

PPD GOSPEL PRESCRIPTIVE

Postpartum depression (also called PPD) is a medical condition that women can develop after having a baby. It's accompanied by strong feelings of sadness, anxiety (worry) and tiredness that last for a period of time after giving birth. These feelings can make it hard for you to take care of yourself and your baby. Roughly 15-20% of women experience some level of these symptoms after giving birth. If you feel that you may be dealing with this, **you are not alone**. This is a document meant to encourage and give truth and hope despite symptoms. The content is taken from Risen Motherhood, a ministry that seeks to provide moms with gospel hope to navigate the waters of motherhood. As you read, let truth wash over you. And as always, please do not hesitate to reach out for help.

PPD DOESN'T EQUAL SPIRITUAL FAILURE - PPD is nothing more than a manifestation of the curse in Genesis 3 - Our bodies experience all kinds of brokenness on this side of the fall.

ABSOLUTION FROM GUILT - He took all our guilt and shame, once for all, and cancelled the record of debt that stood against you with its legal demands. This he set aside, nailing it to the cross. (Colossians 2:14) Jesus reconciled in HIS body what you couldn't do on your own and now there is no condemnation. (Romans 8:1)

ALLEVIATION FROM TOIL - You can rest. It isn't solely up to you to fix yourself. God is working on your behalf. By God's grace, you can be honest with your husband, open with friends, and seek the counsel of medical professionals, boasting all the more gladly of your weakness, so that the power of Christ may rest upon you.

EXTENSION OF HOPE - Since you have been justified by faith and have peace with God through Jesus, you can "rejoice in hope of the glory of God," even in your suffering through PPD, knowing that suffering produces endurance, endurance character, character hope, and hope does not put you to shame. (Romans 5:1-5)

PPD can't separate you from the love of God. (Romans 8:39)
Content taken from Risen Motherhood, www.risenmotherhood.com

SCRIPTURE

When you were dead in your sins...God made you alive with Christ. He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. **COLOSSIANS 2:13-14**

Therefore, there is now no condemnation for those who are in Christ Jesus. **ROMANS 8:1**

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. **ROMANS 5:1-5**

Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. **ROMANS 8:39**