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# MIDWIFED

*birthing the destiny of God for your life with the support  
of spiritual midwives*

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6 WEEKS

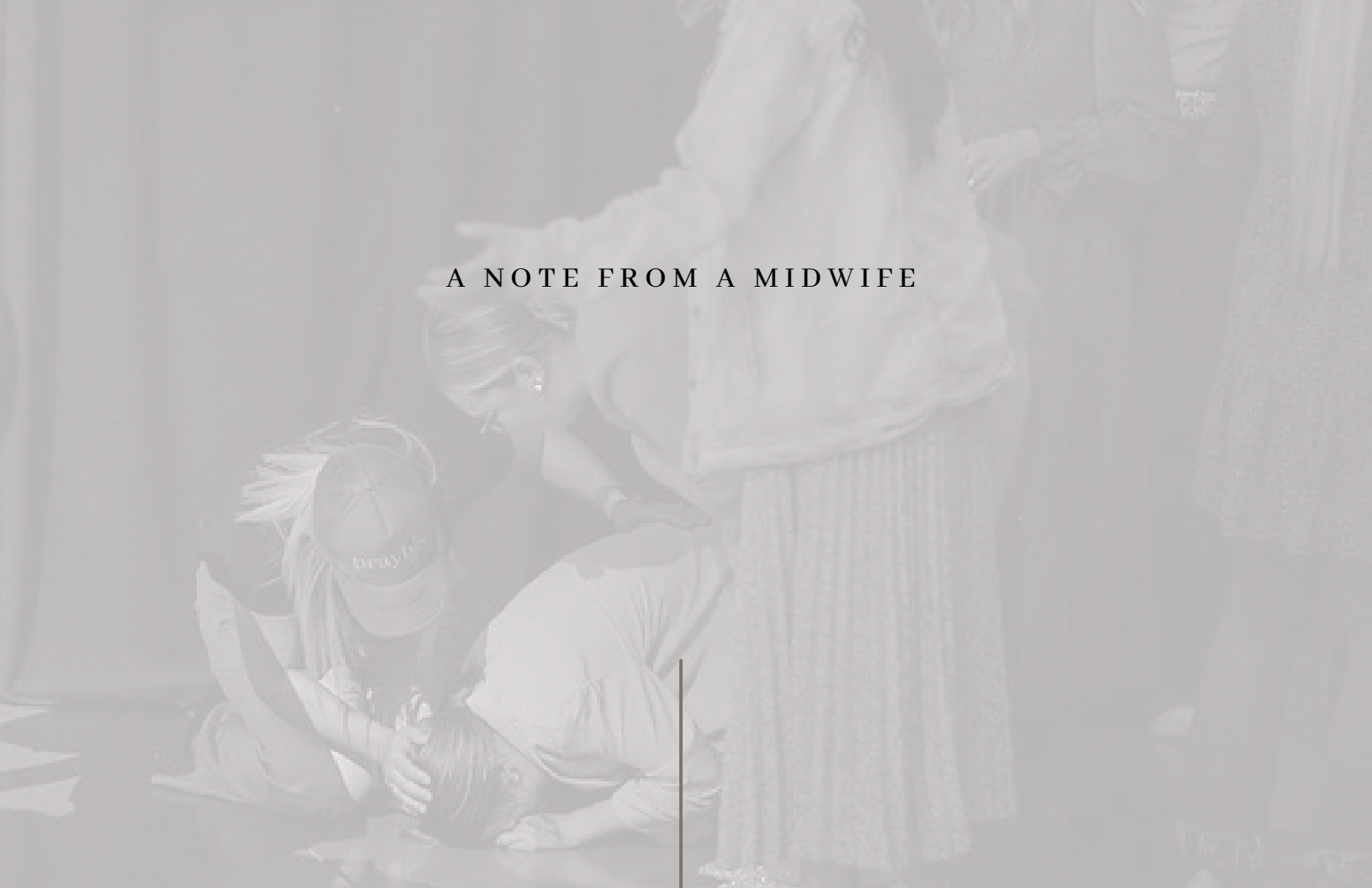
PRAYER  
INTENSIVE  
STUDY

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I see you, Heaven sees you, The Father sees you.

