RADIANT WOMEN:

A GUIDE TO RENEWING YOUR MIND IN MARRIAGE, MOTHERHOOD, & BIRTH



Zoey Galletes

I first want to recognize and honor abba our perfect Heavenly Father, who has always shown how intentional and good he is!

Thank you to my lovely husband Makoa who has always represented Christ so well to me. Thank you for leading me and our family well, for speaking life into me and always encouraging me to put into action what God has placed upon my heart. You are truly one of the greatest gifts and treasures I have been blessed with! I love you!

To my two precious babies and any future children I have! I love you always with an everlasting love and pray that you would know abba all the days of your life as you walk with Him!

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Preface

The Creator came & touched me

I was 14 years old, a freshman in high school. I was lost and broken. I was a prisoner within my mind and heart to suicide, depression, anxiety, trauma, bitterness and so much more. However I knew how to play the game. The game is called pretend. I knew how to mask the depths of my heart, I knew how to put on a pretty smile and pretend as if all was well. I was so focused on myself and the things I experienced that I convinced myself my life was so horrible that ending it would be the best option. I pitied myself as I walked down the path of destruction. I hid the cuts and scars on my arms, I wanted to open up to someone but never had the courage to open my mouth and to utter the words "I need help!"

Growing up my family wasn't religious, or from what I remember. There were times in my life where I encountered Christianity and other religions. None appealed to me, I had no interest in any. However something within me always stirred. As a child whenever I went to the library to borrow books I always found myself drifting away to the nonfiction section, but more specifically

I was interested in books about stars and moons. I was fascinated with the beauty of the night sky! I dreamt of having my own telescope and being able to see a shooting star! So throughout my life up until then, whenever I gazed up towards the night sky and looked at the stars and moon my heart knew that there had to be a God. I was convinced. The Big Bang theory was of course a ridiculous idea to me. I knew that how perfect and intentional everything has been made and created meant it was formed by the hands of one who is mighty.

At 14 I found myself within my bedroom, wallowing in my self pity, hurt and pain. I questioned whether I had a purpose, whether my life even mattered. Then a thought entered into my mind "You should pray right now." "What? No, why would I do that?" I argued back. And again "You should pray right now." "I don't even know how to pray, I don't know how it works... Can God even hear me? Can he even see me? Does he even know me?" I went back and forth with this thought, this voice until I found myself surrendering and saying out loud, "God if you are real, if you can hear me, if you would stop to listen... I'm Zoey Renee, and I'm hurt and broken and I need healing..." Let's just say that heart cry went on for a while, and at the end of it I had peace. What felt like a heavy weight over me was at that moment gone. I went to sleep

that night easily and peacefully. The next morning came and as I was getting ready for school I looked at my arms and saw that the cuts and scars on my arms were no longer there. I was confused and intrigued. I knew that something happened that very night in my bedroom, I knew that God was real and touched me.

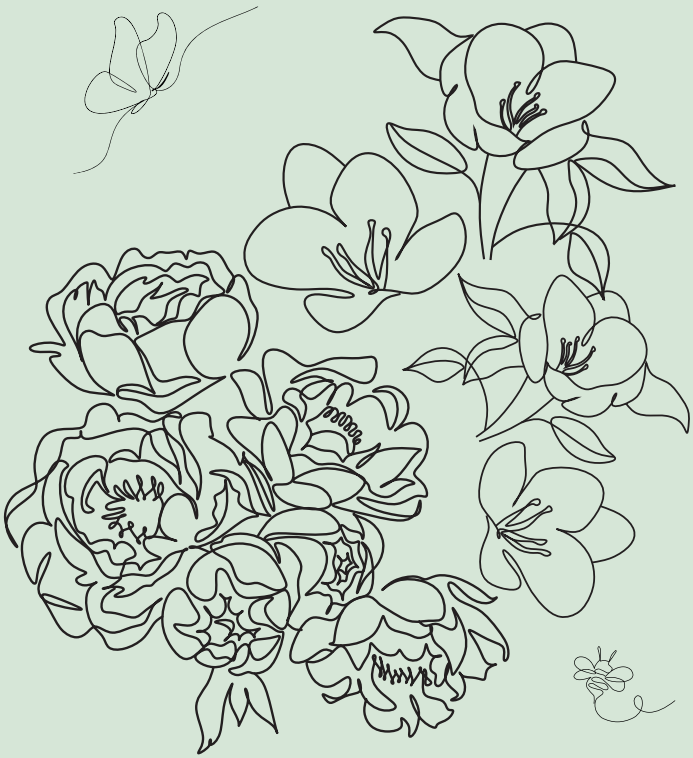
If you asked me a few years ago when my walk with God began I would undoubtedly share this exact moment that I have just shared with you. It's not that it wasn't the start of this walk with God or that this was the exact moment, but as I have grown and matured in my walk I have a new perspective. I realize as I look back even beyond this moment that God was always there and present in my life. His hand was always there, his goodness was always there. Even in the darkest moments, even in brokenness, loneliness and pain he was there. He was never not there. He was leading me to Him the whole time.

