



New baby

Reflections

A short devotional guide for new mums
and mums getting back into the scriptures
after adjusting to motherhood





Congratulations

on your brand new baby!

My prayer is that this guide helps you to stay close to God during this wonderfully blessed and tremendously exhausting time of life. However your birth went, God is there to hear your praises or your pleas for grace. These reflections start off shorter for bursts of God's word in the sleep deprived early days and grow longer to expand into in depth quiet times.

My births and recoveries were wildly different with my two babies. My daughter came into the world after 35 traumatic hours of labour, ending in a forceps assisted birth in the surgery room where I was being prepped for a c-section! My son joined us about two and a half years later after a peaceful 12 hour water birth. It took months to recovery from my first baby. A mixture of low iron, extreme fatigue and post natal depression meant that I could barely read the scriptures. The recovery was much easier with my second baby but I also had a toddler to care for, so though my appetite for scripture was much larger the second time round, I had even less time than I knew was possible! I share this to encourage you to go at your pace. God is with you whether you read his word, listen to his word or just sing along to scripture filled songs. At the back of this devotional guide, you'll find some useful resources to help you setting the spiritual foundation for your baby and some practical support with breastfeeding and other things that can initially be tricky too.

May these reflections aid your daily times with God, whether you read through them in two weeks, two months or two years.

Yours in Christ,

Rachael Twumasi-Corson





Day 1

Isaiah 40:11

He tends his flock like a shepherd:
He gathers the lambs in his arms
and carries them close to his heart;
he gently leads those that have young.

We are God's flock and he is our shepherd. A shepherd is gentle with all the sheep in his care. A shepherd is particularly gentle when leading those with lambs.

However the birth went, however you're feeling, God knows you're fragile right now and is leading you gently. You're free to rest and recover, relax and let Him guide you.


Question

Do you trust God to gently lead you through the journey of motherhood?



Prayer

Pray for those that have young; yourself and other mums you know.





Day 2

Genesis 4:1

Adam made love to his wife Eve, and she became pregnant and gave birth to Cain. She said, "With the help of the LORD I have brought forth a man."

Right at the start of the creation account, we meet Adam and Eve, then we see them co-create with God. Take a moment to reflect on how incredible your body is. You've brought forth life into the world as guided by Jehovah, the supreme eternal God who created the stars in the sky and the sand on the shore.

However you're feeling, know that you've accomplished something incredible. You're a creator in His image.


Question

What fills you with awe in God's creation today?



Prayer

Pray for opportunities to help shape your child (or children) into the person God made them to be.





Day 3

Isaiah 40:28-31

Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Caring for a newborn is exhausting. The night feeds. The crying. The complete dependence on mum and dad (but mainly mum!) All this when you're recovering from what can feel like having been hit by a car after running a marathon. God will give you the rest you need and the strength you need. God will provide the support you need when you're out of energy, just as he did during the birth.

Though it can be harder to find time to pray and read when you have a newborn to care for, let the unique vulnerability of being a new mum help you connect to God in a whole new light: as our perfect parent.

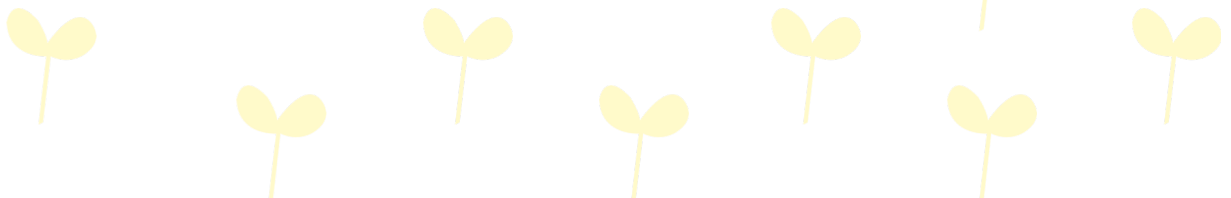
Question

How has God been your strength when you were weak today?



