

# A **LABOR** of **LOVE** Part 1



I love the creation of new life!

It's a beautiful time, and in many ways  
it provides you with a closer connection  
with Me, because you see the awesomeness  
of My handiwork and creation taking place  
in your life—within you.

# A LABOR OF LOVE, Part 1

## Encouragement, counsel, and instruction on pregnancy and childbirth!

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### CONTENTS

I love to give children to the Family.....	3
Pregnancy: The moving of My Spirit in your life .....	4
Don't worry about the future.....	4
Be not weary in well doing .....	4
Use praise and prayer to combat worry and fear.....	5
I bring what each person needs into their life .....	6
Sickness is not a punishment .....	7
Anything that is worth something costs something.....	8
Let Me work in the way I want to work in your life.....	9
Practical tips for morning sickness.....	10
This time of suffering is bringing you closer to Me .....	11
It's just your body that's sick, not your spirit.....	11
Always make the healthier choice.....	12
There is nothing to be anxious about.....	12
I'm taking care of everything .....	12
Learn to actively wield your weapon of prayer.....	14
Put a little time and prayer into caring for yourself.....	15
The sacrifices are worth it for the eternal gain.....	15
Refill your spiritual stocks every day.....	16
Adjusting to the latter stage of pregnancy .....	18
A wonderful opportunity for Me to draw closer to you .....	19
You'll flow with this beautiful change easily .....	20
Me and My ability to override anything and everything in the natural .....	21
Complications and the Lord's love and care .....	22
Flow with the stages of development.....	26
Spiritual, emotional, and physical preparations.....	27
Message from an unborn baby .....	28

Dear mothers and soon-to-be mothers,

**T**his GN can of course be read by all of you, dear Family, but I'm specifically addressing it to you mothers and soon-to-be mothers, because I know that it's going to be the most interesting and encouraging for you. You're the ones who are probably going to want to read it, study it, mark it, and review it—whether you're a veteran mother, or you're new to motherhood, or you foresee the Lord bringing children into your life in the future.

**2. As you know, there are a number of families in our WS Homes, and the Lord is continuing to give us many babies.** At the time of putting together this GN, we have five pregnant women in our different units. So the Lord is certainly blessing us and filling our "quivers" full of children, for which we are so thankful (Psa. 127:4-5)! Our children in our WS Homes are such a joy to those who live with them, just as I know that the children in your Homes are a special gift of the Lord's love to you too, and a big part of your witness and testimony.

**3. The reason I'm mentioning our children in WS is because the Lord has given a lot of counsel and encouragement to our women during their pregnancies over the last few years,** as well as in preparation for their deliveries, and the Lord has laid it on my heart to share some of these messages with you. Although the messages were received for others, you can apply the Lord's counsel and promises in your life too. What He has promised for others, He can do for you, and you too can find comfort and strength in His Words.

**4. I admire you, dear mothers, for the faith that you exhibit in bearing children.**

I know that it requires a great deal of faith every single time you get pregnant, go through those nine months—which are many times enhanced with lots of excitement, unexpected happenings, trials, battles, etc.—endure the labor and delivery, and then adjust to having a new little one to care for. It doesn't matter whether it's your first pregnancy or your 14th—each one requires yieldedness on your part, as well as great faith. I'm proud of you, dear mothers, and I know that Jesus is proud of you too!

**5. I have a lot of prophecies to share with you on the topic of pregnancy and childbirth, so there will probably be a couple of GNs in this series.** I'll start with some counsel and encouragement from the Lord regarding pregnancy and all that it entails in this first GN. Then in the next GN we'll probably delve into some specific counsel and promises that the Lord has given regarding labor and delivery. I think that you will find all of those messages particularly encouraging, and you'll be able to come back to them and reread them any time you are preparing for the birth of a new baby.

**6. Of course, you can also receive the Lord's counsel for yourself, and that's highly recommended.** But it's always faith-building, and a special blessing, to be able to read messages the Lord has already given for others. I'll also be publishing some new key promises and faith-building statements to use while in labor, which I pray you will find helpful.

**7. I'm praying for all of you, dear ones, who are presently pregnant and awaiting the birth of your new baby!** I know that our Husband is going to take good care of you and the baby growing within you, and bring him or her safely into the world in His perfect time—while giving you the strength, faith, spiritual stamina, and fortitude that you need.

Much love in our wonderful Creator of new life,

Mama

## **I love to give children to the Family!**

**8. (Jesus:) My dear wife, thank you for your love and trust in Me, and for having the faith to have a child.** A lot of people these days don't have children—whether it is because they are selfish and don't want to have to care for a child for so many years to come, or because they are fearful of how it will change their life, or because they think it will cost too much. That's why I give children very freely to those who choose to give Me that opportunity! I just love to give children to the Family and other strong Christians, because I know that they will be raised in My nurture and admonition and will get a good start in life, with a good foundation, no matter what decisions they end up making later in life. So thank you for being willing to be one of My mothers. You're going to do just fine.

**9. I know that you worry about a few aspects of raising your children, because you realize that with the joy of parenting also comes a lot of sacrifice and just plain hard work.** You wonder if you will be able to cope with getting little sleep at night, or how you'll manage if the baby is fussy and colicky, and things like that. Yes, there will be challenges. You're going to miss sleep, and it's going to be trying at times—especially trying for your patience, or when the baby interferes in some way with something you're doing or you want to do. But as long as you face each test with faith and ask Me for the grace and patience, you'll do just fine. The love you will have for your little one will overpower the negative feelings, and you will know it's worth it all.

**10. So, really, you don't need to worry about all that in advance.** It's good to be prepared and to count the cost, which I know you've done. But then leave it in My hands. I'll choose the tests and battles that I know will be best for you and that will help to accomplish My purpose, but I'll never give you more than you are able to bear. I will give you grace and endurance for each test.

## **Pregnancy: The moving of My Spirit in your life!**

**11. (*Jesus:*) “The wind bloweth where it listeth and thou hearest the sound thereof, but canst not tell whence it cometh or whither it goeth.”** And so it is with this pregnancy, the work of My Spirit. It is the moving of My Spirit in your life. So be at peace with this, for it is a gentle breeze, a warm breeze which I blow upon you, not a cold and harsh one. Let the kisses of My wind caress you and rest in the arms of My love.

**12. This time of pregnancy is not meant as a chastening, or as something harsh, something that you must bear, but it is a time of rejoicing,** a time of warmth and love, a time of knowing and feeling My care for you, of feeling the breath of My Spirit softly blowing upon the back of your neck and lovingly caressing you. It is not meant to be a difficult time for you, but it is meant to be a time that you feel the touches of My love. This pregnancy is a gift, a token of My love, and you should receive it as such.

### **Don't worry about the future**

**13. (*Dad:*) Now, Honey, don't you go on worrying about the future.** It's definitely in the Lord's hands. You just have to leave it there and take it a day at a time. His grace is sufficient. His strength is made perfect in your weakness (2Cor.12:9). So just let Him do this work through you.

**14. Don't let the Enemy rob you of one little bit of joy that the Lord has for you during your pregnancy.** Sure, the road might not look too easy. You might have a few bumps along the path, but you have the greatest Guide Who's leading you along, holding you by the hand. And He knows just where to tell you to put your feet down.

**15. And when you get weary of walking and following in His footsteps, don't worry about it, because He'll carry you.** He'll carry you through the rough spots when you're not sure where to put your foot. So just keep trusting Him. You've trusted Him this far and He's done

pretty well, hasn't He? He's taken good care of you, and He's going to continue to do so, far beyond your wildest dreams.

**16. Remember, He's your Lover, your Friend, your Husband, and you're His bride; and He's certainly not going to neglect you or fail to supply all of your needs.** He'll watch over you and care for you and protect you and keep you every step of your way. Just don't let go of His hand. Hold on tight and He'll bring you through. So don't go fretting your pretty head about the future. Just leave it where it belongs—in the Lord's hands.

### **Be not weary in well doing**

**17. (*Jesus:*) My dear one, My precious queen, My chosen vessel whom I have called and chosen to bear this love gift from Me—through this gift of My love you will see the manifestation of My love for you.** You will receive such joy and such happiness through the love and smiles of this child that I have given you, this precious one—the touch of My love, My hand moving in your life. For this is My will, this is My gift. This is because of your faith and your obedience.

**18. This one will be born not because of the will of man, nor because of the will of flesh, but because of My will.** Because of your faith and your obedience I have chosen you to bear this touch of My love, who will bring joy not only to you but to many, for they will see the miracle of My creation and My love. The sufferings that you go through now are nothing compared to the joy and happiness that you will receive.

**19. I have allowed the circumstances to be a bit unsettled; nevertheless, as you keep your eyes stayed on Me, you will have peace and rest.** As you look to Me, you will have the reassurance that I am in control and that I do all things well. So when the waves are high, when the winds are strong, and when the storm beats against your vessel, see Me standing above it all, looking on you with eyes of love and faith. As

we gaze into each other's eyes, your surroundings will fade away as unimportant. As our eyes lock with cords of love, this love will overcome all the circumstances about you.

**20. Thank you, My precious one, for receiving My love, for being a yielded vessel, for being the mother I have chosen to bear this one who is special in My sight, who is unique.** You will receive much joy and happiness and fulfillment, knowing that you have performed My will. So worry not, fear not, for you will see the touch of My hand in your life and My love manifested through this creation of a new life. Be not weary in well doing, for in due season you will reap if you faint not.

### **Use praise and prayer to combat worry and fear**

**21. (*Jesus:*) I am pleased that you're welcoming this baby into your life with open arms.** It always brings Me joy to be able to bless My children with little ones, and I eagerly search for those who will embrace this change and welcome it into their lives.

**22. I know it can be quite an adjustment to get used to the many new aspects of pregnancy;** your body just doesn't feel the same, and you have to learn to adjust certain parts of your life to be able to give your body the proper care. But know that I reward your efforts, and they aid Me in the creation of this little one. I work with you in the development of this baby. Even though many of your efforts may not have obvious, immediate fruit, they bear long-lasting fruit in the proper development of your little one.

