



HEALING IN FAITH

# *Grief After Miscarriage*

5 Days of Prayerful Encouragement

# Day One

*"The Lord is close to the brokenhearted and saves those who are crushed in spirit."  
-Psalm 34:18*

Miscarriage is such a thief. When I went through a loss early in my marriage, I remember feeling this deep and profound grief, stronger than I anticipated for a baby that I had never gotten to hold. On top of that, I felt a hidden shame, believing a lie that maybe I had done something wrong. Maybe I hadn't taken the right vitamins or gotten enough sleep. Maybe that coffee I had that one time had been a huge mistake. But God says, "NO". As His children, God wants so badly to comfort us in our time of heartache. He sees our anguish and covers it with unfathomable peace. In the beginning days after my first miscarriage, I remember crying out to God and begging for that peace. I walked around seeing people happy and wanted to scream at them and shake them. How could they continue on when I had just lost my baby? How could there be any happiness left? I felt so alone and raw. I was reminded of King David crying out to God in Psalm 13:

"How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death and my enemy will say, "I have overcome him" and my foes will rejoice when I fall. But I trust your unfailing love; my heart rejoices in your salvation. I will sing the Lord's praise, for he has been good to me."

If I am being totally honest, in the early days, I didn't feel like rejoicing in my salvation and trusting in his unfailing love. I wanted to, but what I mostly felt was anger. Why even allow me to become pregnant if it was for nothing? Why do bad things happen to good people? The truth is, being a good person doesn't guarantee a pain-free life here on earth, but being a Christian does guarantee an eternity with joy beyond anything we can feel here in this world. I believe that God allowed me to experience that deep pain and I also believe that God has a big plan for me as his child. C.S. Lewis said after losing his wife: "Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains. It is his megaphone to rouse a deaf world." In those early days, the beginning of healing began when I came to understand that God didn't have it out for me, and that I would not be able to move forward without resting in his love and peace during my grief.

## Prayer

God, my heart is broken. I don't even know what to ask you or what to pray today. I need comfort, and I need you. Please, God, wrap me up in your peace and give me some relief from the pain I'm feeling. Help me to see this as you see it, and give me rest. I am trying to trust in you, but this feels unbearably hard. Please God, show me mercy and give me to respite, even just for this moment.

## Day Two

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

*-Matthew 11:28-30*

There is no roadmap for grief and no magic formula for getting over something. Truly, somedays I felt deep in the muck of weighty sadness and other days I felt like numb, as if I was floating above it all aimlessly. I told my husband one night, "I'm so sad it feels like I can't breathe and then sometimes I smile and it feels like a betrayal." Friends, I don't know any way through this other than the all-encompassing, ever-amazing endless peace of God. Can I be honest, though? I was scared. Scared of daring to hope again, and scared of trying to move forward. I had to give my grief to him to shape and mold and give back to me as faith. Faith that there is a higher power at work here and faith that even though I am sad, HE will redeem me in righteousness. Let me share with you what I learned: FEAR is the questioning but FAITH whispers, "even still".

Fear says, "What if I can never have another child?"

Faith answers, "Even still, God is great and has a plan."

Fear says, "What if I have to feel this pain again?"

Faith answers, "Even still, God is great and has a plan"

When you don't feel God, that is when you have to walk by sheer faith. He has never left you, that is promised in Matthew 28:20, when we are told, "Behold, I am with you always, to the end of the age." That is the true goodness of a loving Father. He promises us that when we walk through suffering, we will not be alone, and that He has a plan for us.

## Prayer

God, please help me to hear the "Even still" of your promises. On my darkest days and moments, help me to know that I'm not alone and that you have me forever in your hand. I want to give you my heavy burden and  
I want to feel your peace.

# Day Three

*"From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge..."*

*Psalms 61:2-3*

*"When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fires of oppression, you will not be burned up; the flames will not consume you."*

*Isaiah 43:2*

I remember learning about the stages of grief during some college courses I took, but none of that mattered to me when I was experiencing the seemingly bottomless and overwhelming grief that is felt when suffering a pregnancy loss. There were times when I was praying through clenched teeth and angry tears. As our father, God wants us to come to him with everything that burdens us, and everything on our hearts. When I realized that extends to being irritated with HIM, my world was opened up to comfort that I didn't realize I could have. As a mature Christian, I know God's plan is perfect. As a fallen human, sometimes I don't care and I get really angry at how my life is unfolding. Through my own misunderstanding and frustration, God invites me to seek further comfort in him.

Anger in itself is not a sin as we can see in the Bible that it was felt by Jesus, who was pure and sinless. What we do with our anger is where our reactions can take us down a dangerous path away from the Lord, at a time when we need him the most. Anger that is bottled up serves no one and can result in unhealthy results. Even though my anger with God was wrongly placed, it wasn't shameful because I didn't let it consume me or sully my relationship. If you have felt this ugly, consuming anger, let me invite you to talk to God about it. You won't hurt his feelings. He wants a relationship with you and to help you to find the root of all emotions you wrestle with. God is merciful and compassionate to his children. If we look at David from the Bible, we see that he often cries out in anger to the Lord, and comes away with a song of thankful praise for the work that was done in his heart through the suffering God held him in. We have an opportunity to use anger as a foundation for praise, and ultimately glory for God, and I believe the first step to that is to bring all the swirling, ugly anger that we feel and to lay it down at God's feet in earnest and honest prayer.

