



# The Fourth Trimester Devotional

90 Days of Grace  
for **New Moms**

**Peace Adaji, PhD**

Biblical encouragement for  
your hardest days

# *A Note From the Author*

Hi Mama,

Welcome and congratulations on your beautiful new little love! If you are holding this devotional, chances are you are in the thick of the fourth trimester: that tender, holy, hilariously chaotic season when everything feels new. Whether this is your first baby or your fifth, there is something about these early days that is both breathtakingly beautiful and, at times, unrelentingly hard.

I am writing to you not from a distant, polished place, but from my couch, baby in one arm and a forgotten cup of lukewarm tea nearby. I am a mum of three (ages five, three, and two months), and I get it. The days are long. Your body feels like it's been rearranged (because, well, it has). Your emotions are everywhere. And somewhere between the midnight feeds and the mountain of laundry, you may find yourself wondering: Will I ever feel like myself again?

This devotional was birthed out of prayer and inspired by the Holy Spirit as a gentle reminder that you are not alone. The same God who knit your baby together in the womb is still holding you together, too. It is for the days you feel like a superhero and the ones where you are sobbing into a burp cloth. It is for the quiet victories and the unseen sacrifices. It is an honour to walk alongside you in this special chapter of your life. So grab a warm-enough drink, sneak in five minutes when you can, and let us walk these 90 days together. I pray that as you read, you feel seen, known, and deeply loved by the God who chose you for this sacred calling of motherhood. May His grace overflow in your home, blessing you and your family abundantly, far beyond all you could hope or imagine.

With you in the journey,  
*Dr. Peace Adaji*

# *How to Use This Devotional & Journal*

Dear Mama,

Welcome to 90 Days of Grace, a devotional and journal created for you, in the tender days of the fourth trimester. Whether you are reading this with a sleeping baby in your arms or stealing a quiet moment for yourself, I hope these pages feel like a breath of calm, a reminder that you are not alone, and that grace meets you right where you are.

Each day offers a short Bible verse, a simple reflection, an affirmation, and a prayer, something you can read in just a few minutes, even with one hand. Alongside these, are journal pages for your thoughts, prayers, and reflections. Write a little or a lot. Some days you may only manage a few words, and that is okay. Grace is woven into every page.

At the end of each week, you will find space to pause and look back, to notice how God has been faithful in the small things, how your heart has stretched, and how love keeps growing in unexpected ways.

There is no right or wrong way to use this. Come as you are, tired, grateful, unsure, hopeful. God is in it all: the sleepless nights, the quiet prayers, and the everyday miracles that make up motherhood.

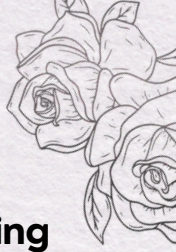
So breathe. Begin where you are. Let grace meet you here.

With you in the journey,  
*Dr. Peace Adaji*



# WEEK 1

Welcome to your baby's very first week earthside, and your first week as a new mum (or a mum again!). Your body is working hard to heal, so rest as much as you can. Bleeding (called lochia) is normal and will gradually lighten. You may feel sore, swollen, or emotional; that's okay. The "**baby blues**" affect many new mums, but they usually ease within two weeks. This is a time to lean on help, cuddle your baby skin-to-skin, and remember that doing less right now is actually doing the most.



# Day 1 – Relief, Joy, and a Whole New Beginning

Psalm 126:3 NIV

The Lord has done great things for us, and we are filled with joy.

You did it. After months of waiting, wondering, and carrying this little life, the baby is finally here. Whether your pregnancy felt smooth or like climbing a mountain blindfolded, there's nothing quite like that first moment, seeing, holding, breathing in this tiny new person. Relief floods in: We made it. They're here. We're safe.

This first day can hold so many layers, pure joy, quiet awe, exhaustion from a labour that didn't go as planned, or just the strange newness of it all. Maybe you are laughing and crying with your partner or family as you share the news. Maybe you are still processing what just happened to your body and your world. Wherever you are in this swirl of emotions, know this: heaven rejoices with you.

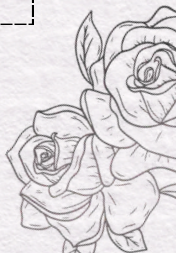
Pause. Breathe. God was faithful, and He still is. That tiny cry is a miracle. So are you.

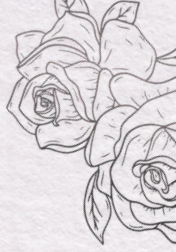
**Affirmation:**

Today, I rest in gratitude. My baby is here. I am here. And God is with us.

