



LAY IT DOWN

14 DAYS OF PRAYER DURING THE

2WW

TWO WEEK WAIT

LAUREN BOURNE

Lay It Down: 14 Days of Prayer During the Two Week Wait

Lauren Bourne

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I Am Fruitful



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Preface

The two week wait can be very hard for so many ladies who are trying to conceive. It definitely was for me when we were walking through our struggle to conceive. It's (not-so-simply) two weeks of waiting. Sometimes we wait patiently, and sometimes we don't. For many, it can be a time filled with mixed emotions, imbalanced hormones, wastebaskets full of pregnancy tests, and complete chaos.

I wrote this series of guided prayers in order to help ladies turn their focus to our Heavenly Father during this time. I truly believe that freedom isn't the absence of something, but the presence of someone. I hope this guided prayer book will help jumpstart freedom for you in this challenging season. This guide is intended to provide ideas and direction for your prayers. My hope is that you will be inspired by the Holy Spirit and that this book will be a starting place for a deeper and more satisfying prayer life.

Begin Day 1 of this book the day after you ovulate, and read daily until you start your cycle. I suggest re-reading each cycle during the two-week wait! If you do not track when you ovulate or you have irregular periods, a good place to start would be Day 15 of your next cycle.

Your two week wait can be filled with peace and hope! I encourage you to pause each day after you read the prayer and scriptures and ask the Holy Spirit what He's saying to you.



Day 1: Here we go again

Day 1: Here We Go Again

Lord, I come before you at the start of my two week wait, to lay my burdens at your feet. God, these two weeks can be such a confusing time producing feelings of hope, then anxiety, discouragement, and fear. I ask that you would replace this whirlwind of emotions and fears with a complete feeling of peace.

Lord, I give you this time, I give you my heart and I lay my desires before you. I can't live without you. You are my God, my Savior, and my *everything*. Take my heart and mold it during these next couple of weeks as I turn my eyes directly to you. Thank you for drawing me out past the places in which I'm comfortable, for making me brave, and for giving me the victory. Remind me, if I get off track, to re-focus my attention on you. These two weeks are in your hands, and no matter the outcome, I trust in you.

Scriptures for Meditation

Psalm 91:1-2 English Standard Version (ESV)

He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.

I will say[a] to the Lord, “My refuge and my fortress,
my God, in whom I trust.”

Matthew 11:28-30 The Message (MSG)

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

Psalm 55:22 Amplified Bible (AMP)

Cast your burden on the Lord [release it] and He will sustain and uphold you;
He will never allow the righteous to be shaken (slip, fall, fail).



Day 2: I thank you

Day 2 I Thank You!

God, I give you praise, because you are worthy. Thank you for being a good and just and gentle Father. Thank you for meeting me right where I am, for taking my fears, for accepting me, for loving me no matter what I do. Forgive me, Lord, for taking my focus off of who you are and putting it on what I want. You are all I need, and everything else will come after. I thank you in advance for my miracle. God, remind me that it's not you, but the enemy who is the one coming to kill, steal, and destroy-but you have abundant life for me!

I picture myself at your feet, Jesus- worshiping you, resting with you, just leaning against you, expecting you to fight for me simply because I am your daughter. Thank you for going before me in battle and fighting for me during this season.

Scriptures for Meditation

Psalm 145:14 New King James Version (NKJV)

The Lord upholds all who fall,
And raises up all who are bowed down.

1 Thessalonians 5:18 Amplified Bible (AMP)

In every situation [no matter what the circumstances] be thankful and continually give thanks to God; for this is the will of God for you in Christ Jesus.

Habakkuk 3:17-18 Amplified Bible (AMP)

Though the fig tree does not blossom
And there is no fruit on the vines,
Though the yield of the olive fails
And the fields produce no food,
Though the flock is cut off from the fold
And there are no cattle in the stalls,
Yet I will [choose to] rejoice in the Lord;
I will [choose to] shout in exultation in the [victorious] God of my salvation!

Psalm 95:6 New Living Translation (NLT)

Come, let us worship and bow down.
Let us kneel before the Lord our maker,



Day 3: Nothing is impossible

Day 3 Nothing is Impossible

God, I come before you today so deeply desiring to hope. I always want to be hopeful, and never hopeless. Thank you, God, that nothing can hold me back from you or the love you have for me. I will not be shaken, because my hope is in you.

