



SOUTHLAND CHURCH

WALKING WITH JESUS THROUGH A **MISCARRIAGE**

30 Day Devotional



foundations
daily devotional

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Versions of scripture quotations are noted.

DAY 1**INTRODUCTION**

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

A miscarriage can be one of the biggest heartbreaks in life. The excitement of being pregnant and then having the pregnancy come to a sudden end is truly one of the most devastating life events. Being “crushed in spirit” is definitely a good explanation of how many women feel while going through the process of miscarriage. There isn’t an overabundance of helpful material on emotionally working through a miscarriage, especially in the secular world.

As a Christian, we have an advantage. We have a comfort like none other in Jesus. He understands the hurt, the heartache, and the emotions that come along with a difficult life event like a miscarriage. He is the only one who can truly lift us up and heal our crushed spirit.

My hope for you in reading this is that you will be able to be honest about your emotions and fears during this time and feel encouraged to run to Jesus. Jesus says in Matthew 11:28, *“Come to me all you who are weary and burdened and I will give you rest.”* Rest in him during this time. Bring all your cares, worries, and hurts. Set aside the misconception that not feeling the deep emotions of miscarriage is a sign of strength. You are meant to feel, grieve and heal during this loss.

A challenge we face in our society is the expectation of being silent about miscarriage. We are expected to put on a brave face and just walk on without any help or reflection. In part, this is because our broken society believes that there isn’t value in human life before birth. We are silenced about the children we have lost before they became “babies.” Our culture likes to be distant from the term “baby” while in the womb, and I believe that it shames the woman who is grieving a miscarriage. It tells her that she has only lost some cells, a fetus, or products of conception. What does God have to say about this?

Look at God’s perspective of Jeremiah in Jeremiah 1:5: *“Before I formed you in the womb I knew you, before you were born I set you apart and appointed you as a prophet to the nations.”* God formed Jeremiah, and knew him. He had a plan for Jeremiah, just as God formed and had a plan for every child you have birthed, and lost. It is a child, His precious child, whom he loves and cherishes.

As a woman, the instant you became pregnant, you were given a mother’s heart. You loved in a different way, in a new way, in a very deep way that only a parent can understand. It is God’s plan that we have a special bond with our children, which mimics on a small scale how he feels about us! Allow him to heal that mother heart, and comfort you as a parent during this time.

**JOURNALING AND PRAYER**

1. Spend some time writing out your experience of miscarriage. Right from the time when you found out you were pregnant, to the season of loss.
2. Read it, and ask God to show you one place where he met you and ministered to you during this time. It might be through a person, scripture, a book, a song, or something else.
3. Spend time in thanksgiving for the way he met you and continues to meet you while you are hurting.
4. Ask God to show you his father heart for you during this loss. Meditate on this when you are feeling overwhelmed, distressed, or distraught over the next few days.

DAY 2



Matthew 5:4 *Blessed are those who mourn, for they shall be comforted.*

The loss of a child is an opportunity to grow close to God, gain his perspective, and to persevere. When experiencing a miscarriage, God has an eternal perspective. He meets us in the here and now, He understands our grief and burden, but brings with him a comfort that is deep unlike any other.

Here is a small testimony of a mother who had God show her an eternal perspective. Let it be an encouragement to you!

“When I was 18 my dad passed away. He was the dearest and most influential person in my life. Years later, I came to Southland and we had our first child. When we were trying for a second child, we had two consecutive miscarriages two months apart. I felt extremely low. I had doubt circling in my mind about God’s goodness, and felt like he had forgotten me. In prayer I received a picture of two babies in heaven (one a girl and one a boy) with my Dad. I kept this picture to myself because I felt like I was just hearing what I wanted to hear to make myself feel better. I shared in my cell group how I was feeling and what had happened, and asked for prayer. I had someone I didn’t know very well come to me and tell me that she saw a man who looked like he was from India sitting on a rocking chair holding two babies, a boy and a girl. My dad was part aboriginal and often was asked if he was from India or the Middle East. I was floored. I knew then that God hadn’t forgotten me after all. I meditated on this, and God showed me that even though I had lost two babies, I had gained two children in heaven. This was an eternal blessing from God! I look forward to meeting these kids one day, and living in eternity with my big heavenly family.”

This is a great reminder of how God blesses those who mourn, and comforts the brokenhearted. He is so good!