It has been almost a decade since that night that the creator came and touched me. The one who formed the heavens and earth, the one who set the moon and stars into the firmament, the one who formed man from the dust of the grou-

nd, the one who came into the likeness of sinful flesh and paid the ransom for all. Our mighty God, everlasting father and wonderful counselor came into my very room, wrapped me in his loving arms, showered me with kindness and healing and gave me a new heart. I am now 23, I've been married 5 years to my amazing and loving husband who is my best friend. I have two precious and beautiful children, a son and daughter. I have been blessed with an amazing community of brothers and sisters in the faith who love God with all that they are, who represent the kingdom through their marriages, parenthood, and more.

I am forever grateful for the patience of abba, I am forever thankful for his loving kindness that continued to lead me to green pastures. This journey and walk of mines and yours is not over yet, it hasn't reached its highest potential or level. There is more! More for us daughters of the most high God! More for us women, wives, and mothers! I hope this book encourages you, reminds you, and convicts you to be who God has called you to be! To be transformed into his likeness! To live out as the virtuous woman you are in Him! That you would go against the grain of this world and represent our King forevermore through

our life lived out in joy!



Chapter 1

Women Arise

Women of God arise! Women of faith arise! All you daughters, wives and mothers arise! Let your light shine, the light of Christ that is within you! Woman, what if we don't have to be bound and imprisoned within our mind? What if we could take off the garments of victimhood and put on the garments of praise? What if we could fully enjoy and cherish every moment in this life? That we would rise up as the daughters of the most high God, that we would no longer identify with our old man and his behaviors but identify with Christ!

This is available to us women! Did you know that God has called us to renew our minds? Romans 12: 2 says "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." Here in Romans 12 verse 2 it says to be transformed by the renewing of your mind, who then renews our mind? We must renew our mind!

How do we renew our minds? Do we renew our minds by behavior modifications and reciting mantras? No, we renew our mind by God's word. But practically how do we renew our minds? In 2 Corinthians 10 verse 5 it says "casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,". This is how we renew our minds and we can see a beautiful example of taking thoughts captive as we look at Matthew 4.

It says "Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And when He had fasted forty days and forty nights, afterward He was hungry. Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread." But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.' " Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down. For it is written: 'He shall give His angels charge over you,' and, 'In their hands they shall bear you up, Lest you dash your foot against a stone.' Jesus said to him, "It is written again, 'You shall

not tempt the Lord your God.' " Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. And he said to Him, "All these things I will give You if You will fall down and worship me." Then Jesus said to him, "Away with you, Satan! For it is written, 'You shall worship the Lord your God, and Him only you shall serve.' " Then the devil left Him, and behold, angels came and ministered to Him."

Now I know that most people, when reading this as I have in the past, imagine Satan coming in the form of an ugly, scary looking red beast with two horns and a burning pitch fork. We imagine him being face to face with Jesus as he tries to trick him even by using the word of God. And at the end as he flees he magically disappears into thin air as he screams in defeat. However, maybe that isn't so. Maybe he didn't come in a physical form. I want to pitch to you today a new idea and perspective of this passage of scripture.

