in every battle that I was fighting.

Quick reference

Your baby

She can blink her eyes, which now sport lashes. With her eyesight developing, she may be able to see the light that filters in through your womb. She's also developing billions of neurons in her brain and adding more body fat in preparation for life in the outside world.

You

The third and final trimester starts this week. If you're like most women, you'll gain about a pound per week this trimester.

WEEK 29

LIFE TO YOUR RELATIONSHIPS

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? (Ecclesiastes 4:9-11 NLT)

Life is always meaningful when there are close-tie relationships! Shoulders you can lean on, arms which can embrace you for comfort and friends that can cheer you on. When there are no relationships or these relationships are not working, the stress levels increase jeopardizing you and your child.

Solomon shows us the value of relationships. Two people are better than one they can help each other to succeed. There is value in the encouragement that they can give each other. When one stumbles, the other can uphold them and help them stand again. The one who stands alone is not standing at all because the least of challenges will mow them down! Two people lying close to each other keep each other warm unlike the one who is alone.

We are however not oblivious of the fact that the devil fights good relationships. He comes to kill, steal and destroy and wherever good seed is sown, he wants to sow evil seed. This results in much tension in relationships.

This week, may the life of God visit your relationships! May things be fixed by his grace so that bad relationships will be fixed! May the grace of God dig deep into the depth of your soul and eradicate or bitterness and resentment that might have developed in you over time. These cause tension and pain in relationships. May your child also experience the working of this grace from this time!

I pray for healing over your life. May all form of bitterness be removed. I pray that those who abandoned you will find it in their heart to come back to you.

Declare this,

The Holy Spirit is strengthening my relationships. I walk in power and in victory benefiting from God inspired relationships.

Quick reference

Your baby

Your baby's muscles and lungs are continuing to mature, and his head is growing bigger to make room for his developing brain. To meet his increasing nutritional demands, you'll need plenty of protein, vitamins C, folic acid, and iron.

You

Your baby's very active now. Your healthcare provider may ask you to spend some time each day counting kicks and will give you specific instructions on how to do this. Let your provider know if you ever notice that your baby is becoming less active.

WEEK 30

YOU WILL REVIVE

My people will again live under my shade. They will flourish like grain and blossom like grapevines. They will be as fragrant as the wines of Lebanon. (Hosea 14:7 NLT)

The Old Testament shows us the love and patience of God. Many times the children of Israel would stray, follow idols and worship all sorts of things. Patiently God would call them back, he would send prophets to them to show them the way. His love surely is amazing.

There are times that we also make mistakes, we depart from his ways and he loves and patiently awaits our return. The above scripture shows us one of the promises God gives to the children of Israel. There is nothing that compares to living under the shade and covering of God! It brings with it special benefits. Look at Psalm 91 and the promises it carries for those who dwell under the shadow of God's wings.

Is there an area in which you have strayed? God is patiently asking you to return. Under his covering you will flourish like grain and blossom like the grapevines.

Your life will revive again. Don't focus on the mistakes you made, focus on his grace.

God will give you a fragrant, you will be a sweet smelling perfume which the world will appreciate.

I pray for you this week that you find your way into the loving arms of The Lord in any area you might have strayed from him.

Declare this,

I am God's beloved. I am reviving, flourishing like grain and blossoming like grapevines. My children are partakers of this same blessing.

Quick reference

Your baby

Your baby's about 15.7 inches long now and weighs almost 3 pounds. A pint and a half of amniotic fluid surrounds her, but that volume will shrink as she gets bigger and takes up more room in your uterus. Her eyesight continues to develop, though it's not very keen; even after she's born, she'll keep her eyes closed for a good part of the day. When she does open them, she'll respond to changes in light but will have 20/400 vision — which means she can only make out objects a few inches from her face. (Normal adult vision is 20/20.)

You

You may be feeling a little tired these days, especially if you're having trouble sleeping. Not only are you heavier, but the concentration of weight in your

pregnant belly causes a shift in your center of gravity. Plus, thanks to hormonal changes, your ligaments are more lax, so your joints are looser, which may also contribute to your balance being a bit off.

WEEK 31

YOU SHALL EAT AND BE SATISFIED

And ye shall eat in plenty, and be satisfied, and praise the name of the Lord your God, that hath dealt wondrously with you: and my people shall never be ashamed. (Joel 2:26 KJV)

Have you ever been a place where you feared lack? These might be some of the considerations you are going through right now. Will you be able to look after this child? Will they always have the necessities that they require until they are adults?

This week, the promise from The Lord is clear, you shall eat in plenty. This means you will be abundantly supplied in all the necessities of life and this is

also true for the special seed you are carrying. He is doing wonderful things in your life and as you worship him and commit to following him, shame will never be a part of your life.

