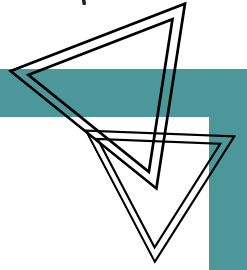


# 10 Tips to help you Worship while you wait



- 1. Stay in the present.** Try to enjoy the gifts that are right in front of you today, even if today's gift is not holding your baby in your arms. There is much to enjoy, regardless.
- 2. Don't let fear build unreasonably.** There may be circumstances you will have to navigate in the "overdue" season. But you will need to be able to navigate those decisions with faith, facts, and a clear head, not with anxiety that has been mounting for days and weeks and countless sleepless nights.
- 3. Listen & Pray.** Instead of busying yourself every day until baby arrives, create a quiet life with enough white space to hear God's comfort. Let His voice be louder than the fear. Set aside time to pour out your heart/cares/burdens to the Lord.
- 4. Be brave.** Decide what voices you are going to listen to and let the ones that fuel your bravery be the loudest.
- 5. Minimize the details.** Minimize the details about your progress, your doctors appointments, your due date. These are outcomes & timelines that you are not in control of, only fueling anxiety in the waiting.
- 6. It's ok that it's hard to wait.** It's hard to wait when it feels like everyone is waiting on you. It's just hard. Fist bump. God's enough for this. Cry it out, girl. God's still got this.
- 7. Remember: due dates are a pesky annoyance.** Sure, they're a real thing. They're valuable. But don't give them more value than they deserve. Don't make any big intervention decisions only because you're overdue without gathering all the pros, cons, & alternatives.
- 8. Trust the author of this birth story.** Let go of most expectations & accept the ones that fuel your hope & feed your peaceful trust in the giver of life.
- 9. Don't be a false prophet.** Don't waste time predicting the future when you were never meant to do so - not while waiting to go into labor & not while actually in labor.
- 10. Know who to trust the most.** Many voices will be coming at you while you wait - friends, family, care providers. Remember, God is your greatest help. Turn to him for care and for counsel in the middle of it all. Those who wait with Him will not be disappointed.