

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.