

# *Before You Were Born I Knew You*

PRAYING FOR YOUR  
PREGNANCY, BIRTH, AND BABY



*by Phylicia  
Masonheimer*

# Thank you



Whether you purchased this book for yourself or for a friend, thank you!

I was inspired to write *Before You Were Born* when one of my blog readers asked me for a book recommendation. Expecting her first baby this year, she wanted some structure as she prayed over her pregnancy and child. When I couldn't come up with a satisfactory recommendation, I wrote the book myself!

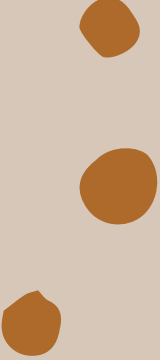
*Before You Were Born* is designed as a guide. It is not an exhaustive list of prayer topics, but is intended to inspire specific intercession for your pregnancy, birth, baby, and self. I hope the ideas listed here will assist you in lifting up the challenges, fears, and priorities individual to your own life and journey.

The book is divided into four topical sections: Pregnancy, Birth, Baby, and

Mama. In each of these sections there are five focus areas. These include a short discussion of the prayer topic and are followed by a list of “prayer points” for you to use in your quiet time. I hope you change, develop, and add to these points as your personal experience requires.

At the back of the book is the Resources section. This includes a list of books, websites, and podcasts I found helpful in my own motherhood journey. I have also included a list of verses and affirmations to use before and during labor. I personally compiled and used this list for my own labor and delivery.

This book approaches pregnancy, labor, and birth from a natural perspective. I did not come to pregnancy with this perspective – in fact, I was just the opposite! But after extensive research, interviewing veteran moms, and



taking multiple classes, I was overwhelmed with the benefits of natural birth. But I was terrified. After my first experience (read more in the introduction), I became passionate about helping other first-time moms find the strength and confidence to do birth the natural way – without fear, but with the Spirit of God. That said, no birth story is a story of failure. All births result in new life, and this book is designed to celebrate that!

Pairing prayer and physical, mental, and emotional preparation will help you enter this experience with confidence. The more you educate yourself about your body, birth, and baby, the less fear has a chance to take root.

Finally, I would love to hear from you! You can visit my blog at [Phyliciamasonheimer.com](http://Phyliciamasonheimer.com) or follow me on Facebook (Phylicia Masonheimer) or Instagram (@phyliciamasonheimer).

As you pray for your birth, I am praying beside you! May God abundantly bless you and your family through this new and exciting season of motherhood.

- *Phylicia*



# Content

6

CHAPTER 1  
*Set Apart  
From Birth*

10

CHAPTER 2  
*Pregnancy*

20

CHAPTER 3  
*Birth*

30

CHAPTER 4  
*Baby*

38

CHAPTER 5  
*Mama*

46

*Resources*

51

*Affirmations*





CHAPTER 1.



# Set Apart from Birth

*Growing in Confidence*



Prior to pregnancy, if anyone had told me I'd give birth at home I would've laughed hysterically. I was a heeled and manicured diva with a pain tolerance of zero, convinced natural birth was relegated to those "crazy, crunchy granola moms" I'd only heard about. Life is full of surprises.

On our first wedding anniversary, my husband and I found out we were expecting. To educate myself in the midst of a hectic work schedule I bought some books to read in the airport terminal. Slowly, my perspective on pregnancy, birth, and motherhood began to change.

To my utter shock I found myself planning a natural birth with a midwife, looking into cloth diapers, and taking several different birth classes.

But despite all my research, I was terrified.

One day a friend invited me to a one-day Christian birth seminar, which I attended on a whim. The women there radiated joy and confidence. Most had multiple children; all had different birth stories. But as I relayed my fears, I

will never forget what the speaker said: "You have the Spirit of the Living God within you. You are the strongest you will ever be." She encouraged me to pray over my pregnancy and birth, submitting my fears to God. That's exactly what I did.

As I prayed, fears that had crept into my heart began to subside.

I had a newfound confidence that I could achieve the birth I hoped for, and looked forward to Adeline's arrival with increased excitement. Despite having to drastically alter my birth plan only three weeks from my due date (more on that later), Adeline was born on September 20th in one of the most incredible moments of my life.

Midwives and doctors talk a lot about the baby bond; that sense of closeness between mother and child. While that bond exists in most women simply due to biology and human nature, I believe it is magnified exponentially when the Spirit of God is invited in.