**Prayer:**

Father, thank You for bringing us through to this moment. In my joy, relief, and even my exhaustion, remind me that You are near and I am not alone. Amen.





## Day 2 – The Day the Adrenaline Wears Off

2 Corinthians 12:9 NIV

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

Yesterday felt like triumph, exhausted but exhilarating.

Today? The adrenaline has quietly packed its bags, and reality is settling in. You might be sore, shaky, leaky, weepy... or all of the above.

Welcome to Day 2. It is often the day everything feels real, hard and surreal. Your body is aching in places you didn’t know could ache. Your baby is beautiful, but so much work. The nurses are asking questions, your phone is buzzing, and all you want is a shower and some uninterrupted toast. If you feel like crying for no reason (or every reason), you are not broken. you are becoming. You don’t have to be brave right now.

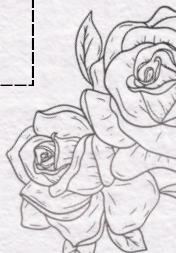
You just have to breathe. Grace is doing the heavy lifting today. Let yourself fall into it.

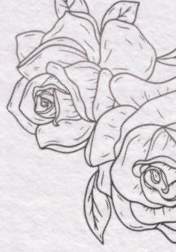
**Affirmation:**

I don’t have to be strong today. God’s grace is holding me.

**Prayer:**

Jesus, I feel everything right now, joy, tears, overwhelm, wonder. Let Your grace carry me through the swirl. Thank You for not needing me to be strong before You step in. Amen.





## Day 3 – Grace for Every Feed

Isaiah 40:11 NKJV

He will feed His flock like a shepherd; He will gather the lambs with His arm, And carry them in His bosom, And gently lead those who are with young.

Feeding a new born sounds simple, until you are in it.

With my first child, she didn't latch, and I exclusively pumped instead, feeling all the pressure of "why isn't breastfeeding working?" My second and third latched, but even then, we had to learn together, and I supplemented with formula when needed.

Here is what I know now: every feeding journey is different. Breastmilk takes time to fully come in, which is normal. Latching can be hard. Pumping breastmilk is work. And sometimes, formula is the best choice. However you are feeding your baby, you deserve support, not shame.

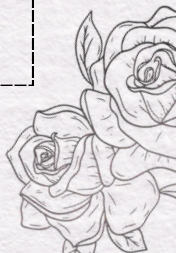
God sees every midnight feed, every tear, every whispered "Am I doing this right?" He isn't judging your method, He is sustaining your heart. Each feed is an act of love. And He gives you grace for every single one.

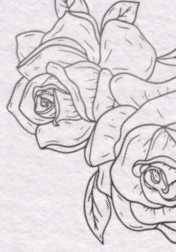
**Affirmation:**

My feeding journey is my own, and God gives me grace for every feed.

**Prayer:**

Lord, thank You for sustaining me. Give me peace with my choices and strength for each feed. Amen.





## Day 4 – The Night Shift with God

Psalm 121:3-4 NIV

He will not let your foot slip— he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.

The nights are long. The clock doesn't seem to move. Your arms ache. Your eyes burn. And your baby seems to think 3 am is party time. But guess what? God is awake, too. He's watching over you both, not just as a guardian, but as a loving Father who sees your faithfulness in the dark.

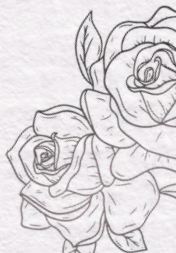
When no one else sees the cuddles, the tears, the tired prayers, God does. And He counts it all as worship.

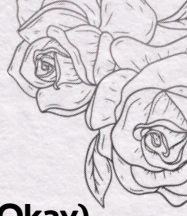
**Affirmation:**

Even in the dark, God is with me. I am never alone.

**Prayer:**

Lord, thank You for staying up with me. When I feel invisible in these small hours, remind me You are watching, loving, and carrying me through. Amen.





## Day 5 – I Don't Know What I'm Doing (And That is Okay)

James 1:5 NIV

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

There are moments, many of them, when you will wonder if you are doing this right. Feeding feels confusing. Burping is a mystery. You have Googled things you never imagined, and your voice trembles when you ask, "Is this normal?" You love this baby deeply, and still, there are moments you feel unsure, overwhelmed, even lost. you are not failing. you are learning. And you are doing it with a heart full of love.

Motherhood doesn't come with a manual, but you are not left alone in the dark. God offers wisdom, not the loud, bossy kind, but the gentle nudge that says, "you are doing fine. Let's take it one moment at a time." Even when your thoughts are jumbled, your prayers scattered, or your confidence shaky, God is steady. He has promised that he will never leave you nor forsake you.