**23. There are so many new sensations in your body—some just unusual, and others that can cause you to worry about the baby.** You need to trust Me, My love, in the development of your baby. Fight to stay positive even when you experience an unusual pain or discomfort. It's not uncommon to have these little discomforts, and you shouldn't allow yourself to immediately fear that something's wrong.

**24. I'm talking here about the minor aches and pains that are par for the course in pregnancy.** However, if you should have any pains that seem abnormal or that concern you, then please seek Me about them. Sometimes I use pains to let you know that something is wrong, and to nudge you to get medical attention. Sometimes pains can indicate something serious, and in those situations you wouldn't want to just praise Me and ignore it, if I'm trying to check you to do something about it. Praise Me, yes. But be wise and prayerful and attuned to My nudges.

**25. Remember, I'm in control of this whole beautiful creation!** I am doing a great work within you, and it's in My best interests to keep you and the baby healthy. Dispel your fears with praise. Whenever you feel a little anxious about some new pain or discomfort, stop to praise Me for all that I've done so far in the creation of this little one. You'll find that as you utter these praises to Me, the fears will vanish and your heart will be filled with peace.

**26. It's easy to worry about aspects of your pregnancy; it's something a lot of women face.** But you don't have to give in to those thoughts, even if they are common. You can rise above; you can keep your eyes stayed on Me, and you can fight to hold on to Me. Don't give place in your heart or mind to negative or worrisome thoughts; defuse them instantly with praise, and you'll experience an immediate surge and increase to your spirit. Your faith will be renewed.

**27. You also should avoid reading about things that could go wrong in a pregnancy.** It's very easy to want to pick up a book on pregnancy or search the Web to find out what the possible causes are for certain pains, but don't give in to that temptation—unless I have specifically given you the go-ahead. It'll only hurt your faith, and you'll find that you'll start to harbor more worries and fears.

**28. The point isn't to never look at a pregnancy book or research things online.** There are many good pregnancy books that you can benefit from, and some good websites that contain helpful

information too. But if you find yourself looking to the System books and the Internet as your first course of action, or the thing you default to when you worry about something, this is not My will. I want you to first of all seek Me and My counsel and peace.

**29. Your best recourse is to use praise and prayer to combat worry and fear.** Keep a positive mindset, and praise Me when you feel like fearing, and that will help to keep your mind focusing on the good and the beautiful. I have begun a good work in you, and I'm going to perform that good work to completion, so trust Me. I am more concerned about the little life within you than you are, so trust Me in My care of that child and you.

### **I bring what each person needs into their life**

**30. (Mama:) Most of the following prophecies on the topic of early pregnancy sickness were received by or for a woman who experienced all-day sickness for quite a few months in the beginning of her pregnancy.** So if you go through similar difficulties in the beginnings of your pregnancies, or if you are currently battling bad sickness, then I pray that these messages will be an encouragement to you. Or, even if you battle with light sickness, I'm sure the Lord's words will be a comfort to you and you will be able to cling to His promises.

**31. Also, as you will see, the Lord talks to this mother quite a bit about her work in the following messages.** This was because during the time that she was sick, she was hardly able to do anything. So her main battles were associated with not being able to do her desk job, seeing the work stack up, and not being able to do anything about it—except to trust the Lord for it—and that's what He talked to her about and the angle He was coming from.

**32. But you dear mothers who don't work in a service-type ministry, but who lead very busy Home lives, might have different concerns.** If you're sick, you might be discouraged

because you aren't able to take care of your children as well, or you aren't able to fundraise or get out witnessing as much, or you might have to depend on others to carry more of the load in the Home while you can't, and that can be humbling. Or maybe in some cases if you're living in a very small Home, you won't even have anyone to fill in for you, and you'll have to continue on the best you can through your sickness, trusting that the Lord will give you the grace and strength you need! I know He will!

**33. Thank the Lord that He has blessed so many of you dear Family women with relatively easy pregnancies!** But if and when the tough times do hit, know that the Lord has the solutions for you. If you're too sick to do much of anything, He will help your Home to take care of the essentials miraculously. Or, if there is no one else who can help to carry your load, then He will heal you, or at least cause your sickness to be very minimal. The point is that He knows what each person needs and will not give you more than you are able to bear. And when it comes to the work—whether you're in a service ministry or a busy Home—He is more concerned about it than you are, and will not let His work suffer.

**34. Also, remember that if you are sick, this time of sickness isn't a punishment, but a gift.** Know that the Lord has a plan in allowing you to go through the time of sickness, no matter how difficult it might be for you—and in His perfect time, He will bring you through.

**35. (Jesus:) My love, because of the chemical make-up of your body, you do get sicker than most women do when you're pregnant.** That's just the way I have made you. And although I could override that if it were necessary for a very good reason, I don't normally because I let nature run its course. If there was a serious emergency, or if you were in a situation where you couldn't take the time to rest, when you couldn't afford to be sick, if it would hurt the work, then I would do such a miracle. But right now there is no such dire situation, so I'm letting your body go through this.

**36. I know you wonder why, if I love you so much, I would let you feel so sick all day.** Well, My love, it's a small price that you have to pay in order to show Me that you really want this baby, and that you're willing to do whatever is necessary for it.

**37. I know that some women—in fact, many of the women you know—have very easy early pregnancies in comparison to yours.** Some women feel just a little sick; others don't feel sick at all. But don't compare with other women, My love. Know that they all go through something in their pregnancy that makes it difficult for them.

**38. Every woman pays a price, but the price is different in each pregnancy.** For example, some girls can't have sex throughout their whole pregnancy for various reasons, and this is a price, because it can be a strain on their marriage. Others have discomforts later in pregnancy that you won't have. Others run on little sleep their entire pregnancy. So trust that I know what I'm doing, and I bring what each person needs into their life. I won't allow this sickness to last longer than it needs to.

**39. As far as the discouragement you're feeling as a result of not being able to get as much work done because of your sickness, and even when you do work, it's much slower, I want to remind you that this is indeed the best time for you to get pregnant.** You would feel this way no matter when you were to get pregnant. There's no such thing as a perfect time for getting pregnant—a perfect time would be when there's no work to be done. But since there's always work to be done for Me and My Kingdom, and more than you can ever get done, of course it will be a trial for you no matter when it happens. You're never going to think it's the "right time." But if it weren't the right time for you to be pregnant, then I wouldn't have allowed it. So trust Me for this. Trust Me for the work.

**40. Just do what you can when you're feeling well.** Even if you can only do a few hours of good, solid work a day, that's better than nothing.

That's progress. So praise Me for the good. Praise Me for what you are able to get done, and don't focus on what you're not getting to, or what you wish you could accomplish. Right now you're accomplishing more than your accomplishments on the work front. You're helping Me to create a baby, and that's pretty important. So don't belittle it. Look at it as part of your work, because it is. You're a mother, so having children is part of your work.

**41. There are many reasons why I have allowed this pregnancy sickness, My love.** But trust Me that it will not last longer than I know is necessary. In time, you will be back at the top of your game.

### **Sickness is not a punishment**

**42. (Jesus:) I'm a smart shepherd, and I use whatever I can in your life to keep you desperate, to keep you close to Me, to give you an opportunity to use your spiritual weapons in combat.** So this time of pregnancy sickness is not a punishment but a blessing. You need things from time to time in your life that force you to use your weapons, and since you haven't had too many major battles that have forced you to do so in a while, I'm using this pregnancy as a means to train you further, to tone you up spiritually, to give you a tune-up in the spirit.

**43. I know that you have wondered why I allow you to get so sick.** You look at other pregnant women who seem to breeze through their pregnancies without much, if any, sickness at all, and you wonder why I don't give you that kind of luxury. Well, there's more to other people's lives than you realize. Maybe I'm using other things to keep them close to Me, to sharpen their new weapons skills, and to give them their spiritual tune-ups. So maybe they don't need a time of sickness to strengthen them spiritually. I know that they're already getting what they need through other avenues, so I lighten up on the sickness for them.

**44. You shouldn't look at the sickness of pregnancy as a punishment.** I don't make the

brides that I am displeased with sick and give good health to those I favor. That's absolutely not the way that I work. It's all a matter of what you need in your life, what I know you can handle, the lessons I wish to teach you, and all the rest. So this sickness is not a punishment; it's a time that I want to use to draw you close to Me, to help you to feel My love, to allow you to rest in My arms, to show you the strength of weakness, to force you to use your spiritual weapons more vigorously.

**45. This sickness will pass; it will not last forever.** But the important thing is that you allow Me to work in your life in the way that I want to through this time. You can do some work, yes, but don't let that be the gauge of your success during these weeks. Let the gauge of your success be whether or not you are at peace, whether or not you are praiseful, whether or not you are getting the rest that your body needs, whether or not you are eating as well as you can, whether or not you are drawing nigh to Me. The work you will always have with you, but you won't always have this time when I wish to pour into you.

**46. You might as well enjoy this time, My love.** If you're not trying to push yourself, it will be an easier Jordan to cross. Just do what you can, work when you can, and then trust Me for the rest. Remember that success during this time is not gauged by success in your work. Making it through this pregnancy victoriously, and being stronger spiritually for it, is the success I'm looking for.

**47. I love you, My darling. Remember that I have engineered this: the pregnancy as well as the surrounding circumstances.** So just continue yielding to it. Continue praising Me even when you are sick, throwing up, and bedridden. Praise Me for what I'm doing in your life, even if you don't feel any change. Praise Me that I know what I'm doing and that I have My hand in your life. Praise Me in all things, and I will bring you through.

## **Anything that is worth something costs something**

**48. (Jesus:) My precious bride, how I love you and hold you to My bosom!** Your love for Me is so pure and strong, and I return My love to you in the same measure—for it is strong and hot and passionate, and I'd do anything for you.

**49. I'm sorry you're having to endure this time of sickness, but fear not, for it will soon be over.** This will pass, and the end is near. Then comes the fun of the baby growing and developing and being born, becoming a brand-new child of God for My Kingdom that I am placing in your care.

**50. These children I have given you are treasures from Heaven,** and has it not been said that sometimes you have to go through a little bit of difficulty to mine the treasures? Anything that is worth something costs something. And in this case, you're having to sacrifice a little in order to gain the most precious treasure on Earth.

