

Elizabeth Ministry™

Collection of Prayers



*Following the example of Mary and Elizabeth,
we visit and celebrate the sacredness of all life!*

Elizabeth Ministry™

Collection Of Prayers

Written by the founders of Elizabeth Ministry,

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Order of Prayers

*The prayers in this collection appear in the order that follows.
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Prayer of Wonder

All-loving God, I am filled with wonder when I consider the power of your Spirit. You create the billions of galaxies with trillions of stars. You formed the earth into a garden that nourishes the plentiful species of life. You loved me into existence and cared for me as I grew into womanhood. It was you who prepared my body, mind, and soul for the miracle of conception.

You are present, knitting together all the delicate parts of the new life I carry within me. My body intuits your artistry as you sculpt tiny cells into hands, feet, inner organs, brain, and heart. You have made my body, mind, and spirit into a sacred vessel that even now is creating an awesome masterpiece—a unique expression of your goodness, beauty, and truth. Together we share this thrilling experience that you initiate, nurture, and bring to fullness. How I marvel at this precious gift of your love!

Help me, Lord, to enter the mystery unfolding deep within my womb. Allow me to accept this gift with wonder and excitement. Permit me to relish the life I carry as it grows and changes me. I freely give you my body, mind, and spirit as my unique gift to our child.

AMEN.

Prayer of Gratitude

Lord God, my heart is filled with gratitude! I was in your mind and heart when you began the magnificent universe. You knit me together in my mother's womb and formed all the delicate parts of my body. Before my mother, father, brothers, or sisters touched me, your love held me safe, cared for me, and gave me existence. You ushered me into the faith community through the waters of baptism and welcomed me as friend and lover.

You were present to me as a child, a teen, and into adulthood, inviting and calling me by special signs of love and care. Your love ignited my heart and led me to commit myself in the covenant of marriage. Now, joining with you, I have become a co-creator of new life. Through your power, present in the dark warmth of my womb, I am making bone of my bone and flesh of my flesh. I am creating a visible expression of my love for you and my husband. How do I thank you, Lord, for this priceless gift?

Help me, Lord, as I continue our masterpiece. Let me drink in your love in sunrise and in sunset, in gentle breeze, in fertile earth, in stately trees, in the songs of birds, in the melody of symphonies, and in the magnificence of nature. I offer all these in gratitude for the gift of life I carry within me. Allow me to communicate to our new life not only flesh and blood but also an awareness of your tender and abiding love.

AMEN.

Prayer for Help

Lord God, I am so tired. Mornings have not been the best time for me during this pregnancy; my body keeps telling me I do not want breakfast. Cleaning has never been my special talent, but now it has become a real burden. It seems I just do not have the energy to do the things I need to do. I love the feeling of having new life within me but sometimes wonder whether you are making my child too large.

What do I do with my feelings, Lord? I know emotions are a gift from you, but this is getting ridiculous. I find myself excited and joyful one minute, and the next I am angry and frustrated. I can be elated and within a few minutes depressed. Laughter comes easily and is appreciated, only to be followed by tears that just keep coming.

My imagination is working overtime. Will the child I carry be healthy in mind and body? Will I be able to deal with the labor pains? What if there are problems with the delivery? Why am I so tired? Is there something wrong with me or our child?

Lord, I know you are present, taking care of me and our child. Help me experience your presence and know your loving care. Give me strength of body and mind to carry my child to term. Increase my faith and trust in you. I turn myself and the life I carry over to you, for I know you love us both unconditionally. Deepen my love for you, and let me get some rest, Lord.

AMEN.

Prayer for Awareness of God's Presence

Loving God, you have gifted me with another pregnancy. The stirrings within me are familiar. I remember your presence during my other pregnancy—how I relied on your love and care as my child developed. You brought me through my previous pregnancy. I come to you now with prayers for the new life I carry.

I need to be aware of your presence, Lord. I desire to begin teaching my child about your goodness and beauty. If I am able to create the physical body of my child with you, why can't I already nourish my child's spirit? The mystery of life unfolding within me is beyond my wildest imaginings. I wish to give this new life not only flesh and blood but also the beginning awareness of your presence.