Prayer

Pray for energy to care for the baby God has blessed you with.



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Day 4

Psalm 42:6-8

“My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon - from Mount Mizar. Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. By day the LORD directs his love, at night his song is with me - a prayer to the God of my life.”

The emotional high of a new baby is soon followed by a wave of crashing hormones and deep blues. Feeling overwhelmed, tearful, irritable and down is normal for new mums.

The psalmist responds to his downcast soul by remembering God, worshipping him and seeking his loving direction. He prays through the night to the one who gives life. Meditate on these verses and remember God.


Question

What are the signs that God is with you through changing emotions?

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Prayer

Pray for the peace and joy that come from God.

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Day 5

Ephesians 4:26-27

“In your anger do not sin”:
Do not let the sun go down while you are still angry, and do not give the devil a foothold.

The baby blues and intense sleep deprivation can make you irritable and snappy. Whilst feeling this way isn't sinful, it's easy for it to lead to sin. Directing anger towards our husbands or even other children can feel like a valid outlet and that's exactly what Satan wants us to think.

Anger often alerts us that something isn't right or masks feelings of rejection and pain. When you're angry don't lash out, go to God in weepy prayer. He will comfort you.


Question

Is there anyone you need to apologise to for sinning against them in anger?



Prayer

Pray for self control to work through emotions without snapping or lashing out at those closest to you.





Day 6

Isaiah 49:15-16

“Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands; your walls are ever before me.”

We're more likely to forget our babies as they nurse than God is to ever forget us. How incredible is that? He reassures us of his love and reminds us of the pain he's endured for us by likening it to giving birth and nursing then casually casting aside our baby.

Newborns spend a lot of time feeding and as joyful as this is, it can be painful. Pain from milk coming in, pain from the uterus contracting as baby feeds. Those contractions are in response to oxytocin: the love chemical released when baby nurses. We're bonded to our babies through this pain. They're engraved on our bodies through our stretch marks, just as Christ engraved us on his palms when he was nailed to the cross: enduring pain to make us God's children.

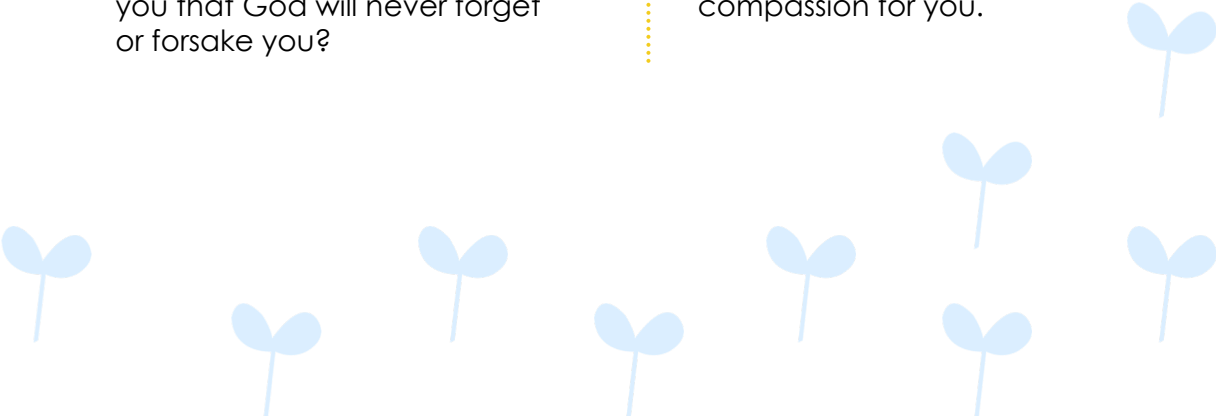
Question

Do you ever feel forgotten by God? What Scriptures remind you that God will never forget or forsake you?



Prayer

Pray for a deep appreciation of God's compassion for you.