**51. Hang on to Me, My love, through this sickness! Call on the keys of faith and the ability to rise above.** For although this morning sickness is a natural thing, and I have My purposes and reasons for it, you are able to rise above it through the power of the keys. That is the amazing thing about the keys—the keys can do the impossible, and what you were unable to do before. So hang on to them and claim their rise-above power, and see how easily you make it through the rest of this time.

**52. My darling love, this child I have given you will bring joy to your heart, and to the heart of your husband!** You know how precious your first child is to you, and how he has changed your life for the good, and brought such happiness into your lives. Well, this child will do the same, and even more, and will be a special little one to you. Because of your great love for Me and your willingness to lay down your life for Me and the Family and the sheep, I am bestowing these beautiful gifts upon you to brighten and lighten your life in so many ways.

**53. I do caution you, in My great love for you, to take good care of yourself during this time when the baby is forming, and while I am perfecting all that concerns it.** Eat well, and do whatever I show you is best for the little one and its welfare. Don't let the Enemy discourage you from taking care of yourself as you need to. I know you won't, My love, for I know you want what's best for the child. You're such a wonderful mother, and that's why I can give you these beautiful children to care for.

**54. Sweet loving bride, thank you for being willing to bear these little ones for Me. It makes Me so happy!** Remember to claim the rise-above key so that this time of sickness may go more easily and quickly. The discomfort will pass soon, My love, as you keep hanging on to Me and those powerful, magical, never-failing keys!

### **Let Me work in the way I want to work in your life**

**55. (Jesus:) I love you so much! You are very dear to My heart and always have been.** I've been guiding your life from the time you were little, and with each right decision you made, I was able to give you new blessings, new opportunities, new challenges, and use you to fulfill My highest will. I'm still in control of your life—in perfect control. You must believe that and trust Me, even through this difficult time of sickness in pregnancy and the domino effect that you see happening as a result.

**56. You're worried about the work.** It's natural to be concerned, because you see that things are slowing down in your work output and you are having to slow down in order to cope with morning sickness. But what you have to be careful about, My love, is that you're not pushing for the work to get done even more than I am. It's okay to be concerned about doing your job, about being productive, etc., but if that's the only focus you have, and the only thing you think needs to happen and the only victory, and that being on the ball and productive is My only

will—then you're taking control, when I am supposed to be in control.

**57. Obviously, I want you pregnant, and I've also made it so that your pregnancy involves more sickness than it does for lots of other women.** So what does that mean to you—that something is completely wrong with this picture, and that you, of all people, can't be so sick, because, after all, you have an important job to do? That's right, you do have an important job to do, but the important job you think you have to do right now isn't the one I'm thinking that you have to do. You could make things a lot easier on your mind and spirit and general happiness by accepting the fact that the baby you are creating is a major big deal to Me, and it's one of the most important jobs that you have to do right now.

**58. Something has to give when you get pregnant, and it can't be the baby, or your health, or your marriage and the father of your baby, so what does that leave?—Your job.** You have to face the facts like every other pregnant woman, that you can't expect to do as much and you can't keep rolling along like you did before you got pregnant. This shouldn't be difficult for you to yield to Me, unless you're letting your pride get the best of you and it's standing in the way of you accepting what I'm doing in your life. This is My plan, My love, both for you and for My work's sake. It's not a mistake or a roadblock to anything. The work is going to slow down, but I'm okay with that.

**59. This is where you need to get on board and let Me work in the way that I want to work in your life by giving you this baby.** I'm in control of the work of My Kingdom. I'm sorry to have to put it to you so straight, but it hurts Me to see you struggle so and be in such conflict over the work that you aren't able to do for Me. Trust Me even if you can't carry your full load, and allow Me to slow you down while you make a baby. It's a test of your patience and faith to slow down, to trust Me for the work that you can't be a part of, to even trust Me for who will have to do the things that you normally do.

But these things are good for you, My love, and as you yield to Me and trust Me and put it all in My hands, you will be strengthened and relieved of this stress and worry.

**60. I know it's humbling for you to be out of the center of action and the mainstream of the work and to have to let others make some decisions and do some of the things that you used to do, but that's okay too.** Humbling is always a good thing. You might as well relax and enjoy this process of making a baby, of slowing down, of trusting Me, of letting others do more work than you, and you do that by praising Me for it all. It's not good enough to praise Me for the baby and how happy you are for him; you need to praise Me for it all—the sickness, giving up some of your workload, having to take it easier—all of it. That's the way to find peace of mind and the center of My will. You could be in a lot worse situations—not that this is a bad situation, but to your way of thinking it is. I'm not saying that it's easy; I know it's not easy for you to be sick, but I want to tell you that you can either make it easier or harder on yourself by your attitude.

**61. If you hold on to what you want and how you would like things to be, instead of accepting and yielding to what I'm doing—that's the hard way.** But if you flow with it, accept it, and praise your way through the times of sickness and call on the keys of grace and faith and patience and humility to let Me work in your life—this will be the much easier way. Even if you're still sick, at least your spirit will be at peace and you won't be torn between trying to accomplish what you want and Me trying to accomplish what I want.

**62. I'm only saying these things to you, My darling, because I love you very much and I want to help you.** I don't want you to struggle through your pregnancy battling with these feelings about your job and your work on top of dealing with sickness. You've got to know that it's okay to let your work go and that it doesn't mean you will be out of a job or lose your job or that someone else will take your place. Yes,

you will have to let others make some decisions and you can't be involved in all that you used to do, but that's okay, right? Yes, someone else will have to pick up the slack, but that's hardly taking your place. The work will be there for you when you're ready to do it. That's one thing you can count on—there will always be more work than you can ever get done.

**63. You know I could heal you, right? So if I'm not healing you right now, there is a good reason for it.** I'm using this to accomplish something important in your life. Trust Me. Know that I'm in control and nothing will happen to you, or to your job, that's not My will nor the very best. Pray for the faith and humility and patience and all that you need to let Me work and to yield to My will. Praise Me through it all. Really practice the art of praise and use this time to learn to become an expert praise weapon wielder.

**64. I love you very much, My darling. I'm taking care of you each minute of the day.** I will not fail you, I promise. This time will soon be past, and if you've been faithful to give Me all the glory and credit and praise for what I'm doing, you'll look back at this time as a very precious experience in your life.

### **Practical tips for morning sickness**

**65. (Jesus:) A key is to not let yourself get hungry.** The times when you feel sickest are the times when you have had a completely empty stomach—in the morning when you wake up, after your breakfast has digested, then before dinner. So be sure that you always have something in your stomach. See what works for you to eat between meals. And also try eating crackers first thing, before you get out of bed. That will hopefully make the first hour of your day a bit more pleasant.

**66. You'll learn more as you go along with this pregnancy. A key is to really listen to your body.** If you're hungry, eat something. If you're tired, have a little nap. If you just need to rest, then rest. And when you feel well, then work hard and get a lot accomplished. Also, try

to go to bed at a reasonable hour. Getting good rest will help you to feel better overall. And light exercise is also wise, and will help to keep you in good shape. Even if it takes extra effort when you're not feeling well, it's good for you.

**67. I love you, My darling, and will try to make this time as easy as possible for you.** I'll keep the discomforts to a minimum, and shorten the period of morning sickness for you. And when you get weary of the sickness, remember that it's simply what I use in some women's lives in order to create a strong and healthy baby. It means you have a lot of hormones running through your body, and I'm working hard to create that new little life within you. The end goal will be worth it.

**This time of suffering is bringing you closer to Me!**

**68. (Jesus:) This time of pregnancy sickness is but for a moment and will soon be gone, and you will rejoice in the beautiful fruit that this time of suffering will bring forth.**—Not only the beautiful fruit of the baby to come, but the fruit that I will bear in you as you turn to Me, and seek Me, and give Me your will and your desires.

**69. Of course, I know that at this time your main desire is to feel better physically,** but your soul also cries out for the peace and fulfillment that only closeness to Me can bring. This time of suffering is bringing you closer to Me. As you cry out to Me for deliverance, I hear your cry, and I reward you with that which you desire even more than physical strength and health. I reward you with sweet peace and contentment and faith that I will carry you all the way through this pregnancy.

**70. I have given you this great reward of a new baby, as I have counted you worthy as one of My queen mothers.** Your yieldedness and faith to bring forth more fruit for Me in your body is a great joy to Me. You will never be sorry that you have given yourself to Me in this way.

**71. Look forward with joy to the day that is to come when you will hold your little one in your arms, and see Me smiling at you through his eyes.** A gift, a reward!—What more can I give you than one of My most precious gifts, a newborn soul for My Kingdom? Keep your eyes on Me, and no matter what the future may bring, know that you are My precious bride and I will always care for you. With love, your Husband forever, Jesus.

**It's just your body that's sick, not your spirit!**

**72. (Jesus:) Even though you're sick, My love, it's just your body that's sick, not your spirit.** Your spirit is growing and blossoming more than ever. You can't see it, and maybe it's even hard for you to believe it right now while you're so sick, but I see it and I know it. I'm true to My promises, and when I take something from you—and in your case, it's your physical health right now—I always give you something in its place. Your body may be weak and weary, and maybe you even feel weary in spirit from battling so much sickness, but trust Me, your spirit is strong and growing even stronger.

**73. I have to strengthen your spirit, otherwise you wouldn't be able to bear it.** And so I am. I'm anointing you and strengthening you to fight this battle. You're yielding to Me, and each time you fight with your last ounce of strength, I bless you for it. You might not realize it, but each time you fight to even hang on one more day, to be praiseful and to trust Me for the healing and for the outcome you desire, you are being healed. You open yourself up to receive My healing power.

**74. I know you don't "feel" the healing at all yet, and you're very sick and discouraged, but as I said, it's only your body that's sick, not your spirit.** In the spirit you are doing beautifully. In the spirit you are My shining warrior, a real fighter, a top visionary. You're going through a bit of martyrdom right now, but like all who have gone through something like this

and have yielded to Me in spite of the test, you will receive the special anointing of the battles you have won.

**75. At the end of the road, and once the baby is delivered and you hold him in your arms, you will feel very different about the battles you have fought and you will truly be able to say, “It was worth it.”** It’s not that you won’t remember these battles, but they will seem different to you and not so “damaging” to your body. You’ll be able to say, “That was hard, but I’m so glad the Lord gave me the strength to make it.”

