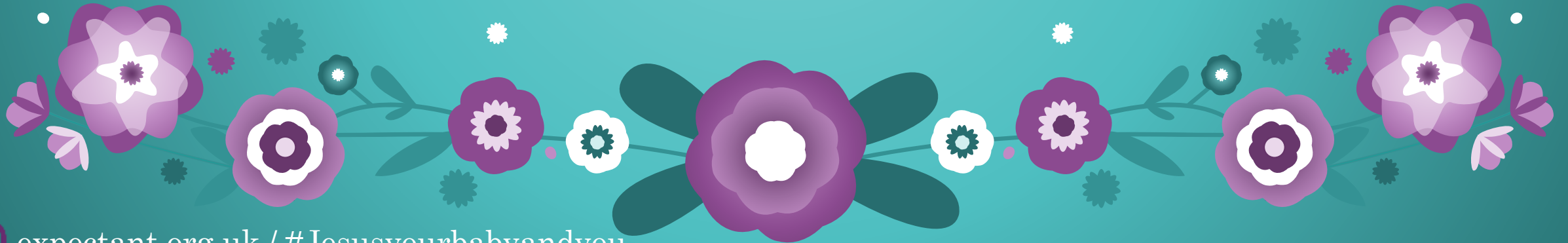


Womb Ministry

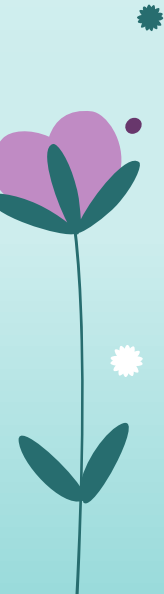
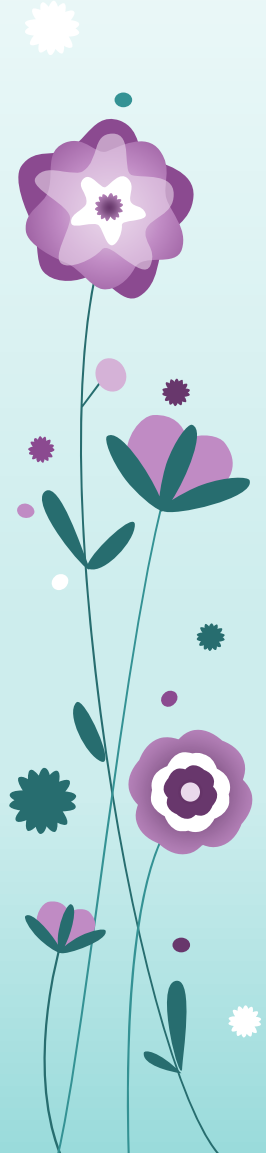
It's all about PEACE

Isaiah 26:3 "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You".



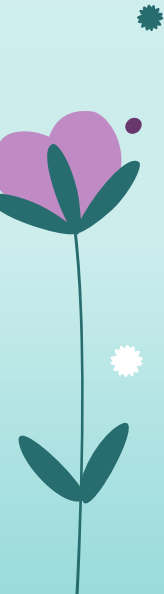
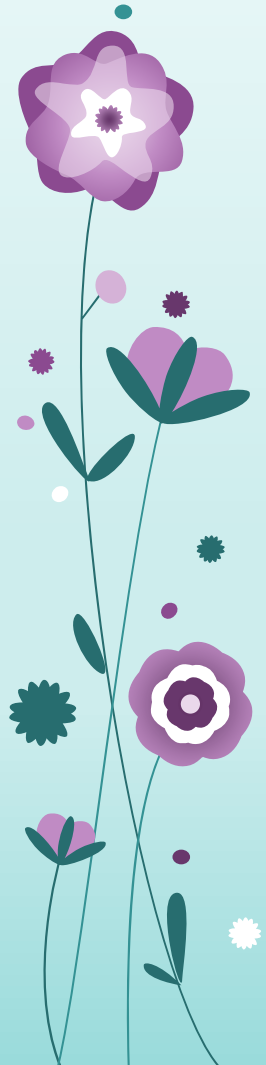
Having a calm and collected mind is vital to staying healthy during pregnancy and for labour.

Peace is impossible to fake.
You are either at peace or you are not, whichever one you know.



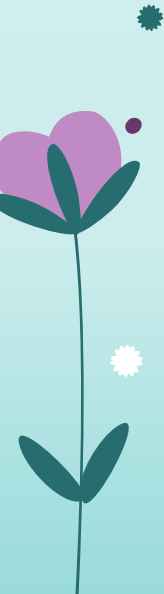
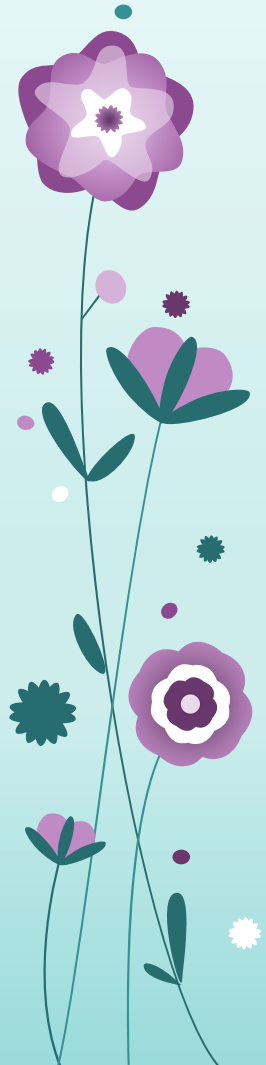
Some of the changes in pregnancy that can negatively affect our peace of mind include:

- **Weight gain**
- **Shifts in mood**
- **Discomfort and Pain**
- **Low self-esteem**
- **Altered sleep patterns**
- **Fatigue**
- **Hormonal changes**



Tips for keeping our peace of mind include:

- Meditation on Gods word
- Avoid Sin
- Forgive
- Relax and Avoid stress
- Enjoy the phase of life you are in
- Look for the positive
- Stay connected to God





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