

*Believing you are still blessed while
waiting on the promise of God.*

MABEL MENSAH-KANE

**IN THE
MIND OF A
WAITING
MOTHER**

In The Mind of a Waiting Mother

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Published By LMK

July 2023

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All scriptures quoted are from the New Living Translation version of the Bible except otherwise stated.

Dedication

I dedicate this book to my first-born child. I call you Destiny because my heavenly Father told me about your birthdate before you were even conceived. You are the inspiration for this book.

Waiting for your arrival taught me many great, valuable lessons that would be a part of me forever. Daddy and I love you very much. Welcome to our world my love.

Leviticus 26:9 NLT I will look favorably on you. I will make you fertile and multiply your people. I will fulfil my covenant with you.

Acknowledgement

My Father in Heaven – Daddy you know we did this together. You the power, me the tool. You have taught me so much boldness and given me such security in Your Word. Thank You for all the sweet moments we shared. I love You Daddy.

Paapa Mensah-Kane – You are my love forever. Thank you.

Deaconess Tonia Orji – My spiritual mother and mentor here in Texas. Thank you for your availability every week to pray and just talk. Thank you for the wonderful meals you made me during pregnancy. You are amazing.

Reverend JFK and Mama Georgina Mensah – My parents in the Lord and in ministry. Meeting you was a great milestone in my life. You have impacted my life heavily with your great example of Christlikeness. Thank you.

Fountain of Fulfilment church family – Thank you for being a place of safety for our family. A special thanks to my pastors the Daniel and the Ogbeide Families. God bless you and I love you.

Introduction

Trying for a baby is one of the most difficult things a couple can go through. It is especially difficult on your mind and can cause a flood of negative thoughts and emotions.

Unfortunately, that is counter-productive because negative thoughts affect the way your body functions and can worsen the problem.

Having gone through a period of trying for a baby myself, I wrote this book to share with you the negative emotions the Holy Spirit helped me to overcome using God's Word, as well as the positive thoughts and emotions which He helped me embrace while waiting for the promise to manifest physically.

As you navigate your way to renewing your mindset while waiting for your precious miracle, I am sending you lots of love, prayers and faith-filled thoughts. You too will testify, just believe.



My Testimony

My husband Paapa and I married in 2017. We were never concerned about childbearing because we know who we are in Christ. Along the way, I experienced a miscarriage, which made my desire to become a mother strong.

I really applaud my husband. His countenance did not change once. He knew without a shadow of a doubt that we would be parents. He was just living his best life. I love him for that. I had a decision to make; to either believe and be free like him or carry my own burden and be weighed down. I chose the former.

This is my journey to freedom. It started in my mind, prevailed in my mind, but the victory today is both evident in the spirit and the physical. Hallelujah!

I want this book to inspire you to give up on negative thinking and enjoy this waiting season of yours.

I am currently pregnant as I work on this book. Glory to Jesus! You too will testify. Some may even conceive immediately as they open this book in Jesus's name. Amen.

Chapter 1

Overcoming Negative Emotions - Shock

Scripture:

As through a wide broken place in the wall they come on, I am overturned by the shock of their attack.

- Job 30:14

Word of Encouragement:

Shock is more resounding when there is ignorance. To truly get over shock, you must let go of regret and resentment. Your reasons for regret and resentment may be as follows: -

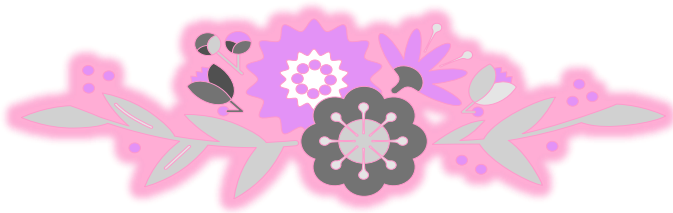
Maybe, you did not do due diligence. You did not take the fertility tests before marriage.

Maybe, you did not learn about baby making or prioritize it before getting married. You were kind of expecting it to just happen for you.

Well, now that it is taking a long time for it to happen, you are truly learning if you would be honest with yourself.

The good thing about learning is that it helps you to figure out a pattern. People who just stumble into things rarely learn. But guess what, when you learn how to seek and find, you will always know how to find it.

I wish we were sitting face to face right now. Sis, you must breathe in and ask God for a plan. Get out of the shock stage. It's okay. God will help you. He has already helped you. It is time to get your mindset corrected so that you can embrace your blessing without fear or doubt.



What can you do now?

