

# Declaring God's Word

THROUGH THE STRUGGLE

BIBLICAL WORDS OF ENCOURAGEMENT  
TO SAY ABOUT YOURSELF ON  
YOUR JOURNEY THROUGH INFERTILITY.



There is so much value in regularly declaring and meditating on God's word, especially when facing difficulties in our lives. Speaking positively and encouraging ourselves with verses from the bible is a great way to be transformed by the renewing of our minds.

Whilst going through the struggles of infertility I found various sources of affirming meditations but very few that were God inspired and that really addressed the hopelessness and hurt I was feeling while longing to have children.

So I wrote down my thoughts and emotions and searched the bible for what God has to say about me. I also looked for verses that I wanted to boldly declare in faith about healing and having children.

I started saying this collation of words over my life in a meditative way, exchanging my negative narrative with a more positive uplifting one that comes from God's heart. I would love to share this with you to bless you.

### **HOW TO START**

Set aside 5 -10 mins to sit in a relaxing calm space, somewhere away from distractions. Take some slow deep breaths and then say these words over yourself, with the intention to believe them and absorb them into your mind, heart and soul.

You can read through the whole meditation from beginning to end or you might prefer to choose a section at a time depending on how you feel. Sometimes taking a phrase a day or even a phrase per week (and repeating it each day) really helps to take in the words fully until they become truth that you believe for certain at your very core. There is also a podcast available if you would prefer to listen to the words.

If you feel some of the words are not quite for you - that is ok too. Feel free to choose those that resonate with where you are at.

The bible verses are referenced on the back page if you would like to study God's word further.

Meditating on these words are a truly wonderful way to start each day positively, to let go of tensions, worries and stresses, to feel empowered in knowing your identity in Christ and to keep walking in hope.



**Please know that you are not alone.**

**My prayer for you is that these words encourage and strengthen you on this difficult journey.**

**Amanda Adebisi**  
**[www.naturallyconceive.com](http://www.naturallyconceive.com)**





## HIS CHILD

I am a child of God, created in his image and precious to him.

He loves me and he has made his home in my heart.

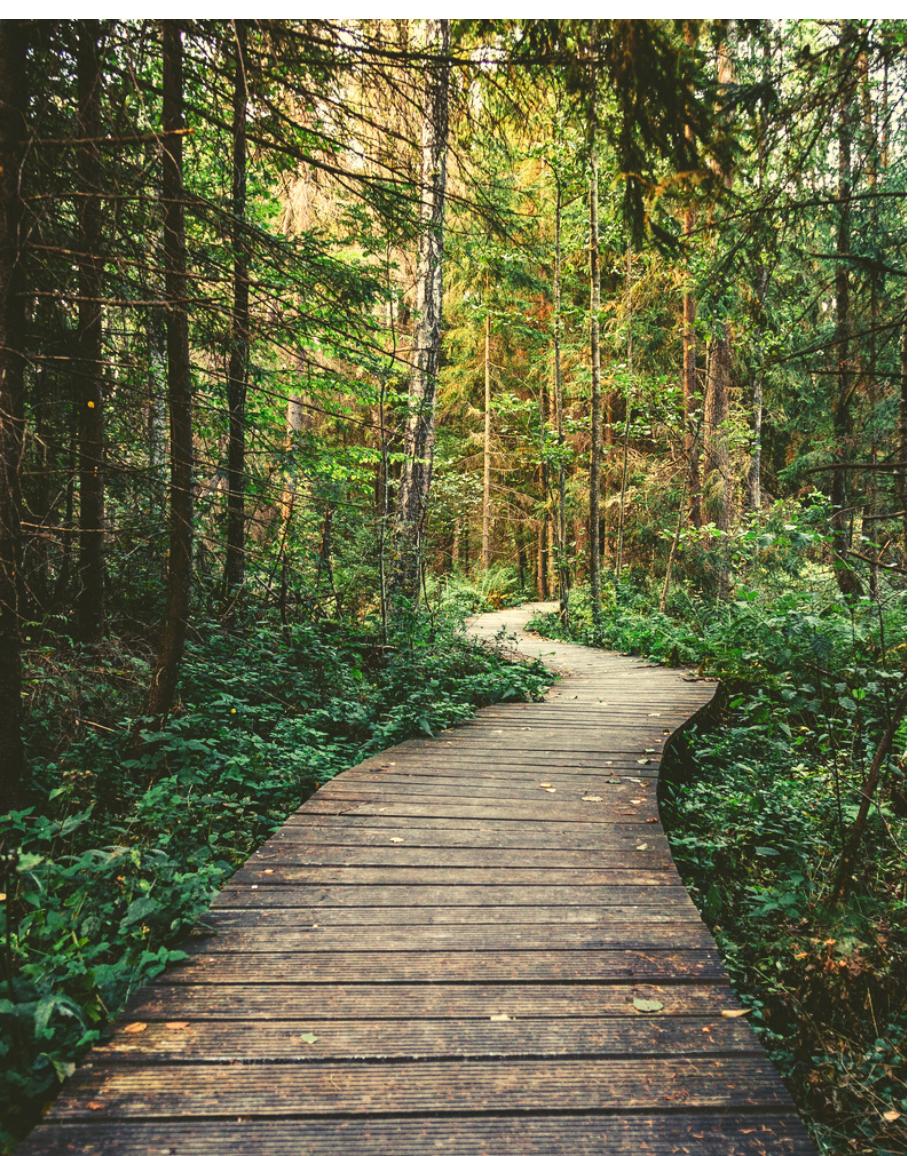
My life is in his hands and he cares about me.