What if "Satan" came as a thought? What if he wasn't there actually in physical form standing next to Jesus? When you are challenged within yourself and maybe feel as if "The enemy is coming against you." How does he come? Isn't it

usually as a thought within our minds? I don't want to dismiss encounters people may have had physically with the demonic realm but most of the time for most people it is thoughts within our minds. So what if Jesus wasn't being stared down by Satan in the physical form? What if these 3 scenarios were battling thoughts within his mind?

More specifically verse 5 up to verse 11. This is where he is taken to the pinnacle of the temple. This is where I want to consider this thought, this perspective. Now as I shared in the preface of this book one thing I was imprisoned to before was suicide. Every time I had considered taking my life not once was the devil standing in front of me physically saying "Kill yourself!" Rather I had thoughts that told me "Your worth nothing. What's the point of your life? If you died today no one would notice, no one would care. You are good for nothing. You should take your life." I'm sure anyone who once was imprisoned to suicide before or knew someone well that once battled with it and overcame would most likely agree that the battle is within that persons mind. So if that's true, then what if this epic scene that we play within our mind as Jesus is

being tempted is really just him by himself as these lying thoughts come at him?

Now as we look closely to this passage of scripture, each time he is tempted Jesus never once entertains the idea that is given to him. Whether that idea was turning the stones to bread or throwing himself off the pinnacle. He never considered doing that one thing he was being tempted with. Instead, without hesitation he comes with the word of God. "It is written!" Every time the devil (that thought) came at him he took it captive with the word of God!

~ Selah ~

What a beautiful example within scripture that shows us practically how to take thoughts captive and renew our minds. When you are dealing with thoughts that want to rob us of our joy, thoughts that want to lead us into bitterness, complaining, anger, anxiousness, etc. In that moment we can open our mouths and thank God! We can open our mouths and say "It is written, the Joy of the Lord is my strength... It is written, Trust in the Lord with all your heart and lean not on your own understanding..." We take captive and put off

thoughts by replacing them with the truth of God's word! We don't just ignore them, we confront them.

Women of God it all starts within our minds! We must renew our minds as it brings forth transformation. Let us renew our minds in every area of our lives. Let us renew our minds in the areas of marriage, motherhood, birth and womanhood. Let us take captive every thought and idea that we have either knowingly adopted or unknowingly have adopted as our own. Thoughts that make us feel as if marriage is suppressive, that motherhood is robbing us of our purpose, that birth is scary and a disease, that in order to be a powerful woman we must tear down and play victim.

Virtuous Women arise!



Chapter 2

Wives: A New Perspective

Any wives reading this right now? I'm a wife as well, I've been married for 5 years. I know it isn't that long in the eyes of many but it's still 5 years! Marriage is truly such a beautiful gift from God! It's a beautiful thing when two become one flesh in the sacredness of a marriage covenant. Marriage is not about documents and licenses, it is about a man and woman who come before God himself as they unite themselves together and to God in this beautiful covenant! There is safety in marriage. There is security and faithfulness in marriage. Sex is a beautiful thing and made to be steward within a marriage covenant. Did you know when a man and woman consummate they actually become one? The man and woman's DNA are mixed together and some of that DNA never leaves the woman. I don't have the exact reference to that information but it is something I heard from multiple different people. Just knowing that shows how beautiful and sacred marriage is.

Now I want to steer the conversation in a specific direction. I want to start off with looking into Ephesians chapter 5 verses 22-24, it says "Wives, submit to your own husbands, as to the Lord. For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything."

What a beautiful passage, the verses to follow are directed towards the husbands and how they are reminded to love their wives as Christ loves his church. But I want to focus on us wives.

In our culture today the idea of submitting to a husband is viewed as slavery and oppressive. It's viewed as control and lack of freedom. Why do we have this view? I'm not saying that some men haven't taken advantage of this authority and role and misused it. What I am saying is that God calls us wives to submit to our husbands. To honor and respect them. This isn't slavery or oppression. It's a blessing.

Two points I want to touch on so that we can have a better understanding of this and therefore be able to have ears to hear and eyes

to see.

