

# OPTIONS FOR LABOR

CHOOSING WITH LOVE

## HOW DO YOU KNOW?

The options you have for labor will sometimes present themselves with a definite “answer.” Just as frequently there will be no obvious right or wrong choice. It is the right and responsibility of the parents to make decisions affecting the health of their child. You should never feel forced, coerced or manipulated into any decision.

When choosing how to handle labor, or when making any decision affecting your child, a key point of stewardship will be loving your child with the love Jesus modeled for us. Your decisions should be

made always being focused on meeting the needs of and protecting your baby. This means your baby’s health should be a higher priority for you than your desires for pregnancy or labor.

There is no cookie cutter answer for what a labor should look like when the health of the baby is the highest priority. You will simply make the best decision you can with the information you have at the time. It may mean you have exactly the birth you planned, or you may not want the choices you know are right for labor.

In fact, the attitude in which you make a decision may be

more important eternally than the decision you make. God does not look at the externals, he sees the heart. He isn’t interested in you “looking” like you are the perfect Christian in labor. He wants your loving devotion. Two labors can look completely different, and still have honored God.

Before you can build your birth plan, you will need to do some searching about the options available to you and searching of your heart. Explore your fears, concerns and other strong emotions about options to learn the deeper needs and desires that drive those feelings.

## MAKING GOOD USE OF YOUR TOOLS

Medicines and other health technology are tools. They are neither good nor evil. Depending on how labor is progressing, they can either help or hinder the process. Use them wisely.

The key to making a good use of your tools is to be aware of the risks and benefits. Using a tool that adds minimal benefit while increasing risk to you or

your baby is unwise. At best tools should be used to decrease the risk, at minimum they should not add risk.

In general, there is more than one way to handle any labor challenge. A tired mother may benefit from a narcotic, but she may also benefit from a massage, a warm bath, changing positions or deep relaxation

between contractions. Once you know what tools may be beneficial you can look at the associated risks. Give yourself adequate time to try low-risk tools before moving on to higher risk tools.

Your goal should always be to keep the risk as low as possible for both you and your baby.

## SCRIPTURE INSIGHT

- *Proverbs 2:6*  
For the Lord gives wisdom, and from his mouth come knowledge and understanding.
- *Proverbs 14:8*  
The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.
- *John 15:12*  
My command is this: Love each other as I have loved you.
- *Philippians 2:3-4*  
Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.
- *1 John 3:16*  
This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers.
- *Psalms 20:4*  
May he give you the desire of your heart and make all your plans succeed.
- *Proverbs 16:3*  
Commit to the Lord whatever you do, and your plans will succeed.