

“Holding Space” by Sara Schlageter

Questions to consider, discuss or journal.

1. Reflect on any experiences you have had with labor or birth, either as the person in labor or a support person. What did you find helpful? How did you feel?
2. Have you had the experience of being with and supporting someone during intense times of challenge in their lives? How did you stay present? How did you give support?
3. When have you needed support? Where did you find it? What was the experience like? Was there something that could have been done differently that would have allowed for a better outcome?
4. The author shares her sense of calling to being a midwife. Have you experienced having a calling?
5. Have you been in the position of fully relying on someone else as a source of support? What does it feel like to release any sense of self reliance and fully receive?
6. Have you had the experience of being met with unhelpful support and left feeling unheard or unreasonable?
7. Have you every invalidated someone’s experience and alienated them? What could you do in the future?
8. What is it like to have your reality of pain affirmed and validated? How does it change your internal experience of being a person?
9. What approaches to giving support and holding space can you use in supporting the people in need of help in your life? How can you treat yourself with the same kindnesses?
10. How can you create space in your faith community to foster supportive and authentic relationships?
11. Have you felt supported by God?
12. “Achieving something that truly feels like an impossibility teaches us about how deep our own strength runs. We are all capable of so much more than we might believe.” What are you capable of?