Make a list of what is in your control that you can do. Will your husband agree to get checked? It takes two to tango and many men have been the cause without knowing it themselves. Get your hormones checked. Start eating well. Not necessarily changing your diet completely but be disciplined about portions, cut out sugar completely and drink lots of water.

Many TTC (Trying to Conceive) platforms who have their leaders already being mothers, often advise that de-stressing is more important than anything. While their advice may sound tone-deaf, seriously sis, who stress epp? (*In my fake Yoruba accent*). The first thing to fight is stress. Relax. Fight to relax.

Do not be so worried about tomorrow, it steals today's joy. Make a list of things that stress you up and begin to deal with them.

You can also list out things that keep you calm and begin to practice them. You have a right to your circle. Anybody that wants to be a Judas in your life should not be given the place of Peter, James, or John in your life. Only those who are close to you can hurt you so be picky with your inner circle during your waiting period.

You also, however, must grow a thick skin. This is easier said than done, I know. It is even more difficult if your husband joins in with the bullies. It is well. You are still not alone. You will have your baby and your joy will be full.

Are you feeling better now? I really hope you are. To further encourage you, this question came to mind, and I think answering it with God's Word will help you to lift your chin up and believe God more.



Does God create barren people?

No! Our heavenly Father created all of us to be able to bear fruit. Born again or not, it's every created being's nature to bear fruits of its kind. We were all made in God's image and likeness so being fruitful should be natural to us.

Scripture:

Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it.

- Genesis 1:28

Adam and Eve were mandated to be fruitful before they fell into sin. We were within the loins of Adam when such mandate was given. Introduction of sin into their life did not prevent them from manifesting what God had spoken. They were still able to bear children.

Prayer of Faith



Dear Father, thank You for creating me in Your likeness and image. Thank You for making me fruitful just like You Daddy. In Jesus name, I praise You. Amen

Self-Reflection

≈ God has stated in His word that you are not barren. Write below your understanding from the Bible on why you are not barren.

Chapter 2

Overcoming Negative Emotions - Doubt

Scripture:

But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

- James 1:6

Word Of Encouragement

What is doubt? A lack of certainty. Not being sure of something. Hebrews 11: 6 lets us know that when we come before God, we must believe two things. 1. He is God (sovereign, able to offer help) and 2. He is a rewarder of those who diligently seek Him.

Scripture:

And it is impossible to please God without faith. Anyone who wants to come to Him must believe that God exists and that He rewards those who sincerely (diligently) seek Him.

- Hebrews 11: 6

Many people faint at the word diligently in this scripture. Do not run away because you saw the word diligently. Diligent means to care truly. When you do your work diligently it means you are doing your work with care and perseverance.

To seek God diligently means to seek God with all your heart. It means to not doubt that He is God. It means to believe He can help you. So, it comes back to the doubt issue again.

How can we deal with doubt? Believe God's Word.

Scripture:

Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened. "You parents—if your children ask for a loaf of bread, do you give them a stone instead? Or if they ask for a fish, do you give them a snake? Of course not! So, if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask Him".

- Matthew 7:7-11

Everyone who asked received. Everyone who sought, found, everyone who knocked, it was opened to them. This is exactly what the bible is saying.

Hannah sought and she found. Zacharias and Elizabeth asked, and an angel told them not to be afraid because their prayer had been answered. The Shunammite woman did not even ask, and that was the Old Testament, and she was given. Sarah laughed and doubted but she still received the promise.

Do not be so afraid. God is merciful, and He really wants you to have a family because He is the God of generations. Decide to believe Him from today.

I am prophetically laughing for you and with you because I believe your decision to completely believe Him today has put an expiry date to the delay. Receive it in Jesus's name. Amen.

One question you might be asking yourself:



The bible talks about Michal – the daughter of Saul – not being able to bear children after she mocked David's dance. Does God curse people with infertility?

First, you are not Michal. You have a covenant with God, and it is a better one than anyone in the Old Testament had with God.

Bible scholars say that she was sent away from David. That means she was no longer baby dancing with David. So most definitely no baby dancing, no baby.

Secondly remember that we have a better covenant than the people of the Old Testament. Jesus Christ suffered every form of pain and malice on the cross so that by our faith in Him we would not have to suffer.

If we go through pain again, we have every right to command the pain to leave in the name of Jesus and the pain must obey.

Even if you think that maybe your past sins are what may have caused this delay, the bible says if you confess your sins and turn from them, you will prosper.

Scripture:

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

- Proverbs 28:13

1 John 1:9 also says God is faithful and just to forgive us of all our sins and even go ahead to cleanse us of our unrighteousness.

If you ask Him for forgiveness, and genuinely repent, you will receive His favor.

