



The Creator's Workshop

In the Mother's Womb & In Christ Jesus

A Devotional Journey Through Body, Mind & Spirit

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The Creator's Workshop

In the Mother's Womb & In Christ Jesus

A devotional reader anchored in the sacred parallel between physical gestation and spiritual life in Christ. Woven through the Body / Mind / Spirit rhythm of the Mission Mall Trinity.

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Foreword



Three Pillars, One Life

The apostle John opens his third letter with a simple, sweeping prayer: “*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospers.*” Body. Mind. Spirit. Three pillars. One life. This little book was written for the reader who has begun to sense that the Christian life is not a slogan or a self-improvement plan — it is an **environment**. A workshop. A womb.

Scripture chose the womb as one of its most repeated images for what God does with a soul. He *knits*. He *weaves*. He *hides* and *forms*. He *calls* and *keeps*. He speaks of nursing mothers, of birthing pangs, of being “born again.” None of this is accidental. God is showing us that being “in Christ Jesus” is nothing less than a second gestation — the invisible, quiet, sacred formation of an eternal self.

In the pages ahead we will walk six parallels between the physical womb and the spiritual life in Christ. We will then step deeper into three companion meditations: how being born again fits the pattern (John 3), how God Himself uses maternal language for His own heart, and how to *abide* when the season feels dark.

At the end of every chapter you will find a three-column meditation labeled **BODY • MIND • SPIRIT** — small, practical invitations to walk what you have just read. Take them slowly. The womb never hurries. Neither does grace.

Chapter One

Total Immersion & Hiddenness



“My life is now hidden with Christ in God.” — Colossians 3:3

*“For you created my inmost being; you knit me together in my mother’s womb...
My frame was not hidden from you when I was made in the secret place, when I
was woven together in the depths of the earth.”*

— Psalm 139:13, 15 (NIV)

Before any voice met your ears, before any sky met your eyes, you were already **somewhere**. You were enclosed. You were held. The mother’s womb is not merely a stage of biology — it is Scripture’s picture of what God does with His own children. He hides them. He surrounds them. He removes them from the reach of the world so that the deep work of formation can happen in peace.

Paul says something so tender in Colossians 3:3 that we can miss it in a hurried reading: *“For you died, and your life is now hidden with Christ in God.”* Not partially hidden. Not hidden until you slip up. **Hidden.** Fully enclosed inside the very life of Christ, who is Himself enclosed within the very life of God. Two wombs, wrapped around one small, treasured life — yours.

This means that your safety is not a performance. It is a location. A baby in the womb does not fight for its right to remain. It simply *is* in the place where it was placed. The believer is no different. Salvation is not a badge you keep polishing. It is a room you have been carried into.

This truth changes how a soul walks through a day. When the day is loud, remember: you are hidden. When the accuser is loud, remember: you are hidden. When failure whispers that you have finally been noticed and finally been rejected — remember: you are hidden with Christ in God. The world cannot even see the layer of protection that has already been drawn around you.

A Body / Mind / Spirit Meditation

BODY Slow your breathing. Place a hand over your heart. Feel the shelter of your own body — the same kind of shelter that once carried you before you carried anything.	MIND Meditate on Colossians 3:3 for one full minute. Repeat until the word <i>hidden</i> stops feeling like fear and starts feeling like safety .	SPIRIT Whisper: “ <i>I am hidden with You, and it is enough.</i> ” Let the striving fall for a moment. The womb is not a place of effort. It is a place of being.
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Chapter Two

Divine Intention & Formation



“We are God’s handiwork, created in Christ Jesus.” — Ephesians 2:10

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

— Ephesians 2:10 (NIV)

The womb is not a waiting room. It is an **atelier** — a workshop where cells are ordered, features are drawn, and destiny is stitched into the very fabric of a small body. Nothing that happens there is random. Every kidney, every eyelash, every tiny curl of fingerprint answers to a design.

When Scripture speaks of your life “in Christ Jesus,” it uses the very same language. *Handiwork* is the Greek word *poiema* — a poem, a crafted work of art. You are not being tolerated by God. You are being **composed** by Him. Every trial is a brushstroke. Every joy is a color chosen on purpose. Every mysterious pause is space in the poem, placed with meaning.

The most beautiful line of Ephesians 2:10 is often the most overlooked: “...which God prepared in advance for us to do.” The good works are older than you are. Before you were born, before you believed, before you had any idea a workshop existed, the projects with your name on them were already sketched, already numbered, already waiting for your two hands.