Nothing is impossible for me when I believe, and nothing is impossible for you! My situation looks impossible sometimes, and I begin to question if this will be another month with a negative result. But, God, you are a God of possibilities. You work and move in impossible situations so that people will know it had to be you! So use my situation, Lord, to do something absolutely impossible. I will give you all the glory, and everyone will know what you have done!

Scriptures for Meditation

Luke 1:37 Amplified Bible (AMP)

For with God nothing [is or ever] shall be impossible.

Matthew 17:20 Amplified Bible (AMP)

He answered, “Because of your little faith [your lack of trust and confidence in the power of God]; for I assure you and most solemnly say to you, [a]if you have [living] faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and [if it is God’s will] it will move; and nothing will be impossible for you.

Matthew 19:26 New International Version (NIV)

Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”



Day 4: You are my hope

Day 4 You Are My Hope

Lord, I'm a few days into my waiting, and all I want is to seek your face. You are the only one in whom I place my hope. Others let me down, but you, Lord, never will. Doctors discourage me and make me fearful. Friends don't understand. Others are confused and not there for me in meaningful ways. But God- I will continue to hope because of who you are.

Only you can replace the fear and hopeless feelings that try to creep in. Holy Spirit, you are welcome in this place and in my heart. As I go about this day, make me aware of you, speak to me, and remind me to stay hopeful in the future you have for me. Knowing that you have good things for me gives me the courage I need to press on!

Scriptures for Meditation

Psalm 39:7 New Living Translation (NLT)

And so, Lord, where do I put my hope?

My only hope is in you.

Psalm 38:15 Amplified Bible (AMP)

For in You, O Lord, I hope;

You will answer, O Lord my God.

Jeremiah 29:11 New Living Translation (NLT)

For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.”

2 Timothy 1:7 Amplified Bible (AMP)

For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control].



Day 5: Take my heart

Day 5 Take My Heart

God, I give you my heart. It's broken and hurting. It aches and I desperately need you to fix it. I've tried fixing it myself, but I continue to go in circles. Only you can heal the damage that's been done. So I hand my heart over to you. I place it in your hands and expect you to do something great to it. Heal it, mold it, and fill it with truth. I am completely yours during this time of waiting and then for whatever lies ahead.

You are truth, so penetrate my heart with every ounce of truth that I haven't seen yet. Give me ears to hear it, help me to understand it, and use it to shape me and heal me. Lord, show me who you say I am, what you say I can do, and what you have for my life. I can trust that by giving you my heart, only good things are to come.

Scriptures for Meditation:

Psalm 34:18 English Standard Version (ESV)

The Lord is near to the brokenhearted
and saves the crushed in spirit.

Psalm 73:26 Amplified Bible (AMP)

My flesh and my heart may fail,
But God is the rock and strength of my heart and my portion forever.

Proverbs 4:23 Amplified Bible (AMP)

Watch over your heart with all diligence,
For from it flow the springs of life.

Jeremiah 24:7 New International Version (NIV)

I will give them a heart to know me, that I am the Lord. They will be my people, and I will be their God, for they will return to me with all their heart.



Day 6: I need my Comforter

Day 6 I Need My Comforter

God, I need you today. I need my comforter. I welcome your Spirit and expect you to change my fear to peace. Your perfect love casts out fear, and I claim blessings and peace over my life and my situation, waiting expectantly for you to do great things for me.

Sometimes I feel sad, wondering if it's going to be this month or ever. Would you comfort me when I begin to feel that way. I need you to wrap your arms around me in a tangible way this week. When sadness and fear come- Lord remind me of a scripture, send a friend to me, or use another way to help ease my mind. Show me if there are any lies I've been believing and then show me the truth. I seek to be content in all circumstances and enjoy each season in which you've placed me. Thank you for helping me!

Scriptures for Meditation:

Psalm 56:8 The Message (MSG)

You've kept track of my every toss and turn
through the sleepless nights,
Each tear entered in your ledger,
each ache written in your book.

John 14:15-17 The Message (MSG)

If you love me, show it by doing what I've told you. I will talk to the Father, and he'll provide you another Friend so that you will always have someone with you. This Friend is the Spirit of Truth. The godless world can't take him in because it doesn't have eyes to see him, doesn't know what to look for. But you know him already because he has been staying with you, and will even be in you!