The destiny, the call, gifts and talents that God the Father placed inside of you before He placed you in the womb of your mother are starting to show forth. There is a yearning in you for more, even if you aren't sure what more looks like. In the next several weeks we will walk through this process together. You may find that with each passing week you can identify with what is described, or you may only immediately relate to the first couple sections. What is important is that no matter if you are spiritually in the delivery room or you've just realized you are pregnant with purpose these truths will ring true in the life of surrendered believers walking through spiritual seasons from now until we reach those pearly gates.

The birth is a surrender in it's greatest form. And you are surrendering at the hands of the potter. It's a wild ride, but the joy in the journey is unmatched. Plus - you're in good hands.



## A NOTE FROM A MIDWIFE

# WEEKS AT A GLANCE

1

## Knowing your Pregnant

unveiling the promise  
of God through  
intimacy and prayer

4

## Alignment

shrinking circles and  
positioning to bring the  
promise forth

2

## Promise Revised

write the vision and  
make it plain - just do it  
in pencil

5

## Transition

the cries of travail met  
with the swinging of  
Noah's hammer

3

## Labor

the birthing stool of the  
spirit and the  
transformative power of  
the potters wheel

6

## The Delivery Room

the final cut and the  
essentials to a thriving  
newborn

# 1

## Knowing you're pregnant

Who are you in Christ?

This is one of the most important questions we can ask ourselves. And while our answer will seem to evolve the closer we get to Christ, the root should remain the same. We are daughters of the King, Seated and Chosen.

This week I want you to focus on what God is asking you to do, be or start in this season.

What promises of God are you holding on to as we spend these next several weeks together?

When I first found out I was pregnant with Addyson (our first child) I looked at the pregnancy test at least 100 times. For the days and weeks to come while I was waiting on physical proof of my growing stomach, I looked back at that positive pregnancy test. I researched and understood that while it's possible to have a false negative, it is not possible to have a false positive. I had to hold onto something tangible while my promise was growing. As we continue this course, and this life in general, we must hold tight to the promises of God. It will be the only thing sure we can stand on when the storms of life come, when you don't see physical evidence of the spoken promise, and when the enemy hurls his insults.

# Assignment

Get a journal that you will use with this study for the next 6 weeks.

Title it “My Birth Plans”

Listen to the audio teaching or attend an in-person week 1 session.

For your first entry write what you believe God is asking of you this season. What do you believe you are supposed to bring forth? What calling, promise, business or ministry? What atmosphere is he asking you to create within your home?

Now write down at least 5 biblical promises of God that reinforce your call.



# 2

## Revised Birth Plans

Just as natural birth first requires conception in intimacy this is the same foundation in the spirit. Relationship with God yields to intimacy in prayer and it is in these moments where our calling is conceived. Anything born aside from that is born of the flesh or of the soul and will compete directly with the specific desires of God in our life.

This week I want you to take what you wrote last week, and sit before God in humility and surrender. Ask Him to show you things you wrote that were you and not Him. Cross those things out. Now write down revisions or new things God is impressing upon you that you didn't see or dare to believe before.

*sample prayer: Lord reveal to me the giftings and calling you've placed inside of me. Pull out anything that's not you, kill dreams that are birthed from my selfish desires rather than your holy will. Align my heart with yours. Align my desires with yours. Search me, judge me and hold me close. Unveil to me the heart behind my ministry, give me more than empty words on a page, let the sound of your heartbeat be the very cadence to my steps.*

# Assignment

Listen to this week's audio teaching or attend a week 2 in person session

Revise your birth plans according to the instruction of the Lord.

Create an event in your phone titled "Meet with Jesus" for at least 30 minutes three times this week & for the remainder of the study. Do not cancel these meetings, show up in humility and surrender. Listen to what He speaks.



Then the Lord answered me  
and said Write the vision  
and engrave it so plainly  
upon tablets so that  
everyone who passes may be  
able to read it easily and  
quickly as he hastens by.



habakkuk 2:2

# 3

## Labor

Birthing the promise on our lives is committing to bring the plans of heaven to Earth but we cannot endure this process unless we are also committed to the potters wheel. This week we will dive into a word study on “obnayium”. We will see the imagery of relentlessly undergoing pressure to mold the heart of the Father within us on the potters wheel. We will also see the necessity of breath in labor. As we fill out lungs with the Ruach we will allow the Holy Spirit to bring our destiny to life.