Number one is this, when there is a king there are benefits. Now what I mean by this is that when a people is under the rulership of a king there are benefits to submitting to him and being under him. Some benefits are protection from harm and other kingdoms wanting to take advantage of the people, provision of wealth and food for the people, trust and loyalty and more. It is the same for us wives. When we enter into a marriage covenant with our husbands and as the word of God says we come into submission to them there are benefits.

One day as I pondered on this thought it suddenly all made sense. This was the thought "Marriage is truly a blessing! Being a wife is truly a blessing! When I have a husband I am protected, protected from other men. I am provided for (financially, with shelter, clothing, etc), I am cared for (emotionally, physically, spiritually)." Once I had that revelation I was able to see marriage even more in the light that it is! Wives, marriage is not slavery it is beautiful when we submit to our husbands. When we re-

spect and honor them as the head of our household. When we trust in them with leading us well, leading us into goodness and safety and not harm.

Point number two is this: First take the log out of your own eye before trying to remove the speck out of your husband's eye (this comes from Matthew 7).

I've learned in marriage that we can be so focused on our husbands and all the areas that they need growing and working on. Yet it's as if we ourselves forget we as well have things to work on and grow in. Instead of focusing on trying to "change" your husband and trying to get him to be how you think he should be, why don't we instead come humbly before God and ask him to show within ourselves the things that are in need of refinement. That we would not see our husbands as an issue and be the cause for us to not grow and walk out in selfless love and humility. Instead of having the mindset of "But what about my husband, he's still like this and that and does this and that..." renew your mind to "I see and understand the areas that God is revealing to me that need pruning and

refinement, since I'm called to love selflessly especially in my marriage I'll choose to be the change despite what I may or may not see."

~ Selah~

Women, we have the ability to speak life! We have the ability to speak life into our husbands and our marriages! We no longer need to live from a victim mentality. I have lived from this mentality up until truly a year ago. I am being raw and honest, I didn't realize it until I humbled myself. Let us stop complaining and instead lift up thanksgiving unto God! Let's stop fighting against our husbands, they are not our enemies! We are on the same team! Our husbands are one with us! You are only fighting against yourself when you fight against him!

I want to conclude with this: Do we only lavish our husbands with love and respect once we get what we want? Once you get that applause and recognition you've been wanting? Once he does the thing you've been wanting him to do? Why can't we simply love to just love? To show respect and appreciation because we simply love and cherish our husbands for who they are.

We do not withhold loving selflessly out of selfishness. I am speaking on this because I was once there.

I loved to a degree, I loved out of wanting something in return. And if I didn't get what I wanted I would not be kind, I would not be loving, patient, gentle, uplifting. My love was conditional. Conditional love is not the love of God. The love of God is unconditional, and if we profess that our marriage is rooted in Christ, then let the fruit of our lives show that.

I'm not saying you won't make mistakes, mistakes are a part of learning and growing. Let us not however hide behind that and use it as an excuse to continue doing the very thing we know not to do.

Let this not condemn you as this is not the purpose of this, it is to encourage us and convict us to love like Jesus! To honor our husbands and love them without conditions!



Chapter 3

Prayers for your Marriage

As we come before God in prayer and intercession for our husbands and our marriage let us not come with the heart of "wanting him to change." Or the heart of "he needs to be fixed." Let us come with a pure heart, a heart of compassion, a heart of love and adoration. Instead of being quick to pour out our complaints at the feet of Jesus let us pour out our love and adoration.

Pray wherever you desire. You can pray while you are in your car as you are driving. You can pray in the shower, while you cook, while you do daily chores, you can pray as you take a walk outside, you can pray in the night, early morning or truly anytime and anywhere!

Let your heart be in love towards God and your husband. If there is any bitterness and resentment towards him, surrender it to God and release forgiveness. There is no need to continue holding onto any of that even if you

feel justified to.

Here are some prayers you can incorporate into your prayer life as you lift your husband and your marriage in prayer!

~ Father thank you for my husband, I thank you that he is your son! Father, I thank you just as Christ is in me, so are you in Him! How I speak to him I speak towards you, and if I could not utter the same words I speak over my husband may I not continue to speak such words. Father help me to see my husband through your eyes. In Jesus name amen!