Psalm 119:48-52 English Standard Version (ESV)

I will lift up my hands toward your commandments, which I love,
and I will meditate on your statutes.
Remember your word to your servant,
in which you have made me hope.
This is my comfort in my affliction,
that your promise gives me life.



Day 7: Whatever the outcome

Day 7 Whatever the Outcome

Whatever the outcome- God, you are my everything. You are good. You are faithful. You are my hope and my deliverer. I will run to you because you are my shelter. I will praise your Holy name. You are a strong and mighty tower, and when I begin running in your direction, I feel so safe.

In every circumstance, in every disappointment, in every situation that is unknown to me, I will look to you because no matter what is to come you keep me going. Whatever the outcome, you have my best interest in mind! Lord, I want to know you more and more so that I get to a place where trust is my default. You already know what is to come and have great things in place if I continue to trust in and cling to you. God, you fight for me!! So I know that no matter what things look like now, everything will be more than ok!

Scriptures for Meditation:

Psalms 18:30 English Standard Version (ESV)

This God—his way is perfect;^[a]
the word of the Lord proves true;
he is a shield for all those who take refuge in him.

Deuteronomy 4:31 New Living Translation (NLT)

For the Lord your God is a merciful God; he will not abandon you or destroy you or forget the solemn covenant he made with your ancestors.

2 Samuel 22:32-34 New International Version (NIV)

For who is God besides the LORD? And who is the Rock except our God? It is God who arms me with strength and makes my way perfect. He makes my feet like the feet of a deer; he enables me to stand on the heights.

Psalms 48:14 New International Version (NIV)

For this God is our God for ever and ever; he will be our guide even to the end.



Day 8: Make things right

Day 8 Make Things Right

God, things don't always feel right. I'm trusting and hopeful one minute and feel like a mess the next. I have faith and then I'm filled with doubt. Make things right for me, Lord. Take this mess of emotions and set them in order. Use your truth to affect me in ways I didn't even think possible. You aren't a God of confusion! You're a God of peace, and I thank you that in this moment you will take this confusion I'm feeling and replace it with your supernatural peace.

I boldly ask that you would make things right in my soul. I hand over my mind, will, and emotions to you and ask that you would do a work in them as I seek your face. Transform my mind, align my will to yours, and make still my emotions.

Scriptures for Meditation:

Psalms 54:4 Amplified Bible (AMP)

Behold, God is my helper and ally;
The Lord is the sustainer of my soul [my upholder].

Psalms 84:11-12 Amplified Bible (AMP)

For the Lord God is a sun and shield;
The Lord bestows grace and favor and honor;
No good thing will He withhold from those who walk uprightly.
Check verse numbers

John 14:27 English Standard Version (ESV)

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

Psalms 51:10 English Standard Version (ESV)

Create in me a clean heart, O God,
and renew a right[a] spirit within me.



Day 9: Direct me

Day 9 Direct Me

I need your guidance, Heavenly Father. Like a little girl needs her daddy to show her which way to go, I need you to direct me in what to do after these two weeks. I have so much hope that we will be pregnant this month, but at the same time, I desire your direction about what to do next if we're not. I can only receive that kind of peace and guidance from you.

I set aside anything the doctors have said, anything I've already made up my mind about, and every lie that has put fear into my heart... and I run to your side. Take my hand, and speak to me Jesus. Show me how to hear from you. I want you to be the center of every decision that I make, and I don't want to do anything without hearing from you first.

Scriptures for Meditation:

Psalm 25:5 Amplified Bible (AMP)

Guide me in Your truth and teach me,
For You are the God of my salvation;
For You [and only You] I wait [expectantly] all the day long.

Psalm 27:1 The Message (MSG)

Light, space, zest—
that's God!
So, with him on my side I'm fearless,
afraid of no one and nothing.

Psalm 27:11 The Message (MSG)

Point me down your highway, God;
direct me along a well-lighted street;
show my enemies whose side you're on.

Hebrews 11:11 English Standard Version (ESV)

By faith Sarah herself received power to conceive, even when she was past the age, since she considered him faithful who had promised.



Day 10: Take me deeper

Day 10 Take Me Deeper

This feels like a very vulnerable place, Lord, asking you to take me deeper. But that's my desire. To be known by you. To know you more. And to go exactly where you want me to go, whether it's what I see for myself or not. As I'm desperately seeking you during these days of waiting, please take me to the next level in prayer, in worship, and in faith. Guide me as I pray. direct me as I take another step, and lead me as I completely trust in your plan.