This does not make you a robot. It makes you **known**. The Creator is not making it up as He goes. He is bringing you gently, day by day, into a story He wrote before there were days.

A Body / Mind / Spirit Meditation

BODY Move your body through one intentional posture today — stretch, walk, stand up straight. Remember: this frame was <i>designed</i> , not accidental.	MIND Write down one skill or curiosity you have carried since childhood. Consider that it may have been sketched into the workshop drawing long before you noticed.	SPIRIT Pray: “ <i>Show me one good work today, prepared for me in advance.</i> ” Then take the first small step when the invitation comes.
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Chapter Three

Absolute Dependence for Life & Growth



“Apart from me you can do nothing.” — Jesus, John 15:5

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

— John 15:5 (NIV)

An unborn child cannot feed itself. It cannot breathe for itself. It cannot warm itself, defend itself, or even turn its own body without help. And yet it grows. It grows precisely **because** it does not have to do these things. Its whole survival is subcontracted to a mother whose body will pump, filter, heat, and nourish without ever asking the child to help.

This is offensive to a modern ear. We are trained to be independent, to hustle, to earn. But Jesus does not soften the picture: *“Apart from me you can do nothing.”* Not a little. Not slower. **Nothing.** Every good fruit that hangs on the branch of your life came up through a vine you did not plant, along sap you did not brew, from roots you never dug.

This is why the Christian who tries to grow by grit alone eventually breaks. You were never designed to be your own vine. You were designed to *abide*. The unborn child does not white-knuckle its own gestation — it rests, and the resting **is** the growth.

The invitation, then, is not to try harder. It is to reattach. To sink into Christ the way a branch sinks into a vine and a baby sinks into a womb. The current of His life is more than enough to carry yours.

A Body / Mind / Spirit Meditation

BODY Notice your breath for ten seconds. You did not earn any of it. The same God who lends oxygen to the lungs lends righteousness to the soul.	MIND Take one item off today's list that you were doing purely to prove your own strength. Trust the Vine to carry that outcome without your grip.	SPIRIT Pray John 15:5 in the first person: <i>"I am a branch. He is my Vine. Apart from Him, I can do nothing — and that is a relief, not a threat."</i>
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Chapter Four

A Pre-Born Purpose & Calling



“Before I formed you in the womb I knew you.” — Jeremiah 1:5

“Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.”

— Jeremiah 1:5 (NIV)

God spoke a calling over Jeremiah before Jeremiah had a jawbone with which to answer. This is astonishing, and it is not unique. Ephesians 1:4 widens the same truth over every believer: *“He chose us in him before the creation of the world to be holy and blameless in his sight.”* Your election is older than time. Your name was said before there were mouths to say it.

The world will offer you a hundred cheaper identities. Consumer. Employee. Follower. Number. But the deepest true thing about you was set in place before any of those roles existed. You were **known**. You were **set apart**. You were, in a very literal sense, *called out* of eternity into time.

This is why identity crises hit so hard when they hit — because the false selves cannot bear the weight of a soul that was formed to carry glory. You will never be at rest until your name is spoken back to you by the Voice that first said it.

Take courage. The One who knew you in the womb has not forgotten your name in the noise. He is calling still. And whether the calling looks like a pulpit, a workshop, a nursery, a courtroom, a kitchen, or a quiet chair — it is the shape He drew for you before there were shapes.

A Body / Mind / Spirit Meditation

BODY Stand up tall. Physically claim the space your body occupies. God gave it to you on purpose.	MIND Write down: “ <i>Before I was born, I was already ____.</i> ” Let three answers come. Then hold them up to Scripture and keep the true ones.	SPIRIT Pray: “ <i>Speak my name back to me, Lord. Louder than the labels.</i> ”
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Chapter Five

Labor Pains & Expectant Waiting



“The whole creation has been groaning as in the pains of childbirth.” — Romans 8:22

“We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves... groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies.”

— Romans 8:22–23 (NIV)

No birth arrives without groaning. The womb is a place of formation, yes — but it is also a place of eventual **rupture**. Contractions come. Pressure builds. The environment that has been so kind for nine months suddenly begins to squeeze. And this squeezing, painful as it is, is not the failure of the womb. It is the fulfillment of it.

The Christian life carries the same shape. Paul does not pretend otherwise. He names the groaning, honors the waiting, and refuses to pretend that faith is a shortcut around ache. Suffering, in his hand, is not a signal that God has left the room. It is a signal that a birth is coming. The pressure you feel is not proof that you are failing. It is proof that something new is on its way.