JOURNALING AND PRAYER

1. Spend some time thanking God for his goodness, and how he cares about each one of his children. Meditate on his eternal perspective, and on His character of comfort in your loss.
2. Ask God to show you how He sees your loss. Thank Him that he has a special purpose for the child or children that you have lost.
3. Share your miscarriage with your cell group if you have one, and ask for prayer. If you don’t have a cell group, share with close Christian friends or family. Journal the words of encouragement that people get in prayer about this loss.

DAY 3



1 Samuel 1:27-28 *For this child I prayed; and the Lord has granted me my petition which I made to Him. Therefore I have lent him to the Lord; as long as he lives, he is lent to the Lord.*

In this verse, Samuel’s mother Hannah explains that she prayed for a child, and dedicated him to the Lord. She was so desperate to have a child that she promised to give her first born to the Lord when he was weaned. She actually left him to be cared for by Eli at the temple when he was weaned, as she promised. What a difficult thing to do! Sometimes giving up our children to the Lord is difficult. It can be hard to let go of the dreams and promises we may have heard and desired for these babies. There are always the “what if’s” of a lost baby. It can be very difficult to surrender the child up to God, especially when we

don't know what the future brings us. Yet God is good, and no matter what his plans are to prosper us and not harm us. Sometimes it doesn't feel like it, but often God has a different perspective than we do. We may receive revelation of His future promises, or the reasons for the death of a child, and sometimes we might not. It is important to know and trust that God has a purpose for each child, and He wants to comfort and bless us in this time of grief.



JOURNALING AND PRAYER

1. God are there any attitudes of unbelief, or areas where I don't trust you as a result of losing this child or other events? Listen and journal anything He brings to mind.
2. Are there any dreams or promises that I am holding onto, preventing me to fully release this child to you?
3. What is one thing I can do today to take a step in trusting you with my grief, my future, and my possible future babies?
4. Write out a prayer dedicating your fertility, and future children to God. Write out how you will move towards fully trusting him with your future.

DAY 4



Psalm 6:6-9 *I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. My eye wastes away because of grief, it grows weak because of all my foes. Depart from me, all you workers of evil; for the Lord has heard the sound of my weeping. The Lord has heard my supplication; the Lord accepts my prayers.*

Grief manifests itself in many ways. Often it comes in uncontrollable weeping, sobbing and crying out to God in our anguish. The writer of this Psalm certainly understands this type of grief and pain, and he also understands that God hears us weep. It says in Psalm 58 that God counts our tears and keeps record of each of them. Weeping is a healthy part of grieving a child. Allow yourself time to cry, and pour your heart out to God in this time. Surely he hears us and feels with us when we mourn the loss of a child. He too lost His only blameless child. He felt the pain of this loss deeply, yet the life and victory that His son Jesus brought us through this death is immeasurable! God has a special way of turning our mourning into joy. He always has a way to turn things around for good.

Keep in mind, your heart is grieving, and your body is also physically wounded from this loss. Make sure you take time to grieve, but also take time to rest physically in your bed without entertainment or distraction. Quiet your heart before the Lord, and allow His rest to enter your heart in your weariness.



JOURNALING AND PRAYER

1. Thank you God for hearing me weep, consoling me, and bringing me your rest and comfort! Spend some time thanking God for being our confidant and comforter. Thank Him for his understanding, and His hope in this time of trouble.
2. Ask Him to show you his heart for you in this loss. Journal what he shows you, and write out a prayer thanking Him for bringing revelation.

DAY 5



Ecclesiastes 4:12 *A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer.*

A mother's experience:

"Instead of feeling God's hope during my miscarriage, I felt dark, alone and angry. I was distraught and tempted to walk away from God. I felt like He didn't want good for me, and that He had left me to suffer this hardship alone. Eventually my husband came alongside me and prayed me out of this valley. My husband was truly my rock in that time. He brought me stability and grieved with me. He spoke truth into our situation where God had shown us promises from our devotional life together."

Have you been open with your spouse about your pain? Is it something that is difficult for you to talk about your spouse with? Perhaps you haven't been distant, but heated and quarreling because of the extra emotional pressure in your relationship.

