



- ACTIVITY -

## Doula – A Daily Practice

*"If you are willing to bear serenely the trial of being displeasing to yourself, then you will be a pleasant place of shelter for Jesus."*

Therese of Lisieux

### **Self-criticism, self-blame and self-censoring squash my true self in Christ.**

What words and habits will I adopt to replace self-shaming with loving myself in the way God loves me while my real self is being born more and more deeply inside?

A doula is an encouraging companion during a mom's labor. The doula is not a medical expert but someone who surrounds the mom with love, encouragement and warmth. The presence of a doula has been shown to aid and comfort the birth process.

**to ponder:** Am I ready to become my own doula—my own best friend who surrounds myself with words of love, truth and encouragement to support Jesus' deepening birth in me? What attracts me in this? What do I resist? What would I like to say to God about this? What is God's word in return?

### **A PRACTICE – becoming my own Doula**

Each day spend a little time picturing a doula attending a mom during labor.

Ask: What would a doula say to me right now as my real life is coming to fuller birth in me? What would be the tone in the doula's voice, the look in the doula's eyes? What endless patience and care would the doula extend?

Become your own doula.