

3 Things Every Mama Must Know Before Birth

BY: Zoey Galletes

Table Of Contents

- The Worlds View On Birth
- Your Birthing Right
- Locational?
- Hospital Birth What To Expect (5 Things)
- My Hospital Birth Story
- What To Expect Home Birth (5 Things)
- Home Birth Story
- Birth Affirmations & Declarations

📜 **Disclaimer:** This course is for educational and informational purposes only and is not intended to be medical advice. The content provided is based on personal experiences, research, and faith-based perspectives. By participating in this course, you acknowledge that you are responsible for your own health decisions. 💖 Trust God, trust your body, and make informed choices for a safe and empowered birth experience!

Fearless Birth: Standing on God’s Promises & Birthing in Strength

The World's View On Birth

Hi ladies, I am so excited that you are here as we dive into the world's view on birth.

Now of course I don’t believe that the statements that I am about to make speak for every person in the world.

These are based on my observations on media, the culture in the western world, conversations held with people of many different backgrounds and beliefs and so on. So lets get started.

By observing I’ve noticed that the majority of the westernized world view on birth is that it’s a medical event. Birth is viewed as something to fear and prepare for the worst.

It’s to not trust in the way God has designed your body… in other words prepare for your body to fail you.

Birth in the eyes of the westernized world is “Your hopeless and have no sense of way, so give me your authority and power.”

Birth isn’t honored as the beautiful design made by God himself. Birth is dramatized and has turned into a horror story that young girls grow up to be haunted by.

Birth is seen and portrayed as a disease and sickness that us women need to be saved from. It causes women to yield themselves to a victim mentality and instead of seeing pregnancy and birth as this beautiful gift it has become a curse.

The westernized world has taught women to expect and prepare themselves for miscarriages, infertility, sickness and death.

Birth to the westernized world is dangerous. It needs to be intricately monitored by crazy “advanced” medical devices because this is what “safety”, “responsibility” and “wisdom” looks like.

Birth to the westernized world is “disconnection”. It’s to numb yourself from this beautiful process as you dance your baby into this world. It’s not about enjoying the journey.

Birth to the westernized world is hard cut edges and timeframes that revolves around the person who has authority over it all (and surprisingly it isn’t you, the birthing mother!)

It’s the stranger in a white coat/scrubs. Or it’s the holistic midwife who brings the doctor's office into your home.

This is what I've witnessed birth to be to the world, especially the westernized world.

I want you to take time to ponder and think of all that I just mentioned. Do you agree or see any of these statements to be true today in our culture and westernized world?

And if yes, how does that make you feel? What do you want to do to think differently? And if not, do you feel as if maybe you have been influenced to think the same way as everyone else?

Your birthing Rights

I’m so excited for this and I believe it will encourage, and empower you.

It may even begin to dismantle patterns of thinking that we have learned just over the course of life by things we see and hear.

That is a process we will always walk into and it is needed and necessary! So let us begin.

In the previous lesson I went over my belief on how the western world as a majority sees birth. I want to now share with you what I believe birth truly is. Not just simply by my own opinion but by the word of God.

I believe birth is perfect. Meaning I believe that God's design is perfect because he is perfect. I believe his original design for birth has no flaw and is perfect.

With that I believe that we are able to walk into that perfect design today! Despite what we may have been taught or told many believe that, that is not possibly true.

Someone may even argue "How can you say that when there's sickness, miscarriages, stillbirths, complications, deformities, etc.?"

Now I'm not disagreeing that women aren't experiencing these things, what I am inviting us all into is a new perspective and that is "What if we can believe and be confident that, that isn't God's best for us now."

Could it possibly be true that an amazing, joy filled, pain free, uncomplicated birth is available to me and you? I would say yes!

If you're taking notes I want you to write this down. "I have Birthing Rights!"

I want you to also write this down, 2 keys to your birthing rights…

Key number 1

"I am saved from child bearing.

1 Timothy 2:15 says "Nevertheless she will be saved in childbearing if they continue in faith, love, and holiness, with self-control."

Few verses before this it is speaking about women in the body of Christ. And this is a promise to us!

Now more than ever we are being told that miscarriage, maternal death, infertility, complications in pregnancy and birth is common and that no woman is exempt from experiencing any of these things.

Again I am not denying nor am I delusional that many women have experienced these tragic circumstances, but rather I am proposing something different than what we are told.