Often we shut ourselves in, try to calm or suppress our emotions, and be "strong" so that nobody has to look after us. The enemy would love to have us believe we can do this on our own. This is a lie! We did not conceive this child on our own, and neither does he want us to grieve it on our own. God has paired us with our spouse so that we can go through the good times and the bad together. He has designed marriage so that we can fill in each other's gaps. Perhaps your spouse is battling difficult emotions in this time as well. If you don't have a spouse, perhaps God is calling you to share your grief with someone trusted in your life that also has a solid relationship with Him.



JOURNALING AND PRAYER

1. Talk with your spouse about how they are feeling about the miscarriage. Ask them to pray with you for God's heart in the situation.
2. Ask your spouse if there is anything that he would like prayer for in this situation.
3. Ask God together with your spouse if there is something he is trying to accomplish in your marriage relationship through this miscarriage.
4. Journal about your time with your spouse, and write down anything that stuck out to you while you were praying with your spouse.
5. Thank God for the spouse He has given you, and ask him to draw you closer together through this hardship.

For the men:

The pressure to stay emotionally strong during this time can be overwhelming, and to be the spiritual leader for your wife during this difficult loss may seem impossible. Perhaps you are wondering how you will support your wife in the way that she needs through this trial. First, start with your own relationship with God. He promises in Psalm 32 that he will instruct you and counsel you in the way that you should go. Press in to Him during this time. Get into the word and seek out His promises for comfort. Pray for wisdom and understanding in how to relate to and support your wife, and He will lead you in amazing ways.

It is important that you take time to grieve the loss and acknowledge your own emotions in the situation as well. Perhaps you feel cold and distant to the loss, maybe even indifferent. Maybe there is guilt attached to not feeling any emotion of connection to this baby, or a fear of being over emotional. Take it to God, and then talk to your spouse about this. God

has a special way of using these types of difficult life circumstances as a muscle builder in a marriage if He heads the marriage.

Journal how you are feeling and how you feel Him moving and leading you through the situation. If it helps you, talk with your spouse about naming the child, or having a memorial for him/her so that you feel a bond, connectedness, and closure to what has happened. For many fathers, a miscarriage can often feel distant especially if the pregnancy ended early on. Take time to recognize and reflect on the situation with your spouse and allow God to draw you both near to Him in your grief.

DAY 6



Psalm 55:2 *My thoughts trouble me and I am distraught*

A mother's experience:

"After losing my second baby, I began to wonder, "Does God even want me to have children? Will I ever have children? Should I just give up trying so that I don't have to go through the loss of another baby? Maybe I am not able to carry a child." I began to accuse Him in my mind through my own fears of dashing my hopes, of ripping the hope of having children away from me. I began to think negatively, blaming Him, which caused me to become bitter and distant from Him and others. Over time, He began to speak to me in his still small voice. He was so gentle even though my heart had hardened. Slowly he chipped away all the brokenness and anger. He showed me that even through my miscarriages he was there, and never left my side. Even if He never gives me a child, I am whole and new creation through His work in these dark times."

Often our thoughts can trouble us. We become consumed with what is right in front of us, and believe the lies that the enemy whispers to us. We, all by ourselves can also be guilty of dwelling on negative thoughts and fallacies about who God really is. Only He can give you new revelations of his goodness and power through a difficult trial like a miscarriage. In fact, the desire of His heart is to show his glory through a seemingly impossible situation. Draw near to Him today, do not allow the enemy or your own negative thoughts about the situation to dictate the outcome. Instead, we want to see what He desires to do in you and through you.



JOURNALING AND PRAYER

1. Ask God to reveal any lies you have believed about who He is in this situation. Also ask if there are any wrong patterns of thought or negative attitudes as a result of bitterness or anger in you.
2. Journal, thanking God that through this situation He wants to show his glory to you and others around you.
3. Ask Him to reveal something he is accomplishing in your family through this trial, and write out a prayer of dedication and thanksgiving for what He is showing you.

DAY 7



Psalm 32:7 *You are my hiding place, you preserve me from trouble; you surround me with songs of deliverance*

Have you ever thought about the reality of God being our hiding place? It is a very intimate and precious promise. God promises that He will actually envelop us in his love, hide us from trouble and evil, and carry us through the ministry of music. Psalms is a perfect

example of this. How amazing for us, that the maker of the universe would take time to minister to us and love us in such a protective fatherly way!