~ Father I thank you that my husband is a man of God! I thank you he is strong and mighty! I thank you for raising him up to be a mighty man of valor that leads his family well! Father as he leads us you lead him! I pray that he would hear you clearly, that his heart would always be a tune to yours. May I yield and trust in you and my husband! In Jesus name amen!

~ Father I thank you that my husband has purpose and his life is precious! Father, I thank you that he would continue to hunger and thirst

for you. That he would draw away to the secret place, that he would seek your face! Help me to be aware and respectful of the time and space he needs to cultivate those moments and times. In Jesus name amen!

~ I speak life and wholeness over my husband and his temple. Every fiber of his being comes into alignment with the finished work of the cross now, in Jesus name. Your word says in Isaiah 53:5 that by your stripes we are healed! I speak healing virtue into his body! No sickness shall touch him. I thank you that you protect him and strengthen him in Jesus name! Amen!

~ Abba thank you for my marriage, I thank you that it is sacred. Father may you remain the center of this marriage. May we love and honor each other well as in that we honor and glorify you! May we love selflessly and give of ourselves fully. Grow us closer to you and to each other. May sweetness continue to grow sweeter as the days go by. Help us to communicate in a healthy and honoring way to one another. Let our marriage be a testimony to our children and others on what a marriage rooted in you looks like! Let us never get used to each other, but let

us see each other with fresh eyes of love and adoration day by day! In Jesus name! Amen!

Chapter 4

Motherhood: A New Perspective

Nothing has ever matured me more than when I had become a mother. Two years ago my son was born into this world, and it forever changed my life. I became what felt like a new person. It was as if something birthed within me, it took me by surprise. All of a sudden my heart softened so much more, my eyes were off of myself and unto my child. My desires changed, all I wanted to do was be intentional with my time with my son. This protectiveness came over me and I felt like a lioness as she protects her cubs. I wanted nothing to harm him, I wanted to be the one that filtered what may or may not come into his life.

Before ever becoming a mother I knew I always wanted to be a mother! I loved children! I was always like a mother hen. I was that one cousin who watches over and plays with all the babies and little children. I knew I always wanted to be a mama one day. However within the first year of

my marriage I told my husband that I wouldn't want to be a stay at home mom and that I wanted to be alongside him in whatever God calls us to do. You see the first 2 1/2 years before getting pregnant with our son we traveled non stop. We went to Brazil once, Japan twice, went back and forth to all the neighboring islands as well as traveling across the mainland for 8 months in an RV. No we didn't travel just to travel. We were doing full time ministry, not with an organization or a church but simply answering the call of Jesus. We went to the streets, to the houses, truly everywhere we went sharing the gospel. We saw God do countless miracles, countless healings and deliverances. If you asked me what the kingdom of God was I would say it was those things.

Now I'm not saying that isn't part of it but I now know it isn't just that. So when I said "I don't want to be a stay at home mom." To my husband, I simply meant I don't want to stay home while you go out and travel, I want us to go all together. And while that's possible, that surely wasn't what God had for us. Since becoming a mother my perspective has expanded, the Kingdom of God isn't just in signs and wonders. It's not just in heal-

ing the sick, and casting out demons. The kingdom is seen and known through our stature and character. The kingdom is seen and known through my marriage, through the way I mother. Me fully embracing motherhood wasn't less than what I once did when I didn't have children. It isn't less important to the advancing and proclamation of the kingdom, it is beautiful and significant.

"Behold, children are a heritage from the Lord, The fruit of the womb is a reward. Like arrows in the hand of a warrior, So are the children of one's youth. Happy is the man who has his quiver full of them; They shall not be ashamed, But shall speak with their enemies in the gate."
Psalms 127:3-5

Children are a gift from God! Motherhood is a blessing! Not just a blessing but motherhood is one of the most fulfilling roles that us mothers can live out! Culture today will tell you that in order to be something, to be successful, to find fulfillment you have to hustle and bustle. That you need to leave your home daily, leave your children, and tend to a career. Please don't misunderstand me, I am in no way judging any

woman or mother who has a career. I am simply here to give a new perspective of motherhood.