If we look to God's word and see the promises that are in it for our health and life now, can’t we then believe that pregnancy and birth are in it too?

In this verse in 1 Timothy when you look at the scripture in Greek the word for saved is sozo.

Sozo means to save, keep safe and sound to rescue from danger or destruction.

It also means to restore health, make well and whole! Come on Jesus! How good is that!

Gods promise to us, his daughters, woman who are filled with his spirit, is that we would be kept safe, sound, rescued from danger & destruction, restore to perfect health, made well and whole in child bearing!

This is good news!!!

When we read this we can also think about what could possibly be dangerous and what destruction can look like.

Infertility is one, pain, sickness, weakness, complications, miscarriage, still birth, and death!

So let’s now read it again but with the new understanding and knowledge of that word saved or sozo.

“Nevertheless she shall be saved (keep safe, rescued from) ….(danger, miscarriage, infertility, pain, weakness, sickness, birth defects, complications, stillbirth, and death)

(and be made well, whole and restored to health) if they continue in faith, love, and holiness with self control!” Amen!

And what is faith? Faith is Jesus! What is love? Jesus! Holiness? Jesus! Self control! Jesus! Continuing in Him! Standing on God's word! This is a promise to us women of God! Abbas daughters!

Man this is so amazing, I am truly excited when I get into God's word and see the beauty of who he is and how good he is!

He is a good father that truly fathers us well! And of course we don’t love him, and lay our lives down just to obtain promises and blessings but how good is he that he gives it to us!

Ok! Now if you’re taking notes I want you to write down Key number 2.

Key number 2

“I have authority”

What I mean by this is that As His daughter, as a woman who is born again and filled with God's spirit we have authority!

We have authority to stand on God's word and speak life! We have authority to decree and declare. And not just decree and declare with a mindset of hoping that it might be true, or out of fear and wanting it to be true… but knowing it’s true!

Knowing that it is yours! We have authority to speak over ourselves and our pregnancy, our children, our births that it shall be this way and no other way!

That we shall be healthy, kept safe and strong! Our babies shall be healthy and kept safe and strong! That there won’t be any complications!

The devil is a liar and despite what I may see or may not see God's word says this and I will choose to believe and stand on what his word says knowing it is truth!

And along with authority I want to say… you have authority to choose what you want for your pregnancy and birth! You can choose to birth how you want to.

I believe that it's so important to be firm in your choices and not be double minded.

I also believe in being fully informed, as well as being challenged in our mindsets around birth is important before making your decision.

And lastly a bonus. If you're taking notes I want you to write down You have birthrights because you have become a new creation (2 Corinthians 5:17) When you're in Christ the old things don't follow you.

When you gave your life to Christ all throughout the letters in the New Testament it clearly states and shows us that our former life and all tied to it has been put to death, washed away. And now we have been joined to Christ!

When we can understand this then we can see that even in pregnancy and birth this holds so much weight for us!

The doctors may have told you, you won't be able to bear children, or that these birth defects and abnormalities are generational in your family.

Maybe even your grandma, aunties, mom, sisters, cousins experienced certain complications and it seems like you’re just bound to also experience that.

I want to challenge that belief, that thought and truly that lie. God's word doesn’t confirm that.

All generational things, curses, whatever you want to call it died when you gave your life to Christ!

Stop believing that you’re bound to have a miscarriage. Stop thinking and saying to yourself “Who am I to believe or think that it could never happen to me?”

I want to challenge you with this. Bold faith and confidence in God and his word will seem arrogant, but it is not.

It's simple childlike faith!

Don’t think to yourself that it’s foolish or wrong to choose to believe and declare that your pregnancy and birth won’t be miserable!

That you will have a healthy pregnancy, birth and child! That you will have a blissful, joyful, pain free birth! Speak life! What's better? To speak life? Or speak death? To think life? Or to think death?

Women, mama's it all starts in our mind. We must shift our mindset.

Romans 12:2 says this “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

We must renew our minds with the word of God! It’s in the renewing of our mind with God's word that we won’t think in lack, fear, doubt, and death.

But boldness will fill our hearts and mind and we will step and walk into power to believe in his word and speak it over us!

I hope you enjoyed this so far and have been challenged in your mind to think differently and are blessed.

Where do I want to Birth?

Locational?