**76. I want you to know, My love, that it won’t be this difficult throughout your entire pregnancy.** I will give you rest and relief from the extreme sickness. Trust Me to help you and to deliver you in My time.

**77. Here are some new personal key promises that you can claim to strengthen your faith.** Most of all, know that I will not fail you or leave you comfortless. I’m here for you and I am helping you. I’m sorry that this is a difficult battle, but it’s well worth it, and when the victory is won you will receive the blessing and the shine for a battle well fought.

**78.** When you feel like you can’t possibly make it one more minute, call on the keys of encouragement to give you the strength and faith you need to tackle even the most difficult task, and to do it well.

**79.** When you feel like you’re about to throw up, call on the keys of grace and they will make it as easy as possible.

**80.** I can reverse any condition in your body, and even if you don’t see immediate results, keep claiming the keys of miracles and you will eventually see good changes come to pass.

**81.** If I have asked it of you, then trust that I will also give you the physical and spiritual strength and anointing to perform My will through calling on the keys.

## **Always make the healthier choice**

**82. (Jesus:) When it comes to your diet, the best thing is to always make the healthier choice first** and to stay away from empty calories that aren’t going to do you or your baby any good. It’s okay to have occasional sweet things, but really, they should be occasional, as that’s not going to help you so much. Your plate should be balanced in such a way that you’re giving priority to eating the things that are most important.

**83. Then, as far as your baby’s development, the best counsel I can give you is not to worry, but to pray for your baby.** Pray for its health and strength. Pray for My perfect will. Commit your baby to Me. Dedicate your baby to Me. Put your baby in My hands, and you will be doing the best thing that you can do for his little life.

## **There is nothing to be anxious about**

**84. (Jesus:) There is nothing to fear, My love, there is nothing to be anxious about.** The baby is fine and doing well, and happy to be coming into the world soon, coming to you, to be part of your family. All is well. She will bring much happiness and love into your lives, much joy, much delight and warmth. Be not afraid, therefore, but trust and be at peace.

**85. It’s important that you have peace and trust during this time,** because the baby can sense when you’re uneasy or fearful, and it can be unpleasant and even a bit unsettling for her. It’s important that these last couple of months in the womb are free from as much stress and turmoil as possible, so that she is able to continue to grow and fully develop.

**86. So cast your cares and concerns upon Me, knowing that I care for you and your little one.** I have blessed her and will bring her into your arms safe and sound in My good time, I promise. I love you.

## **I’m taking care of everything**

**87. (Mama:) The following prophecy was received by a mother who was concerned about the health of her unborn baby.** Although she

had been trying her best to eat well and ensure that her baby was healthy, she had been very sick during the beginning months of her pregnancy, which caused her to worry that her baby wasn't getting all of the nutrients it needed. She had also regularly been eating something that she later found out was artificially sweetened, which isn't recommended during pregnancy.

**88. So she took her concerns to the Lord**—which is what you should do anytime there is anything regarding your pregnancy that is worrying you or causing you to not be at peace—and He gave her the following words of comfort regarding the health of her baby.

**89. (Jesus:) As long as you are doing your part when it comes to giving your baby the nutrients and good food that it needs, then I will do My part.** You can trust Me completely on this point, My love, and have no need to worry or be concerned. Now, if you were being disobedient to My health rules, and if you weren't trying to eat as well as you could for the sake of the baby, and if you were disregarding My counsel and the advice of others, then you wouldn't be able to have such peace in your heart. The perfect peace of knowing that I am in complete control comes when you are doing what you can, when you are being obedient, which I know you are.

**90. I'm not saying that if you ever eat anything that is considered unsafe for pregnancy, that you have to worry and be concerned.** There are so many things that you can do unknowingly, or so many "bad" things that you can eat without even realizing it, and I protect you and your baby from the negative effects of such things. But that's very different from knowingly eating things that are unsafe on a regular basis, or drinking a lot of alcohol when you know you shouldn't. I wouldn't be able to protect you and your baby as fully if you were knowingly disobeying and regularly doing things that you shouldn't.

**91. There is so much that the Enemy can convince you to worry about when you're pregnant, that if you give in to his devices, you can**

**end up spending your entire pregnancy as a nervous wreck.** He can make you feel condemned about things you ate, or did, or alcohol you drank before you found out you were pregnant. He can make you feel worried about the days when you were sick and couldn't keep so much food down. He will try to make you concerned when you don't quite reach your quota of protein on a given day—even though you generally do eat enough. He can make you very discouraged about things you eat and then later find out are not recommended for pregnancy.

**92. He can make you worried about the aches and pains of pregnancy that you feel, telling you that there must be something horribly wrong.** He can make you fearful when you don't feel your baby move as much, but then can also tempt you to be worried when it seems to be overactive—thinking that maybe there's something wrong with that too. The list of things that the Enemy can make you worry about when you're pregnant is endless, and if you listen to him, your pregnancy will be a very unpleasant one.

**93. How much better to just have faith and trust Me that everything is in My hands,** that everything is within My control, and that I am taking care of you and the new life that is growing within you. This is the only fact you need—that I'm taking care of everything!

**94. You can't throw all caution to the wind and expect that I'm going to make everything perfect regardless of what you do.** But as long as you're doing your best to eat right, sleep right, exercise right, and pray right—for your pregnancy and your baby and all of her needs—then I will do what you can't do. I'm the Creator of the baby. You're not. You're just the vehicle that I'm using, and you've got to fuel your vehicle and take proper care of it, especially when there's a baby on the way. But as far as the baby itself goes, I'm the One Who is ensuring that it is being formed to perfection. If you are doing what you can do, you don't need to worry about a thing. I am doing the hidden work of creating the miracle of new life within you.

**95. Don't let the Enemy steal your joy or your faith through his temptations to worry.** If something is bothering you, ask Me. If you ate something that maybe you shouldn't have, but didn't realize it, ask Me to tell you if everything is okay. Don't just listen to the Enemy, who is more than happy to tell you anytime you'll listen to him that things are not okay, that the baby might not be growing perfectly, and blah, blah, blah. Listen to Me! Look to Me. Put your faith in Me. I am even more concerned about the health and well-being of your little baby than you are. Your baby is My baby. We are joint partners in this endeavor, and I will see to My end of the bargain as you see to yours.

**96. It is My joy and My pleasure to create healthy, well-formed, strong babies to be raised in My Kingdom.** Thank you, My love, for being willing to bear one for Me, and for having faith and trusting that all is well—for it is!

**97. (Question:) Jesus, You said, "It is My joy and My pleasure to create healthy, well-formed, strong babies to be raised in My Kingdom."** So what about the babies that You have created, babies that You have blessed women in the Family with, who were not born "healthy," "well-formed" or "strong"?

**98. (Jesus:) I have carefully created each baby that I have blessed My Family with.** There is not one baby that was a mistake! Even though I have given you some babies that were born with health problems or deformities, each one of them was created perfectly in spirit.

**99. Each baby was formed just the way I wanted them to be for their special mission on Earth,** for the special place that they would fill in your hearts and lives, for the purpose that I created them for. Some of the babies

that I have blessed the Family with may not seem perfect in the physical sense, but they are perfect in My eyes, because they were perfectly created by Me.

**100. So if I should ever bless you with a special child, do not fear and do not be condemned.** Know that such children are extra-special blessings from My hand, and bring with them gifts of the spirit and rewards that you will never want to trade in for anything. Trust Me. I create each baby as healthy, well-formed, and strong as I need them to be for their role on Earth, to be raised in My Kingdom, and to fulfill the job that they and I agree on in Heaven before they enter your world!

**101. There's no such thing as a mistake when it comes to the children born within the Family.** Each one is handpicked and created uniquely by Me for you to love and care for and raise for My glory! (*End of message.*)

### **Learn to actively wield your weapon of prayer**

**102. (Jesus:) You'd find that if you were to faithfully commit your concerns to Me in prayer,** things would go so much smoother. You'd worry less about how things would turn out. It'd be easier for you to function because you'd be trusting Me for the outcome.

**103. These are the days when you need to learn to actively wield your weapon of prayer.** It doesn't really matter if you feel like it, but if you'll just ask Me to help you commit things to prayer more, and then make the effort yourself when I do check you, then you'll be progressing so much more quickly. You'll be less entangled in the worries or concerns that can sometimes limit your faith. I want you to step out on the limb of prayer more, and through committing things to Me more diligently in prayer, you'll

be better able to trust Me and have faith for the outcome.

**104. You are faithful to pray for the little one within you.** Every time you find yourself facing something a little uncomfortable, or a slight pain or stretching that you're not accustomed to, when you say a prayer for the baby and yourself, you find that the discomfort fades easily, and you're also less beset by worry about the baby. This is a good example of how it should be in every aspect of your life—whenever that first little “uh-oh” thought crosses your mind, you can snuff out any fretting from the very beginning by committing it to Me in prayer.

**105. It really is a winning formula:** I take your concerns, and through your prayers bring you both peace of mind and also answer your prayer and do that which you cannot do. Fortify your prayers by praising Me, loving Me intimately, calling on the keys, and claiming My promises. As you do, you'll feel greater empowerment through your prayers, because you'll know that you will be doing your part, and I in turn will step in and do what you cannot do; I will bring the miracles you need.

### **Put a little time and prayer into caring for yourself**

**106. (Jesus:) There is a balance, particularly at this time with the little life I've blessed you with.** You need to be doing your part to care for your body so that you're giving your baby all that it needs to grow healthy and strong. That should be one of your priorities, and should not be neglected. But you also need to find the balance so that you don't get lethargic or let other areas of your life take a hit.

**107. Naturally you're going to have to spend more time sleeping and eating, because those are both things your body needs at this point.** But you'll be surprised at how much you can also fill those times with in a positive way so that you're not neglecting your spirit. For example, you could use time when you're preparing something to eat to take a little praise time or prayer vigil; the same can be done when you're

working on getting out of bed. Use those moments to love Me, and you'll find yourself much more inspired to greet the rest of the day.

**108. You also need to plan certain aspects of your day a little better, so that you're eating the right foods and eating at the right times.** Be sure that your diet is balanced. At mealtimes you need to eat smaller portions, as your body is not capable of processing such large meals after so many snacks throughout the day. So cut down your meal size to smaller portions; even if it means eating more frequently, it will end up being easier on your body.