## COMFORTED

God knows about every one of my tears and collects them in his bottle.

He turns my weeping into laughter and exchanges my sorrows for rejoicing.

I am comforted and consoled by his unfailing love.



## UNAFRAID

I am protected as I walk through the valley.

I acknowledge God in all my ways and so my path ahead is clear.

I am not afraid on this journey because I have Christ's love in my life which drives away fear.

I put my trust in him who provides a safe refuge.





## I AM STRONG

I will not be discouraged, but remain strong and courageous for God is with me wherever I go.

He strengthens and helps me and holds me up with his victorious right hand.

## HE LISTENS

In all situations I face, I let petitions and praises shape my worries into prayers.

God listens to me as I do his will and worship him.

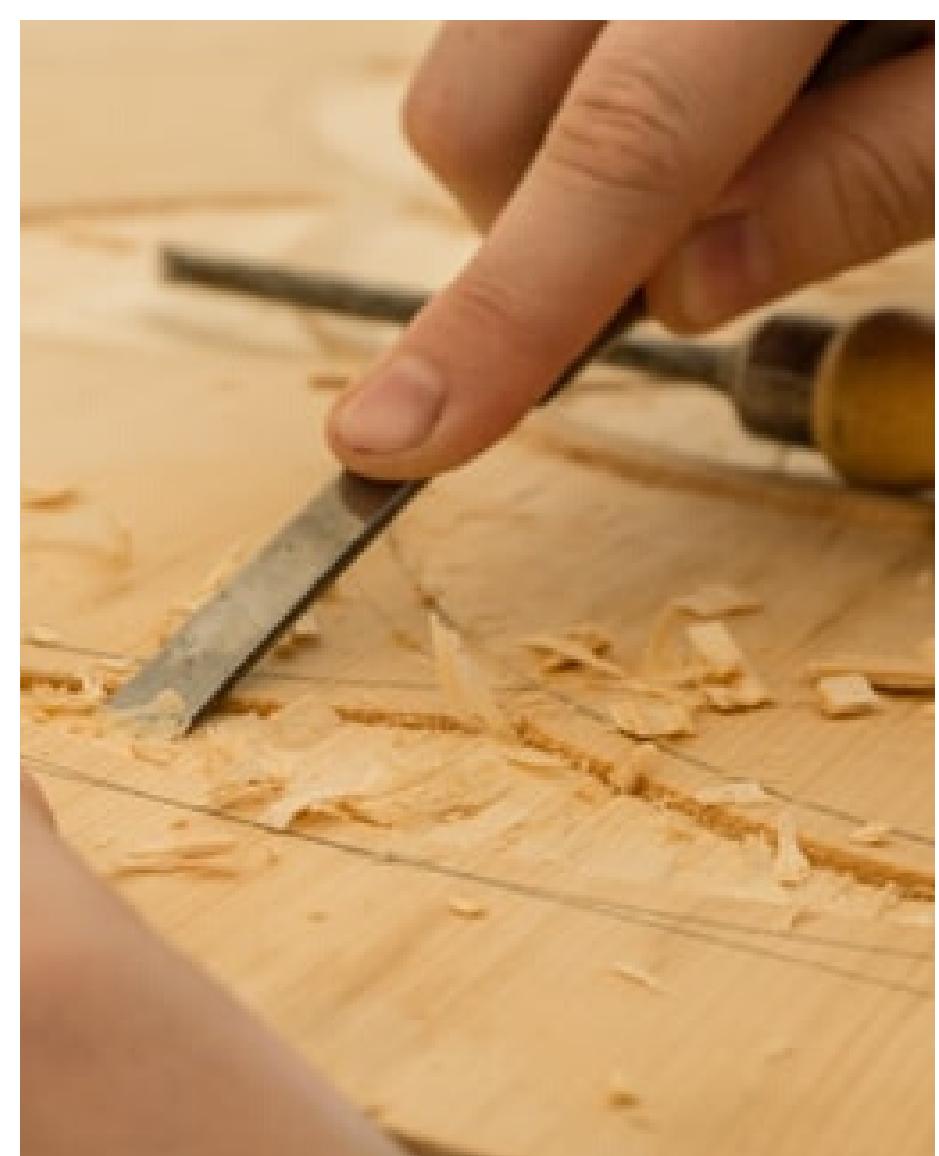
I tell him all my needs and thank him for all he has done.



