

# PREPARING FOR BABY



**FAITH** @Home

# Preparing for Baby's Arrival

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Congratulations on the exciting stage of life you have entered. Whether you have recently had a new baby or are counting down to your due date, you have likely noticed that parenthood is an entirely different world. In the midst of all the joy and anticipation, comes a whole new level of stretching (not just your belly) and character development. You may be wondering if life will ever be the same. In many ways, it will not. To become intentional in this season, prepare yourself to take three important steps for the transition to parenthood.

## **STEP ONE: Buckle Up**

As new parents, you have strapped yourself into a roller coaster of adventure with highs you could have never imagined, lows that pushed you to discover new abilities, and courage which you may have been previously unaware you possessed. Along with God's blessing of children, comes His calling for you to lay your life down for your child (Philippians 2:3-11). Things you once took for granted like sleep, eating a warm meal, or a spontaneous get-away with your spouse are now things you will often sacrifice. While your friends without children sleep in on Saturday morning or hang out at the local Starbucks, you will be taking on what one sociologist called the "bone-wearying" work of a parent.

## **STEP TWO: Give Up**

When you give sacrificially as parents you probably will not get the same kudos you would get in the workplace or even the same recognition you would have given each other for similar efforts before the kids arrived. You are moving into a time of life where such sacrificial giving is just something you often have to do without expectation of much fanfare. It is in this aspect of your new mission, losing your life, you find your life (Matthew 16:24-25). It is here you develop "servant muscles" through the ongoing exercise of selfless giving. You will also find parenting is an arena for Christian discipleship with a

“dailyness” and intensity like none other.

### **STEP THREE: Team Up**

A couple entering into the journey of parenthood usually discovers a sense of purpose and shared accomplishment can push their relationship into greater joy. In parenthood, they can simultaneously drive each other crazy. Adjusting to less sleep, sex, money, and time for each other can be a blow to marital satisfaction. Worse still, couples that need each other the most often find themselves taking their frustration out on the only other adult in the house. Your marriage can survive this adjustment, and you can experience the joy of parenting if you choose to be a team and lay your lives down for each other (Ephesians 5:22-33). Give each other an extra measure of love (1 Corinthians 13:4-8) and grace (2 Corinthians 9:8).

## **GOING FURTHER—Resources**

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***Your Marriage Can Survive a Newborn*** (by Glenn & Natalie Williams) helps couples thrive during the stress and strain of having a newborn. With chapters about anxiety, expectations, money, sex, and fun, the Williams speak from their own experience of having three children, as well as from the stories of other overextended parents, to show couples how to nurture their relationship even as they nurture their new baby.



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