**109. I want to help you through this time so that your body and baby get all that they need.** So put a little time and prayer into caring for yourself, and you'll see that it will make a difference and will positively affect other areas of your life as well.

### **The sacrifices are worth it for the eternal gain**

**110. (Jesus:) Oh, how I love the creation of new life!** It is with such satisfaction that I nurture and develop each little one. It's a beautiful time of transformation in a mother's life as well, a time when you bond with your baby even before you see him or her. And in many ways it also provides you with a closer connection with Me, because you see the awesomeness of My handiwork and creation taking place in your life—within you.

**111. Such a beautiful creation doesn't come without its aches and pains, and I'm proud of you for bearing them bravely, for keeping your chin up and letting Me work in your life in this way.** You find yourself astounded at times that I can actually create life within you to such perfection. It's not that you didn't think about this before, but going through the experience yourself has given you a new respect for the skill with which I bring each new life into the world. I put such loving care into the development of every baby, because each one is so precious to Me. The growth of a little one has always been and always will be one of the

highlights of My creation, one that brings great satisfaction to Me.

**112. At times it might seem like you, the mother, have to give a lot of yourself in order for that little life to flourish.** And while it is a sacrifice and has its difficulties, when you step back from the present and look at the big picture, you see that these bodily sacrifices are so worth it for the eternal gain you'll experience in life. You will have a child to love and care for, to cherish and to train in My ways. You'll come to know the love of a parent in a greater way, and to find such joy in this new calling. The present tests and adjustments will vanish when you hold your little one; any pain and difficulty will disappear with the rush of love and contentment that will fill your heart.

**113. You're embarking on a new part of life's journey, My love.** It's hard for you to know or understand all that it will change in your life, but I'm proud of you for embracing it and letting Me work in your life by giving you a baby. Knowing that you have wanted a baby for so long makes this gift that much more special to you, and I love the fact that you have allowed Me to work in your life in this way. It's an experience that is going to enrich your life, more adequately prepare you for all that's ahead in your service for Me, and also teach you to love and care for others with greater concern and understanding.

**114. Thank you for welcoming this little one into your life.** I'm proud of you for accepting the adjustments that it has required of your life and work, and for learning to adapt your lifestyle in order to give your body and the baby the care that you both need. Thank you for not neglecting your physical care during this time. I know you feel you could've done better, but you have done well, My love. Because of your diligence and concern for the care of your little one, your baby has been able to grow and develop well over these months. It makes it that much easier for Me to properly care for your little one when you're doing your part to live right.

**115. Taking proper care of yourself when you're pregnant is one of those sacrifices that has long-lasting dividends and is always worth the effort.** Just as you wouldn't withhold the proper nourishment and care of a baby in your care, it's of equal importance to provide that same care for your unborn child through taking proper care of yourself in the way you eat, your exercise, your rest, and your overall well-being.

**116. Don't worry when you encounter the odd aches and pains in the development of your little one.** It can be unnerving because you don't fully understand the cause or why there's discomfort, but if you'll just keep turning your eyes toward Me and trusting Me to care for your little one and you, then I will perfect that which concerns you.

**Refill your spiritual stocks every day**

**117. (Jesus:) It's a law of the spirit that faith comes through hearing and studying My Word.** The more time you spend drinking in My Word and storing it deep within you, then the better your faith ballast will be. You haven't been drinking as deeply of the Word in these last weeks as you've needed to. You get a so-so infilling that works to a degree, but it's been a while since you've really taken time in My chamber and allowed the Word to sink into your heart and help to fortify and build up your faith.

**118. This is one of the reasons why you find yourself a little more beset by concerns and worries—your faith ballast is a little low and needs solid, consistent replenishing.** It's not that you entirely neglect your Word time, but you've allowed it to slip from its priority place as number one in your life. You've put less importance on it because you've felt that the physical demands on your pregnant body have been more taxing and prominent. But don't you see, My love? This negligence is only hurting you. It's making it a lot harder for you to trust Me to care for the baby and you.

**119. You find yourself surrounded by so many concerns, and you aren't weathering them well because you don't have as solid a**

**faith backup as you need in order to dispel and counter these worries.** Worrying is never of Me, so when you find yourself being sucked into a worry vortex, you can be sure that that's not My plan. I would happily pull you in the opposite direction if you would help Me out by taking the proper time that you need with Me.

**120. You listen to My Word, but you don't follow up what you read by hearing from Me faithfully.** So your Word time is only so-so, and you don't benefit from it fully. There are also times when I wish you would just sit down and study My Word, drinking deeply of it, without any other distractions or outside disturbances. But you've found that hard to do, and rather than making an effort, even if it is difficult for you, you've settled for less than My best, less than what is best for your spirit as well. And that, My love, is hurting you.

**121. You're trying to wait it out in the hopes that when some of the stronger pregnancy symptoms subside you'll be more physically in gear to maintain a better schedule that allows you to get solid Word time before the day begins.** But think about that a little: Is that really the right viewpoint? Shouldn't you be striving to care for yourself spiritually just as much now as later? Your spiritual reserves are not well stocked, so it's not that you have endless reserves to dip into. You're meant to refill your spiritual stocks every day, to ensure maximum strength and spiritual vitality.

**122. You've been excusing yourself too much when it comes to your times of spiritual feeding, and this is hurting Me, because it has a bearing on our relationship.** It affects My ability to help you, to give you the faith to counter the Enemy's worries, and stand strong amidst the daily battles and tests. You're going to need to make a conscious effort to fit in your time with Me regardless of the other demands in the day. If you're having a hard time waking up with your alarm clock, then ask your husband to wake you up by a certain time in the morning so that you're able to fit in that time with Me.

**123. It's not that waking up a little later is so bad for you,** but the problem is that you have

a very difficult time redirecting your day to fit in that time with Me, and that's what I'm trying to highlight with this message. You cannot bump your Word time aside; that'll only hurt you, as it already has been. If you were faithfully making it up, and ensuring at least a solid 1½ hours of Word, better yet 2 hours, then it wouldn't be such a problem; but you're not getting that, and that's what makes Me sad.

**124. There'll always be physical challenges around you that make it difficult to take your time with Me, and that will be more so the case as time goes on with a baby.** So you have to be personally determined and committed to meeting your spiritual health requirements regardless, so that you're able to manage even if your ideal schedule is blown to the wind. Are you committed enough to do that? I know you want to try, but as the verse goes, "The spirit is willing, but the flesh is weak" (Mat.26:41), and this is true in your case. Your physical body is putting more demands on you by being pregnant, but it's not something beyond rising above, though it does require a personal impetus and desire on your part to strive for it.

**125. I'm sorry if this little reprimand is a little pointed,** but I'm being direct with you because I know you want to strive for the best, and sometimes you just need a little motivation in the right direction. What you feed your spirit has a bearing on all the other things in your life—your work, your emotional and mental stability, even your physical health, because your outlook can either give you the boost to rise above or drag you low.

**126. I'm not going to list all the ways that you can fit in more Word time, as I've already laid out a number of plans for you.** Now you must determine what you're going to commit to, and then stick with it, come what may. If you need a helping hand, then get your husband's help. You'll probably find that simply asking him to help you will give you more of an incentive to get up in the morning, because you'll have that little conscious prick in the back of your mind, which is always a good incentive.

**127. I love you and I can help you through this transitional period.** You may not always feel on top of the world, but I can give you a victorious and triumphant spirit, regardless of the battles of the day. And remember, My love, that it is all for a purpose too. There's a beautiful new life growing inside of you, a miraculous touch from My hand on your life. So even though it's requiring a change for you, see it as worth the effort because it's bringing forth a wonderful treasure and sign of My love for you. It's a love gift, and though it initially comes in an uncomely package, as time unwraps this beautiful gift, the little trials and challenges you're facing now will fade into oblivion, washed away by the great joy and happiness that I've placed in your hands because I love you so dearly.

**128. Care for yourself, My love, physically, and just as important, spiritually,** because I need you in top running order so you can care for and pour into your little one in the days to come. I love you.

### **Adjusting to the latter stage of pregnancy**

**129. (Mama:)** The following three prophecies were received by a pregnant mother who was going through a number of changes in her life all at once during the latter stages of her pregnancy. She had moved Homes, her ministry was changing, and she also had to be away from her husband for about two months. All of this, coupled with the different challenges of the latter stages of pregnancy, really drove her to the Lord, Who kept her afloat and gave her the counsel and encouragement and instruction that she needed at every turn. I believe that these messages will be an encouragement to any of you mothers who have to juggle a number of changes in your life or situation during a pregnancy.

**130. (Jesus:)** I've told you that I will use this time of pregnancy for good in your life, but you're already discouraged by it. You don't see where you're going to get the strength to face all that lies before you. There is much that you need to

adjust to at this time; being in a new environment and situation is taking time and physical energy. You haven't really ventured into the work yet, and that is an aspect you're dreading because you are so spent and exhausted already.

**131. I'm not pushing you to overexert yourself.** You need to accommodate the demands on your body; you can't operate as you did in the earlier stages of your pregnancy, because you don't have the same strength. If you push yourself too much physically you're going to find that it will take a toll on your spirit as well.

**132. That, in essence, is a little of what's happening now:** You've been exerting yourself for quite some time with your move, and your body hasn't always gotten the degree of rest that it needs. Added to that, you're now adjusting to a new situation, which takes a greater toll on your body, because you're caring for not just yourself, but for the little one you're carrying as well.

**133. It's not worth it to push yourself unduly;** you are going to have to slow down even if it's difficult for you, and it makes you feel a little useless for a while. If you want to recoup your energy, and if you want to lose the exhaustion that you're experiencing, you need to give greater care to your body. No one will judge and measure you by it, and if that's your concern, then you should see that as the spirit of pride. It's pride that makes you assume that you need to push on in your own strength, that you have to equal others' work output. But that's not what I'm telling you or what others will tell you either. So give yourself a break and don't try to push yourself when it's not necessary.

**134. You need to care for yourself; that is a responsibility that you bear in carrying a new life.** It's taxing on you physically, especially as you enter these last few months, and the better you start taking care of yourself at this stage, the more you'll have within you when you're adjusting to motherhood.