Do with me something far greater than I could have ever planned for myself. Take my life and place my feet perfectly in your presence, in your will, and in your beautiful plan. Even when I don't understand your timing or what you're doing, take me deeper.

Scriptures for Meditation:

Matthew 6:33 New Living Translation (NLT)

Seek the Kingdom of God[a] above all else, and live righteously, and he will give you everything you need.

Deuteronomy 4:29-31 The Message (MSG)

But even there, if you seek God, your God, you'll be able to find him if you're serious, looking for him with your whole heart and soul. When troubles come and all these awful things happen to you, in future days you will come back to God, your God, and listen obediently to what he says. God, your God, is above all a compassionate God. In the end he will not abandon you, he won't bring you to ruin, he won't forget the covenant with your ancestors which he swore to them.

Psalms 63:1 Amplified Bible (AMP)

O God, You are my God; with deepest longing I will seek You;
My [a]soul [my life, my very self] thirsts for You, my flesh longs and sighs for You,
In a dry and weary land where there is no water.



Day 11: Meet me in my worry

Day 11 Meet Me in My Worry

Lord Jesus, I thank you for meeting me where I am today- In my fear, in my worry, and in my confusion. I'm worried that this may not happen, but I know I need to lay that down at your feet. I keep thinking if I don't get pregnant this month, will I ever? But I know that's a lie. You not only desire for me to be a mom and to have a family, but your ways are so much higher than mine. I want what you want for me, God.

Lord, I need you. I need you to remind me of your truth when the lies sneak their way in. God, I completely fall apart without you. I need you every day, every hour, every moment. Will you please step into this mess of worry, comfort me in this muck, and then pull me out of it. When I begin to worry, remind me where my hope lies!

Scriptures for Meditation:

1 Peter 5:6-7 Amplified Bible (AMP)

Therefore humble yourselves under the mighty hand of God [set aside self-righteous pride], so that He may exalt you [to a place of honor in His service] at the appropriate time, casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].

John 14:27 New Living Translation (NLT)

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

Genesis 1:28 Amplified Bible (AMP)

And God blessed them [granting them certain authority] and said to them, “Be fruitful, multiply, and fill the earth, and subjugate it [putting it under your power]; and rule over (dominate) the fish of the sea, the birds of the air, and every living thing that moves upon the earth.”



Day 12: When doubt comes

Day 12 When Doubt Comes

I keep finding myself doubting. I'm doubting that I'll be pregnant, I'm doubting in who you are, I'm doubting in your plan. Lord, bring me back to a place of complete surrender to your will. To a place where my faith in you is all that matters. To a place where I hope- no matter what things look like.

God, I know that you are faithful!! You will be faithful in my situation! I believe that I am fruitful and that you are growing my roots. Anywhere that I am lacking, you make up for my weakness with your strength. I will believe in you when the world doesn't. When the doctors tell me there's little chance, I will believe there is a 100% chance with you on my side. My hope is renewed by you.

Scriptures for Meditation

James 1:6 Amplified Bible (AMP)

But he must ask [for wisdom] in faith, without doubting [God's willingness to help], for the one who doubts is like a billowing surge of the sea that is blown about and tossed by the wind.

2 Corinthians 12:9 Amplified Bible (AMP)

but He has said to me, "My grace is sufficient for you [My lovingkindness and My mercy are more than enough—always available—regardless of the situation]; for [My] power is being perfected [and is completed and shows itself most effectively] in [your] weakness." Therefore, I will all the more gladly boast in my weaknesses, so that the power of Christ [may completely enfold me and] may dwell in me.

Romans 12:12 English Standard Version (ESV)

Rejoice in hope, be patient in tribulation, be constant in prayer.

Isaiah 66:9 English Standard Version (ESV)

"Shall I bring to the point of birth and not cause to bring forth?" says the Lord; "shall I, who cause to bring forth, shut the womb?" says your God.



Day 13: I lay it back down

Day 13 I Lay It Back Down

I become worried, Lord, that things aren't going to happen in my timing. I find myself picking up the same burden that I've already laid at your feet so many times before. But how can I be impatient when I remind myself that you are the Great I Am. You simply speak and life comes into existence. You are the Creator of the universe, and yet you care about me.