If that was an issue for you, ask for forgiveness right now. After you have done that, please believe God. He says He will forgive you so believe He has and move on to great things ahead.

Prayer of Faith

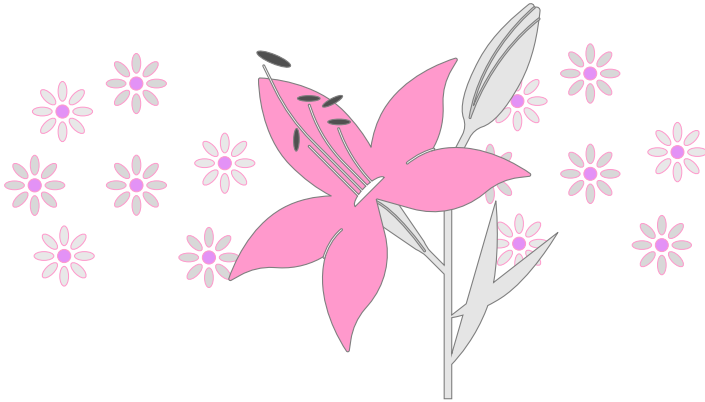


Dear Heavenly Father,
thank You for the gift of
Jesus Christ. In Him I am
completely made whole.
Thank You for forgiving
me of the sins that
tormented my mind and
for cleansing me of all unrighteousness. I am so
excited about the pregnancy journey ahead of
me. Hallelujah to You most High. In Jesus
name I pray, Amen.

Self-Reflection

≈ What are the two Bible verses mentioned in this chapter promising us forgiveness of sin and a clean slate before God?

≈ Write down how you are going to practically deal with doubt after reading this chapter?



SCRIPTURES TO GIVE YOU CONFIDENCE WHEN YOU PRAY

1. Mark 11: 23-24
2. Matthew 21: 22
3. John 16:23-24
4. 1 John 5: 14-15
5. Luke 1: 37
6. Mark 9:23

Chapter 3

Overcoming Negative Emotions - Guilt

Scripture:

Listen! The Lord 's arm is not too weak to save you, nor is His ear too deaf to hear you call. It's your sins that have cut you off from God. Because of your sins, He has turned away and will not listen anymore.

Isaiah 59:1-2

WORD OF ENCOURAGEMENT

Did I do something wrong? Is it something from my past haunting me?

If you lived a promiscuous life before getting married, the devil would really have a field day with you through his tool of guilt.

There is nothing God cannot redeem you from if you put your faith in Jesus Christ. The scripture above is from the Old Testament. Is it true that continuing in sin even after knowing

the truth, can separate us from God? Yes, God detests sin and that will never change. It is for this reason that by His mercy He provided a solution through Jesus Christ.

Your faith in Jesus Christ gives you confidence and power to be free of your past. When you put your trust in Jesus and embrace His finished work on calvary, you will be justified just as if you never sinned.

The issue is those who claim to trust in Jesus yet go on to continue in their sin unwilling to repent. Will that prevent you from having children? No! If that were true fornicators and adulterers would never have been able to have children out of wedlock.

However, when you are trying to conceive by trusting in God alone, you need a level of boldness to stand and believe that God hears you and is working out everything for you.

If you wallow in sin, you will not have that boldness. Boldness to remember that every child of destiny in the bible had a mother who waited and prayed for him or her.

Hannah had Samuel after waiting, praying, and trusting. Mary had to believe in the supernatural to fulfil her destiny as carrier of the Savior.



“Women of Faith in the bible are our example.”

Elizabeth waited and prayed for years to carry John the Baptist.

Ruth had to endure the shame of barrenness and widowhood and poverty before entering her calling as grandmother to David.

The spirit of guilt and condemnation will try to convince you that you do not deserve a breakthrough but that is a lie. You are special and your children carry great destinies. That is why God is making sure you understand this before He gets them to you. The quicker you become conscious of this, the quicker the babies will arrive.

Shut Satan up. Let him know you know you are forgiven. He has no unsettled claims against you.

Scripture:

There is no more condemnation for you because you are in Christ.

- Romans 8:1

Scripture:

Who dares accuse us whom God has chosen for His own? No one—for God Himself has given us right standing with Himself.

- Romans 8:33

God's final verdict according to Romans 8:33 is Not guilty! Jesus paid the price for your sin so tell Satan to shut up. You will have your child.

You were born to be fruitful and that is exactly who you are. Focus on God's promise because it is truly coming. You will not miss it in Jesus's name.

This question just came to mind, and I think answering it will help us understand the need to truly repent.



Why bother overcome guilt if you are going to have children whether you are born again or not?