**135. I see the twinges of loneliness setting in;** you miss your husband, and not having his support nearby has given you the feeling that

you're facing it all alone. But you never have to face any challenge alone, because I'm here with you, and your husband is supporting you in spirit, even if he's not physically present at this time.

**136. You may be a little more emotionally vulnerable at this time,** which is also exaggerated due to your being spent in body, mind, and spirit, but I want to sustain your spirit. I have the means by which to infuse your spirit with the boost that you need, but it comes through entering into My temple, through not dwelling on the have-nots at this time, but praising and thanking Me for what you do have.

**137. Even if it'll be some time before you and your husband are together again, those days don't have to drag on painfully or miserably; you can rise above.** It's a little more challenging for you at this point, because you are a little more emotional; that's not uncommon in pregnancy. Experiencing all these changes in one shot, intensified by the sheer physical exhaustion, makes the mountain seem a little higher and harder to climb, the weight a little more burdensome than you can bear, and the destination distant and uncertain.

**138. You need to recharge yourself spiritually and physically in order to be able to meet the weeks ahead;** that in itself will be a boost to you, and will lessen the emotions you're presently being buffeted by. Think on the good, the positive, and the beautiful, and it'll help to sustain your spirit, and even make the time speed by faster. Also, as you take time to recharge your spirit, you'll be more inclined to reach out to others and spend time with them. If you try to do that now to fill the void, you'll only wind up more spent, because you have no reserves to draw from, but if you really strengthen your spirit and also regain your physical strength, the results will affect the other aspects of your life as well.

**139. What I want you to remember in all of this, My love, is that I am here to carry any and every load that rests on your shoulders.** I don't carry only those burdens resulting from the work, but even those close to your heart, if

you'll let Me. I hate to see you struggle in vain, so please let Me bear the burdens with you. I promise that as you do, you'll feel the weights lifting and your spirit regaining the determination and fight that you lack at this time. I love you very much and want to help you to rise above, to feel happy and content no matter what, and it is within My power to do that if you'll open your heart and life to Me in this way.

### **A wonderful opportunity for Me to draw closer to you!**

**140. (Jesus:)** These have been days of change for you, My love, and the days following will continue to be a time of adjustment and redirection. I know it can be a little disconcerting for you; it's not that you dislike change, but rather that you feel the state of flux has continued on for quite some time, and the fact that you and your husband are going to be apart for some time can add to that. But I want to use this time for good in your life. I don't want you to try to "handle it" yourself; I want you to see it as a wonderful opportunity for Me to draw closer to you, and also for you to bond with others.

**141. I'm using this time in your husband's life in ways that will benefit him.** Though it's not your preferred choice to be separate, I know that this time apart is going to benefit you both in a beautiful way. It will prepare you for what's in store, and will grow and stretch you in the specific ways that you need at this time, so that when you are reunited and as you prepare for the baby in your lives, you will have gained from the time apart, and it will make you better prepared and suited for what's ahead.

**142. I need you to start once again giving Me the priority time of your day.** It's understandable that you're quite exhausted from all that's taken place, but rather than just letting the magnitude of what still needs to be accomplished overwhelm you, take the time to commune with Me, to drink deeply of My Words, so that your spirit can be charged and ready for what's ahead.

Things are going to be busy for some time to come, and while you will in time settle in with a bit of a routine, there are still going to be fluctuations of your plan and work, and many major adjustments on the work and personal front.

**143. You need to unwind a little, and even psychologically prepare yourself and your surroundings for the baby;** otherwise it will come upon you very quickly and you'll be unprepared for it. That doesn't mean you need to work at trying to be super prepared, but even taking time to hear from Me about your new soon-to-be role as a mother and how I want to use it in your life is something that will help to ready your spirit for the occasion. If you've heard from Me on it beforehand, you'll be in a state of mind and heart that will help you to flow with the change much more easily.

**144. That doesn't mean that things will be as they are now, even with a baby.** You're bound to have to adjust your life and schedule in order to accommodate the change. However, if your spirit has made preparations, then the physical and emotional adjustments will be much smoother and less dramatic, as you'll have made preparations in spirit, which are the ones that have the most dynamic effect on your life.

**145. You're not concerned about adapting to the physical requirements.** You know that a baby will require much of you, and you're not ignorant of the many physical demands that come with a child. The most important part at this point is adequately recharging your spirit—getting tanked up on My Word so that you have the faith and wherewithal to meet the challenges before you. If you're ready in spirit, then you'll be able to flow more graciously with the physical demands, because you will have done your part to prepare where it counts most.

**146. That doesn't mean you leave the physical unattended; you should work to prepare in that way too,** but the spirit is what's most important, and it's through time with Me and tanking up on My Spirit that you'll have the fortitude to embrace the dynamic changes this

little one will bring into your life. They're going to be beautiful changes, and you will love the end result, but it will be an adjustment.

**147. You shouldn't worry about it, though; some things you should prepare for in advance, but others you can let Me disclose to you as they unfold** rather than fearing or worrying about them in advance. Remember, My love, that I am the author of your life, of your husband's life, and also of the little one within you, and I am writing a beautiful future for you. Even though it seems a little uncertain right now, things will begin to be clearer, and you'll understand the wonder of My plan in it all. Just wait and see.

**You'll flow with this beautiful change easily!**

**148. (Jesus:)** You have so much to be thankful for. I don't say that to minimize the sacrifice that it's been to be away from your husband during this time and in the weeks to come, but if you were to compare with how much harder this time could've been, the greater struggles you could've faced, it puts what you've had to go through in perspective, doesn't it?

**149. I am proud of you for being willing to make these sacrifices for the work and for Me.** It's good for your relationship, too, and helps to bind your hearts together in greater unity and love. You'll also be wonderfully surprised to find that this time apart is going to be an asset in your individual preparation for the baby. How, you may wonder. Well, primarily it's giving you both time to spend more time with Me. It's not that you were unfaithful in this area before, but when you're apart from each other, it makes your times with Me more valuable. You cling to Me more desperately, and then I'm able to play the role in your lives that I know will prepare you for the many changes that will come about as a result of having a baby.

**150. This time is also breaking you out of ruts and set ways of doing things that had started to rule your life.** You're both learning

how to branch out in your ministries and jobs, to welcome changes, and to fight to find the right balance. Those are going to be invaluable lessons when the baby comes along, as you'll find that things will not always be perfectly structured, and will at times be dictated by the baby, and you both will have to learn to flow with that. But these sacrifices that you're experiencing now are helping to pave the way for that, to make your spirits flexible so that you'll flow with this beautiful change easily.

**151. You don't see the extent of the beauty that is going to come about through the changes this little one will bring into your lives,** but I want to tell you that there are so many that it would be hard to list them all. You're in a way going through the testing part right now, but already there is a light at the end of it and your spirits are beginning to feel that boost and reenergizing. See, I'm always here to give you the help and strength and stamina that you need when you're doing My work. Your part comes with a measure of sacrifice, but I am ever faithful to give you the aid that will make even the difficult aspects easier; I'm there to carry you through.

**152. So thank you for giving to Me in this way, by being willing to sacrifice for the sake of others and for My work.** I always repay such sacrifices. Even though you may not see the "payment" at this point, very soon it will begin to get clearer, and you'll see that I indeed do all things well. Just stop and think for a minute on how I've had an active role in the creation of this little one, and have orchestrated the timing perfectly. You've also had a good pregnancy, free from sickness and physical inability, which has helped you to maintain a lifestyle fairly similar to the one you had before the baby. I have kept you on My perfect timetable.

**153. Thank you for being willing to give in this way, despite the personal sacrifice.** I will repay an hundredfold—I always do, because I love you dearly and keep your best interests in mind.

## **Me and My ability to override anything and everything in the natural**

**154. (Mama:) The Lord gave this message to a mother who found out that she had some minor problems with her placenta,** which was bleeding a little, when she was about 6 months pregnant. When she took this to the Lord, He explained His wisdom in allowing her to have an unrelated pain in her side when she would walk too fast or do anything even slightly strenuous, such as when exercising.

**155. She had had that pain—kind of like a bad stitch—for about a month before she found out about her placenta problem,** and was quite discouraged by it. She had prayed, and asked others to pray, but it didn't go away. But she was amazed to later discover that this was the Lord's way of keeping her from doing anything that would compound the problems with her placenta, that she was at the time unaware of.

**156. Isn't it wonderful to know that our Husband is in control of everything?** Even some of the things that we think are just annoyances or problems are things that the Lord is using in our lives to keep us from far greater problems or complications—as was the case with this mother.

**157. (Jesus:) My darling love, I want you to see My wisdom and foresight in all of this.** Yes, there is a possible complication. But it's only a possible complication; it's not a reality right now. I have kept the bleeding and contained it so that it isn't causing any serious damage, and so that you and the baby are kept safe. So praise Me for this, and continue to praise Me for My power to keep you. As you do your part to not overdo, and to call on the prayers of others, I will do what you can't do.

**158. As far as the pain that you experience when you exercise, I know that this has been a source of discouragement for you.** You really want to be able to stay healthy and fit in order to be in good shape to have the baby, and also to be able to recover well afterwards. You didn't do so well in this aspect of your pregnancy

with your first baby, so you have wanted to do better this time around. So it has been frustrating for you that you have had this side pain, which has caused you to only be able to do very slow walking and exercising.

**159. But, My love, this is something that I have allowed to prevent something worse happening to you or the baby.** You see, because you have had this pain, it has prevented you from doing any type of vigorous exercise. This has prevented you from straining yourself or your body, even unknowingly, which could have compounded your placenta problems.

**160. If you had not had this pain to keep you in check, then you might have overexerted yourself with your exercise,** and this could have caused more bleeding and more complications. So you see, My love, I have given you this pain in your side so that you would not overdo, and that is why the bleeding is not worse than it is.

**161. I'm sorry that you've had to have this pain in your side and that it has been an annoyance to you, but it has also been your salvation.** If you had felt well enough to exercise more vigorously, you would have, and unbeknownst to you, you would have risked damaging your placenta further.