## Prayer

I'm so angry, God. I'm so angry that it's easy for others and hard for me. I'm so angry that I held a life inside me and I did everything I could, but I still don't get to hold that baby and raise it. I want to yield to your will, but I just feel so raw still. God, please ease this in me. Help my attitude and heart to soften and dissuade me from comparing my life to others. I want a joyful spirit, but that seems so far away at this moment. God, help me to take things day by day, hour by hour, and even minute by minute.

# Day Four

*"The Lord hears his people when they call to him for help. He rescues them from all their troubles. The Lord is close to the brokenhearted; he rescues those whose spirits are crushed. The righteous person faces many troubles, but the Lord comes to the rescue each time."*

*Psalms 34:17-19*

*"Praise be to the God and Father of our Lord Jesus Christ, the father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."*

*2 Corinthians 1:3-4*

Sometimes there is just sadness. Not anger, just a well of sadness that seems endlessly deep. In those moments, I encourage you to be still and feel the feelings. Be still and rest in the comfort of a loving heavenly Father. When we feel so broken that all we can do is cry out to God, it is comforting to know that we are not the first to do so. Lamentations 3:31-33 says, "For no one is abandoned by the Lord forever. Though he brings grief, he also shows compassion because of the greatness in his unfailing love. For he does not enjoy hurting people or causing them sorrow." If I can give you some hope in anything, take hope in this: your great despair will not be your legacy. God did not create you to be an example of depression and darkness, but rather, a creature of hope and strength and great faith. It is acceptable and healthy to let the grief wash over you and truly be felt. This feeling, this drowning in sadness will not be forever. Studies tell us that one out of every four pregnancies end in miscarriage. That's an immense amount of strength walking around in the day-to-day world, if you ask me. So, let the tears fall someday. Let the grief put you on the floor and lay you bare at the feet of Jesus, realizing that you will not be permanently suspended in a state of distress.

## Prayer

God, I have nothing. I have no answers and I feel no comfort. Please take these thoughts and refine them. I want to feel the unyielding and holy peace that can only come from you. I want to heal and laugh again. I want to be used by you to show your glory in ways that only you have planned for me. I have such a heavy heart, God. Help me to feel and understand that your ways are not our ways and to be eased from this deep sadness.

# Day Five

*"Can anything ever separate us from God's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? (As the scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.") No, despite all these things, overwhelming victory is ours through Christ, who loved us. "*

*Romans 8: 35-37*

Charles Spurgeon, the renowned nineteenth century English preacher, said, "Thankfulness makes much of little." Such a simple quote, but such a big implication! I don't have the answers to your questions. Unfortunately, I don't have a magical antidote that will make the pain go away. One thing I do have, is the knowledge that remarkable gratitude can drastically change your perspective. Just as surely I know that the sun will rise each morning, I know that God loves me. God didn't punish me with pain, he trusted me it as a way to push through into deeper sanctification. When Moses was in the wilderness, begging to see God, the Bible tells us that the goodness of the Lord passed before him. (Exodus 33). Just think about that. Moses was crying out to see God and what he saw was goodness personified. If that's true (and we know it is ), then can you see the goodness of God in your circumstances right here, today? I am so thankful for a loving father, but even more than that, I'm thankful for the roof above me, the clean air around me. If you can find five things to be thankful for to focus on, I promise your heart will begin to shift. There is great tragedy in the way life moves, but also great beauty. Just like tidal patterns of the ocean, all of life ebbs and flows. Being gently mindful of that reality will serve you well as you go through trials. To realize that there are things that we can control and things that we just cannot. There is nothing quite like miscarriage pain because we, as women, largely mourn privately, but what a gift my miscarriages were if I am now able to minister to you, dear reader. I'm on the other side of the intense grief, and I'm here to tell you that it does get better. I have experienced a miscarriage without any children yet, leaving the hospital with both a tear-stained face and empty arms. I have also experienced miscarriage with toddlers in my house, and had to heal physically while still caring for them, trying so hard to hold it together for their sake. I can say with all certainty that I am a better mom and Christian as a result of my miscarriage. Hear me in this: I do not believe that one has to suffer to grow, but I do believe that through suffering, we can make the most of the experience and turn it into glory for God. What things can you think of to be thankful for today? I am thankful that God is good, all the time. I am here to encourage you to lean into that gratitude when all you feel is a heavy weight of longing.

## Prayer

God, I am humbled by your goodness. Thank you for working in my life and refining me, even when it is painful. Please help me to cling tight to the knowledge that your plans are always perfect. Help me to take this broken feeling and turn it into something that would reflect your glory. I pray that I can know you more fully through this experience and to deeply feel your goodness, ultimately reflecting that back to the world.

# My Prayer For You

Father God, I want to lift up to you anyone reading this who needs to feel you. Please wrap them up in the peace that only You can give and comfort them with who You are. God, we know You are the mountain-mover, the Great Physician, and the creator of everyone and everything. Help tears to turn into smiles and the comforted to turn into the comforters. Through all this, please make room for gratefulness and joy amidst struggle. Thank you for never leaving us and promising us a place where there will be no more sadness. In Jesus' name, Amen

