AN **AUDIO** PRAYER COMPANION FOR THE MONTHS OF
HANDS-FREE PRAYER TIME AFTER BIRTH



Postpartum

THECATHOLICBIBLECLASSWITHMON

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Welcome, Mama.

If you're here, it means you're preparing for Baby's arrival - or perhaps, Baby is already here. Whether this is your first or tenth child, this postpartum season is sacred. You are - for the first time or yet again - the very first impression that another human person has of this world. You are safety. You are food. You are home. You are warmth.

And you're probably exhausted.

This prayer companion is designed to help you find connection points with God through your day. You're *not alone*. The Lord is with you. You're surrounded by him, by his grace, and by his strength.

The structure of this booklet is simple. Each page has a theme and three QR codes. Those QR codes take you (1) to a guided meditation, and (2) to a song (or playlist of songs) and (3) a podcast that pairs nicely with the theme. Just scan the QR codes & listen.

You can do this with your eyes closed, your hands full, and your Bible hidden underneath a mound of burp cloths. There are also reflection & journaling questions provided on each page in case you do have the opportunity to sit with a journal and prayerfully reflect after each meditation.

Take this however you need it, Mama. Skip pages. Repeat the same page ten times. Journal every day, or only occasionally. The point is not successfully "completing" this booklet. The point is walking step in step with God as you navigate and embrace this season of postpartum.

Everyone's postpartum season is different. Spare yourself from comparison, and instead, look to Jesus to be your source of peace and strength, whether you're struggling with Baby Blues, physical recovery, nursing, fatigue, or anything else.

I pray your intimacy with God overflows in these weeks and months. God bless you, your victoriously tired body, and your sweet new Baby.

How it works:

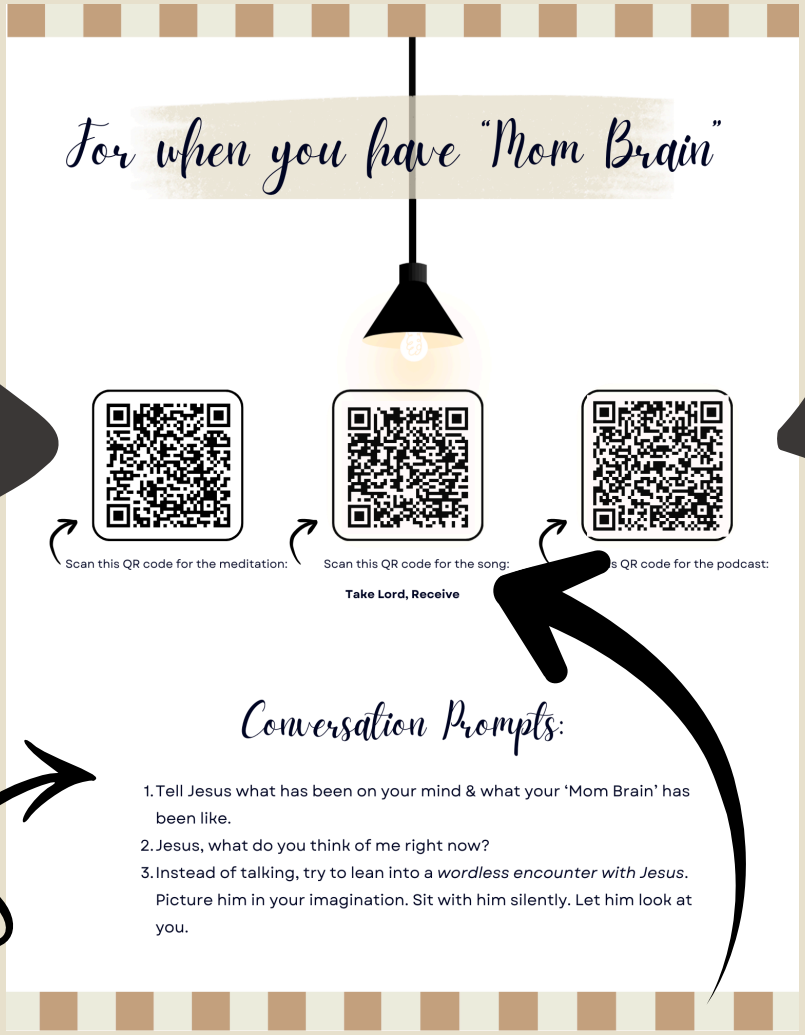
Pick a theme and stay with it for a few days. One day, listen to the meditation. The next, try the song or podcast. Another day, do the journal prompts. Pace yourself however you want, and linger in each topic as long as you need.