In physical labor on the delivery floor there is a cadence of breathing and resting that the mother must cycle through before the active labor begins, which then gives way to transition and then actual delivery.

often times a mother will get stuck in progressing, and while she thinks she must walk more, or do squats to push the baby down in reality what is needed is resting, in the right position, for the body to do what it was designed to. This echos into the spirit realm as well. While God brings the promise forth in our lives there is nothing we can do in our own hands to make Him go faster. The best thing to do is sit on the potters wheel, be positioned, breathe and rest. And allow the Lord to move and shake what’s necessary.

*Deep Breath, Ready?*

# Assignment

Listen to week 3 audio study  
or attend an in person week  
3 session

Do a word study on the  
hebrew word “obnayim”  
Where is this listed in  
scripture? What does this  
tell us?

Do a word study on “ruach”  
what is the lord speaking to  
you about this?

Think about the birthing  
stool in labor, look up a  
google image and  
understand the tenacity it  
takes to bring the call of  
God forth



# 4

## Alignment

Alignment is a process that is bitter sweet. In childbirth the baby cannot make it through the birth canal unless everything is aligned. If the spine or the hips are off, birth is prolonged and there is more physical demand on the body of the mother than necessary. It is the job of the nurse and/or midwife to identify the misalignment in the position of the mother or baby inside and make adjustments to the outside world that force the mothers body to align. Think special positioning with pillows and support bars. However here is the kicker - the mother often does not enjoy this process unless she is heavily medicated. The proper alignment brings pressure and pain. The mother must remember the cadence of breathing and resting in the midst of the pain and pressure. eventhough first instinct is to get out of slignment due to the pain. But when the mother gets out of alignment the delivery is prolonged and the promise is compromised. Oxygen is cut off to the baby and there is a cascade of problems. Now put your spiritual lenses on and understand the necessity of alignment spiritually and yielding to positioning from the Holy Spirit so that the promise can come forth unrestricted.

# Assignment

Listen to week 4 audio teaching or attend in person session

Journal reflection and discussion: What is an example of alignment in the physical? Using what you see from the first question, how can alignment be spiritually significant? Ask the Lord to show you how you can align your life to birth the promise. What is the first thing He brings to your mind? How can you pray about this?



# 5

## Transition

The transition point in labor is significant. What were once uncomfortable contractions making tiny progressions now shifts to quick moves and intense pressure. The tone of a mother-to-be changes in these moments. The cadence of breathing and resting now morphs into a groan that sounds wildly similar to a prayer of travail. There is no turning back now. Alignment has taken place, and the promise is on the way. In these moments we long for a spiritual epidural only to find that our medicine is prayer. More intimacy with the Father and groans before the throne as the Spirit himself makes intercession for us. As things shift we look to Noah . A man who swung his hammer consistently for over 100 years building for something that was impossible and unneeded to the natural eye. As we glean from his story we are reminded to lean in. To do all we can do to wing the hammer, but to count on God to send the rain.

# Assignment

listen to week 5 audio teaching or attend an in person teaching

Do a word study on the prayer of travail. Have you every experienced this before yourself or heard someone else in this type of prayer?

Read about Noah and his comissioning to build the ark. As you read reflect on these questions and journal your response:

- when did God speak to him concerning the flood? What was the reason for the flood? How can we see God's character through this? What was significant about the rain waters in the prophecy God gave?
- what kind of instructions did God give to Noah about the ark? how does this relate to us and the promise on our life? how long did it take Noah to complete the ark? Who helped Noah build? do you think nowhere endured ridicule from others as he was building? How does this relate to us when we are building and working on instruction God gave us for an end result we have not seen yet?
- when the arc was built, who shut the door? Why is this significant? How long after the door was shut was it before the rain started? What do you think Noah and his family, and the onlookers were thinking during this time? How does this relate to us when you're holding onto to prophecy?

Listen to Kevin Wallace's sermon on Building, Birthing and Broadening. What did the Lord speak to you as you listened?



# BONUS

It is important to know the character of God, especially in moments where we are being stretched.