Help me, Lord, to develop my child's spirit by drinking in your beauty. Use my eyes to see for the tiny eyes shrouded in the darkness of my womb. Open my ears to sounds of life and love still silent to my child. Help me use my sense of touch to communicate love for arms and hands that are unable to reach out.

Lord, make me a finely tuned instrument of your presence. Let me take all that is beautiful, good, and true and translate it into nourishment for our child's spirit.

AMEN.

Prayer for Openness and Patience

Here I am, Lord, doing nothing. I feel so useless and helpless. The least little effort on my part leads to exhaustion. When I try to do small chores, I am filled with dread lest I harm the fragile life within me. I feel that I have become a burden to the members of my family, who have assumed all my responsibilities.

When I look in the mirror, Lord, I do not see a vibrant, red-cheeked pregnant woman, but rather a pale, unattractive woman who seems to have aged tremendously. I do not feel excited, joyful, and expectant. I am depressed, frustrated, and angry that I am so tired.

Lord, I need to realize that I am beautiful in your eyes. Help me know that this time of frustration is but a preparation for joy that is to come. Help me understand that the greatest form of giving is to receive graciously and to open myself to the service of my loving family. Fill me with the awareness that what you want from me now is to relax and concentrate on the life within me.

Help me treasure the moments I can spend alone with you and my child. You said that you love the weak and powerless of this world in a special way. I certainly fit that description, Lord. I offer you my weakness, Lord, that your power and strength may be manifest. Give me patience with others, Lord, and especially with myself.

AMEN.

Prayer for Joy and Trust

Lord, I am having such a difficult time. I am thrilled because of my pregnancy. Yet deep within me is the gnawing fear that I will lose this child. I remember the pain, anger, and resentment I felt when I lost my child. It is so difficult to trust after that experience, Lord. I know you understand, because you lost your Son too.

I need your love, God, to enter this pregnancy with joy and excitement. Let me know that you are present, taking care of me and the new child you have given me. Remind me that the life I lost is with you, knows me, and is grateful for the gift of existence I gave him/her. Let me relax, Lord, and trust that this new life will reach term and be mine to love and cherish.

Life is such a mystery, God. It is so confusing at times. Yet I know deep within my heart that life is good and beautiful, and a precious gift from you. I believe that nothing can happen to us that can separate us from your unconditional and faithful love. I do not always understand this, Lord. But I do believe it.

Help me embrace the new life within me. Let me thrill to its movements and the experience of feeling it grow. Give this child health of mind, body, and spirit that he/she might be a witness to your goodness. I trust you, Lord, and love you! Thank you for this new child.

AMEN.

Prayer for Trust and Confidence

Lord, you are indeed a God of surprises. I really did not expect to be pregnant this late in life. The gift you have given fills me with mixed feelings, Lord. I am excited, elated, and filled with joy over the prospect of giving birth to a unique image of you. At the same time, I have read and heard about the dangers of becoming pregnant later in life. I am worried and fearful of birth defects, problems carrying our child, and possible other complications that I might face because of my age.

I need to remember that I am not alone, Lord. You are present and love our child more than I could ever imagine. Through the working of your Spirit we have conceived this new life. You are delicately forming the tiny body within me. You have destined my child for an eternity of love and joy with you. Help me overcome the fears that plague me. Allow me to enter this pregnancy with trust and confidence in the power of your faithful love.

The Scriptures are filled with examples of women conceiving and giving birth to children later in life. They all praise and thank you for blessing them in such a marvelous manner. Lord, I give you my body, mind, and spirit. Use them to bring our child to term. Keep before me the realization that this new life will live forever and will be an eternal pledge of your love for me and my response of love to you. Thank you ahead of time for this priceless gift.

AMEN.

Prayer for Wisdom

God of creation, it is not easy being pregnant at this time in history. You have gifted us with the marvels of medicine and technology. In many instances science has given us tools that protect both mother and child, and insure a successful pregnancy. However, these gifts can be used to profit the greedy, and actually be turned into instruments of death. We need your wisdom and courage to use these gifts for the benefit of humankind.