Is there a particular song that you have been listening to that draws you near to God in this time? For each of my miscarriages there was a song for that season that really helped me focus on God. It felt like through that particular song God was speaking and ministering straight to my soul. There is something about Godly music that is soothing and comforting. It draws us closer to Him. It lowers our walls and gets straight to the heart, showing us his character and goodness through melody and lyrics. Find a song that truly speaks to your situation. Listen to it, meditate on it and let it permeate your heart.



JOURNALING AND PRAYER

1. Find a song that speaks to your heart in this miscarriage. Write down the lyrics.
If you are having a hard time finding one, you can try “Beauty Will Rise” by Steven Curtis Chapman, “Lighthouse” by Rend Collective, or “The Hurt and the Healer” by MercyMe.
2. Ask God to show you why this song is speaking to you, and why you feel that it relates to your situation.
3. Ask Him to reveal to you, and then mediate on which characteristic of Him is shown through the lyrics of this song.
4. This week, listen to this song on a daily basis. Learn it, and sing it when you feel overcome by grief.

DAY 8



Ecclesiastes 11:5 *As you do not know the way the spirit comes to the bones in the womb of a mother with child, so you do not know the work of God who makes everything.*

There is so much about childbearing and birth that is a mystery to us humans. Scientists cannot explain many things about pregnancy and birth. Even with the technology today, scientists still have not figured out the exact recipe of processes within the body that triggers labour to begin naturally in a pregnant woman. I believe it is because God determines and numbers our days as it says in Job 14:5. If we removed all of the mystery and found answers, then we would take matters into our own hands and force things before the time was right.

Has anyone ever spoiled the end of a movie for you? Or told you the end result of a sports game before you had a chance to watch it? It is like this with our lives. If we knew the future or if we knew everything that had to happen in order to get where we wanted to be, we, as impatient and limited beings, would try to force it. This would result in us not growing and maturing in the way God intended for us to mature through trials, and the process of us learning to trust Him would be lost. If we forced our future to happen in the way we wanted, we would miss out on a lot, and likely not fully experience his joy in the outcome.



JOURNALING AND PRAYER

1. Is there anything within you that is impatient to know and rush what God has in store for you? If yes, confess this, and ask God to help you see the value in growing in patience and trust for Him in your life.

2. Write out a prayer dedicating your future to God, letting him know that you are willing to be patient and walk through all the refining he wants to do in you.
3. Ask God speak to you throughout the week and show you the times where he is encouraging you to practice patience and trust.

DAY 9



Mark 10:9 *Therefore, what God has joined together, let no one separate.*

Often we lose sight or forget that our spouse is also grieving the loss of a child. Often they may not process it as we do, and may not show their grief, but they too felt the hopes of the pregnancy and excitement of the new life. During a miscarriage we often feel as if we are the only one who is struggling with the loss. We need to recognize the value in sharing in grief, in talking about how we are feeling and bringing life back into marriage especially through something as difficult as the loss of a life.

Talk with your spouse about how you are both feeling. Pray together. Discuss these questions together to draw near to each other and God:

1. What has been the hardest thing about this miscarriage for you?
2. Have you felt God near or distant in this time? Has He met you in a special way through this trial?
3. Are there any negative attitudes towards God or each other that need to be confessed and forgiven?
4. What is something we can do together, to bring the focus back to God and building our marriage?

DAY 10



1 Peter 4:13 *Instead be very glad—for these trials make you partners with Christ in his suffering, so that you will have the wonderful joy of seeing his glory when it is revealed to all the world*

Have you ever thought about a miscarriage as an opportunity instead of an obstacle? Though it is both physically and emotionally painful, the trial and suffering of a miscarriage is an opportunity for us as Christians to close the gap between Christ and us. We can glorify Him in each difficult situation we go through. When we see his glory working in us, He will bring us joy! It is an opportunity to travel further on our journey with Him, and really know Him on a deeper level. We are sharing in his suffering when we go through trials. What an honor! In Romans 8:17 it says, *and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him.* Christ is certainly glorified when we suffer a trial in His name that He has set out for us. When He returns we will share in that glory with Him.

We also know that our trials are numbered, and that He decides which trials we face. Acts 9:16 states, *I will show him how much he must suffer for My name's sake.* We can also be sure that it means He will meet us in every single trial that comes our way. So whether you struggle with 1 miscarriage or 10, know that not one of them were outside of His control. His glory and work in your life will one day be complete as a result.