**162. So praise Me even for this pain, which has kept you in check and helped you to only engage in light exercise.** This light exercise is fine to continue with, and in fact is very beneficial. You need to do something to move around and get your blood flowing every day, even if it's mild. Because of your weak placenta, you cannot do anything more strenuous right now.

**163. I promise you that as you continue to keep this in your prayers—as well as request the prayers of others—and as you continue to do your part and not overdo in any area of your life, and as you continue to praise Me in all things, I will protect you or the baby from any harm or problems.**

**164. It is wise to let the doctor continue to monitor the situation, and for him to periodically keep an eye on the patch that is bleeding,**

**but do not worry and do not fear.** I have kept it from being a serious problem up until this point, and I can continue to contain it. It will keep you desperate, and it should, but it should not make you worry or fear.

**165. If you do begin to worry or fear, that's a sure sign that you're looking at the waves of possibilities and possible complications,** rather than at Me and My ability to override anything and everything in the natural. Although the doctor doesn't quite know what the problem is, I do, and I can contain it.

### **Complications and the Lord's love and care**

**166. (Question from a pregnant SGA mother:) In "Helpers and Hinderers, Part 1," the Lord says that one way Wolverine attacks us pregnant mothers in the Family is through complications.** I grew up without many fears about complications in pregnancy; my mom had good pregnancies and births, as did others in my family, and many mothers whose children/babies I cared for, though they had some rough patches, seemed to deal very well with pregnancy in general.

**167. However, over the last few years I've heard many more accounts of women having complications during pregnancy or birth,** and I wonder why we seem to be facing so many more pregnancy complications and problems in recent years than, for example, our parents did. Or maybe growing up we just weren't aware of all the complications, although it seems that if there were more, it would've been much harder for our mothers to bear the many children that they did.

**168. Are we, today's childbearing mothers, and our babies being attacked more in the spirit than those 10 or 15 years ago, perhaps because the spiritual warfare has intensified?** Or has there been more negligence on our part in the care of ourselves that has opened more potential avenues for complications and problems compared to our mothers? It's obvious that the Lord uses different things in each person's life, so perhaps some mothers just face more chal-

lenges in pregnancy and childbirth than others because that's their test and the way the Lord strengthens their faith, etc.

**169. My question is whether we, as today's childbearing mothers, can expect good, healthy pregnancies overall if we're properly caring for ourselves, or are there greater tests and fights in the spirit against our little ones being born today that we should just learn to face and accept as par for the course of today's childbearing days?** Maybe this isn't a concern for other mothers, but I personally would like to know that if I am going to possibly have 4, 5, 6 or however many children the Lord gives, and the spiritual warfare is going to play a greater role in bringing a new life into the world now than it did in the past, then I will need to be much more on guard in spirit throughout pregnancy and childbirth (not in a fearful way, but remaining vigilant), because the Enemy is targeting us in that way.

**170. (Jesus:) You know that what I love, the Enemy always fights against.** Whatever I am for, the Devil stands against. Whatever I treasure, the Enemy hates. Whatever I carefully create, the Enemy is always seeking to destroy.

**171. The Enemy has been given much more power over the Earth in these later years, because his time is drawing near.** I told you that in the Last Days, more evil spirits would be released from the deep and would roam the Earth, and thus the spiritual battles would intensify.

**172. This is one way that the Enemy has been seeking to do damage, through Wolverine and his underlings.** Satan has never loved children. It angers him when he sees the extreme joy and pleasure I derive from creating children and bringing babies into this world. He hates My ability to create new life, to transport a spiritual being from Heaven into the physical realm. He hates My power through procreation. He hates My ability to make something out of nothing, to create love and life where there was none before. Thus, in his despicable nature and anger, he has sent Wolverine on a mission against My children

and against My brides bearing more children for Me.

**173. I don't say this to worry anyone, but because you need to understand that things in the spiritual realm have gotten hotter and more intense.** The battles in the spirit are greater. This is scriptural and it is a sign of the times. That is one reason why childbearing has been a bit more of a fight for mothers, and will continue to be a battle for some: because the spiritual realm is a lot more active and the Enemy is on all-out patrol.

**174. This, however, does not mean that the Enemy is above My power or is able to hurt any one of My brides or their children without My express permission.** In saying that the spiritual battle has intensified, I am saying that My brides must be more vigilant in the spirit. But in no way does this mean that you should expect difficult pregnancies from here on, or that every time a pregnancy is difficult it is because the Enemy is fighting you.

**175. My promise that every pregnant mother or would-be mother can stand on is that if they are doing their part to obey the Word and to care for their bodies and their unborn babies as the Word instructs, then I will do My part to care for them.** If you are doing your part to live right, eat right, exercise right, and you are striving to keep a clean, strong spiritual life, and you really believe that you are fighting and doing the right things, then your faith need not be shaken. You are doing the right thing and My complete protection is over you. My complete safekeeping is granted to your baby. My complete care is guaranteed.

**176. Then, even if problems come up in your pregnancies, or if there are complications with your baby or your health, you can have full assurance,** knowing that this is My will and I have allowed it.

**177. Sometimes difficulties during pregnancy are just what I need to use to work in that mother's life and in the life of her mate.** Maybe I want to use their experience as a faith strengthener, or as a beautiful opportunity to grow

very close to Me before their little one is born and their lives change. Maybe I know that these hard times and disappointments are just what they need to strengthen their discipleship and to help them make progress in their spiritual lives, or to humble them and give them more compassion and love. Or sometimes it might even be so they can be a greater encouragement and “comfort others with My comfort which I have given them” (2Cor.1:4).

**178. I do not take difficulties during pregnancy or labor lightly.** Anything that deals with children, I treat very carefully, very lovingly, and very, very gently. I counsel over each decision with My Father and Mother, and very tenderly do I apply that extra pressure when it is needed.

**179. So if you have had difficulties during your pregnancy or during your labor, you can trust that I had My hand wrapped around that situation and it was completely under My control.** I never let one of My mothers suffer unnecessarily. Any difficulty that I allow, I allow because it has the potential to bring much greater good. Whenever that is not the case, I keep the difficulty far from you. But if it will be good for you, and if it will better your lives and your love for Me, then even if it does cause some pain and discomfort or disappointment, I allow it because I know that the end result will be worth it—to both you and Me.

**180. Now, there are times when a mother’s pregnancy is difficult due to her lack of care for herself or her baby.** Those are very, very sad situations. I could be giving her and her little one so much better care and protection, but if due to her wrong decisions and poor care for her health she or her baby are suffering, then My hands are tied in a way and I am limited.

**181. Carrying a baby is a very special responsibility.** I know that it is so difficult to sacrifice your body and your preferences for a little life that you don’t even know yet. I know that for some women it is much harder than for others. It’s difficult to eat more when you know that the result could be losing a figure

that you’ve worked hard to keep in shape. It’s difficult to slow down your pace or rest when you need it, when you’ve been used to keeping a very energetic and active lifestyle. It’s difficult to make so many personal lifestyle changes and sacrifices for a little soul who is now sharing occupancy in your life.

**182. But trading in your image, your lifestyle, your desires for a whole new human soul is worth it, My loves.** There is no price too great to pay for the treasure of a life. I paid the price of My blood and My life so that I might gain your life and have you forever with Me. Don’t you think you can pay the price of a little weight, a little less time for yourself, for this eternal life I have to give you? “No greater love hath a woman than this, that she lay down her life for a child.” That’s great love.

**183. So please do care for yourself, My beautiful women and mothers!** Not only does your baby suffer when you don’t take care of yourself, but I suffer too. I suffer because I’m not able to be as intimately involved in your baby’s health or growth. I’m not able to keep you as strong and healthy, either. When you take matters into your own hands and don’t trust Me to care for you or your child, then you’re canceling out My direct involvement in your pregnancy. Is that trade worth it to you? Would you rather feel more in control of your weight and your lifestyle, yet have less assurance of My protection and involvement during your pregnancy? Or would you sacrifice a bit of your desires, your image, and your pride for living the healthy way and fighting to stay on track spiritually and physically and in return receive greater care, safekeeping, health, and benefits from Me? The choice is yours.

**184. This is the synopsis of My answer:** Yes, the spiritual warfare has intensified, and this includes the spiritual attacks from Wolverine and Satan on your children and on those bearing children.

**185. —However, you also have greater power in the spirit and great spiritual helpers assigned to protect you and your children so**

you can overcome his attempts, and you can be unharmed and protected from Wolverine's attacks.

**186. —I also promise you complete protection and assurance in return for your obedience.** And by obedience I mean obedience spiritually and physically.

**187. —You are responsible for your spiritual life and walk with Me.** When you're pregnant, you're even more accountable because you're responsible for another's life and spirit as well. In some ways you have to fight extra hard, because your decisions now affect another's life.

**188. —You are also responsible to obey in the physical.** You're responsible to care for your baby's health, even if it comes at a cost to you. You're responsible to do what you can to ensure that the baby is well fed and is growing strong. If your child were five years old, would you keep him from food if he were hungry, simply because you didn't want to eat then? Would you refuse him sleep when he's tired, because you still have so much work to do? Would you neglect to care for him because you'd rather be at a party or fellowshiping with others?

**189. If you want to know a secret to preparing for motherhood and parenthood in general, it's that it all starts in the first nine months before your baby is born.** It starts with you learning to put this life above your own, before you ever see her face. It starts with learning to live unselfishly, to give your time to your child before you even hold her in your arms. The decisions you make while you are expecting a child help to define you as a parent when your child is born. Are your decisions unselfish, loving, prayer-based, Word-based?

**190. I know that it's hard to put another's needs and well-being before your own.** But I promise it is always worth it and it is always rewarding.

**191. —And lastly, if you are being faithful and obedient to Me, both physically and spiritually, and yet you still encounter difficulties or complications, don't worry.** Realize that this is

My hand lovingly touching your life with just what I know you need. I'm in control of the situation and I've allowed that complication for a very good and special reason. This is just what I am using to work in your life. It's not because you're bad or not as good as another mother who had an easier pregnancy or labor or whatever. But it's because I love you and I know that I can trust you to keep loving and trusting Me even through the difficulty and the complications.

**192. Most of all, I don't want the Enemy scaring anybody out of having children.** This is his goal and what brings him satisfaction. His attempts on the lives of My unborn children have been upped, but so has My power and My resources to protect, secure, and deliver them! Just as there are greater consequences for disobedience in these latter years, so are there greater benefits for obedience—and the blessing of greater protection and safekeeping during pregnancy is one of them.