How powerful it is that us mothers are able to be ones who cultivate the culture within our homes. That we are the ones who have been gifted the responsibility to nurture our children, to lead them and disciple them! To love them and care for them! Now I'm not saying our husbands don't have any part in these things as well, because they certainly do.

Do you know that as mothers we are stretched to be selfless in every way even more than we might've been prior to having children? I think this is the one thing most women find challenging in the area of motherhood is having to become more selfless. We live our whole lives just having to care for ourselves and our needs, then we get married and are stretched. Then we become mothers and are stretched even more. It is good! As we continue to love and serve our families selflessly there is no doubt about it that Christ would be seen in our lives!

Mothers let us shift our thoughts and our words! Did you know that a thought is an unexpressed ac-

tion and an action an expressed thought. When we stomp in frustration, when we begin to cry out complaints, let us be very aware of which thoughts we are entertaining and allowing to take us captive. However, if our actions are full of patience and peace, is flooded with thanksgiving and worship then we know that our mind is set on things above!

Lastly I want to say to you mothers that you are seen and known. Do you think God has forgotten about you? Do you think anything you do goes unnoticed by him? He sees you mama! He sees you and knows your heart! He sees the things that are noticed and goes unnoticed by others! I feel as if God wants to encourage you today to do everything unto the Lord. Do not seek affirmation and recognition from man but be satisfied in God knowing that he sees you! While we care for our children, while we tend to our homes, as we cook dinner, as we clean up the mess of our homes, as we fold our husbands clothes... let us do it all unto the Lord in thanksgiving and praise! Thanksgiving that you've been blessed with an amazing family! It is an honor to be a mother and lead our children and raise them up in the ways of the Lord! Let

us shift our perspective. Let us no longer see motherhood as a burden. Let us change our attitude, thoughts and words as we speak to our children, and as we speak of them! Let us pray for our children and speak life into them always!

I wanted to share a story before I wrap up this chapter. It was a few months ago, I was putting my daughter to sleep. For both my children I wrote them a song, a song of their name and how it represents who they are. It is to remind them who they are. As I was putting my daughter to sleep I was singing to her the song I wrote for her. My son was standing in the distance and tears began to roll down his cheeks. He ran up to my legs and held onto it and he began to cry. Now this wasn't a cry of jealousy, these were tears of a heart that was moved by the presence of God. I placed my daughter down on the bed to sleep and I picked him up. I then began to sing to him the song I wrote for him. As I sang to him tears continue to stream down his face. I then began to sing spontaneously and started to pray that he would receive the fathers love. As I looked in his eyes I told him "Just receive Abbas love." Instantly he began to weep so hard as he held onto me tightly. I continued to pray, thanking God for my son and just prophesying over him.

Mothers, this is what we are called to do. No, I don't mean you need to write a song for your child (although you could). We are called to be the living expression of who God is! We are called to pray for them! To usher them into the presence of God! We are called to speak life over them! We are called to be still, to be intentional, to slow down and enjoy every moment. In this we find joy! In this every worry and frustration fades away! Let us renew our minds! Let us be the mothers we are called to be!



Chapter 5

Prayers for Motherhood

I wanted to leave you all with a few prayers that you can integrate into your times of prayer. These are prayers to pray over your children and for yourself, as you continue to renew your mind in the area of motherhood.

~ God I thank you for my child/children! I thank you That my child/ children are a gift. My baby/babies are first yours. I surrender my child/ children to you. They are yours, and the plans you have for them are good! Help me Lord to mother them well, to lead them by your word and spirit! Let my life be an example to them on what it looks like to be walking with you! In Jesus name amen!

~ God I thank you that my child/ children are chosen and destined by you. My child/ children are full of purpose. My child/children's life is precious and matters! I pray Lord that even from a young age they would be sensitive to your spirit.

That from a young age they would know you, that they would hunger for you. Lord I thank you that as they grow they would understand that you are the way, the truth and the life! I bless my child/children in Jesus name! Amen!

