

FEAR OF LABOR

UNDERSTANDING AND OVERCOMING

PRODUCTIVE OR UNPRODUCTIVE

Learning how to handle the challenges of labor is what drives most women to childbirth classes. Labor and birth have become so separate from our lives, very few women have actually seen a birth before their first child is trying to be born. Because of this, a normal healthy concern to be as prepared as possible is helpful in our modern times.

A healthy concern can be productive, encouraging you to make the healthiest decisions for yourself and your baby. Such concern is a motivator, moving us to do the things God desires for us to do.

Yet for some women, concern becomes an unproductive fear, paralyzing them from making decisions or enjoying the blessings of a pregnancy. In addition to preventing proper preparation, such fears can cause problems during a labor. The female body is designed to stop labor in unsafe situations, and the mother being in a heightened state of fear is a trigger for stopping labor.

There are a lot of unknowns in labor because you are not in control. Yet you can take comfort in knowing God is in control. Even if the task set before you is

difficult, God will give you the strength to come through it.

Don't confuse a lack of concern with trusting God. Judge how much you are trusting God by looking at every area of your life, not just pregnancy. It is possible to feel a lack of concern because you are choosing to avoid the reality of the situation. Avoidance is another form of fear.

In short, your faith in God is not exhibited by the lack of concern for labor, but in your continuing to act according to the will of God regardless of what is going on around you.

MORE THAN MEETS THE EYE

You are more than just a bag of flesh. You are a body and spirit, and both parts of you will be challenged during labor. You will learn to master physical comfort techniques with a little practice. It will take much more than practice to master spiritual comfort.

Spiritual comfort comes from peace and trust, perseverance and resting in

the lord. These are more than simple attitudes to adopt during labor; they are the evidence of a heart that loves and serves God alone.

Your spiritual comfort must be built before labor begins. It comes from spending time with God through Bible reading and prayer. It comes from confessing any sins you may have hidden in your heart, being honest

about fears and thanking God for who he is and what he has done. Spiritual comfort comes from recognizing the true power and nature of God, and finding rest in him alone.

Spiritual comfort will not come from doing the "right things" in labor, it only exists where the heart is truly serving God.

SCRIPTURE INSIGHT

- *Psalm 119:165*
Great peace have they who love your law, and nothing can make them stumble.
- *Isaiah 30:15*
This is what the Sovereign Lord, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it."
- *John 14:27*
Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
- *Philippians 4:6-7*
Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
- *Philippians 4:13*
I can do everything through him who gives me strength.
- *2 Timothy 1:7*
For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.