**193. I will stop at nothing to bless an obedient bride.** When I see one who puts her heart and life aside to obey My will and to please Me, I go the distance to pour benefit and blessing upon her. Maybe it won't always be in the form of no complications or no difficulties during childbearing; instead it might be in adding extra health to the baby, or in gifting the child with a quicker, sharper mind, or in answering other prayers of the parents regarding their child's personalities or gifts, or in blessing the mother with quick recovery after labor, or in bringing sweeter closeness between the mother and father, or in giving the mother a special victory over a certain area of her life that she's long fought in and prayed for. The options for benefits are limitless! As I said, I will go the distance to pour benefit and blessing upon My obedient brides.

**194. I love to give children, and I won't stop regardless of the Enemy's attacks.** And neither should you, because the guarantees and promises that I have given you will withstand, overcome, and completely defeat anything the Enemy tries against you. His power is puny. He

can't stop Me from creating My passions. Your obedience, linked arm in arm with Me, will overcome him any day.

### **Flow with the stages of development!**

**195. (Mama:) This next prophecy was received by a mother in her third trimester who was experiencing some sharp pains in her abdomen.** When she took this to the Lord, He not only let her know that it was nothing to be concerned about, but also gave her some practical tips to improve things. You may find these tips helpful during your pregnancy too! Or better yet, ask the Lord for His personal counsel for you.

**196. (Jesus:) I don't want you to worry about this pain you're experiencing, because it's not anything serious; it is just one of those "growing pains" of childbearing.** You're getting into the last stages of your pregnancy, and as the baby grows, there's less space for her to move, and also less space for all your organs. It's not uncommon for it to be a little cramped inside, which often brings a set of discomforts different than the ones you experienced in the earlier stages of pregnancy.

**197. Something you need to understand is that with each stage of pregnancy you have to adjust aspects of your personal care to meet the needs of both you and the baby at that particular time.** Of course, there are some standards in proper care, such as maintaining a healthy diet, getting adequate rest, and ensuring that you're exercising, but there are also little "tweaks" that you need to make throughout your pregnancy as well, in order to flow with the stages of development.

**198. One of the reasons you're experiencing this pain in your upper abdomen is because you need to adjust the quantity and frequency of your meals and snacks, so that your intake is less than it used to be.** Your digestive organs are being pushed up in order to make room for the growing baby, and if you're eating portions that are too large, it can cause increased discomfort

and pain. You also should take a break from your desk more often throughout the day, as sitting for long periods of time is not healthy, and if your posture is not correct at all times, you're more susceptible to aches and pains both in your abdomen and in your back.

**199. Now that you're also in your later stage of pregnancy you have to slow down with your exercise.** I know you sometimes just feel the urge to run or exert yourself, but you have to take it a little slower now that your tummy is bigger and you're heavier overall. Quick jerks and jolts can cause more pain, and if you're doing exercises that are a bit too strenuous for your body, it will bring on cramps and other aches and pains. So you need to start slowing down a little. That doesn't mean you should stop exercising; you shouldn't. Consistent exercise throughout pregnancy is a must if you want to stay fit and healthy and have the energy that you need for the delivery; it also helps your body stay healthier, which then aids you in a quicker recovery after the birth.

**200. Exercise in moderation. Work with your body, and take the hints and checks that your body gives you.** Just because you had the energy to do a certain exercise one day doesn't mean you'll have that same stamina the following day, and you need to adjust your physical exertion accordingly. If you push yourself too hard, your body will bear the brunt of it, because there's so much that it already has to deal with during the final stages of development with the baby.

**201. So don't worry about this pain you're experiencing right now, because it's not anything serious, and is caused by things being cramped and squished inside.** But you can help your body cope with it by adjusting a few things in your daily living. Here are some ways to help relieve this discomfort:

**202. • When you get up in the morning, take a little time to stretch.** Your muscles are often cramped and achy after a night's sleep, so take five or ten minutes before eating or drinking anything to stretch your body and get your blood circulating properly again.

**203. • Limit the amount of food and liquids you take in at one time;** have a mental “max” of what your body can properly digest at one time. You often don’t feel as full as you are until 15 or 20 minutes after you eat. Stop eating or drinking before you are full, and then your stomach won’t have to deal with trying to digest too much at one time.

**204. • Get up and walk around more often throughout the day.** It’s especially important that you do that after eating, as when you sit, it pushes the baby up a bit, and she cramps your stomach and digestive organs, making it harder for them to do their work.

**205. • Frequently empty your bladder,** even if you don’t feel a pressing urge.

**206. • Drink more liquids, primarily more water, but you can also get some of your necessary fruits and veggies through fresh juice.**

**207. • Don’t overexert yourself in exercise, even if you feel you could do more.** It’s better that you take it slower in your exercise in this final stage, so that you don’t hurt yourself or wear yourself out physically. If you push yourself too hard in exercise, while you may not feel it immediately, it may wear on you the following day if it was too much for your body to handle. Always faithfully stretch and cool down after exercises.

**208. Most of all, My love, know that I’m caring for you and your little one, and I won’t let anything adverse happen to you.** You’re in My loving care; I am your Physician, your loving Caregiver, and all that you could ever need. So trust Me to bring this beautiful creation to completion. Keep your eyes stayed on Me, and commit any worries to Me in prayer and praise, and see how I’ll wipe them away, and also give you direction on how to make it better.

**209. Some things you may just have to go through, as they’re a part of this creation process,** but even then, I can give you the grace and stamina to bear them gracefully and with the confidence that I’m caring for you. I am ever by your side through this beautiful experience, and

I won’t let go of you. Thank you for letting Me use you as the vessel to bring another life into this world!

### **Spiritual, emotional, and physical preparations**

**210. (Jesus:) Getting ready for a baby is life-changing;** you don’t always feel the difference while you’re pregnant, but the day the little bundle of joy is in your arms, there are dynamic changes that are felt the rest of your life—good changes that when seen through My eyes are received with joy and thankfulness.

**211. There are a few ways to prepare yourself for the baby,** which I’ll list here, and if you’re faithful to do these things, then you can leave all the rest in My hands with utmost confidence, knowing that I’ll do what you can’t. But you must remember that a key to this preparation plan being successful is that you must do your part in order for Me to be able to do Mine.

**212. Spiritual preparation:** It’s very important to be prepared spiritually, and the best way to do that is by ensuring quality time with Me each day. You need to strengthen your faith muscles, which will help you be ready to flow with the changes of having a little one in your life. Aside from the need for good Word time, it’s important to keep a guard up against fear in any form; even subtle, small worries need to be counteracted immediately. The best weapon to use against fear or worry is praise. If you’re ever worried that things might not go so smoothly in the delivery or that you won’t be prepared for it, take some time to praise and love Me for all the miracles I’ve done so far in creating this little life within you. Praise Me for how I’m going to perfect this good work that I’ve begun, and for how I will give you the strength, fortitude, and resilience that you need to bring this baby into the world.

**213. Emotional preparation:** While you may not feel particularly emotionally unstable at this time, it’s still good to prepare, so that you

can be ready. It shouldn't be a big psychological ordeal, and a lot of it will have to do with how spiritually and physically prepared you are. One way you can prepare emotionally is by reading positive accounts of deliveries and by practicing breathing techniques. Take some time to also commit to memory key promises on childbirth, so that you can hold on to them when you're in labor and delivering the baby. That way you'll have something to focus your mind on, which will help you to remain in control, without fear, and give you faith in My ability to carry you through.

**214. Physical preparation:** I gave some practical tips for preparing yourself emotionally, which can fall under this section as well. Another way you can prepare for the baby is by getting set up for the baby sooner rather than later. As you get further along in your pregnancy, you're going to have less energy to spend getting ready for the baby, so use time now to focus on that, so that it's not a mad rush at the end. You can prepare by getting her bed set up, organizing your room, going through your newborn clothes so that you're prepared, etc. It may seem a little early for that, but you'll find that the weeks will go by swiftly, and it's better to be ready with time to spare than to leave it all for the last week or two.

**215. You should also take time to build up your stamina and increase your energy.** It's been difficult for you to get quality exercise on a regular basis, but if you want to be in good shape and have enough energy for the delivery, then you should use these weeks to build up your strength and stamina. I'm not talking about pushing yourself to the limit, but rather faithfully exercising so that you increase your strength, which will make the birth much easier.

### **Message from an unborn baby**

**216. (Baby:) Hi, mom! Life is so exciting, especially when it's so new!** I'm a fresh clean slate, with a clean heart, clean mind, clean soul, created just for you. I am like a book with clean,

white, fresh empty pages for you to write on me Jesus' love, to fill my pages with His care, to pour into my chapters all the love and wisdom that He's given you.

**217. As you write on my pages His love and thoughts, then I will be like a testament that other people will read.** They will see His handwriting, His care and love, as they see me. I am a testimony that love works, that the fruit of love is love, that love never fails, and that love is beyond understanding. It's just plain wonderful!

**218. As you look at me, you'll cry with joy and amazement at my little tiny features and how Jesus made me perfect in every way.** You'll cry with happiness at the miracle of a little tiny baby, and you'll feel Jesus' love so perfect and wonderful and so fulfilling beyond anything that you have ever felt before. This is His gift to you, making you the happiest mother. I'll fill not only you but your Home with joy, the wonder of a fresh new life and creation, to fill the Home with newness, with the presence of one newly arrived from the halls of Heaven.

**219. I'm a gift of love to all of you—everybody's baby, everybody's reward, everybody's gift from Heaven.** I will bring a touch of excitement and freshness and newness. I bring the freshness of Heaven, like dew on the ground. I will bring new blessings with me and the freshness and the life that only children and babies can bring—the laughter and the joy and the unity that seem to follow us wherever we are.

**220. I will be a joy in a different and special way to each person and a blessing to everyone's life.** Babies have a way of bringing out love and tenderness, and I will bring out these things in those in this wonderful Home that I am so privileged to join very soon. I am preparing to meet you, and as I grow and get bigger, so my heart and my love is growing for you. And so your love will also grow for me and for each other. I love you! See you soon!