The word tells us that, "God shall supply all your needs according to his riches in glory by Christ Jesus." Imagine his glorious riches! This is the place from which you draw your supply. One of the important things you must begin to do this week is to abandon worry.

Look at the following words from our Lord,

“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? (Matthew 6:25 NLT)

He says look at the birds and look at the flowers of the valley. God abundantly takes care of them. You are of more value to him than these.

I pray for you today that every degree of worry be removed from your life. May you walk in the fullness of God's abundant supply!

Declare this,

I will eat and be satisfied. Lack shall no more be named in my life as Jehovah-Jireh is supplying all my needs according to his riches in glory.

Your baby

This week, your baby measures over 16 inches long. He weighs about 3 1/3 pounds and is heading into a growth spurt. He can turn his head from side to side, and his arms, legs, and body are beginning to plump out as needed fat accumulates underneath his skin. He's probably moving a lot, too, so you may have trouble sleeping because your baby's kicks and somersaults keep you up. Take comfort: All this moving is a sign that your baby is active and healthy.

You

Have you noticed the muscles in your uterus tightening now and then? Many women feel these random contractions — called Braxton Hicks contractions — in the second half of pregnancy. Often lasting about 30 seconds, they're irregular, and at this point, they should be infrequent and painless.

WEEK 32

POSSESS YOUR POSSESSIONS

But upon mount Zion shall be deliverance, and there shall be holiness; and the house of Jacob shall possess their possessions. (Obadiah 1:17 KJV)

There is something that always fascinated me from any early age and as a young Christian, we felt closer to God when we went up a mountain to pray. The mountain being the highest point gives you a view of everything else. It gives a feeling of control and dominance.

You however don't need to go up a mountain to be close to God. He is closer to you than your breath but there is a place you can venture into. This place is called His Presence. It will give you that feeling of control and dominance as you view everything else from this place. It is in his presence that you find deliverance and holiness.

This week, as you are moving towards your final delivery, we want you to venture up this mountain called mount Zion, right in God's presence. There you will begin to see the way God sees and respond to things the way God would respond to them. May this week be a week of possessing that which is yours! In the presence of God everything lost is recovered!

I pray for you that the grace of God surrounds you and transports you into his very presence.

Declare this,

I am possessing that which belongs to me. I am recovering everything that the enemy stole from me as I operate from the presence of God.

Quick reference

Your baby

By now, your baby weighs 3 3/4 pounds and is about 16.7 inches long, taking up a lot of space in your uterus. You're gaining about a pound a week and roughly half of that goes right to your baby. In fact, she'll gain a third to half of her birth weight during the next 7 weeks as she fattens up for survival outside the womb. She now has toenails, fingernails, and real hair (or at least respectable peach fuzz). Her skin is becoming soft and smooth as she plumps up in preparation for birth.

You

To accommodate you and your baby's growing needs, your blood volume has increased 40 to 50 percent since you got pregnant.

WEEK 33

SILENCE THE ENEMY

**Do not gloat over me, my enemies! For though I fall, I will rise again.
Though I sit in darkness, the Lord will be my light. (Micah 7:8 NLT)**

Everyone has people that hate them, some they know and most they don't. Such people can go to all sorts of extends to destroy your progress. Their actions may range from speaking bad words to actually engaging and plotting your downfall. Thank God we don't need to know what our enemies are doing, God Himself who is omnipotent fights for his children.

Micah says do not rejoice over me my enemies! Even at your lowest point do not fear. When you fall you have The Lord to lift you up. You will rise again! Even when you are put in darkness, The Lord will be your light.

This week, discard all fear of enemies and their bad words against you and your child. You will rise again, The Lord will be your light. He will grant you ideas on how to go forward even in moments when you seem to be failing.

The Psalmist says *a thousand will fall dead besides you and ten thousand all around you but it will not come near you*. Such is the reward of the wicked but you will sail through by God's grace.

I pray for you today that every plot by your enemies yields no results. Every plan by the devil and his agents fails in Jesus' name.

Declare this,

I rise again, The Lord is my light. My future is bright because The Lord is on my side.

Quick reference

Your baby

This week your baby weighs a little over 4 pounds and has passed the 17-inch mark. The bones in his skull aren't fused together, which allows them to move and slightly overlap, thus making it easier for him to fit through the birth canal.

You

As your baby fills out even more of your belly, lots of things might start to change: Whereas before you were sashaying, you may find yourself waddling. Finding an easy position to sit in — let alone sleep — is becoming more of a challenge. And bumping into chairs and counters is par for the course.

HE IS YOUR STRONGHOLD

The Lord is good, a strong refuge when trouble comes. He is close to those who trust in him. (Nahum 1:7 NLT)

The Lord is your stronghold today, you need to hold on and trust him all the way. Trouble might arise all around you but fear not for our God is dependable. He watches over his word to do it.

