

Prayer of an Expectant Mother

Lord Jesus, I lovingly pray for this sweet hope
that I keep within my womb.

You have granted me the immense gift
of a tiny little life,
living in my own life,
and I humbly thank you for choosing me
as an instrument of your love.

In this sweet waiting,
help me to live in a constant attitude
of self-surrender to your will.
Grant me a motherly heart that is pure,
steadfast and generous.
I hand over to you my own concerns;
any anxious fears that may come,
my own wishes for the little person
that I still have no knowledge of.

Grant that it may be born healthy in body,
keep far from it every peril to its soul.
Mary, you have known
the ineffable joy of a holy motherhood;
give me a heart that can transmit an ardent, living
faith.

Sanctify my waiting,
bless this joyful hope that is in me,
grant that the fruit of my womb
may open out in virtue
and in holiness through your working
with that of your divine Son.

Amen.



Order for the Blessing of Expectant Parents



Diocese of Meath

ORDER OF BLESSING

Priest: In the name of the Father, and of the Son,
and of the Holy Spirit. **All: Amen.**

Priest: Blessed be the name of the Lord.
All: **Now and forever.**

Opening Prayer

Gracious God, Lord of life,
by your creative love You bring every creature into being
and sustain the gift of life within each of us.
We look to you in our love and in our need:
be close to us, and these parents, your partners in love.
Sustain the gift of life within them
as they wait like Mary & Joseph to welcome their child
into the light of this world.
We ask this through Christ our Lord. **All: Amen.**

Liturgy of the Word

Brothers and sisters, listen to the words of the gospel according to
Luke. (Lk. 1:39-45)

At that time Mary got ready and hurried to a town in the hill country
of Judea, where she entered Zechariah's home and greeted Elizabeth.
When Elizabeth heard Mary's greeting, the baby leaped in her womb,
and Elizabeth was filled with the Holy Spirit. In a loud voice she
exclaimed: "Blessed are you among women, and blessed is the child
you will bear! But why am I so favoured, that the mother of my Lord
should come to me? As soon as the sound of your greeting reached
my ears, the baby in my womb leaped for joy. Blessed is she who has
believed that the promised made her by the Lord would be fulfilled!"

Blessing before Childbirth

When only the mother is present:

God has brought gladness and light to the world
through the Virgin Mary's delivery of her child.
May Christ fill your heart with his holy joy
and keep you and your baby safe from harm.
May God, who chose to make known
and to send the blessings of eternal salvation
through the motherhood of the Blessed Virgin,
bless you, and your baby, and keep you in his care,
now and forever. **All: Amen**

When both parents are present:

Gracious Father,
Your word, spoken in love, created the human family,
and, in the fullness of time,
your Son, conceived in love, restored it to your friendship.
Hear the prayers of *N.* and *N.* who await the birth of their child.
Calm their fears when they are anxious.
Watch over and support these parents,
and bring their child into this world, safely and in good health,
so that together as members of your family,
they may praise you and glorify you,
through your Son, Jesus Christ our Lord.
All: Amen

Our Lady, Mother of Perpetual Help, **pray for us.**
St. Gerard Majella, Patron Saint of Expectant Mothers, **pray for us.**
St. Teresa of Calcutta, **pray for us.**

*Those gathered light a candle before Our Lady's altar and recite
together, Hail Mary, full of grace.....*

Final Prayer

Humble Mary of Nazareth,
you were chosen by God to bear within you
the world's greatest gift, our Saviour, Jesus Christ.
Guard this precious life entrusted to these parents.
May they never tire of wondering in joy at the mystery of life
and the blessing of your love.
May they have confidence in their ability as parents,
so that they may cherish and protect, teach and guide.
We ask this through Christ our Lord. **All: Amen**

Final Blessing

Priest: The Lord be with you.

All: **And with your Spirit,**

The Lord bless you and keep you.

All: Amen

The Lord make his face shine upon you, and be gracious to you.

All: Amen.

The Lord lift up his countenance upon you and give you peace.

All: Amen.

May the blessing of almighty God, the Father, ✠ Son and Holy Spirit,
come down upon you and remain with you always. **All: Amen.**