Let's get right to this, the reason I titled this locational, as if asking a question is because deciding on where you want to birth has more to do with the way you think rather than merely just a location.

I’m all about challenging the way we think and different mindsets we have developed and lived in our whole lives.

I want to ask you a question right now. How many places or locations do you think you are able to birth at? And I'm not trying to be super specific as in "birthing on a bed being one, birthing in a tub…" no just a main place (for example a hospital)

If your answer is 2, what are those two places? I'm sure you would say a hospital, maybe a birthing center and maybe even home.

Now if you said a hospital and home I want you to answer this question. If you decide to birth at home does that mean you need to find a midwife?

Now I'm just going to guess your answer was probably "Yes." Maybe you even thought "Of course" or "Duhh… OBGYN's don't do home births…." Or even "Who else would be my medical practitioner"

Now I want to challenge you with this, what if I told you that there isn't only 2 ways you can birth. Now again I'm not meaning birthing in water, on a bed, or any of that.

What I mean is, what if you can actually choose to birth how you want to and maybe for you that means not hiring an OBGYN or a midwife.

What if you desire to birth at home but you choose that you don't want a midwife.

I'm sure you're probably thinking "That's crazy!" or "That's not safe!" "That's unwise!"

And why are you thinking that? Probably because you feel that you're not qualified, you're not as knowledgeable, you don't have the degree.

Maybe it's because you have been taught to not trust in the way God has designed your body to birth.

Whether you have an OBGYN, a midwife or you're by yourself, maybe with your husband, mother… just not a medical practitioner… you are the one who will birth your child.

I'm sure thoughts and questions are coming up like "But what if something bad happens?" "What if I don't know what to do if and when xyz…"

Again, I find it interesting we have even taught to mistrust the way God has designed our bodies to conceive life, carry them for nine months and then birth them and then also nurse them.

We have been taught to mistrust our God given motherly instincts that may just know what to do as well as truly know and discern if something were to possibly be wrong.

Before you truly decided where you want to birth locationally we must truly confront and face those giants in our minds.

Those giants of fear, lies, mistrust, doubt, and worry. None of that is from God.

Don't make a decision based off of fear and carnality.

Make a decision based off of his truth.

I'm not trying to convince you to birth at home or even by yourself. I'm here to just challenge you to think differently and not believe in lies. To not live in fear! To think according to Gods word and truth.

I don't think it's wrong if a woman chooses to birth in a hospital with an OBGYN, or if she chooses to birth at home with a midwife.

In the end the choice is yours.

I want us to expand within our mind in the area of birth and all we have known and heard it to be! I want us to really ask ourselves these questions... "Why do I believe what I have believed about birth?"

It's less about the actual location... you can give birth in a car (many have, in your bedroom, in a hospital waiting room, in a birth pool) Giving birth isn't that hard or restrictive by location.

What you are restricted by is your mindset if you aren't thinking according to the truth of Gods word and promise to you!

Well this is all that I have for you in this lesson today. I hope this has challenged you to ask yourself these questions, search the word of God and desire to be renewed in your mind!

Hospital Birth: What to Expect (5 Things)

We are about to address a controversial topic. Let's talk about what to expect when choosing to give birth in a hospital.

I gave birth in a hospital with my first so I'm not just speaking only off of what someone else has written or has experienced.

Let's jump right into it.

There's so much I could say and share but I want to hit 5 main things that I think would be beneficial for any expecting mama to know before having a hospital birth.

These are things that I think would be great to know when your have decided to brith there and will be as well as if you're still considering.

If your taking notes I want you to write down "5 Things to expect when giving birth in a hospital"

Number 1

Giving birth in a hospital doesn't equate to safety.

✨ Want the Full Fearless Birth Guide?

You've just unlocked 17 pages of life-changing insights... but this is only the beginning!

The full 61-page guide goes deeper into the wisdom, stories, and tools you need to walk into birth with faith, confidence, and peace.

Here's what else you'll get when you unlock the complete guide:

✅ Hospital Birth – What to Expect (5 Things)
✅ My Hospital Birth Story
✅ What to Expect in a Home Birth (5 Things)
✅ My Home Birth Story
✅ Birth Affirmations & Declarations
...and so much more!

👉 **Click here to unlock the full guide now!**

Step into birth with boldness, clarity, and unshakable peace. 💫