

IT'S
YOUR
TURN
FOR A

*Beautiful
Pregnancy!*

By
Kim D'Souza

Published by:



To,

My mother Geeta, my role model

My mother-in-law Olive, my inspiration

My soul-mate Derrick, my strength

My best friend Shaila, my encourager

&

My son Jeremiah,

for giving me the priceless tag of a 'mother'

Above all,

To JESUS, the lover of my soul!

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& Rev. Pastor Lynette Mathias	7
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Foreword

Every new book that comes forth is like having another child – a work of love, labour and a final great push. This book with its appropriate title – **‘It’s Your Turn for a Beautiful Pregnancy!’** is destined to be a classic especially among expectant mothers, those contemplating marriage followed by pregnancy, and even much hope for the barren.

Kim has unique insight into the heart of God and His purpose for pregnancy. Her book is a fascinating mix of biblically based research and inspiring revelation coming from her own experience with deep insight, guidelines and values, emerging from a sensitive heart and a passionate relationship with the Lord Jesus and His Word.

Kim has presented her book very well. What a wealth of information! - packed with personal testimonials of handling pregnancy with wisdom, delving into the cause and cure of common pregnancy issues, solutions with corrective action, words of encouragement, highlighting deep trust in the Lord and His Word, the vital need of meditation, envisioning, praying in the spirit, making faith declarations and much more.

I would highly recommend this book for reading and implementing a dynamic and practical guidebook with great wisdom – a good

tree that would certainly produce good fruit all for the glory of our Lord Jesus.

May you be blessed in reading this book!

Dr. Rev. Anthony A. Mathias

Executive Director - Pastor
Kingdom Seekers International



Foreword

My husband Rev. Pastor Anthony [Tony] Mathias and I have known Kim for over two years. The insights and revelation Kim has from God's Word and her biblical research made evident in her book **'It's Your Turn for a Beautiful Pregnancy!'** makes her a reliable source of godly information and inspiration.

Kim has painstakingly woven an interconnection of God's Word with her pregnancy, which adds a whole new level of understanding of the miracle of the womb. In this book, she has unveiled important truths that will strengthen your faith and inspire you to see God's perspective on pregnancy outlined in His Word, rather than hearsay.

I would highly recommend this book and consider it a powerful message that will impact many. It is destined to change despondent outlooks as they discover pregnancy is beautifully designed by our Creator God, who has wonderfully and meticulously created the human frame - His marvellous workmanship! Glory to Jesus!

If you have been fearful, you can expect a turnaround with your fears and negative attitudes dispelled as you expand your vision of a positive outcome and grow in the grace and knowledge of God.

Rev. Pastor Lynette Mathias

Kingdom Seekers International

Acknowledgements

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I am grateful to two men of God - Rev. Pastor Anthony [Tony] Mathias and Rev. Shyju Mathew, whose passion for Jesus continues to inspire me. Thank you for your valuable suggestions - somewhere your teachings have found a way into my heart and also in this book. A thank you also to your respective wives Rev. Pastor Lynette Mathias and Tiny Mathew for your inputs.

Thank you to my brother Tushar Kumar and my friend Shaila Damerla for offering your valued and appropriate suggestions. I am also grateful to my brother-in-law Freddy for helping me during the printing process of the book.

Special thanks to my father-in-law Joseph and mother-in-law Olive, for standing by me right from the conception to the finalization stage of this book; and to my parents and all my family members for your prayers and support.

Most of all, I am indebted to my Lord Jesus Christ. My soul makes its boast in the LORD; let the humble hear and be glad (Psalm 34:2. ESV).

Preface

“What’s your purpose?”

Holy Spirit, my sweet friend pops up this question to me often.

Sometimes I hear it when I am writing, sometimes when I am talking to someone, sometimes when I am preparing to share His Word and sometimes simply when I am in my thoughts.

This question is very valuable to me as it makes me stop for the moment before I proceed to do anything and think hard on the purpose behind what I want to do. It serves as a moment of purification for me, where I dig deep into my heart and see to it that I align my purpose with His and filter out every other selfish idea or ambition.

The thought to pen this book came during my pregnancy days, and that’s when I began to write and Holy Spirit whispered to me: What’s your purpose?

I write this book for you my dear friend and sister, who will be a mother some day. I write this book for you, who have come out of your pregnancy with physical and emotional scars. I want to tell you three words that I wish someone could tell me when I was pregnant.

PREGNANCY IS BEAUTIFUL...