Day 7

Jeremiah 17:9-10

The heart is deceitful above all things and beyond cure. Who can understand it? “I the Lord search the heart and examine the mind, to reward each person according to their conduct, according to what their deeds deserve.”

Mum guilt can be intense. Society constantly pushes unobtainable standards and suddenly everyone feels the need to interject in your life when you're a mother! Perhaps as parenting is so important to society, perhaps because they care. Whatever the reason, it can feel stifling to face so much constant judgement, even when some is positive.

God only judges our actions based on what he sees in our hearts. How refreshing to be understood and seen by the only one who knows us completely.

Question

How do you feel about God knowing the intentions behind your conduct?



Prayer

Pray for wisdom to trust God rather than your shifting emotions.





Day 8

Psalm 121:1-4

I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.

God doesn't sleep. He doesn't need to rest and he looks after us 24/7. Newborns are hard work. We all need help through motherhood, whether physically or emotionally, and it's helpful to remember that the creator of the world provides our help from heaven.

Though everyone tells you to “sleep when the baby sleeps,” it can be hard to sleep deeply when your baby makes such strange sounds in their sleep! It's easy to startle yourself awake wondering if they're breathing properly or feel that you need to watch them sleep to keep them safe. God watches us and our babies whilst we sleep and he'll take care of us.

Question

Who are you grateful to God for because they helped you today?



Prayer

Pray to trust in God to provide the help you need.





Day 9

Philippians 4:4-9, 19

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you. ... And my God will meet all your needs according to the riches of his glory in Christ Jesus.

It's tough when you're sleep deprived and feel you've nothing left to give but still have to look after a completely dependent baby and maybe older children and relatives in need too. It helps to remember that you don't have to cope on your own.

God knows exactly what you need, He can and will provide it. You don't need to worry about how you'll cope. Thank God for how he's been with you so far. Focus on the truth – that he's with you. Focus on what is lovely – your precious newborn. Trust in Him and ask Him to help you today.

Question

What requests can you present to God today?



Prayer

Pray with thanksgiving for the peace that transcends all understanding.



Day 10

Psalm 37:23-28

The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand. I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. They are always generous and lend freely; their children will be a blessing. Turn from evil and do good; then you will dwell in the land forever. For the Lord loves the just and will not forsake his faithful ones.

We want to provide for our children. As soon as we become parents we're bombarded with dozens of saving products and questions about their future. It's normal to want to give our children the best possible home, the cutest, most comfortable clothes and an incredible future where they can realise their potential. The bible tells us that the best thing we can provide is an example of delighting in God. When we delight in God we will provide a godly home where love and righteousness are the foundation for each day.

God promises not to forsake us. He wants us to act justly, love mercy and walk humbly with him and he promises to make firm our steps, uphold us and for our children to be a blessing. He also promises an eternal sanctuary for us, the best possible home for our souls, because he loves us.

Question

Do you trust that if you delight in God, seeking first the Kingdom and His righteousness, He will meet your children's needs?

Prayer

Pray for wisdom in how you spend your time and for your children to dwell in the safety God's land forever.

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Day 11

Ephesians 3:14-21

“For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

What are your dreams for your baby? God can do immeasurably more! How incredible that his power works through us and his glory shines not just in Christ, but also in us and in the church that we collectively form?





Day 11 *continued*

Having a deep understanding of God's love helps us to live life to the full and frees us from the worries of this life so that we can dream big for our babies and be a light to them and others. Why worry about weight gain or speed of development when we know that the God whose awesome plans span eternity? The God from whom your family derives its name and the God who can do more than we could ever fathom, has boundless love for you and your baby. Rest in God's love, think with an eternal perspective and dream big.


Question

What big scary dreams can you ask God to bless you with?



Prayer

Pray that God will strengthen you and your family so that Christ may dwell in your hearts and, knowing his love, you will be filled with the fullness of God.





Day 12

Psalm 127:1-5

“Unless the Lord builds the house, those who build it labour in vain. Unless the Lord watches over the city, the watchman stays awake in vain. It is in vain that you rise early and go late to rest, eating the bread of anxious toil; For he gives to his beloved sleep. Behold, children are a heritage from the Lord, the fruit of the womb a reward. Like arrows in the hands of a warrior are the children of one’s youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.”