In this journey in which you are in partnership with God to bring this child into the world, you might be experiencing different feelings or things that may break you. Depression might set in and a number of fears. Today I exhort you to look to God, he is dependable.

People in this world can tell you one thing and do the complete opposite. Only God is dependable. Trouble will come and when that happens, you need a strong refuge. One that can defy all assault and maintain what is in it. Such is God to you this week.

Don't despair in this hour, trust in him. Speak to him, share with him your areas of fear and vulnerability and he is sure to sustain you.

I pray for you today that the power of the Holy Spirit upholds you and gives you strength in this last mile.

Declare this,

I am strong because I am depending on the God of strength. I am safe because God is my refuge and the refuge for my child.

Quick reference

Your baby

Your baby now weighs about 4 3/4 pounds and is almost 18 inches long. Her fat layers — which will help regulate her body temperature once she's born — are filling her out, making her rounder. Her skin is also smoother than ever. Her central nervous system is maturing and her lungs are continuing to mature as well. If you've been nervous about preterm labour, you'll be happy to know that babies born between 34 and 37 weeks who have no other health problems generally do fine. They may need a short stay in the neonatal nursery and may have a few short-term health issues, but in the long run, they usually do as well as full-term babies.

You

By this week, fatigue has probably set in again, though maybe not with the same coma-like intensity of your first trimester. Your tiredness is perfectly understandable, given the physical strain you're under and the restless nights of frequent pee breaks and tossing and turning.

Now's the time to slow down and save up your energy for labour day (and beyond). If you've been sitting or lying down for a long time, don't jump up too quickly. Blood can pool in your feet and legs, causing a temporary drop in your blood pressure when you get up that can make you feel dizzy.

WEEK 35

A WORK IN YOUR DAYS

The Lord replied, “Look around at the nations; look and be amazed! For I am doing something in your own day, something you wouldn’t believe even if someone told you about it. (Habakkuk 1:5 NLT)”

God is the master builder. Imagine this, he created the whole universe with his words. Everything we see around us was made by him. You are his special product and the child you are carrying today is his product. When he looks at you and your child, you are his special product. When he looked at Adam, he was happy with what he had done.

This week, The Lord is saying look around the nations, be amazed by what you are seeing. He says I am doing something in your own day. Something that if you are told you would not believe it. It is a perfect work to make you what he has always planned. No man can stop this work that God is doing.

In this work, he will perfect you. He wants to bring success and progress to you. He wants to make you his billboard, an example to the world of what he does with his children.

I pray that God's work in your life and that of your child will continue unhindered.

Declare this,

I am God's masterpiece! My life is changing for the best as he is working a work in my day which will cause the world to marvel.

Your baby doesn't have much room to maneuver now that he's over 18 inches long and tips the scales at 5 1/4 pounds. Because it's so snug in your womb, he isn't likely to be doing somersaults anymore, but the number of times he kicks should remain about the same. His kidneys are fully developed now, and his liver can process some waste products. Most of his basic physical development is now complete — he'll spend the next few weeks putting on weight.

You

Your uterus — which was entirely tucked away inside your pelvis when you conceived — now reaches up under your rib cage. If you could peek inside your womb, you'd see that there's more baby than amniotic fluid in there now. Your ballooning uterus is crowding your other internal organs, too, which is why you probably have to urinate more often and may be dealing with heartburn and other gastrointestinal distress. If you're not grappling with these annoyances, you're one of the lucky few.

WEEK 36

HEAVENLY PROTECTED

On that day the announcement to Jerusalem will be, “Cheer up, Zion! Don’t be afraid! For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.” (Zephaniah 3:16-17 NLT)

You are almost there and God's word to you this week is cheer up! There is power in rejoicing that brings life to your veins, bones and muscles. When you are gloomy, it opens doors to opportunistic attacks from the enemy. The scripture

above exhorts you not to be afraid. This is because fear also opens the wrong doors. It is the opposite of faith. When Peter had faith, the result was that he walked on water. When he doubted and became afraid, he started to sink. We can therefore conclude that faith causes you to progress and fear causes one to sink.

God is with you, this is the reason why you should not fear. The creator of everything lives in you in the form of his Holy Spirit. This must give you confidence. He is mighty and none can threaten him, nothing defeats him! God is delighted to be your father at a time such as this. He loves you dearly and he wants you to know that you can be confident in his ability to carry you through this season.

This week, take time to worship him and to praise him. As you do so, he will reveal to you his love and grace. You will see God even when the time for labour comes. He will sustain you for that is what he is able to do.

I pray for you this week that strength comes to you in your muscles and veins. May all pains and aches cower in the face of God's healing grace!

Declare this,

I am walking in victory. Joy is my portion. I receive strength in my muscles. I will deliver this precious gift by God's strength on whom I depend.