Take time this week to look into each of the names of God listed below.

Where are they found in scripture?

What is the Lord speaking to you about this characteristic of Yahweh?

How have you seen God in these ways in your life?

Is there a part of Yahweh that you've yet to see?

YAHWEH-JIREH (JEHOVAH-JIREH): THE LORD WILL PROVIDE.

YAHWEH-RAPHA (JEHOVAH-RAPHA): THE LORD WHO HEALS.

YAHWEH-SHALOM (JEHOVAH-SHALOM): THE LORD IS PEACE.

YAHWEH-NISSI (JEHOVAH-NISSI): THE LORD OUR BANNER.

YAHWEH-ROHI (JEHOVAH-RAAH): THE LORD MY SHEPHERD.

# 6

## The Delivery Room

Not everyone can go with you into the delivery room. It isn't a glamorous site, and those who enjoyed your company in-between contractions in previous seasons may become out of place in the moments of delivery. Labor rooms that seem like an all out party during labor would quickly shrink to 2 or 3 people when the mother-to-be came into the final moments of birth. There is no room for extra noise, drama or doubts. In the season of spiritual delivery you will find your inner circle shift again and in some places the only access given will be to the heavenly father. As the promise comes forth and destiny become tangible everything else fades away. All attention goes to the new thing, and rightfully so. A newborn left alone wouldn't survive past a few hours and a spiritual assignment freshly delivered would tank without proper attention, dedication and prayer. The delivery room wasn't the hardest part, now this calling you now hold dear will become an extension of you, and the Father. Hold it carefully, and never take it for granted. Just as the promise was conceived in intimacy, your calling cannot survive in solitude.

# Assignment

Listen to a week 6 audio teaching or attend an in person teaching

look at the life of Jesus. It is a bit of a paradigm shift to think of the infancy of the “church “ being while Jesus walked the Earth but he truly set the very cornerstone for Christian life as we know it.

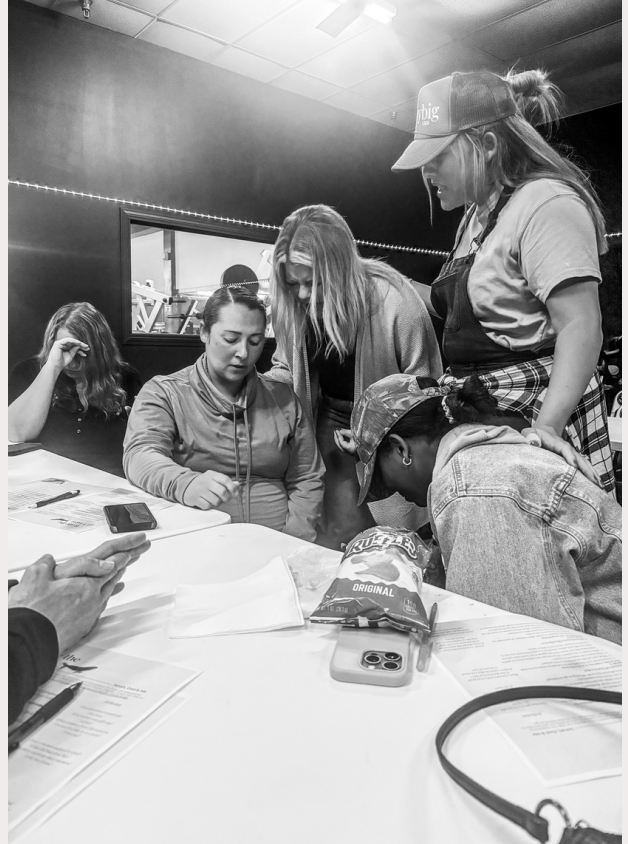
Whether you are called to marketplace (the job and career field), motherhood, ministry, or the mission field you can learn from the life of Jesus and apply his truths to your walk in to Destiny.

List five things Jesus did that we should model in our walk.

Now I know it’s going to be hard to narrow a list down to 5, but really think of the big picture of the life of Christ and its impact on the Earth. We are called to reflect Christ in our daily walk.. so what did he do that we should do?

What are practical next steps that you can take to ensure the promise within you comes full term and doesnt die in infancy?





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