

NEW BABY



SURVIVAL GUIDE

TRANSLATION GUIDE

We are two British mums/moms with three boys each, so we have lots of experience of changing nappies/diapers before putting baby into a babygrow/romper/sleepsuit, settling them with a dummy/pacifier and taking them for a walk in their pram/pushchair/buggy.

Our words and spellings may differ from yours, but we believe many aspects of motherhood are the same—and especially our need to spend time with the Lord and to trust our newborn baby into his care.

New Baby Survival Guide

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Welcome to the wonderful world of parenting! With three boys each, we understand the wave of “Aaaaaaaaagh!!!” that threatens to drown new mums. As Christians, the dreaded “Quiet Time” with your Bible also looms in the background—inducing those pesky twins born to all mothers: guilt and inadequacy.

Church becomes a struggle. If we made it, we were usually elsewhere during the sermon (in mind and/or body). Nappy changing, crying (baby and/or you), and dreading whipping your breasts out publicly can leave you alone in some dingy backroom, covered in various bodily excrements and running mascara, needing to GO HOME. Hormonal minds and practical chaos conspire. When people encourage us with “You’re Supermum”, we check our knickers aren’t on over our trousers.

We ask friends: “Pray for our Quiet Times”. Sympathy abounds but, from kind motives, not much gentle challenging to re-establish good habits. Of course, we will all have days when we miss time in God’s word or fall asleep mid-prayer, but when days turn into months, it becomes unhelpful and ultimately sinful.

2 Timothy 3 v 16-17 is brilliant:

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.”

We need thorough equipping in the good work of motherhood. Being equipped doesn't mean owning a gold-plated buggy or knowing what time the latest guru advises I cut my toenails. Equipping means reading the Bible.

So, here's a survival guide, which is do-able and God-centred. There's probably no time, brainpower or energy for your usual "solids" but: "Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation" (1 Peter 2 v 2).

These studies are aimed for those moments when you can quickly Bible-dip. God longs to speak to you. When those five minutes come, pray for the spiritual discipline to take them. Don't feel guilty. Some days it just won't happen. That's OK. God loves us because of Jesus' death, not because of our "Quiet Time Quota". As his beloved children, he loves us even more than you love your precious newborn.

CASSIE AND SARAH

P.S. These studies are best consumed with chocolate...

01.

REST FOR YOUR SOUL

PSALM 116 v 1-9

- ¹ I love the LORD, for he heard my voice;
he heard my cry for mercy.
- ² Because he turned his ear to me,
I will call on him as long as I live.
- ³ The cords of death entangled me,
the anguish of the grave came over me;
I was overcome by distress and sorrow.
- ⁴ Then I called on the name of the LORD:
“LORD, save me!”
- ⁵ The LORD is gracious and righteous;
our God is full of compassion.
- ⁶ The LORD protects the unwary;
when I was brought low, he saved me.
- ⁷ Return to your rest, my soul,
for the LORD has been good to you.
- ⁸ For you, LORD, have delivered me from death,
my eyes from tears,
my feet from stumbling,
- ⁹ that I may walk before the LORD
in the land of the living.

The Anglican Prayer Book uses this psalm in its prayer of thanksgiving after childbirth—and you can see why! However long or traumatic your experience of giving birth, the Lord was with you in it.

- How bad were things for the writer of this psalm (v 3)?
- Who did he turn to (v 4)?
- Why (v 1-2 and 5-6)?

In the Lord, we find rest for our souls (v 7), even if we feel far from rested physically! He has been good to us, both in our recent experience of childbirth and above all in bringing us to new spiritual birth; truly delivering us from death (v 8).

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Thank you, Lord, for a safe delivery and for being with me through the birth of my child(ren). Help me to find rest in you, the One who delivers me from death. Amen