## RESTORED

I have faith that God:  
sustains me,  
restores me,  
heals me  
and saves me.

For he is the one I praise.





## I RECEIVE

God gives me good gifts.  
He will not withhold any good thing from me and he shows no favoritism.

Whatever I have asked for in prayer, I believe I have received it.

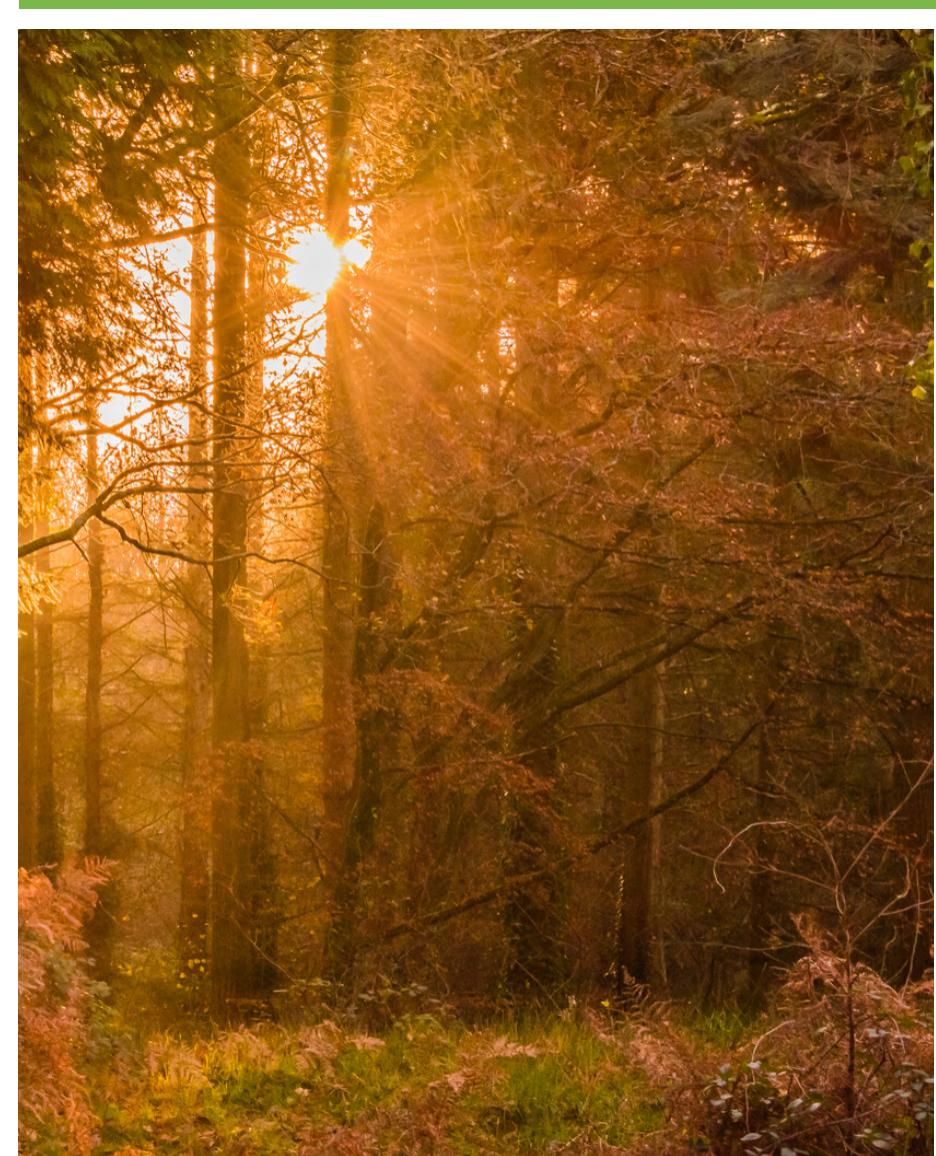
As I take delight in him, he gives me the desires of my heart.