Scripture:

Children are a heritage from God and the fruit of the womb is His reward

- Psalms 127: 3

Satan can hinder you from receiving children if you let him. When you overcome guilt and condemnation, you can stand boldly on God's word and trust Him completely for His reward of the fruit of the womb.

Prayer of Faith



Dear Father, thank You for considering me even when I was still a sinner. Today by my faith in Jesus Christ, I renounce every burden of guilt I

was carrying, and I receive Your verdict of not guilty with all my heart. In Jesus name I pray Amen.

Self-Reflection:

≈ Is guilt from God? What scripture in this chapter can support your answer of no?

Self-Reflection:

≈ Why is it important to overcome guilt while trusting God to conceive?

MORE SCRIPTURES ON OVERCOMING GUILT

1. Romans 5: 8
2. Isaiah 54: 8 - 9
3. Isaiah 54: 17b
4. Romans 8

Chapter 4

Overcoming Negative Emotions - Fear

Scripture:

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

- Isaiah 41:10

WORD OF ENCOURAGEMENT

What is fear? Fear is believing that the worst will happen. The opposite of fear is faith. Faith is believing the best will happen.

Fear can make us paranoid; fear can take away our appetite and fear can destroy our ability to function properly.

The devil likes it when we believe that he can harm us. It gives him permission to harm us. He starts threatening us through dreams, evil visions, and evil prophecies and sometimes symptoms.

When waiting on God's promises, we must confess only the positive. Even if you do not feel it, you must say that the positive outcome will be your outcome. Don't call yourself barren. Don't be afraid of family altars or witches and wizards. They need your fear to operate. Choose to believe in God. Mark 11 :22 says have faith in God. Choose to see the best outcomes in every instance.

Scripture:

Look around you and see, for all your children will come back to you. As surely as I live," says the Lord, "they will be like jewels or bridal ornaments for you to display."

- Isaiah 49:18

God will never die. You will have your children and you will display them.

People have children and fear to display them. God says we will display them like the ornaments of a bride. Nothing will harm your children. You must believe that and believe that and you will see it come to pass.

When pregnant, it is wise to hide yourself, because people can be stressful at times.

I have told myself that after I have my first born, my second born, so long as I'm not showing, nobody is welcomed to know. This is not due to fear but rather due to peace of mind. People knowing can be stressful at times.

Jesus was hidden as a baby because of Herod. Pharaoh was also a child killer but the child he was after was kept safe in his own home and he didn't know. The enemy is not that intelligent. Trust God to protect you even when you make a mistake and expose yourself to the wrong person.

Luke 10:19b says nothing shall by any means hurt you. Jesus said this. Every child of destiny who had an assignment got saved by God in the bible despite threats of elimination by the enemy. Your children are saved. God says He will contend with those who contend with you and save your children.

Scripture:

For I will contend with him who contends with you, and I will save your children

- Isaiah 49:25b NKJV

Scripture:

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

- 2 Timothy 1:7

Prayer of Faith



Dear Abba, thank You for giving me the spirit of sound mind, courage, self-control, and love. Today by faith in Christ I receive boldness to move forward in life and appropriate all that You have given me. I overcome the spirit of fear in Jesus's name. Amen.

Self-Reflection:

≈ What is fear preventing you from doing?

Chapter 5

Overcoming Negative Emotions - Shame

Scripture:

Fear not; you will no longer live in shame. Don't be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth and the sorrows of widowhood.

- Isaiah 54:4

WORD OF ENCOURAGEMENT

What is shame? Shame is a feeling of defeat and dishonor. After the first few years of marriage, many women begin to feel ashamed if they have not yet conceived by then.

There is this unwritten rule that celebrating your first-year anniversary with a newborn baby is proof of being blessed. The very father of our faith Abraham did not celebrate the first year of their marriage with a newborn. Isaac and Rebecca did not either. Mary and Joseph did have a newborn by their first anniversary, but they had no hand in it.

Children are our heritage, and the fruit of the womb is God's reward to us. This is all you need. It will happen for you but as you wait for your turn, please walk with your head held high.

I had friends who began to act like they were better than me because they had been married years after me but had had their babies immediately.

I also have friends who never changed towards me baby or not. They didn't immediately become 'mentors' and 'school mothers' to me because they had had their babies. They freely shared beautiful moments of their babies with me and allowed me to love on their children. That's what I am talking about.

Those who feel pity towards you and hide their children from you are not correct friends to be frank. Move on from them.

Many waiting mothers in ministry start hiding. I was tempted to hide because a family member told me I was putting myself out there too much and that was why I was not conceiving.