Being a mum is tiring. Running a household when sleep deprived and emotional from the overwhelming hormone changes is no small feat. It's easy to give in to stress and work relentlessly hoping that our anxious feelings will go away if we just do more activities. When we forget God and try to build our house in our own strength, we labour in vain. God wants to give us good things and He gives His beloved rest. Take that nap! When you've rested, pray for God to give you wisdom in building your house on the foundations He wants for you. He's blessed you with the gift of parenthood and he wants you to enjoy your baby. God will do the hard work whilst you trust in Him and rest in Him.


Question

Are you relying on God to build up your house?



Prayer

Thank God for the blessing of children and ask him to watch over them.




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Day 13

Psalm 139:1-6, 11-18

“You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, LORD, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain.” ... If I say, “Surely the darkness will hide me and the light become night around me,” even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand - when I awake, I am still with you.

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Day 13 *continued*

God has a plan for you and a plan for your baby. He knows you inside out and he is constantly thinking of you. Just as you have hopes and dreams for your baby and can't go a few moments without thinking of them, God who knit you together in your mother's womb always has you on his mind. The same goes for your baby.

God carefully made your baby, cell by cell just as they should be. He's connected their joints and ligaments in precisely the right way and He knows how their life will pan out. God has chosen you to be the one to raise your child to know Him and He is with you as you navigate motherhood.


Question

How do you feel about God searching you and knowing your every thought?



Prayer

Pray to appreciate that you and your baby are fearfully and wonderfully made.





Day 14

Proverbs 30:5

“Every word of God is flawless; he is a shield to those who take refuge in him.”

Now it's over to you! Every one of God's words are flawless. What are your favourites? Write them down and meditate on them. Have them around your home, on cards in your pockets, on your phone, on your fridge, anywhere you look often!

Take refuge in God and he will shield you from the stresses of motherhood.


Question

How does God's flawless word shield you?



Prayer

Pray for God to guide your quiet times.





Resources

Parenting books and blogs:

- 🌱 Raising babies why your love is best - Steve Biddulph
- 🌱 Why love matters - Sue Gerhardt
- 🌱 Boundaries with Kids - Dr. Henry Cloud and Dr. John Townsend
- 🌱 Raising awesome kids in troubled times - Sam Laing
- 🌱 Scriptures to grow on - Sam Laing
- 🌱 [BellyBelly: Pregnancy, Birth & Parenting](#) - evidence-based, pregnancy, birth and baby information

Books for baby:

- 🌱 My Very First Bible Stories - Sarah Vince
- 🌱 Tonight - Emily Assell
- 🌱 When God Made You - Matthew Paul Turner
- 🌱 God Bless You & Good Night - Hannah C. Hall
- 🌱 Good Night, God: Bedtime Prayers for Little Ones - Kim Mitzo Thompson
- 🌱 God Made All of Me: A Book to Help Children Protect Their Bodies - Justin Holcomb

Music:

- 🌱 Search "Scripture lullabies" on Spotify, Apple Music or Amazon Music
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Resources *continued*

Breastfeeding support:

- 🌱 Breast is Best - Dr Penny Stanway
- 🌱 [La Leche League](#) - local In person meetings and an informative site for feeding, sleep and understanding baby behaviour.

Bible study resources & church support:

- 🌱 [Blue Letter Bible](#) – Free tools for indepth bible study including a concordance and Hebrew & Greek dictionaries.
 - 🌱 [The Bible Project](#) – Well researched videos on biblical topics and themes as well as deep dives into individual books of the bible.
 - 🌱 [Douglas Jacoby](#) - thousands of free articles and podcast covering different aspects of faith.
 - 🌱 Churches in London: thelondonchurch.org
 - 🌱 Churches in the UK & Worldwide: disciplestoday.org
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