



Heart to Heart...

Live the Adventure

Overcoming Fear in Childbirth

What's the first thing you hear when you find out you're pregnant? Probably "Congratulations!" What emotion most commonly enters your mind almost immediately after? Usually, it's fear. Most moms and dads are (at least a little) fearful of the idea of childbirth. Moms are fearful because of past experience, or not knowing at all what to expect. Dads are fearful because most don't have a clue what to do to prepare themselves (or their wives) for the pregnancy and birth. It doesn't have to be that way. There are three building blocks which can help to shape your thinking in order to have a birth without fear: knowledge, understanding and wisdom. Without all three, you're leaving a door open to fear.

Operating out of only knowledge (i.e. ultrasounds, statistics, medical advice, etc), you're likely going to start believing that birth is a chaotic, painful and frightening experience. The last time you asked a woman how her birth went, did you get a positive response? More than likely, you got a horror story. Society has been perpetuating these types of lies about birth for decades. In order to combat these lies, we must include the other 2 building blocks.

When you add understanding of what scriptures say about birth, you'll recall (among other things) that God works everything for good (Romans 8:28), and God knew you and your baby before you were born. Birth may not always go the way YOU think it should go, but if you're open to God's will, it can be a beautiful, peaceful experience that you'll remember fondly for the rest of your life.

With God's wisdom (personal direction from the Holy Spirit), you can have total peace in what His plan is for your birth. When you have God's wisdom, you'll realize that your birth can be a magnificent, God-inspired, amazing experience to be entered into with calm, prayerful consideration.

This may sound crazy, but one of the most important things you should do before giving birth is *ask God* what He would have for your birth. Ask Him how it will look, who will be there, where it will be, etc. He will tell you if you listen. With this wisdom (along with knowledge and understanding), fear has no place in your birth plan. God wants you to have a successful birth: a birth without fear. The best way to do that is to do it according to God's will. Ask Him, you may be surprised at His answers. For more information click this link:

http://www.dunamascenter.com/docs/responding_to_god.pdf



Psalm 34:4

**I sought the LORD, and he answered me; he delivered me
from all my FEARS**

Romans 8:15

***For you did not receive a spirit that makes you a slave again
to FEAR, but you received the Spirit of sonship. And by him we
cry, "Abba, Father"***