The nine months of pregnancy more often than not conjure images of fear, pain and suffering. But if you are in Christ Jesus, you can enjoy this period. When you take hold of God's Word and uncompromisingly and relentlessly stand upon it, the days of your pregnancy can really be enjoyable, unlike the negatives that you have heard about it.

The purpose of writing this book is to offer hope and healing, not through 'happy talk' philosophies, but through the solid footing of the living Word of God.

Pregnancy is beautiful because God is in it!

I was searching hard for a precedent for a beautiful pregnancy, but couldn't find one. But I hope through this book, your search will end.

Now it's your turn for a beautiful pregnancy. All you need to do is to believe in Him. Against all odds.

Chapter 1

Our Plan and God's Plans

*You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.
(Psalm 16:11)*

Our God is a master planner. His blueprint for our lives exceeds our wildest imaginations, and He chooses to reveal it to us by His Spirit (*1 Corinthians 2:9-10*).

As an anchor of my life, Jesus has faithfully seen me through my ups and downs and has beautifully met the desires of my heart.

If you happen to pick up my Bible, you will see 'PT' written all over its pages. Every promise of God that has stood true in my life has 'PT' (Proved & Tested) scribbled next to it. Not that I doubt His faithfulness or the authority of His Word, but rather it serves as a reminder personally for me to hang on, knowing that God's Word has not fallen to the ground before and nor it ever will (*Matthew 24:35*). His Word has sustained me so far and it will see me through.

The beginning of every year I look forward to receiving a specific Word from God that I can hold on to for the next 12 months. The year 2012 was on the threshold and nothing could have been more exciting...

I was supposed to get married on the first day of the year!

“Year of New Beginnings”

... these were the four words I received in my spirit.

And in my mind, the words of my dear ones echoed “After marriage,

Our Plan and God's Plans

a girl's life is no longer the same. It's a new start for her altogether" (and now that I am married, I agree to that!). I thought God was speaking to me the obvious - Of course, it's going to be a year of new beginnings! But little did I know what was to come; for He is able to do exceedingly (*more*), abundantly (*and more*) above all (*and much more*) than we can ask or think...(Ephesians 3:20)

Entering the marriage covenant

I was preparing myself to enter into this beautiful covenant of marriage authored by God Himself. Derrick and I had known each other only for a couple of months, but we knew we were meant to be together for eternity.

On our first date we shared testimonies of our lives. It wasn't love at first sight. Derrick found me too rigid and quiet and I thought he was too talkative. Let me confess, if Derrick and I had to depend on our senses to select each other, we wouldn't have ever got married! But both of us relied on the still small voice of the Holy Spirit and here we are; so thankful to Him for giving us the right direction. At one point of time I felt an unexplainable sense of peace over me and I just knew that Derrick was God's plan for my life.

God sees the end from the beginning (*Isaiah 46:10*) and knows what is best for us. I recollect the time when we were still getting to know each other. May be this was our third telephonic talk, when Derrick asked me: Given a chance to have things your own way, what is it that you would want to do? And I said, "Well, in

It's Your Turn For A Beautiful Pregnancy!

general if you are asking me then I would like to visit new places and learn new things.” Now it was my turn to ask Derrick the same question, and all I could get was a brief silence for a moment and then he replied, “I cannot think of anything apart from my Jesus; I would love to worship Him more.” That really touched my heart.

I was seeking someone who would love Jesus more than me and am so glad that my search for a life partner ended with Derrick, whose heart beats for Jesus.

As I write this, we are close to completing two years of our marriage. Derrick's presence in my life has challenged me to grow deeper with God and our relationship has been focused on bringing Jesus into the lives of people who do not yet know Him.

Led by the Spirit

If you are reading this and believing God for a life partner, I encourage you to be led by the Spirit of God (*Romans 8:14*) in this most important decision of your life. God has an amazing way of bringing two people together when they are seeking His will for their lives. I feel this is where a lot of singles miss the mark - they rely too much on the information that their mind (flesh) gives, but forget that God-ordained directions are always revealed by His Spirit. And once the will of God is the foundation for a marriage, it becomes a cord of three strands that cannot be quickly broken (*Ecclesiastes 4:12*).

Clinging to His grace

I remember as any other newly married couple, we both were naïve with respect to this new journey of ours, and we were looking forward to spend a lot of time in understanding each other. It all seemed like a dream - a few days ago we never knew each other and there we were, all set to walk side by side as partners for life.