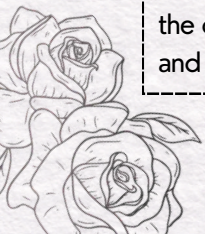
Your instincts are stronger than you think, and it is okay to ask questions (over and over again). Whether it is your health visitor, a midwife, or a trusted mum-friend, reach out. You were never meant to do this alone.

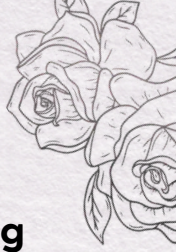
**Affirmation:**

God gently guides me with wisdom and grace. I don't need to have it all figured out.

**Prayer:**

Lord, I admit I don't always know what I'm doing. Please meet me here in the questions, the tears, and the quiet moments. Fill me with Your peace and remind me that Your wisdom is always available to me. Amen.





## Day 6 – This Body Just Did Something Amazing

Psalm 139:14 NIV

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

You might feel like your body is a strange new planet, squishier, sorer, and somehow always damp. But pause. This body brought life into the world. It's worthy of honour.

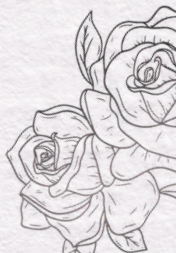
God doesn't look at your stretched belly or tired eyes and see anything less than beautiful. He sees strength, sacrifice, and love. And while society may rush you to "bounce back," heaven gently whispers: you were never meant to go backwards. Only forward.

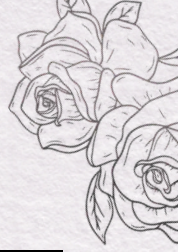
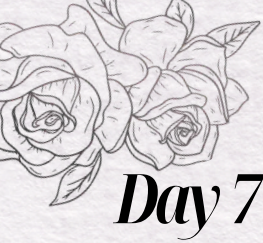
**Affirmation:**

This body is beautiful. This body is healing. I am wonderfully made.

**Prayer:**

Lord, thank You for this body that carried and delivered life. Help me see myself through your eyes, strong, sacred, and beautiful. Amen.





## Day 7 – So Much, All at Once

Isaiah 40:11 NIV

He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.

It is only been a few days, but it already feels like you've lived a lifetime. You may have just come home from the hospital, suitcase barely unpacked, trying to figure out where the nappies are... and how one tiny person needs so much.

There may be visitors, well-meaning and lovely, but overwhelming. You might be navigating your baby's first days with wide-eyed siblings learning to share your arms, your time, and your lap. It is tender, and often loud.

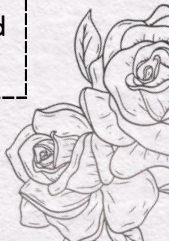
Or maybe your baby hasn't come home yet. Perhaps they're still in NICU, needing a little more time, and your arms ache with the space where they should be. If this is you, please know: you are just as much a mum today as anyone else. And God is just as close to you in the quiet hospital corners as He is in the bustling homes. Whatever your story looks like right now, new beginnings, gentle chaos, or waiting rooms, God is with you. He is gently leading you through each part. You don't have to have it all together. you are being carried, too.

**Affirmation:**

God is with me in every transition, every visit, every moment of waiting.  
I am not alone.

**Prayer:**

Lord, these first days are full of people, of feelings, of change. Whether I'm at home, in the hospital, or somewhere in between, thank you for walking with me. Help me welcome what I can, rest when I need to, and feel Your steady presence through it all. Amen.







---

# *You've made it through your first 7 days.*



Seven days of grace. Seven mornings (or 3am moments) where you showed up for yourself and for God, even when you were exhausted. That is not nothing. That is everything.

---

## *83 more days of grace are waiting for you.*

The full 90 Days of Grace devotional walks with you through every week of the fourth trimester — the sleepless nights, the identity shifts, the quiet victories, and the moments where you wonder if you're doing it right.

Each day: a scripture. A reflection. An affirmation. A prayer. And the gentle reminder that you are not alone.

---

### *The Complete Devotional Includes:*

- ◆ 90 daily devotions across the full fourth trimester
- ◆ Daily scripture, reflection, affirmation & prayer for every entry
- ◆ Gratitude journal pages to capture your weekly moments
- ◆ Honest, faith-filled guidance from Dr. Peace Adaji, PhD

**Get the Full 90 Days of Grace →**

[www.thrivewithpeace.com](http://www.thrivewithpeace.com)

*You deserve the full journey. Grace is waiting.*