Jesus, you laid down your life for me, knowing every choice I would make in my life. You called me, you chose me, you redeemed me, and I will wait on you! As I place this desire in your hands, will you steady my heart and help me to wait patiently on my almighty Creator to breath life into my womb. Show me what you want me to do, and help me to lay the rest down at your throne.

Scriptures for Meditation:

Psalm 68:19 New Living Translation (NLT)

Praise the Lord; praise God our savior!
For each day he carries us in his arms.

Isaiah 41:10 The Message (MSG)

Don't panic. I'm with you.
There's no need to fear for I'm your God.
I'll give you strength. I'll help you.
I'll hold you steady, keep a firm grip on you.

Psalm 4:8 Amplified Bible (AMP)

In peace [and with a tranquil heart] I will both lie down and sleep,
For You alone, O Lord, make me dwell in safety and confident trust.



Day 14: Trust in you

Day 14 Trust in You

God, I've been seeking you. I've been pouring out my tears and handing you my heart. I have been waiting and hoping for these two weeks, God. And I tell you now, that I trust in you. Whatever the outcome is, Lord, I know you are for me. I know that you will not leave me. I know you have all my days written and that I am perfectly safe in your hands.

Lord, if you answer me with a yes this month, I will rejoice and praise your name and give you all the glory! But if you don't, I will continue to put my trust in you and praise your name, expecting you to pull through for me. It's your desire that I have a family, that I become fruitful and multiply, but I put my hope and trust in You, not in what you may do for me. I ask that you would give me peace over these next couple of days, break any chains that are holding me back, and give me hope for my future.

Scriptures for Meditation:

Psalm 18:2 The Message (MSG) check verse numbers

I love you, God—
 you make me strong.
God is bedrock under my feet,
 the castle in which I live,
 my rescuing knight.
My God—the high crag
 where I run for dear life,
 hiding behind the boulders,
 safe in the granite hideout.

Proverbs 30:5-6 The Message (MSG)

The believer replied, “Every promise of God proves true;
 he protects everyone who runs to him for help.
So don’t second-guess him;
 he might take you to task and show up your lies.”

Ps 37:4-5 New King James Version (NKJV)

Delight yourself also in the Lord,
And He shall give you the desires of your heart.
Commit your way to the Lord,
Trust also in Him,
And He shall bring it to pass.

For the 2WW that goes beyond 14 days...

Heavenly Father, I'm here again, at this place where I haven't started my cycle but my pregnancy tests are still negative. I'm feeling confused and anxious. I'm hopeful and then I'm convinced I'm not pregnant. I'm feeling emotional, Lord Jesus. Will you please comfort me, place your loving hands on me, and help me to see what *you* see about my situation. Change my perspective if it needs to be adjusted and give me hope for my future.

As this cycle continues on, I need your support. I ask that you would bring your peace into this non-peaceful situation. Will you open my ears to hear what you have to say to me today? I'm listening and I'm willing to be obedient in anything you ask of me. Direct me, even in the small things, to do what you want me to. Continue to give me the confidence and hope to move forward on the path you're leading me on, whatever that looks like.

God, would you show me how to take my eyes off my situation and to place them on you? Remind me of who you are when I get off track in my thinking.

You are faithful

You are good!

You are my Savior!

You are my Redeemer!

You are merciful & just!

You are my refuge and my fortress!

You are my shield and my strength

You are my help and my Comforter!

You are gracious!

You are my portion!

You are righteous!

You are my healer!

You are a God of peace!

Scriptures for Meditation

Psalms 3:2-6 New International Version (NIV)

Many are saying of me,
 “God will not deliver him.”[a]
But you, Lord, are a shield around me,
 my glory, the One who lifts my head high.
I call out to the Lord,
 and he answers me from his holy mountain.
I lie down and sleep;
 I wake again, because the Lord sustains me.

Genesis 25:21 New International Version (NIV)

Isaac prayed to the Lord on behalf of his wife, because she was childless. The Lord answered his prayer, and his wife Rebekah became pregnant.

Hebrews 11:11 New Living Translation (NLT)

It was by faith that even Sarah was able to have a child, though she was barren and was too old. She believed[a] that God would keep his promise.

Luke 1:45 New Living Translation (NLT)

You are blessed because you believed that the Lord would do what he said.”