JOURNALING AND PRAYER

1. Thank God for the opportunity to show his glory through your current trial.
2. Ask God for one way that you can glorify Him this week through the loss of this baby.
3. Journal what God shows you, and write out a prayer of desire for God to be glorified in you and through you during this loss.

DAY 11



1 Corinthians 12:26 *If one part suffers, all the parts suffer with it; if one part is honored, every part rejoices with it.*

A privilege of being a part of the body of Christ is being able to reach out and bless others. We are used to hearing “give,” “serve”, and “sacrifice” as main parts of Christianity. What we often forget, is that at times in our lives we will go through seasons where we simply need to receive and allow the rest of the body of Christ to help us carry the burden of what we are experiencing. I know that at times during my miscarriages there were people who asked me “do you need anything?” My answer was always, “No, I’m Ok.” Really, I wanted to answer “I’m emotionally exhausted and would like my house cleaned, my kids taken out of the house for the afternoon, and a homemade meal.” But something within me didn’t want to ask for or even accept the help offered. I thought that if I accepted help I was being weak, needy, and taking up time and resources that someone else would benefit from more than me. Of course another main reason for not accepting the much needed help was pride. I really didn’t want to admit I needed someone else’s input. I wanted to show that I was strong and independent, able to do this all on my own.

Of course, pride is not something that is helpful to us. God says in Proverbs 16 that he detests the proud. That is a very strong opposition God has to the sin of pride! To detest means to find intolerable, dislike, disdain, or find it unable to bear. A humble heart is beautiful to God, and when we humble ourselves it gives the other believers in the body of Christ an opportunity to be His hands and feet. What is your attitude toward receiving?



JOURNALING AND PRAYER

1. Ask God if there is any sin in your life that is preventing you from receiving love and help from others in this time.
2. Confess any sin God shows you.
3. Thank God that he forgives your sin, and for the support that His body provides in times of need.
4. Ask God to bring to mind all of the people who are supporting you right now, and write them down. Thank Him for each one, and pray a blessing for these people.
5. Ask God to reveal the areas where you should accept help. If someone offers, accept it as led.

DAY 12



Jeremiah 29:11 *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future.”*

Hope. The definition of hope is: the feeling that what is wanted can be had, or that events will turn out for the best. Our hope is built on nothing less, than Jesus blood and righteousness. What an inspiring song. When our hope is built on Him, we can truly know

that He will sustain us and that ahead we have the best future possible.

I would love to say to you: “You will one day have a child, it will be healthy, you will carry your baby to term and you’ll be a happy family.” Unfortunately, I don’t have the ability to say this because I cannot see into the future. But God does. He can give us hope where we feel hopeless. Does this mean he will give us everything we want in the timing we expect? No. But it does guarantee that He will give us His best. Anything less, and He wouldn’t be who He says He is. His plans will prosper and not harm. Sometimes it will take until we are with Him in eternity to see the benefit. So next time you find yourself asking “Why?” instead ask, “Where is my hope and future rooted?”

If your hope is rooted in Christ, you will not be disappointed in the long run. Jesus promises eternal blessings and life with Him if our hope is in Him alone as our savior. The hardest part of hope is that our expectations often do not line up with God’s plans and timing. It can be a scary thing to give God our expectations and plans for our lives, and walk away with it all in His hands. As well, to add to the uncertainty, we are promised many trials and suffering in our lives. Keep in mind; His plans are filled with hope for the future. He died once, and will never die again. He will be with you forever if you choose to be His child.



JOURNALING AND PRAYER

1. Ask God if there is anything in your life that you have been putting your hope in besides Him.
2. Confess to Him what He shows you.
3. Ask God for a plan of action for placing your hope in Him the next time things are difficult.
4. Write out a prayer of dedication to God about the hope you have in Him and how you are striving to hope in Him alone.