Women are the only vessels in which human life can grow and thrive. God chose us to help Him create life in this world, bringing

*In Jeremiah 1:5 God says, “Before I formed you in the womb I knew you, before you were born I set you apart.” The intimacy of prayer allows us to see our babies through the eyes of a loving God – the same God who put them in our wombs.*

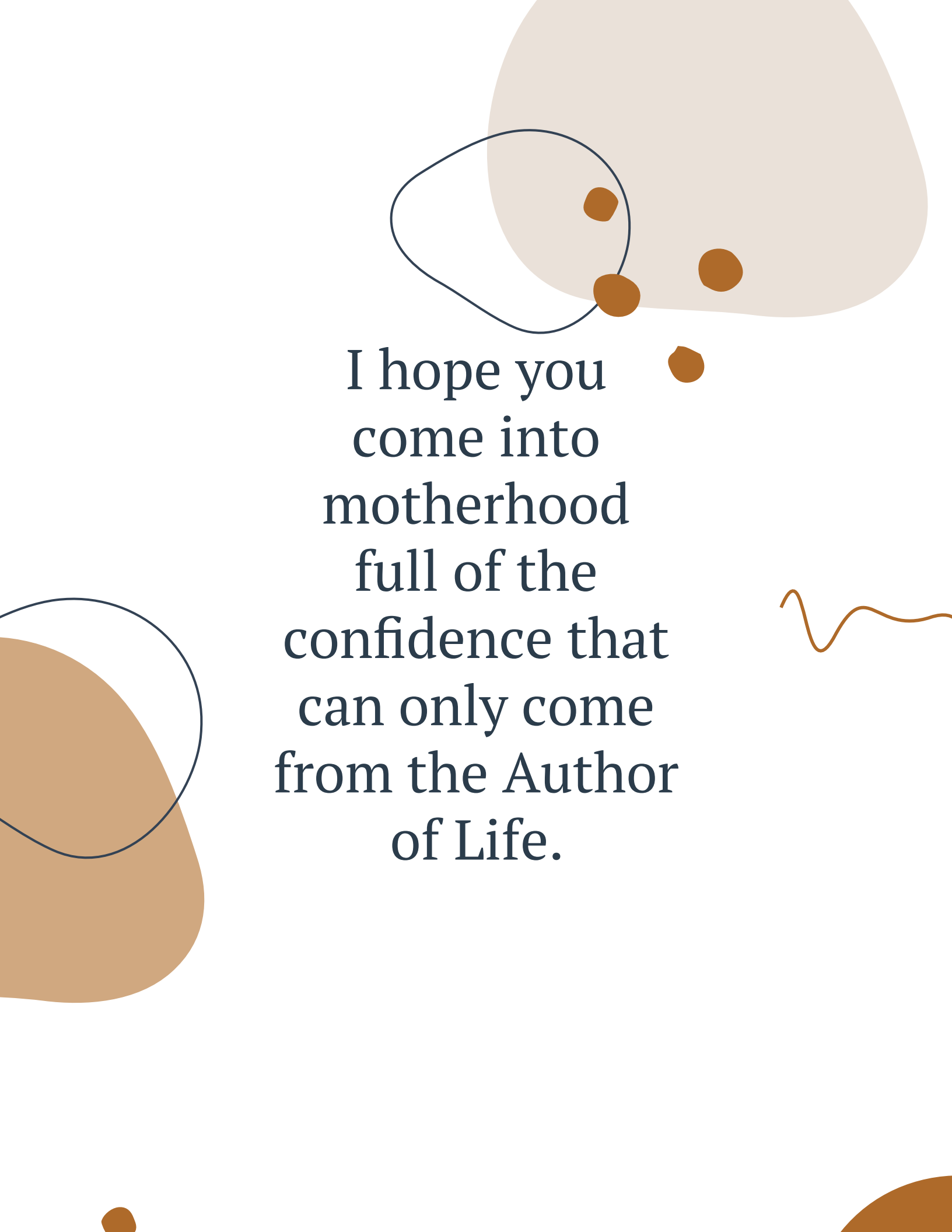
forth new souls from our humble bodies – souls He longs to know, love, and save. God has bestowed upon women an incredible honor: the honor of participating in His creative power.

As we intentionally pursue the Life-giver in our own life-growing journey, we find a much deeper, more meaningful experience before and after these nine months. Prayer connects us with God’s Father-heart. By uniting ourselves to Christ, we are better able to bond with our babies – even before they are born.

My hope and prayer is that this short devotional will help guide your prayers throughout pregnancy. I hope it brings you boldness and confidence for your birth. I hope it bonds you closer to your baby. And most of all, I hope you come into motherhood full of the confidence that can only come from the Author of Life.







I hope you  
come into  
motherhood  
full of the  
confidence that  
can only come  
from the Author  
of Life.