The Meditation QR Code.

Scan/click this for the guided prayer.

The Podcast QR Code.

Scan/click this for the podcast.



Conversation Prompts are for conversation between you and the Lord! If you have bandwidth and desire, use them as journaling prompts. If not, just talk to the Lord in your own heart!

The Song QR Code.

Scan/click this for the worship song.

Need it to be even more hands-free?

I've got you.

Scan this QR code (or click it, if you are a device.)
Password: **mama's library**

Toss out your papers, because *this landing page will serve as your whole prayer companion* with the audios, playlist links, and conversation starters! **You can also click any QR code link in this packet!**

Not working?

Find the page manually.

1. Go to my website: www.thecatholicbibleclasswithmon.com
2. Click the "Prayer Companions" tab at the top right.
3. Scroll to the bottom to the resources. You should see the Postpartum Prayer Companion
4. Click the little round icon.
5. When it takes you to the audio library page, insert password: **mama's library** (No spaces.)
6. Toss out your papers!


The Momcast: Postpartum Playlist
A playlist of my favorite episodes for mamas! Scan the QR Code or click it!
01:20
- 03:30

For when you have "Mom Brain"



Scan this QR code for the meditation:

Scan this QR code for the song:

Take Lord, Receive

Scan this QR code for the podcast:

Conversation Prompts:

1. Tell Jesus what has been on your mind & what your 'Mom Brain' has been like.
2. Jesus, what do you think of me right now?
3. Instead of talking, try to lean into a *wordless encounter with Jesus*. Picture him in your imagination. Sit with him silently. Let him look at you.

For When You Feel Lonely



Scan this QR code for the meditation:

Scan this QR code for the song:

Communion

Scan this QR code for the podcast:

Conversation Prompts:

1. Are there *lies* tied up in my loneliness -lies like “Nobody likes me” or “I have no friends.” Can I identify them, list them, and bring them to Jesus?
2. When I feel lonely, that creates space for me to welcome in Jesus and Mary - how does that make me feel?
3. How did the “Be Satisfied with Me” prayer hit my heart?
4. Where has God provided for me in the past - in my vocation story, in my marriage, in my community? Can I make a big list to build my own confidence that God will provide for me again?

For the tired Mom



Scan this QR code for the meditation:

Scan this QR code for the song:

On the Altar

Scan this QR code for the podcast:

Conversation Prompts:

You don't need a conversation starter. For the days of insurmountable tiredness, just lean your head against His chest and be with him. The Litany of Let Love is beautiful for this occasion.

For When You're Pouring Out All Day



Scan this QR code for the meditation:

Scan this QR code for the song:

Pour My Love on You

Scan this QR code for the podcast:

Conversation Prompts:

1. List all the ways you've poured out today - and be specific! Run it through your mind like an examination of conscience, or list it on your journey.
2. Can you go through the list and recognize Jesus as your receiver? Can you identify corporal works of mercy you've done?
3. Tell Jesus how you feel with pouring out all the time. Ask him to see you in this self-gift. Ask him to give you eyes to see him too.

For When Life Feels Too Simple...



Scan this QR code for the meditation:

Scan this QR code for the song:

Make Room

Scan this QR code for the podcast:

Conversation Prompts:

1. Is there a reason I think simplicity might feel bad or not worthy? Is there a person that I feel a bit judged by, who thinks I do not do enough? Or is it just myself?
2. What is the most boring or hardest part of my day? Process with Jesus.
3. Jesus, can you tell me your will for me and my day today? I want to only focus on your will for me and your expectations for my life.

For When Your Life Plan is Changing



Scan this QR code for the meditation:

Scan this QR code for the song:

You're Not Finished Yet

Scan this QR code for the podcast:

Conversation Prompts:

1. Describe your life plan to Jesus - what did you expect, want, desire, fear?
2. Jesus, what plan do you have for me? Do you want to reveal it to me now? If not, let me trust you anyways.
3. The Litany of Trust is an amazing resource here. See the index in the back of the book for an audio version.

For When You Miss Your Old Self...

Scan this QR code for the meditation:

Scan this QR code for the song:

New Wine

Scan this QR code for the podcast:

Conversation Prompts:

1. Can you identify the actual parts of yourself you are missing? List them, name them, tell Jesus about them.
2. Do you feel you are in an Abraham-Isaac-Sacrifice moment for any part of your self?
3. Do you have any *stony*, *desert*, or *seacoast* parts of you that God may be transforming?
4. If you could have lunch with your old self, what do you think she would say to you? What would you say to her? Can you write out, imagine, and spend time on that conversation?