## A MOTHER

I am joyful and prosperous and will be settled in my home as a happy Mother of children.

I am like a fruitful vine that flourishes and my children will be like olive shoots around our table.

They will be a heritage from the Lord.



## HOPEFUL FUTURE

God has a good plan for me and gives me a future and a hope that will not be cut off.

I run and I do not grow tired.  
I will have a new strength and soar high on wings like eagles.

I am filled with all joy and peace as I trust in God and overflow with hope by the power of the Holy Spirit.



## Bible verses

**His Child** ~ Galatians 3:26 (NIV), Genesis 1:27 (NIV), 1 Peter 2:4 (NIV), Ephesians 3:17 (NLT), Psalm 66:9 (NLT), Romans 5:5 (NLT) 1 Peter 5:7 (NIV).

**Comforted** ~ Psalms 56:8 (NLT), Jeremiah 31:13 (MSG, NLT), Psalms 119:76 (NIV).

**Unafraid** ~ Psalms 23:4 (NLT), Proverbs 3:5-6 (ESV), Psalms 56:3-4 (NIV), 1 John 4:18 (NIV), Psalms 91:2 (NLT).

**I am Strong** ~ Isaiah 41:10 (NLT), Joshua 1:9 (NIV).

**He Listens** ~ Philippians 4:6-7 (MSG), John 9:31 (NLT), Philippians 4:6 (NLT).

**Restored** ~ Psalms 41:3 (NIV), Jeremiah 17:14 (NIV), Isaiah 53:5 (NIV), Matthew 9:22 (NIV).

**I Receive** ~ Matthew 7:11 (NIV), Psalms 84:11 (NIV), Romans 2:11 (NIV), Mark 11:24 (NIV), Psalms 37:4 (NIV).

**A Mother** ~ Psalms 128:2 (NLT), Psalms 113:9 (NIV), Psalms 128:3 (NIV), Psalms 127:3 (NIV).

**Hopeful Future** ~ Jeremiah 29:11 (NLT), Proverbs 23:18 (NIV), Isaiah 40:31 (AMP, NIV), Romans 15:13 (NIV).



### Naturally Conceive's Mission is to:

- Bring hope, empathy and understanding to couples who struggle to conceive.
- Provide a natural alternative to artificial reproductive technology that is ethical, effective and affordable.
- Help couples find answers to unexplained infertility.
- Offer high quality teaching and a committed and compassionate service.



For more information please see  
[www.naturallyconceive.com](http://www.naturallyconceive.com)