I went back to the Father to ask Him if that was the case and He showed me in a dream where a man of God I admire was throwing His mantle at me.

The man and his wife said this of me, that they could see fire in my bones. I woke up and looked up to see who used that phrase in the bible and guess what? It was Jeremiah in Jeremiah 20:9. Jeremiah wanted to give up on speaking God's word, but he could not because it was like fire in his bones. Wow! What confirmation.

Don't feel ashamed to pray for others and minister unto them. You are not qualified by the number children you have, rather you are qualified by the sacrifice of Christ on the cross and His resurrection.

This may be by far the most difficult one to overcome but you must. When you are down, speak to the right people.

There are some people who don't deserve your vulnerability. They will change towards you and due to their own low self-esteem will be happy to have something you don't yet have. That is how they can feel good about themselves.

I have become very picky about who gets in my circle. The Holy Spirit is my closest friend. Right after Him comes my husband. I am not going allow myself to be closer to anyone

than I am with my husband. Not even my siblings. And then there are very few people approved by God for me to share my life with and that is that.

To be frank, the SetApart and Married department of SetApartGirl Worldwide has been very instrumental in my growth in this area. There are some who got married, gave birth and by their actions needed my leadership no more nor no longer believed in the anointing upon my life because they had had babies.

I learnt to let that be and trust God's calling upon my life still.

Do not be ashamed. The day Hannah decided not to be held back by shame and gave up on reputation and looking put together, she had an encounter. My favorite part about her encounter was her decision to cheer up and go back and celebrate with her family.

Scripture:

May you always think kindly of me," she replied. Then she went away, ate some food, and was no longer sad.

- 1 Samuel 1: 18

Fear not sis, fear not bro, there is no more shame for you. Get involved in what you have been called to do, if you know it. If you do not know it, get busy finding out.

God will honor His word in your life. Pick one scripture on fruitfulness and make it His personal message to you, hold on to it and expect nothing less than the fulfilment of that word in your life. You would soon experience His faithfulness in that area. Until then lift your head and walk in boldness in Jesus's name. Amen.

Prayer of Faith



Dear Abba, in Isaiah 54:4 You have promised me no more shame. You have also asked me to forget the shame of my youth. Any shame

to my past I let go now and I stand on Your word that there is no more shame for me. Since You have declared no more shame, it means You have dealt with the reproach so thank You Abba Father, in Jesus's name. Amen.

Self-Reflection:

≈ Do you think shame has ever stopped you? Can you recall what it stopped you from doing?

≈ According to Isaiah 54:4 what has God declared concerning shame? How does this truth in God's word make you feel?

Chapter 6

Overcoming Negative Emotions - Bitterness

Scripture:

Oh, thank you, sir!” she exclaimed. Then she went back and began to eat again, and she was no longer sad.

- 1 Samuel 1: 18

WORD OF ENCOURAGEMENT

Bitterness kills everything. It is one of the most dangerous emotions to overcome. It comes slowly but when it finally settles in, it destroys everything good within. No matter how much you have been offended, refuse to be bitter.

Bitterness goes hand in hand with unforgiveness, jealousy, gossip, hatred, and strife. A bitter person does not progress in life and will always be embittered by the progress of others. Nobody starts out deciding to be bitter. It creeps in slowly when they are not checking their hearts.

You must push yourself to be happy for others who have received the blessing of pregnancy and children while you are waiting for your turn. Especially those related to you. You must refuse to compare yourself with them.

How can you get this done? By confessing positively. Speak it out when you are alone. I am comfortable with the success of my sister or cousin or best friend in this area of her life.

I love her and her children. I reject bitterness in Jesus's name. I release every pain in my heart. Keep confessing it. It is a discipline; it doesn't come easy but keep at it.

At the root of many of these issues of delay can be a play of witchcraft or curses. But an antidote against their devices is living and walking in the love of God genuinely.

Scripture:

When you forgive this man, I forgive him, too. And when I forgive whatever needs to be forgiven, I do so with Christ's authority for your benefit, so that Satan will not outsmart us. For we are familiar with his evil schemes.

- 2 Corinthians 2:10-11

In 2nd Corinthians 2:10 and 11, Paul advised the people of Corinth to forgive a member of their church so that Satan does not get them. He told them not to be ignorant of the devices of the enemy.

Scripture:

But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.

- Mark 11: 25

In Mark 11:25, after Jesus had spoken about faith that can move mountains in verses 23 and 24, He added very importantly that we need to forgive so that our Father in Heaven would also forgive us. What does this mean? This means that the only thing that can stand between our faith and results is unforgiveness and all these negative emotions that come along with it.

