

Gwen Stefani's Miracle Pregnancy at 44 Changed Her Faith

Singer Gwen Stefani says a life-changing pregnancy in her mid-40s helped bring her back to Christianity, describing the experience as a “miracle” that strengthened her faith after a difficult period in her life.

During a recent appearance on the Hallow: Prayer & Meditation platform, the No Doubt frontwoman opened up about how her spiritual journey deepened after becoming pregnant with her son Apollo at the age of 44.

Stefani said the experience came at a time when she felt uncertain about the possibility of having another child.

“I was desperate at this point,” she recalled. “I really wanted to have another baby. I really did. And I couldn’t; I was old.”

According to the singer, the turning point came when her oldest son, Kingston, who was about seven or eight years old at the time, began praying for her to have another child.

“And then my oldest boy, Kingston, comes up to me, and he’s like, ‘Mommy, I just, I really want you to have a baby,’” Stefani said. She remembered telling him that she believed she was too old to have another child.

But her son continued praying.

“He was doing it every night,” she said. “I never asked him to do that. I never taught him that, really.”

Stefani said that just a few weeks later she discovered she was pregnant with her son Apollo, calling the moment an answer

to prayer.



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"I think it was like four weeks later, and I was pregnant with Apollo, who I had at 44 years old, naturally, totally a full-on gift," she said. "And that was the first miracle."

The experience, she explained, prompted her to reflect more deeply on her faith and relationship with God.

Stefani said conversations she had with someone close to her also encouraged her to reconsider her spiritual life and helped guide her toward reconnecting with Christianity.

"It was waking me up," she said of those discussions.

Reflecting on her faith journey, Stefani acknowledged that becoming more serious about Christianity has also brought a sense of urgency and self-reflection.

"The more you know, the more fear you get," she said, explaining that deeper faith can also come with a stronger awareness of personal responsibility and spiritual commitment.

In recent years, Stefani has increasingly shared messages about her Christian faith with fans. She has used her social media platforms to promote the Catholic prayer app Hallow and encourage followers to spend time in prayer.

The singer, whose career spans decades in both rock and pop music, continues to speak openly about how faith has shaped her life, describing her unexpected pregnancy as a defining moment that helped guide her spiritual path.

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