



journal
prompts

I AM A MOTHER



i am a mother

I am _____'s
(your baby's name or nickname, or simply, my baby)
Mommy-Mama-Mom-Mother

I saw _____
(something you saw that marks your motherhood)

And _____

I saw _____

And _____

I felt _____
(somethings you felt that marks your motherhood)

And _____

I felt _____

And _____

I worried _____
(things you worried about for child or your pregnancy)

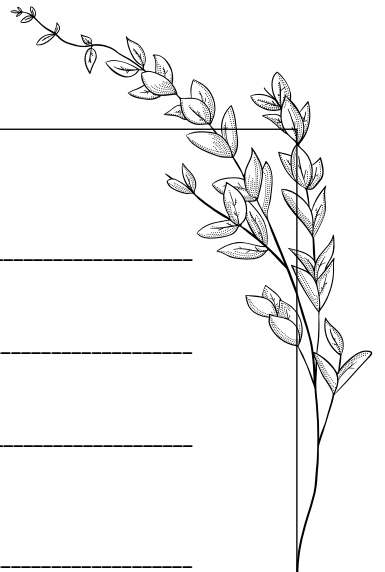
About _____

I worried _____

About _____



i am a mother



I hoped _____
(hopes and dreams for you baby)

(character adjectives you hoped for in baby)

I hoped _____
(physical adjectives you hoped for your baby)

(adjectives)

I carried you _____
(how long)

We went _____
(where did you go to together?)

And _____
(places you went or things you experienced)

Together we _____
(something you did together)

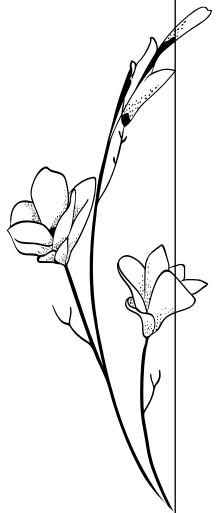
And _____
(something you did together)

I held _____
(what did you hold that reminds you of your baby? literal or figurative)

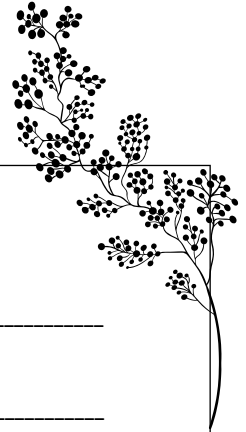
And _____

I held _____

And _____



i am a mother



I cried when _____
(when or what did you cry about?)

And _____

I cried when _____

And _____

I cried when _____

And _____

I long to _____
(what do you long for with your baby?)

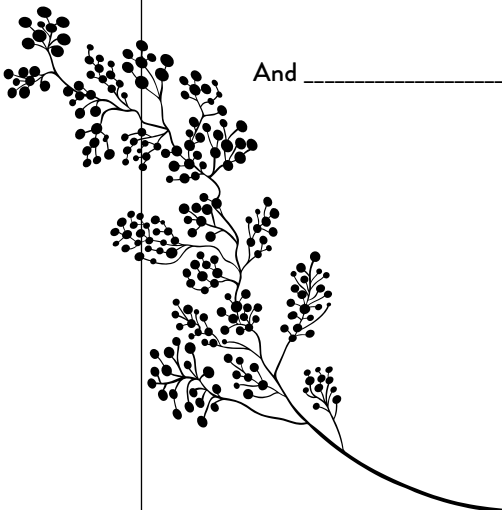
And _____

I long to _____

And _____

I long to _____

And _____



i am a mother



I will remember you forever.

(Write the joyful things you will remember or the ways you've seen God.

This is your opportunity to write with hope for the future and remember the works of the Lord)

Your _____

I will remember _____

And _____

will remember _____

And _____

will remember _____





EXAMPLE 1

by mary margaret powitz

I am Helen's Mom
I saw a positive pregnancy test
And your body in black and white
I saw your beautiful cleft
And your precious body

I felt you move in my belly
And I felt your movements slow
I felt the coldness of your skin
And softness of your hair

I worried about you
About seeing your face for the first time
About your surgeries
About your confidence

I hoped that you would be resilient
Strong and brave
Healthy and joyful
I hoped that you would have red hair
A little sass, a lot of determination
And laughter.

I carried you for 36 whole weeks
We went to the beach together
And went to camp
Together we snuggled with your sister
And she kissed you in my belly

I held you in my arms
And your hands and your feet
I held your clothes close to my chest
And I held your blanket as I lay on your bedroom floor
Crying

I cried when they told me of your cleft
And when they said "there is no heartbeat".
I cried when they placed your body in my arms
And when I handed your body over to a stranger
I cried when I rolled out of those doors without you
And walked into our home empty handed.

I long to see your face today
And your bouncy little curls
I long to hear your laughter
And watch you play with your sister
I long to know who you would be
And how you would bring God glory.

I will remember you forever.
Your precious nose and perfect little mouth
I will remember the smell of your clothes
And the touch of your blanket
I will remember the light the Lord brought in the darkness
And His nearness, faithfulness, and comfort
I will remember that you are His

EXAMPLE 2

by mary margaret powitz

I am baby #3's Mom
I saw a positive pregnancy test
And your tiny little body
I saw your heartbeat everyday for a week
And I saw it stopped

I felt the familiar "fuzziness" of pregnancy
And the discomfort in my clothes
I felt gushes of blood, again
And again, and again.

I worried if you were going to be ok
About how long you would hang on
I worried about carrying you for 32 more weeks
About how we would make it that long

I hoped that you would be a boy
fun , silly, determined, and strong
I hoped you'd look like your dad
And have his stability, strength, and humor

I carried you for 8 weeks
We went to Christmas parties
And your grandparents' homes
Together we fought for your life
And rested in the refuge of the Most High

I held you in my mind always
And thought of you constantly
I held you close to my heart
And never let you go

I cried when I saw those two pink lines
And when I called the doctor for the first time
I cried when the bleeding started
And when it kept coming and coming
I cried when I was weak, tired, and scared
And when they told me you were gone.

I long to know who you are
And what you are like
I long to feel you moving in my belly
And hold you in my arms
I long to see your sister dote over you
And fuss as you "disrupt" her little world

I will remember you forever.
Your precious little life
I will remember your strength
And the protection of the Lord
I will remember His feather's surrounding you
And His hand holding mine
I will remember you as a gift, because that is what you are.



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