

# FERILITY FRIDAYS

## COMMITMENT CHECKLIST

We will:

- Protect each other's information by keeping all meeting content confidential
- Pray for each other daily
- Practice rising early so that we can have "God time" and "me time"
- Begin to wean ourselves off of food and drinks that are harmful to baby and conception process (e.g. reduce to one cup of coffee per day)
- Focus on strengthening our marriages, and especially communication and intimacy
- Pray the word of God over our wombs and future children
- Follow the recommended reading list
- Not make children an idol
- Never give up our faith!

*wife* **HEALED, EMPOWERED, RESTORED!**