DAY 13



James 1:2-4 *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything*

Something that has always stuck out to me is a phrase Kris Duerksen included in one of his messages. He said, “don’t waste your trials.” There is something that God is working on within you even as you are reading this. You are facing this trial for a reason. He has ordained in you a new work, and though it is painful, it is purposeful. When we face trials we have a choice to either face it head on and ask God what he is accomplishing in our lives and hearts through the trial, or to become embittered, angry, or even indifferent about the situation. In each trial there is a miraculous work that God desires to do in you, a gift he wishes to bestow upon you, or a characteristic he wants to mature. He would not allow a trial into your life without turning it into something good for His glory. We need to be aware of His goals and His heart in our trials. In 1 Peter 1:6-7 it says, “*At present you may be temporarily harassed by all kinds of trials. This is no accident. It happens to prove your faith which is infinitely more valuable than gold.*”



JOURNALING AND PRAYER

1. As hard as it might be, thank God today that He loves you enough to draw you near to Himself even if it comes in the form of a trial.

2. Ask Him to reveal something that He is working to accomplish in you through this trial.
3. Ask Him to change the resistance that you have into trust and love of His perfect plan for your life. Thank Him that this is not an accident.
4. Journal a prayer to Him about the things He desires to work on in you during this time.

DAY 14



Psalm 27:1 *The Lord is my light and my salvation - so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?*

A mother's experience:

"When I found out that I had lost my baby, I wouldn't say that I was mad at God, but I was very hurt. There were things that I wouldn't get to have or experience because of losing him. But because God was taking care of me, He still found a way for me to experience some of those things I felt I was missing out on in different ways. One thing that helped me in my journey of loss was through a prayer that I wrote out to God. Every time I felt heavy about my loss I would write out that same prayer again to God, and eventually my heart changed. My cell supported me in this time greatly, praying for me and sending encouraging words, meals and help. The pictures that they got for me during prayer were so comforting and healing to my soul. A friend of mine recommended the song, "Lighthouse" by the Red Collective that helped her through her miscarriage. The lyrics "you are the peace in my troubled sea" stood out to me. It tied together support in my life a few ways. In the beginning I had my doubts but after getting through the hardest parts of my loss I realized He was really there and carrying me the whole time."



JOURNALING AND PRAYER

1. Thank God for the church, and for the support and feeling of belonging it provides. If you do not have a support group in the church like a cell group or ministry that you are involved in, pray and ask God if He would like you to join a specific group.
2. Write out a "go to" prayer of areas in your life in which you want to see change, or things that you have felt during this time. Write this prayer out whenever you feel like your heart is weary and needing some comfort or encouragement.
3. Ask God to reveal to you one way that he has been your "lighthouse" during this time.

DAY 15



Romans 8:28 *And we know that for those who love God all things work together for good, for those who are called according to His purpose.*

The child or children you have lost will be forever a part of your life and your journey as a parent. Whether you parent a child/children here on earth or only have children in heaven you still are a parent. God has gifted you with these little lives, and at times these lives end on earth a lot sooner than we would like. The "why" of your miscarriage may never be answered. The gender may never be known; the purpose of it all may feel empty. You may feel like your prayers for this child fell on deaf ears, and that the pleas for God to allow this baby to continue its life here weren't heard. Fear not, because if you love Him all things that happen in your life are for His purpose. This is a direct promise.

Many times, God allows circumstances to happen that make no sense to us. Look at the story of Job for example. Job went through an immense season of loss and mourning. Did it make sense to Job? No. But after much grief, lament and conversing with God, Job reached

a place of peace and trust in the sovereignty of God. God is sovereign, and He is good. The circumstances you are feeling and experiencing may not feel good, but His end goal is always for His good. In the midst of the chaos and upheaval in your life, your faith is what will keep bringing you back to the resolve that God is sovereign, and He is good.



JOURNALING AND PRAYER

1. Write about the pain in this loss. Write down all of the things you feel you are missing out on by losing this child. Write down the hopes that you had for this child.
2. Now pray out those things to God, asking Him to comfort you in the loss of these memories, losses and hopes. Ask Him to help you to trust His sovereignty.
3. Then thank Him for His goodness and faithfulness to you. Thank Him for comforting and meeting you where you are today.

DAY 16



Isaiah 49:15 *Can a mother forget the baby at her breast, and have no compassion on the child she has borne? Though she may forget, I will not forget you.*

What a thought. Can you imagine forgetting about a child? Neglecting to remember a person in your life that is completely dependent on you for sustenance? Waking up one day and completely neglecting a loved one because they just don't cross your mind? It may be possible, yet this verse is stating just how much more value you have to God as His child. We can apply this to our loss in a few different ways.

