

A Prayer for Postpartum

IN THE SEASON OF HEALING

Gentle Jesus, You know my body, my heart, and the love I pour out each day. Be near to me in this season of healing.

Give me permission to rest, patience with recovery, and courage to ask for the care I need. In moments of weariness or worry, remind me that I am loved, even when I have nothing more to give.

Bless those who nourish and support our family. Help me welcome their kindness. Bring peace to my mind, strength to my body, and tenderness to our home.

Mary, tender mother, pray for me and my baby. Lead us to the comfort and love of your Son, one day at a time.

Through Christ our Lord. Amen.