

**SHE**

*Believed*

**SHE**

*Could*

**SO SHE**

**DID**

**DO NOT**

**FEAR, I AM**

*with you*

**AND WILL**

*strengthen*

**YOU**

**MY BODY**

**AND BABY**

**ARE**

*Healthy*

**AND**

*Strong*

**I AM**

**SURROUNDED**

*WITH love*

**I AM**

*Safe &*

*Supported*

**I AM**  
*Fearfully*  
**AND**  
*Wonderfully*  
**MADE**

**I AM**  
**CLOTHED IN**  
*Strength*  
**AND**  
*Dignity*

**RELAX &**  
**BREATHE**

*Baby*  
**DOWN**

*I Can*  
**AND**  
*I Will*  
**DO THIS**

**HOPE IN**

*the Lord*

**RENEW**

**YOUR**

*strength*

**BE**

*Strong*

**AND**

*Courageous*

**I AM**

*Strong*

**I AM**

*Able*

**I BREATHE IN**

*Peace*

**I BREATHE**

**OUT**

**TENSION**



**MY BODY  
AND BABY  
ARE**

*working  
IN  
harmony*

**I AM**

*Not Afraid*

**MY BODY  
WAS MADE**

*For this*

**GOD'S**

*Joy, Hope  
& Peace*

**FILL MY MIND  
& BODY**

**EVERY**

*Surge*

**BRINGS  
MY BABY**

*Closer  
TO ME*

**I TRUST**

*God,  
my body,  
my baby,*

**AND MY  
INSTINCTS**

**RELAX**

*Slow down  
Calm down*

**AND TRUST**

**I CAN DO**

*all things*  
**THROUGH  
CHRIST WHO**  
*strengthens  
me*

**MY BIRTH**

**WILL BE**

*healthy,  
joyful,*

**AND**

*serene*