Soon, in the second month of our marriage, I conceived. When this got confirmed, our first reaction was a brief moment of silence. I guess somewhere both of us in our minds were fighting the big question:

Are we prepared for this?

Υ
REMEMBER
YOUR RADICAL
OBEDIENCE WILL
ALWAYS BRING
FORTH RADICAL
BLESSINGS.

But one thing was for sure, from the beginning we had kept ourselves open to the will of God. We knew that the Word of God calls children as a reward or blessing (*Psalms 127:3-5*), and there was no reason for us to purposely avoid this blessing. We had decided to trust God concerning our family and would allow Him to bless us with children when and how He wished. We also knew that God's grace was available, and was more than enough to sustain us in whatever He would call us to do.

Seeking God's will

I have often seen young couples spending months, and sometimes years together in planning for a child. "First we want to understand

Chapter 2

Standing on His Word

*Peter did not walk on water;
he walked on a word from Jesus
~ Bill Cornelius*

The first and the obvious thing we did next morning was to visit the gynaecologist. Now those who know me well know the fact that hospitals are really not my cup of tea. More than a dislike, since childhood I have harboured tremendous fear of hospitals and doctors in my heart (not anymore!). May be that's why I was finding it little uneasy to sit among pregnant patients in the hospital lobby, waiting for my turn to meet the doctor. As a first time father-to-be, Derrick seemed to be feeling awkward too. Thank God we had Derrick's mother Olive and his sister for our support.

It's a real blessing to have a supportive and praying family that is always speaking words of faith and encouragement. Together we made a short prayer and agreed for God's favour. The doctor confirmed the news and thus began the journey towards a beautiful pregnancy.

God's plan for my pregnancy

The nine months of pregnancy were a beautiful time for me. I did not suffer ANY of the symptoms that normally a pregnant woman goes through.

God's plan for my pregnancy included:

- No morning sickness, no acidity problem, no pressure issues and no insomnia (*Isaiah 53:5*).
- A normal delivery and a healthy baby (*Exodus 1:19*).

Standing on His Word

- Supernatural financial provision for all our needs
(*Philippians 4:19*).
- Favour at my workplace and from people around me
(*Psalm 23:6*).
- A happy and easy-going baby, and friends and resources that enabled me to thrive with my new motherhood (*Psalm 34:10*).

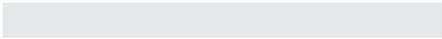
“Oh, you are simply lucky to escape all that,” I hear you say. But there is nothing called ‘luck’ here. God in His Word has promised good things to His children and all I did throughout my pregnancy was to simply believe what He had said.

Yes, each one of us is made differently. Our bodies are different. Our minds are different. What one woman goes through during pregnancy may not be exactly what the other may go through. But when you are in Christ Jesus, you receive the same Holy Spirit and have the same living Word that can transform you and your pregnancy.

I relentlessly chose to stand on what God’s Word had to say to me in my situation. Result? His Word saw me through. And what God’s Word did for me, It can do for you as well.

Waging the mind warfare

Having said that, I had to constantly battle with my mind. I knew that if I could convince my mind to focus on God’s Word rather

Chapter 4 
**Dealing with Common
Pregnancy Concerns**

*Victory is a place in God.
Some visit...but others stay
– Anonymous*

Sickness, illness, disease or death is clearly not a part of God's plan for His children, but since we live in a fallen world, our earthly bodies are prone to all of these. When Jesus walked on the earth, He was filled with compassion and went about healing all whom He encountered in His path. The disciples of Jesus too went about healing physical ailments in His name (*Acts 5:12-16*). But nowhere do we read of Jesus and His disciples 'healing' a pregnant woman! In fact throughout the Scripture children are described as God's blessing and reward.

Pregnancy is not a sickness

Dear sister, when you are pregnant, it doesn't mean that you are 'sick'. I believe half of your pregnancy issues will get sorted if you only realize and live by this truth. Yes, you do need a doctor when you are pregnant. But that doesn't mean you are sick. It's just that your body is undergoing changes and getting prepared for childbirth.

I have seen many expectant women walk with a sigh on their face. But mind you, when you are subconsciously taking your pregnancy as sickness, that's what it will be to you. The Bible says,

As a man thinks in his heart so is he. (Proverbs 23:7)

Rather, Let the joy of the Lord be your strength. (Nehemiah 8:10)

You are bound to get a lot of sympathy from the people around

Chapter 5

Children Come with their Provision

*The world may look at a child as
one extra mouth to feed, but why not
look at him as two extra hands to hug?*

It's Your Turn For A Beautiful Pregnancy!