Sis, just focus on the journey and do not be distracted by the pace of others. God has a plan for you and all you must do is see Him and Him alone in the journey.

Naomi was very fortunate to have Ruth because

Ruth did not encourage Naomi's bitterness. Despite having lost a husband and being childless at that time, she was able to selflessly love her mother-in-law.

Why am I making this point? During the waiting period, one of the easiest relationships to cause pain is that of the mother-in-law – daughter in law relationship. No matter how you are treated by them, honor God by walking in love.

Scripture:

Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD.

- Romans 12:19

Prayer of Faith



Dear Abba Father, thank You for this revelation. Daddy, you know the pain and reproach I may be experiencing, yet I want to obey your Word. Daddy, please help me to

be better. I receive Your strength to walk in love and bless those who wish me evil and those who have laughed or gossiped about me. I choose to trust You and look at only You in this journey in Jesus's name I pray. Amen.

Self-Reflection:

≈ Write two reasons why you need to let go of bitterness.

≈ Write down here names of people you are refusing to be bitter towards. After writing their names down, confess that you love them.

Chapter 7

Embracing Positive Emotions - Courage

Scripture:

Be strong and courageous, for you are the one who will lead these people to possess all the land I swore to their ancestors I would give them.

- Joshua 1:6

WORD OF ENCOURAGEMENT

It takes courage to wait to get pregnant. It will take courage to also go through the 9 months period of pregnancy. It will equally take courage to go through delivery and safely bring forth your child.

Self-confidence is good but confidence in God's power, wisdom and goodness is better.

Scripture:

For though I am away from you in body, yet I am with you in spirit, delighted at the sight of your [standing shoulder to shoulder in such] orderly array and the firmness and the solid front and steadfastness of your faith in Christ [that leaning of the entire human personality on Him in absolute trust and confidence in His power, wisdom, and goodness]

- Colossians 2:5 (AMP)

It even requires more courage if you had suffered a miscarriage or a still birth in the past. It will take much courage to go through the journey again with peace of mind.

I have absolute peace now, because I have decided to take the advice God gave young Joshua. Be courageous. Be determined. Do not be afraid. You will not be defeated.

Anytime fear comes knocking, I answer it with faith in God's word. I do like Jesus did. I only say it is written. I have no words for fear. I have only God's word for fear.

That is courage.

Scripture:

God is not a man, so he does not lie. He is not human, so he does not change his mind. Has he ever spoken and failed to act? Has he ever promised and not carried it through?

- Numbers 23:19

You need to build courage before, during and after the pregnancy journey. Know that God will not disgrace You if You totally trust in Him.

Scripture:

As the Scriptures tell us, “Anyone who trusts in Him will never be disgraced.”

- Romans 10:11

Any evil that ever happened to you was never from God. He has saved you from many unforeseen evils, what happened to you, happened to you because maybe you did not trust, or you got distracted or you were in fear, or you had offence in your heart.

This time you know better. You will not fail. Affliction will not arise a second time in your life in Jesus name. Amen.

Scripture:

Affliction shall not rise up the second time.

- Nahum 1:9b (KJV)

God does not lie. His promise concerning fruitfulness covers you as well. Decide to courageously believe this time round.

Confess your faith daily. Courageously step out from hiding and courageously decide not to be afraid of witches and wizards.

When you are in faith, you are counted as righteous, and nothing shall by any means harm the righteous one.

Scripture:

Listen! I have given you authority, so that you can walk on snakes and scorpions and overcome all the power of the Enemy, and nothing will hurt you.

- Luke 10:19 (GNT)

Prayer of Faith



Thank You Abba for the spirit of courage. I receive it today and I will not let go of it in Jesus's name. Thank You for making me bold for this journey. I will decree and it will

be established for me. I refuse the spirit of fear today. Thank You so much. I am empowered for this journey. Daddy let's do it together in Jesus's name. I will do the trusting as You do the moving. Hallelujah!!

Self-Reflection:

How important is courage in this journey? In other words, why do you need courage?

Chapter 8

Embracing Positive Emotions - Joy

Scripture:

With joy you will drink deeply from the fountain of salvation.

- Isaiah 12 :3

WORD OF ENCOURAGEMENT

I wanted to talk about discouragement as a negative emotion, instead I will focus on joy as a positive emotion.

Scripture:

But Abraham never doubted. He believed God, for his faith and trust grew ever stronger, and he praised God for this blessing even before it happened.

- Romans 4:20 (TLB)

I love Romans 4 because it gives us the behind the scenes of Abraham's waiting season. Everyone waiting for something in life should read Romans 4 from time to time.

>Abraham waited for 25 years! What? 25 years to be able to have a child.