For When You Feel Like Nothing You Do Is Important...

Scan this QR code for the meditation:

Scan this QR code for the song:

After You

Scan this QR code for the podcast:

Conversation Prompts:

1. What are the “important things” in my life that I’m not doing right now? Can I name them?
2. What expectations do i have of myself each day in this season? After I list them all, can I sort between realistic and unrealistic?
3. What things each day am I doing that I could do with more love?
4. Jesus, what do you think of me & my daily routine right now? What do you expect of me?

For When Life Feels Complicated...



Scan this QR code for the meditation:

Scan this QR code for the song:

Scan this QR code for the podcast:

Take a Moment

Conversation Prompts:

1. Is there anything in my life that St. Francis de Sales would tell me to STOP doing?
2. What would Jesus say to me to expand on his two questions in the boat in the storm?
3. What do I think of the imagery of God presenting me my cross of “complicated life” as a gift?

For When You Just Don't Have it In You...



Scan this QR code for the meditation:

Scan this QR code for the song:

You Revive Me

Scan this QR code for the podcast:

Conversation Prompts:

1. What are my loaves and fish that I currently have?
2. What is my "end of my rope" circumstance? Can I describe it to Jesus?
3. What is Jesus saying to me over the course of this conversation?

For When You Feel Afraid...

Scan this QR code for the meditation:

Scan this QR code for the song:

Tremble

Scan this QR code for the podcast:

Conversation Prompts:

1. Can you name (and list) what you're actually afraid of – and sort them into "real" fears and "unreasonable" fears?
2. Can you name (and list) where God has provided for you in the past?
3. Can you and Jesus make a plan of attack against the fears that plague you – write a prayer together or develop something practical to do?

For When It Feels like Your Sacrifices Don't Matter



Scan this QR code for the meditation:

Scan this QR code for the song:

It is Well

Scan this QR code for the podcast:

Conversation Prompts:

1. Jesus, can you show me what part of the cathedral I'm building right now, for my own encouragement?
2. Jesus, can you show me places that you see my work, like you see the little carved bird, even if nobody else sees it?
3. Spend time with the Even If prayer. Even if _____, Jesus, I will love you anyways.

PS: Refer to the index for little printouts of cathedrals to stick around your home to remind you of what you're building!

For When You are Amazed God Chose You to be a Mom...

Scan this QR code for the meditation:

Scan this QR code for the song:

Gratitude

Scan this QR code for the podcast:

Conversation Prompts:

1. Take some time just to thank God for your motherhood.
2. Reflect on the ways you have hurt your Father God in the past - through sin or distrust doubt or distance - and take some time to repent.
3. How does your heart react to the idea of “kissing the cross” of motherhood?

For When You're Snuggling Your Baby



Scan this QR code for the meditation:

Scan this QR code for the song:

The Blessing

Scan this QR code for the podcast:

Conversation Prompts:

1. What dreams do you have for this baby, and for my future as a mother, Jesus?
2. What am I most grateful for about this baby and this season? Can we make a list together, God?
3. Write a list of all the blessings you pray over your baby.

For When You Feel Unsure of How to Talk to God



Scan this QR code for the meditation:

Scan this QR code for the song:

Stand in Awe

Scan this QR code for the podcast:

Conversation Prompts:

1. What name of God do you usually use when praying?
2. Can you think of, look up, page through, or remember a specific verse that may be your “on ramp” verse? Can you ask God to reveal one to you?
3. Practice imitating Mary of Bethany for a moment, and simply tell Jesus what is going on. Don’t dress it up or explain it. Don’t even tell him what you know. See what he says in response.

For When You Feel Like You're a Bad Mom...



Scan this QR code for the meditation:

Scan this QR code for the song:

Sound Mind

Scan this QR code for the podcast:

Conversation Prompts:

1. Can you imagine Jesus giving you a clean slate? What comes up in your heart? Do you resist? Why? Can you put language to that feeling in your heart?
2. Can you get the feelings of "bad mom" out of your head and onto a page or a list – what are you ashamed of? Is there anything that you need to actually confess in the Sacrament of Reconciliation? Make a plan to do so and then try to let it go for now.
3. What sticks out to you from the Litany of Trust?

For You, the Heart of Your Home



Scan this QR code for the meditation:

Scan this QR code for the song:

Here Now

Scan this QR code for the podcast:

Conversation Prompts:

1. What are the chores you like the least or consider the most inconsequential - can you ask Jesus how he sees them?
2. What are the biggest “bells” moving you through your day and making you sacrifice your own preference?
3. Is there any way you’re trying to look for God or “mission” outside your home instead of inside?