I ncreasingly there is pressure on couples today to delay conception, or at times not to have children at all. The greatest pressure is from the finance side. Many young couples are worried about how they will manage their finances with the birth of a child. To maintain the standard of living and survive seems to be an enormous pressure to cope with. But again, doesn't the Word of God say that children are a reward, heritage and gift?

*Children are a heritage from the Lord,
Offspring a reward from him.
(Psalm 127:3)*

'Reward' simply means a 'prize' or a 'blessing'. Nowhere does the Word of God hint at children being a burden or a cumbersome responsibility.

*Also,
The blessing of the Lord makes a person rich,
and He adds no sorrow with it (Proverbs 10:22, NLT)*

In *Genesis 20*, the chapter preceding the birth of Issac, we read how God works behind the scenes and uses Abimelech, king of Gerar to bless Abraham with sheep, cattle, slaves and thousand shekels of silver. He also offers his land to Abraham saying "My land is before you; live wherever you like" (*Genesis 20:15*). Wow! Even before Issac could be born, God supernaturally uses a Gentile king to bless Abraham and Sarah with financial provision.

Children Come with their Provision

When Jacob flees to his uncle Laban's house in Haran, he had nothing with him except for a staff. But God in his faithfulness gives Jacob a family with wives and children. Soon after this, when the time comes for Jacob to return back to his father's land, he had numerous cattle, goods and wealth! (*Genesis 31:17-18*)

Historically speaking as a couple Joseph and Mary were not too well off, but when Jesus was born, He received expensive gifts from the treasure chests of the Magi- Gold, Frankincense and Myrrh (*Matthew 2:11*).

Listen my dear reader; You don't have to worry on how you are going to manage your finances post child birth because every child comes with his provision!



YOU DON'T HAVE
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Jehovah extra-Jireh (God our provider)

Finance is one area where as a couple our faith is very strong because we have always seen how God has met all our needs beautifully as we trusted Him. As I always say, He is not just *Jehovah Jireh*, but *Jehovah extra-Jireh*! Not only does God supply the needs of His children, but His way of giving always commands an overflow.

Chapter 9

From `Barrenness' to `A Child of the Promise'

*You have a choice:
Accept the natural state of things or
believe God and have your child born
of the promises in His Word.*

It's Your Turn For A Beautiful Pregnancy!

God is the author of fruitfulness and multiplication, and barrenness definitely doesn't come from Him.

He gives the barren woman a home, making her the joyous mother of children. Praise the Lord! (Psalm 113:9, ESV)

In the Old Testament we see every time God wanted to bless His people, He spoke first of the blessing of 'fruitfulness' before anything else. In fact the very first blessing that God spoke out of His mouth concerning man is mentioned in *Genesis 1:28*

God blessed them and said to them, "Be fruitful and increase in number, fill the earth and subdue it...."

Again Exodus 23:25,26 says: Worship the Lord your God, and His blessings will be upon your food and water. I will take away sickness from among you, and none will miscarry or be barren in your land. I will give you a full life span.

If you have received a report that you or your husband will never be able to conceive, don't lose faith. Jesus' finished work on the cross is the biggest reason why you should not allow the devil to let you believe in the lie that your ears have heard. The cross has eternally sealed your victory in every area of your life and that includes barrenness or impotency too. Hold on to God's promise of fruitfulness and continue to seek Him.



THE JOY THAT
A (FERTILE)
MOTHER HAS
WHEN SHE
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HAS GIVEN
BIRTH, THE
LATTER REJOICES
BECAUSE WHAT
WAS IMPOSSIBLE
HAS BEEN MADE
POSSIBLE WITH
GOD.

'Barren' women in Bible

I love the fact that the Word of God makes mention of women who were barren like Sarah (*Genesis 11:30*), Rachel (*Genesis 30:1*), Hannah (*1 Samuel 1:6*) and Elizabeth (*Luke 1:6-7*). And what I love even more is that each of these above so labelled 'barren' women conceived and brought forth children who were mighty in the Lord.

When I say mighty, make no mistake, the children these women gave birth to were biblical leaders and spiritual giants who changed the course of history in their lifetime. I believe the reason for this was that these women believed and knew that the nature of God was always consistent with bringing abundance, fruitfulness and prosperity. Hence they refused to look at the condition of their bodies, but they cried unto the Lord and were heard on account of their faith.

Child of the Promise

The joy that a (fertile) mother has when she holds her newborn child is quite different from the joy a barren mother experiences

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