You will not wait for 25 years. Your time is now! Jesus is the game changer. The bible says that Abraham praised God for the blessing before it happened.

There is no benefit in sorrow or self-pity. If anything, it steals from us. Discouragement has been one of the greatest weapons, Satan has used to steal from women waiting for their breakthrough in childbirth.

A discouraged person cannot pray, praise, or even make declarations. Discouragement weakens the soul and flesh and gives no place for the spirit to prevail.

The bible says that we are blessed with all spiritual blessings in heavenly places. We are not now going to be blessed. We are already blessed.

Scripture:

All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ.

- Ephesians 1:3

So how do we attain this spiritual blessing physically? Our scripture for this chapter says with joy shall we draw from the well of salvation.

Keep your spirit up. Be encouraged. Speak to yourself. Repeat what God has said about fruitfulness back to yourself daily.

The Word of God will never discourage you when it is rightly divided. It can rebuke you, teach you but it would never cause you to be discouraged.

During the waiting season, make the Bible your friend and advisor. Let the Bible speak to you and be willing to believe and accept it.

Find divine patterns in the bible and follow them. What do I mean by divine pattern? An example is the wall of Jericho.

In the bible, Joshua praised after having gone round the wall of Jericho six times, on the seventh time he praised as God had commanded.

That is a divine pattern to breaking down heavy walls. To follow that pattern, you can decide to write down your wall of Jericho on a paper and go over it silently six times and on the seventh time begin to praise like Joshua did. There are many directions in the bible that we can follow if we have faith for it.

Remember Jesus said in Matthew 6 that the prayers prayed in secret would be rewarded openly. This is not the season to be jumping from one pastor or prophet to the other. This is the time to hide and seek God's face yourself and believe His Word and confess it. Do this in secret and live joyfully outwardly and inwardly. Do not let anyone bully you.

Decide to overlook these things and not be offended. Waiting can either be a touchy time for you or a time of maturity and emotional capacity building. It all depends on you.

Draw from the well of salvation with joy.

Prayer of Faith



Thank you, Father, for this word. I will be joyful from today on. Help me keep this resolution in Jesus's name. Amen

Self-Reflection:

≈ What does discouragement prevent you from being able to do?

Chapter 9

Embracing Positive Emotions - Peace

Scripture:

Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus

- Philippians 4 :6-7

WORD OF ENCOURAGEMENT

Have peace. Sleep. Do not stay up at night just to worry. Every waiting mother should make sleep one of their favorite things to do.

You are already blessed if you are born again. You were blessed before you got married, you are blessed now as you wait to become a mother and you will still be already blessed after you become a mother.

Do not pause your life. Do not lose sleep. The bible lets us know that unless the Lord watches the city, the watchmen watch in vain.

Scripture:

Unless the LORD builds a house, the work of the builders is wasted. Unless the LORD protects a city, guarding it with sentries will do no good.

- Psalms 127:1

Anything we do outside faith in God is vain. God has commanded in His Word to be anxious for nothing and we must obey that. He said if we are going to bring our request before Him, we must first decide to be anxious for nothing.

Nothing means nothing. This includes trying to conceive.

This was a strategy that helped me. Anytime worry wanted to creep in, I would say out loud, hallelujah, praise the Lord!

Sis, oh yes, the enemy has told me things. Things about my husband, things about my health, things about my future. The day I decided to give him no ear, he lost his power.

He can still talk but it's a one-way conversation because I am not going to give heed to his suggestions.

The last thing Eli said to Hannah before blessing her was, go in peace. In other words, go and worry no more. Go in assurance that God is on your side on this matter.

Scripture:

In that case," Eli said, "go in peace! May the God of Israel grant the request you have asked of him.

- 1 Samuel 1: 17

When the angel of God visited Zachariah, he told him not to be afraid for his prayer had been answered. Peace is choosing faith over fear. Peace is sleeping instead of staying up to worry. Peace is looking your best and not caring about the opinions of others. Peace is speaking positively about your journey. Peace is focusing on your job and giving your best in every instance. Peace is celebrating others on Mother's Day. Peace is resting.

The waiting season is a good season for resting. Children change everything quickly. I know you

are looking forward to the busyness. As you are looking forward to it, you will have it. I am telling you that you will have your baby. You will be pregnant, and you will have your baby. A little boy or girl will call you Mama or Daddy soon.

Be at peace. One last bible illustration. Jesus was asleep on a boat that was filling up with water lol. There was a storm at sea and our great example, Jesus Christ, was asleep. When His disciples woke Him up, he calmed the storm and asked them why they were frightened.