~ God I speak protection and safety over my child. I thank you that your heart for them is only goodness. As a woman of God I recognize I have authority and power to say no. I say no to all sickness and disease. I say no to every scheme of the devil. No weapon formed against me, and my household shall prosper. I speak life and vitality over my children. That strength would fill them! That every part of their being would function perfectly the way it was designed to! In Jesus name amen!

~ Abba I thank you for this gift of motherhood. Lord let me see through your eyes, through your lens. Let me renew my mind by your word. Let me take upon the garments of praise! Let my heart rejoice and remain thankful in my day to day. Let me see motherhood as the gift that it is! Let my views of motherhood be challenged if needed. Refine me oh God! Let me be an example to the world around me, a representation of the kingdom of God! In Jesus name! Amen!

Chapter 6

Pregnancy & Birth: A New Perspective

Who here is or has been afraid of pregnancy and birth? I know I was to a degree before! What are your current thoughts and ideas of pregnancy and birth? Is it scary? Do you want to numb yourself of all feelings? Is it a medical event or is it something natural?

Pregnancy to me before was scary, sort of dreadful and exhausting. All I ever heard of pregnancy was how you feel so sick, you gain a bunch of weight, and then you endure so much pain. I would expect women to have the thoughts they have on pregnancy and birth when we are told the things we are told.

How does God want us to see it? Does he want us to be in fear? Does he want us to avoid and numb ourselves? Or is it a journey, an invitation of complete trust and surrender?

Again as I probably have repeated over and over again but here I am about to say it again, pregnancy and birth are a gift from God! It is the journey of carrying life and then birthing life. It is certainly nothing to fear. Now I can't and won't fully go into depth on this as I would need to create an entire separate book.

God has designed women's bodies to conceive life, carry it, birth it and nurture it! Pregnancy and birth is his very design! Therefore his design is perfect and good! We have been indoctrinated to believe that we must fear birth, that our bodies will most likely fail us so we then need other people to have rule and reign over us. We have been taught to not trust in the way God has designed our bodies, we have been taught not to trust our God given instincts as mother and our God given intuition.

However, let us shift our minds and perspectives. Let us see that birth is inherently natural. It is as natural as passing a bowel movement. When you have to use the restroom do you suddenly go frantic as you quickly call your doctor? Do you call up your doctor and share with them how you feel like you have to poop but not sure how much more time you have until you release your bowels?

Or before using the restroom is another person there to stick their fingers into your rectum to tell you how close you maybe until you poop? Certainly not! That sounds ridiculous! If we heard of anyone doing such a thing we would think they were crazy, we may even laugh! Why would we think it to be so silly? Well of course it's because using the restroom is natural! It isn't some medical event, it's nothing to be afraid of. We aren't thinking about the worse case scenarios that could happen when using the restroom. We don't rely on another person to tell us when we need to push, no we know and are in tune to our body and know when it's time. Therefore why would birth be any different? There is no difference when it comes to birth. Birth is beautiful, it is natural!

What is prenatal care? Is it going into an office once a month to get our vitals taken, our stomach lubed up as our babies are blasted with high frequency sound waves? What type of care is that really? Now I'm not shaming anyone who has participated in this as I have within both my pregnancies.

I believe prenatal care can look different for

every woman. I believe it is the tending to both mind, body and spirit. Prenatal care to me looks like nourishing my body well with the foods I intake and the way I care for it. It looks like getting out into nature, walking barefoot in the grass, swimming in the ocean, laying in the sun and being still as I listen to the sound of the trees dancing in the wind as the birds sing their sweet songs. I believe it looks like meditating on the word of God, spending time in prayer and worship. It looks like confronting every thought that is contrary to the word of God and dismantling every fear. It looks like casting my cares unto Him because he cares for me. This is what prenatal care looks like to me. I have yet to do this fully, hopefully one day when I am blessed to be pregnant again in the future.

While I was pregnant with my daughter I believed I could only give birth two ways. I could either give birth in a hospital or at home. However if I birthed at home it could only be if I had a midwife and if not then birthing in a hospital was my only choice. Within myself I believed that birth was only safe if someone who had a degree and a title of authority was in control of my birth. I believed this because it is the story we are told whether directly or indirectly. However I don't believe that to be true

anymore. You can birth wherever you want, however you want, with whomever you want. I don't believe in order for birth to be safe you need a medical professional with you. What safety is depends on what safety means to you.