I am concerned and troubled about the proliferation of prenatal testing that is taking place throughout our country. We are told that this testing will surface problems the fetus might be having, will help diagnose defects in the fetus or woman, and will free us to make responsible choices as parents. But these procedures are often detrimental to the fetus, have indicated wrong information, and are used at times to foster abortions. Many pregnant women are being pressured into having these tests when there is no need to do so.

Lord, I believe that you alone are the author of human life. You initiate it, nourish it, and bring it to fullness. Help me treasure the fetus I carry and never permit any testing that will cause it harm. I accept and will love the child you have given me just as he/she is, knowing that my child is destined for life with you. Give me wisdom and discernment to become an advocate for any child being abused by modern technology. Give me courage, Lord, to speak out against any threat to the life of my fetus, or the fetus of any other pregnant woman.

AMEN.

Prayer for Courage

Lord, I come to you as a single mother. It is so difficult to be alone at a time like this. I yearn to share the mystery that is unfolding within me. I want someone to share the joy, excitement, and expectation that I feel. At the same time, I want to share my fears, frustrations, and anxieties with someone who will give me courage and peace.

I know the life I carry is a precious gift to be nurtured and revered. Yet I worry about what others will think, feel, and say. I feel guilty and sad, not knowing with whom I can share my concerns. I know you love me and my child, Lord. I believe that you are present, forming the tiny body within my womb. It is your child, created in your image and destined to share life with you for all eternity. Help me, Lord, not to give in to my feelings of sadness. Allow me to enter into my pregnancy with joy and excitement for the new life I carry.

Give me courage to face others with confidence and openness. Let me trust in the kindness, compassion, and love of my family and friends. Prepare me for all the decisions I must make. Let me learn from this experience to be gentle, nonjudgmental, compassionate, and loving toward all who need me. I thank you, Lord, for the gift of my child and for the joy that my child will bring into the world.

AMEN.

Prayer for Peace

Loving God, open your arms to embrace me. I am so frightened. I need to experience your presence during this high-risk pregnancy. My mind conjures up dreadful images of what might happen to the child I carry in my womb. I want so desperately to feel the new life grow within me and to be assured that I will deliver a healthy baby.

I remember that whenever anyone was in trouble, your message was always, "Peace, do not be afraid." Speak these words to my troubled heart, Lord. Remind me that you are present, caring for me and for the life you have given me. Teach me to trust in you and to overcome the fear that grips me.

Jesus, fill my life with people who can assist me during this difficult period. Help me find others who have experienced similar pregnancies. I need to hear of your marvels from them to strengthen my own faith. Let me learn from the Scriptures about your love and care for children. Above all, Lord, fill me with your Spirit that I might know what to do.

I desire to place my life and that of my child in your hands. Help me realize that life is filled with risk, but that nothing can separate me from your love. I know that you will care for me and that every experience I have will lead to new life if I but put my trust in you. Lord, give me your peace!

AMEN.

Prayer for Faith

I am so troubled, Lord! Please help me deal with my fears. When I heard I was pregnant, my heart swelled with joy and expectation. Now that joy is being threatened by the complications that have arisen. I know that you love me, Lord, and that the child I carry is your gift. But I am confused. Why would you give me this privilege and then allow complications that threaten this miracle of love?

I cry out to you, Lord, as a mother. I desire to give birth to the child within me. I yearn to hear its cries, caress its body, and hold its precious face in my hands. I wish to be present as my child experiences the thrill of life in all its facets. You have the power to help me during this difficult time. Please hear my prayer.

So many times people came to you, Jesus, when their children were in trouble. You asked one thing from them, and that was faith in your love and power. You cured sick children and even raised them from death. You continually expressed your love for children and held them up as examples of trust and love. I believe, Lord, that you can keep me and our child safe. Strengthen my unbelief and help me carry this child to birth. I believe that you willed the life of this child and that you will bring him/her to complete life with you.

AMEN.