This reframes an entire season. A hard chapter is not necessarily punishment. It may be preparation. The tears may be uterine, not terminal. The tightness in the chest may be transition, not the end. God is a midwife-God who does not abandon His children in the last long hour.

So groan honestly. Wait expectantly. Do not despise the labor. It has never been a sign that God is absent; it has always been a sign that something you cannot yet see is very nearly here.

A Body / Mind / Spirit Meditation

BODY When pain arises in your body today, breathe into it deliberately. Do not panic. Labor breath is slow and low.	MIND Name one “groan” you are carrying. Write it as a prayer, not a complaint: <i>“Lord, this ache is a contraction — what are You bringing forth?”</i>	SPIRIT Meditate on Romans 8:22–23 tonight. Ask for the eyes of a midwife instead of the eyes of a victim.
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Chapter Six

Preparation for a Glorious Reveal



“When Christ, who is your life, appears, then you also will appear with him in glory.” — Colossians 3:4

“When Christ, who is your life, appears, then you also will appear with him in glory.”

— Colossians 3:4 (NIV)

The womb is not the destination. It is a magnificent workshop — and it is temporary. A child spends nine months in a dim, private, quiet place; and then the door opens, the light comes flooding in, and everything the child was quietly becoming is suddenly **seen**.

This is exactly the shape of the Christian life. Right now you are in the workshop. Character is being formed in secret. Kindness is being stretched. Courage is being knit. Meekness is being woven in beside strength. You may not always be able to feel it. You may sometimes feel only the darkness. But when Christ appears, Colossians promises, you will appear **with Him**, and every quiet thread of the workshop will be seen at last for what it truly was: *glory*.

This changes the metric of a good life. A good life is not one that has been maximally noticed. It is one that has been maximally **formed**. What the world calls invisible is often exactly where the Creator is doing His most careful work. The mother's womb is dark not because God forgot to include lights, but because the light would ruin the work. So too your hidden season.

Keep going, little one. The delivery day is real. The reveal is coming. And when it does, everything the workshop was for will finally be seen.

A Body / Mind / Spirit Meditation

BODY Do one small act of care for your body today — water, sleep, a walk, a stretched-out arm. The body being formed will one day be revealed.	MIND Fix your mind on one thing that is <i>true, noble, right, pure, lovely, admirable</i> (Philippians 4:8). Feed the workshop good materials.	SPIRIT Whisper: “ <i>I am being prepared for a reveal.</i> ” Then live the next hour as someone who believes it.
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Three Deeper Waters

Companion meditations that widen the womb

The six parallels above are the trunk of this book. The three chapters that follow are its deeper roots. Each one takes a strand of the womb metaphor and follows it further — into John 3, into the maternal heart of God, and into the practical work of abiding through seasons of darkness.

Chapter Seven

Born Again — Two Wombs, One Life



“Unless one is born again, he cannot see the kingdom of God.” — John 3:3

“Very truly I tell you, no one can see the kingdom of God unless they are born again.”

— John 3:3 (NIV)

Nicodemus came to Jesus by night with a compliment and left with a riddle. He wanted a polite theological exchange; Jesus handed him a womb. *“How can a man be born when he is old? Can he enter a second time into his mother’s womb?”* (John 3:4). Nicodemus is not being foolish here. He is asking the exact question the metaphor was made to raise.

Jesus does not deny the picture. He layers it. There are, He says, two wombs. There is the water of physical birth — the amniotic sea that once carried each of us. And there is the Spirit of spiritual birth — the living water of a second gestation that begins inside a person who is already outwardly grown.

This is why the language of “born again” is not sentimental. It is **anatomical**. Something in the soul is placed, sealed, and begins to grow that was not there before. It is quiet. It is hidden. It is not measurable by the tools that measured the first birth. But it is as real as the pulse under your wrist.

And just like a physical baby, a newly-born spirit cannot yet see all of the kingdom it has just entered. It must first grow eyes for it. The daily walk with Christ, then, is not primarily about accumulating information. It is about the gradual opening of new senses.

A Body / Mind / Spirit Meditation

BODY Cup your hands under running water for a moment. Remember the water that carried you the first time — and the water Jesus offers for the second.	MIND Read John 3:1–16 slowly. Notice: Jesus does not scold Nicodemus for the question. He honors it with the deepest answer in the Gospel.	SPIRIT Pray: <i>“Holy Spirit, keep opening my eyes. I want to see the kingdom I have already been born into.”</i>
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Chapter Eight

The Mother-Heart of God



“As a mother comforts her child, so will I comfort you.” — Isaiah 66:13

“Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!”