When birth is undisturbed and a woman is able to have a physiological birth, the outcomes of that birth in my opinion are safer than if birthing in a hospital or with someone that is actively disturbing the whole process.

Lastly I believe we can have complete peace, and joy in pregnancy and birth! We can trust God and lift our voice in praise! We don't have to continue to see pregnancy and birth as torture or a curse but rather a blessing!

Let us women challenge ourselves, challenge our beliefs, challenge our thoughts, and let us renew our mind. Maybe you're reading this and think I'm crazy and completely disagree. I understand and that's ok, but pray that you would be open to allow God to speak to you and continue to renew your mind in the area of pregnancy and birth!

Chapter 7

Prayers for pregnancy & Birth

Here are a few prayers that you can pray and incorporate in your times of prayer whether you are preparing to conceive or are currently pregnant.

~ God I thank you for my precious baby. I thank you that you are forming my child within my womb. Thank you father that my child is fearfully and wonderfully made! Thank you Lord that it is a gift and a joy to carry this precious life! Father, I thank you that I can rejoice in every moment and stage of pregnancy. Lord, I thank you for strength and perfect health in my body and my baby's body! In Jesus name amen!

~ Father I thank you that I do not need to fear pregnancy and birth. Lord I surrender to you, I lay down every thought and idea of what I believe birth is and isn't. Father give me your eyes, your perspective to see birth. Lord grow me, give me wisdom. I thank you that I can trust in you. Lead me and guide me in this journey of birth! In Jesus name, amen!

~ Father, as my body prepares to welcome my child into this world, I pray that I yield and surrender to every wave of sensation. I pray that I wouldn't fight against the waves but that I would ride it. That as each sensation comes I would see and know that it brings me closer and closer to my baby. May I have the perspective that me and my baby are working together. I do nothing by my own strength but by the strength you give me! I can trust in you! In Jesus name amen!

~ Father, I thank you that I do not need to be afraid. Lord, let me renew my mind by your word! Father I thank you Isaiah 26 verse 3 and 4 says "You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You. Trust in the Lord forever, For in YAH, the Lord, is everlasting strength." Lord let my mind be stayed on you! As I keep my mind fixated upon you I thank you that you'll keep me in perfect peace! In Jesus name amen!



Chapter 8

A challenge For You

As I've grown and matured in my walk with God I have come to understand how this life is truly a walk. A walk therefore means a journey, and if a journey then we know that there is so much ahead of us we still have yet to see and discover. All that I have shared within the pages of this book wasn't the ways I alway thought. I didn't know about renewing my mind from the moment I gave my life to God. I didn't see marriage, motherhood and birth the way that I do now a couple of years ago. It has been a journey. A journey of learning, of growing in knowledge and wisdom.

I pray that this encourages you women who read this that it's ok if you feel like you are at the beginning of this journey of renewing your mind and seeing all things with a new perspective. Take joy in the journey, don't condemn yourself. I have not come to a point where I know all, I am forever a student of God's word, forever a learner. Be encouraged women!

I pray that you have been stirred within your hearts! Stirred to seek the face of God! I pray that you have been encouraged and convicted to renew your mind and take joy in all things!

This is my prayer, that you would take all that you have read to the father. That you would challenge it, that you would begin to ask questions. I pray that this would bring conviction and transformation. I pray that you woman of God would arise and walk out who you were created to be! That you would take ahold of these amazing gifts given by Abba himself and steward it well! In Jesus name! Amen!



Women Arise!

Explore the renewal of your heart and mind on the sacred path of marriage, motherhood, and pregnancy, discovering the grace that leads to transformation."



Zoey Galletes is a wife, mother, sister, friend, but most importantly a daughter of Abba. She loves to express her love towards God through song, poetry and art. Her heart is to see women be empowered by God's word and his spirit, to be the virtuous woman we are called to be. She desires for all women to take on a new perspective of marriage, motherhood and birth. That they would see it all as a gift from God and reclaim their authority and influence in it.

Zoey Galletes