For When You're Always Comparing Yourself to Other Moms...

Scan this QR code for the meditation:

Scan this QR code for the song:

Coat of Many Colors

Scan this QR code for the podcast:

Conversation Prompts:

1. With Mary's guidance, can you describe to Jesus the mom or moms you're specifically comparing to, and what they're doing that's so good?
2. Jesus, do you want me to do anything practical that's different than what I'm doing? I invite you to change my routine, habits, choices if you want that.
3. Jesus, can you tell me more about what part of the body I am - what function I have, what gifts you've given me?
4. Draw a mug of tea and fill it up with words of truth you know about yourself from Jesus.

For When You Miss Your Friends...



Scan this QR code for the meditation:

Scan this QR code for the song:

Surrounded

Scan this QR code for the podcast:

Conversation Prompts:

1. Is there anyone you're mad at, holding resentment against, or have lies about that she isn't a good friend – do you need to forgive anyone or bring these things to Jesus?
2. Who are the two people spiritual or real that God wants to give to you to be friends with in this season?
3. Spend some time with Jesus at his passion, in the agony of the garden, feeling abandoned by his friend who fell asleep. What would you say to Jesus to comfort him? What is he saying to you now to comfort you?

For the Adventurous Mom



Scan this QR code for the meditation:

Scan this QR code for the song:

Praise You Anywhere

Scan this QR code for the podcast:

Conversation Prompts:

1. Are there any specific expectations you had of this postpartum period? Have you been right or wrong?
2. Can you make a timeline of your life, listing all the ways you've felt most adventurous, and closest to the Lord? After seeing this, ask Jesus to help make a timeline of postpartum so far, and ask him to share his hopes for you.
3. After the meditation and taking some time to ask Jesus how he wants you to combine adventure and motherhood, what did he say?
4. Sit with St. Peter on this topic and see if he has anything to say to you.

For When You're Sorrowful



Scan this QR code for the meditation:

Scan this QR code for the song:

No One Ever Cared for Me Like Jesus

Scan this QR code for the podcast:

Conversation Prompts:

Write your own seven sorrows, asking Mary to help you in them. Ask her how she handled each of hers.

For When You're Dreaming of Your Future Family



Scan this QR code for the meditation:

Scan this QR code for the song:

Taste of Eternity

Scan this QR code for the podcast:

Conversation Prompts:

Jesus, are there any dreams you have of the future you want to share with me?

Litanies to Listen & Pray

Scan/click the QR code

Litany of Trust

Scan/click the QR code

Litany of Humility

Scan/click the QR code

Litany of Postpartum

Scan/click the QR code

Litany of Let Love

Scan/click the QR code

Litany of Mother Saints

Books to Read & More!

Scan/click the QR code



Scan/click the QR code

Great Prayer Companion to try next!

Ideas for Intercession

My Fave Motherhood Books of Postpartum -

great for listening too!!

- Lifegiving Home - Sally Clarkson
- Giving Your Words - Sally Clarkson
- Lifegiving Parent - Sally and Clay Clarkson
- Present Over Perfect - Shauna Niequist
- 10 Habits of Happy Mothers by Meg Meeker (dated but I loved it)
- The Read-Aloud Family by Sarah Mackenzie
- Gospel Mom by Emily Jenson & Laura Wifler (Risen Motherhood podcast girls)
- Four Thousand Weeks: Time Management for Mortals by Oliver Burkeman
- The Heart of Perfection by Colleen Carrol Campbell
- Mothering by the Book by Jennifer Pepito
- The Mission of Motherhood & the Ministry of Motherhood- Sally Clarkson
- When Doing It All is Undoing You by Alyssa Joy Bethke
- Being There: Why Prioritizing Motherhood in the First Three Years...by Erica Komisar (a little bit dramatic)

One More Prompt...

A Moment for Your Birth Story!

Ready for the understatement of the century? Birth comes in all different shapes and sizes. Sometimes it's amazing and victorious! Sometimes it's surprising and fast! Sometimes it's traumatic. Sometimes it's healing.

Whatever birth you just experienced, you and Jesus were in it together. When you're ready, take some time to **process the birth story**. Ask Jesus where he was during it. Ask Jesus what he thought of you during it. Recall little details that helped or hurt the experience. Recall moments you felt you couldn't go on, or moments you felt so encouraged. Wrap all that up, and, I recommend, tell it as a story. Record it as a voice memo. Use your voice and say it aloud. Save it for yourself, or tell it as a story addressed to your baby, to listen to one day. The details get blurry as time goes in. While you're here in the thick of postpartum, and the details are fresh - take a moment to remember.