Quick reference

Baby

Your baby is still packing on the pounds — at the rate of about an ounce a day. She now weighs almost 6 pounds and is more than 18 1/2 inches long. She's shedding most of the downy covering of hair that covered her body as well as the vernix caseosa, the waxy substance that covered and protected her skin during her nine-month amniotic bath. Your baby swallows both of these substances, along with other secretions, resulting in a blackish mixture, called meconium, will form the contents of her first bowel movement.

At the end of this week, your baby will be considered "early term." (Full-term is 39 to 40 weeks. Babies born before 37 weeks are pre term, 41 weeks is late term, and those born after 42 are post-term.) Most likely your baby is already head-down.

You

Now that your baby is taking up so much room, you may have trouble eating a normal-size meal. Smaller, more frequent meals are often easier to handle at this point. On the other hand, you may have less heartburn and have an easier time breathing when your baby starts to "drop" down into your pelvis. This process — called lightening — often happens a few weeks before labor if this is your first baby. (If you've given birth before, it probably won't happen before labor starts.)

WEEK 37

SUPERNATURAL SUPPLY

They all ate as much as they wanted, and afterward, the disciples picked up twelve baskets of leftovers. About 5,000 men were fed that day, in addition to all the women and children! (Matthew 14:20-21 KJV)

One of the experiences we have had with those that are pregnant has been fear of lack of resources to take care and provide for the child. These fears are usually in the minds of many parents to be. This week it is important that we visit this issue and hear what God's word is saying to us.

Jesus came to the earth to demonstrate and show us God's grace. He showed us in his life here on earth that by God's grace we can be witnesses of his supernatural provision. The multitudes followed Jesus and after preaching to them and healing their sick, he realized that they were hungry. He had compassion on them and could not send them away in that state.

With the little that was available: five loaves of bread and two fish, Jesus was able to feed a multitude and collect twelve baskets of leftovers. God will multiply the little that is available. He will make the little resources go further than you imagined and bring out more than you envisioned. He will make what seems little do much more. You will have leftover resources.

Five thousand men besides women and children were fed. Just a prayer of thanksgiving from Jesus multiplied the bread and fish. Today, we see a principle here. Give thanks for that which you have, God will perform a miracle of multiplication on it.

I pray this week giving thanks to God for the resources you have set aside in preparation for your child. May God's multiplying grace multiply your resources in Jesus' name!

Declare this,

I am a witness of the supernatural. My resources are multiplied and are going further than I imagined. I walk in faith this week.

Quick reference

Baby

Your due date is very close now, but doctors don't consider your baby "full term" until 39 weeks. Spending the next two weeks in the womb allows your baby's brain and lungs to fully mature. So if you're planning to have a repeat c-section, for example, your practitioner will schedule it for no earlier than 39 weeks unless there's a medical reason to intervene earlier.

Your baby weighs 6 1/3 pounds and measures a bit over 19 inches, head to heel. Many babies have a full head of hair at birth, with locks from 1/2 inch to 1 1/2 inches long. But don't be surprised if your baby's hair isn't the same colour as yours.

You

Braxton Hicks contractions may be coming more frequently now and may last longer and be more uncomfortable. You might also notice an increase in vaginal discharge. If you see some "bloody show" (mucus tinged with a tiny amount of blood) in the toilet or in your undies, labor is probably a few days away — or less.

WEEK 38- 40

THE GRACE TO FINISH

Saying, This man began to build, and was not able to finish. (Luke 14:30 KJV)

We pray for you today that God's grace to finish overshadow you. We pray for strength in your body, soul and spirit. We pray that your mind will not succumb to depression or fear.

You will bring this child up in the fear of The Lord. We pray that you be strengthened with might by God's Spirit in the inner man. May every enemy that was working and operating against you and your child be defeated today in the mighty name of Jesus!

We pray for favour with man for you and your child even as you have favour with God. May wise men come from the east to speak a blessing upon your child! May challenges be rolled away for you in Jesus' name!

We pray that as you go through labour, may God's hand sustain you in Jesus' name.

David says, *'I was young and now I am old, I have never seen the righteous*

forsaken nor their children begging for bread.' May this be your child's portion!
We declare supernatural supply in his or her life.

We pray for your child, they will grow up in the fear and in the knowledge of God. The grace of God is on you to impart the wisdom of God and teach his word. As the word says, *'bring up a child in the ways of God and he will not depart from it.'*

We commend you to the word of God's grace this week which is able to build you up and give you an inheritance amongst the saints.

You will run and finish! You will not fail in this journey. This child will live until he or she is satisfied. We speak today against premature death and any attempts of the enemy to steal this life.

We declare and decree your child will fulfil their purpose here on earth. Angels have been deployed to make their journey on earth meaningful. We banish all the attempts of the enemy to lure them into any forms of addiction and wrong living.

You will build and finish. Amen

Congratulations, we love you!

Charles & Juliana Magaiza
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