— Isaiah 49:15 (NIV)

God is our Father. Scripture is unashamed of that word. But Scripture is also unafraid to lend that same God the voice of a mother when it needs to reach a very tender place. In Deuteronomy 32:18 Moses accuses Israel: *“You forgot the God who gave you birth.”* The Hebrew word chosen there is the word for a mother writhing in labor. In Isaiah 66:13 the Lord Himself says, *“As a mother comforts her child, so will I comfort you.”* In Isaiah 49:15 He goes further still: even if a nursing mother could forget her own baby (an unthinkable image), He will not forget you.

This is not a diminishment of God's fatherhood. It is a widening of it. The God who fathers you also carries within His own heart the deepest capacities associated with motherhood — the fierce shelter, the patient nursing, the labor-pain love that will not let go.

Jesus Himself picked up this thread. Over Jerusalem He wept, *“How often I have longed to gather your children together, as a hen gathers her chicks under her wings”* (Matthew 23:37). The Savior of the world reached for a hen because no other picture would do.

If you have known the ache of a mother's failure, or the wound of never having a mother at all, this chapter is a quiet, holy invitation. There is a mothering in the heart of God that has been waiting all your life to find you. It has never once forgotten your name.

A Body / Mind / Spirit Meditation

BODY Eat one meal slowly today. Every bite is a mothered meal at the deepest level — you did not grow the wheat or the light.	MIND Read Isaiah 49:15 aloud. Then read it aloud a second time and change “you” to your own first name.	SPIRIT Rest against God the way Psalm 131:2 rests a weaned child against its mother. Do not ask for anything for five minutes. Just lean.
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Chapter Nine

Abiding When It Is Dark



“He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.” — Psalm 91:1

“Whoever lives in love lives in God, and God in them.”

— 1 John 4:16 (NIV)

The Greek word behind “abide” is *meno*. It means to remain, to dwell, to stay locked into a specific environment. John uses this one word more than any other writer in the New Testament, because he understood that the Christian life is not primarily about visiting God. It is about **staying**. About being **inside**. About the mutual indwelling in which we are in Him and He is in us at the very same time.

But sometimes the abiding is dark. Sometimes the felt sense of God’s nearness thins. Sometimes the environment goes quiet, and quiet is not what we ordered. In those seasons a whole industry of voices will rush in to tell you that something has gone wrong. Do not believe them too quickly. The womb is dark on purpose.

A seed must be buried in dark soil before a green blade rises. A child forms in the sacred hush before the delivery-room lights. Dark does not equal *absent*. Dark, in God’s hand, equals *construction*. There are deep internal structures that public light would ruin. When God hides you — in a season, in a waiting, in a silence — He is not punishing you. He is protecting the work.

So do the small unglamorous things. Feed on the Word even when you do not feel it. Keep the umbilical line of prayer open with short honest breaths. Filter what you allow into your heart. Do not

force the exit. The labor room comes on its own timing, and God has never once forgotten a child in the womb.

A Body / Mind / Spirit Meditation

BODY Rest early tonight. The unborn child grows most in the deepest sleep. Do the analogous kindness for your grown-up body.	MIND Read one Psalm aloud in a whisper. When you cannot feel the truth, still speak the truth. Formation happens in the speaking.	SPIRIT Pray: <i>"I am not lost, Lord. I am hidden. Do the deep work. I will not force the door."</i>
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A Closing Benediction

From Numbers 6:24–26

*The Lord bless you and keep you;
the Lord make his face shine on you and be gracious to you;
the Lord turn his face toward you and give you peace.*

You are hidden. You are formed. You are held. You are called by name and prepared for a reveal. May the Body, Mind, and Spirit that God is knitting in you together grow strong and unafraid — until the day the door opens, and the light comes flooding in.

Amen.

The Creator's Workshop

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A Sacred Blueprint for Life in Christ

Long before your first breath, you were being formed — hidden, held, and known. Scripture uses the tender language of the womb to reveal the deepest reality of the believer's life: to be “in Christ Jesus” is to be enclosed, formed, sustained, and prepared for a glorious reveal.

The Creator's Workshop unfolds six sacred parallels between the womb and life in Christ, then expands them into three companion meditations — on being born again, on the maternal heart of God, and on abiding through seasons of darkness.

Woven through every chapter is the Mission Mall Trinity rhythm of BODY — MIND — SPIRIT, so that what you read you can also walk.

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Total Health Is Our Wealth • Body • Mind • Spirit