Scripture:

Then he asked them, “Why are you afraid? Do you still have no faith?”

- Mark 4: 40

So let us learn to sleep in this season. This is the best time to work on yourself to become a bold mother in the future.

After the children come, you will still need faith to stand up for them when they need you both spiritually and physically. This is the time to learn to be bold for the future.

Prayer of Faith



Thank You Father for
Your peace in my heart.
Today I decide to live
out the peace You have
placed in me. I am full
of joy. I am at rest
because I believe in you.

Thank You Father for this season of newness and
change of story in Jesus's name. Amen

Self-Reflection:

≈ If you decide to choose peace, what
would your typical night be like? Think
about this and write down what
choosing peace today will do for you.

Chapter 10

Embracing Positive Emotions - Endurance

Scripture:

So, let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

- James 1:4

WORD OF ENCOURAGEMENT

You must learn to wait well. The art of waiting well is called endurance or having patience.

Patience is acting the same in every circumstance. Being joyful and calm in both the good and bad times. Trusting God and speaking positively in both the easy and difficult time.

I love Abraham's response to Isaac when Isaac asked him where the sacrifice was going to come from. Abraham replied that God will provide. It was a confusing time for him, and he could easily have said something against God in that answer

but he still showed glory to God by speaking faith.

We don't know what was going on in his mind, but we sure do remember his words. Speak faith even when you feel fear.

Scripture:

Isaac turned to Abraham and said, "Father?" "Yes, my son?" Abraham replied. "We have the fire and the wood," the boy said, "but where is the sheep for the burnt offering?" "God will provide a sheep for the burnt offering, my son," Abraham answered. And they both walked on together.

- Genesis 22: 7-8

People will sometimes suggest to you to visit shrines, strange churches and to drink strange concoctions. Endure. Do not fall into any of those traps. They are all originated from Satan and are a great deception. Wait upon the Lord.

During this season too, you can become distant from your husband and be tempted to enjoy the attention of other men.

It is even more enticing if the reason for the del-

-ay is due to problems stemming from your husband's reproductive health. You could be tempted to force someone to impregnate you just so you experience pregnancy. Do not do it. Even if you think about it, do not go ahead with it. Again, I say, wait on the Lord. He would never fail you.

No matter what the doctor says, wait on the Lord. Trust God even as you go through the suggested process of the doctors if you find it reasonable.

If you are a born again Christian, know that God has healed all your diseases already. He has healed fibroids, he has healed PCOS, He has healed endometriosis, He has healed low sperm count.

David says this of God in the bible. He says God heals all his diseases and forgives all his sins.

Scripture:

He forgives all my sins and heals all my diseases.

- Psalms 103:3

David knew this even before the dispensation of Christ. How much more now? Have faith, trust God, and patiently wait for the manifestation of

your blessing. Nothing should stop you from receiving your blessing. Not guilt, not condemnation, not fear, not darkness. If you are a child of God, the only part you need to play in this journey is to trust God. God wants to be trusted.

Be like Abraham, don't get discouraged by the physical, just believe. Don't look at your age. Don't look at the doctor's report. Just trust. Endurance is all about trusting.

The last stop to the promise is patience. After a period of patience comes the manifestation. Many miss it here and therefore must start afresh. Now you know the secret. After everything is said and done. Endure. Trust the living God, the creator of babies. He has many in His warehouse and He has one or more with your name on it. Trust Him.

Prayer of Faith



Dear Father in heaven, I have heard Your message. I will be patient and wait in joy. Today I choose to trust You in Jesus name. You are faithful and You have come through for me. I will see the manifestation very soon in Jesus's name.

Self-Reflection:

≈ What should be your attitude while waiting?

≈ What is the last step before the manifestation of the blessing? How are you going to make sure you wait well and not waste the years?

If this book has been a blessing to you. Do not hesitate to encourage the author with your testimony by sending her an email at lady-mabel-kane@gmail.com



ABOUT THIS BOOK

This is a book that encourages couples or women waiting on God to conceive. Some can afford the technologies that aid in conceiving when they sense a delay. But for those who cannot afford or do not want to go through, that is not the end of their story. All things are possible for those who believe. The battle is in the mind. to overcome, we must overcome the negative thought patterns and think positively on the journey. Every woman who wants to, will have her baby. It is a promise of God and He does not lie.

ABOUT THE AUTHOR



Mabel is the founder of SetApartGirl Worldwide, an international ladies ministry headquartered in Ghana, West Africa. She is a professional French Teacher, with a second degree in Law. She is married and lives in Texas with her family. Her true passion is preaching the Gospel of our Lord Jesus Christ.

SELF PUBLISHED BY LMK