First, He loves us deeply. He knows the numbers of hairs we have on our heads! He knows everything about us. He knit us together in the womb. If our child were going through a deep loss such as this, how heavy would we feel for them? Is he any different? Of course not. He feels deeply alongside us in the pain of ALL of His children. In Psalm 145:8 it says, *"the Lord is gracious and compassionate, slow to anger and rich in love.* Imagine how grieved he must be at times for all of the loss and tragedies that are a reality here on earth. He created the emotions we are feeling; how much deeper must He feel these emotions for us in His perfect state of love?

Second, God loves the children we have lost just as much as He loves us, and even more than we loved them. So how much more can we trust His good plan for them, even if the plan is short! In Matthew 19:14 Jesus said, *"let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."* Because we know that everything Jesus said was from the mouth of God, we know that His plans for these little ones are not to hinder, but for good. Think of all the many helpers God has in heaven that were just here on earth for a brief time. What a blessing for them not to have to suffer long here on earth, and still inherit the kingdom and be with Jesus for eternity!



JOURNALING AND PRAYER

1. Ask God to help you to understand his heart for you as a father. Ask him for a word thought or picture of the depth of His love for you.
2. Thank Him for his fatherly love. Spend some time in thanksgiving and just quieting yourself before God the Father. Ask Him to comfort you and bring peace while you rest in Him.

DAY 17

1 Peter 5:6-7 *Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.*

Humble. We hear the word, but do we really understand what it means and how to attain humility? One of the synonyms in the dictionary for the word humility/humble is the word submit. Now, the two words do not have identical meanings, but they are connected to each other. Submission only comes as a result of a truly humble heart. You need one in order to have the other. The primary action of the heart in this verse is humility, and the secondary act is submission to God's hand. So how do you begin to humble your heart so that God can lift you up? The easiest way to cultivate a humble heart in any situation is to compare yourself in your current state to God the Almighty. In Isaiah 6:5, Isaiah says, "Woe to me!" I cried. "I am ruined!" For I am a man of unclean lips, and my eyes have seen the King the Lord Almighty. Isaiah had a realization of his own imperfection, and saw just how broken and sinful he was next to the glory of God. What a beautiful realization, that we can be humbled, and then made whole through seeing the righteous glory of God.

The second part of this verse is directing us to give God our anxieties while we wait for His healing power to lift us up in His timing. This isn't just a theory; this is something we can actually do! We can bring our anxieties, leave them at His throne, and replace them with His peace and grace.

**JOURNALING AND PRAYER**

1. Write down all of your emotions and feelings about this miscarriage. Write out beside each one of these feelings and emotions how Jesus would feel/act in the situation of loss. Ask Him to reveal any that don't come to mind naturally as you do this.
2. Thank God for his perfection, and that we can be humbled at His feet, then lifted up with the power that only He has!
3. Write down your anxieties about childbearing, miscarriage, parenting, and anything else that comes to mind. Pray, with your hands open and out as an act of submission and releasing these anxieties to God. As you are praying through each one of these anxieties, picture yourself leaving them at the foot of the throne. Once you are done the list, ask God to fill you with His peace and an understanding of His deep care for you.

DAY 18

Genesis 2:24 *Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh*

Read this one together with your spouse!

We have most likely all heard this verse before. We are to become one flesh, one unit with our spouse. We are to be together, experience life together, be intimate, and share in each other's joys and trials. Hold fast it says. What does it mean to hold fast? The dictionary says that it means to stick, adhere, bond, bind, cling, attach, cohere. I love the definition of cohere: "to stick or hold together in a mass that resists separation."

My prayer for you is that you hold fast and cohere through this trial. That you will truly become unified and grieving as one together in this time that you will resist separation. It is easy to allow ourselves to feel grief when we are alone, but it can be hard to admit grief to one another for fear of being vulnerable. No matter the emotions, it is important to remember that we have created a life with this person, and that it was a result of your

union. Wouldn't it make perfect sense that we then should be grieving the loss together with the person who is one with us?



JOURNALING AND PRAYER

1. Separate: Ask God "what does my spouse need from me in this time of miscarriage?" and "what do you see that I need in this time of miscarriage from my spouse"
2. Make a list of what he shows you. Then share your lists with each other.
3. Together: Pray through each of the attributes God showed you. Ask Him to help you to be these things for your spouse. Ask Him to help your spouse be these things for you.

DAY 19



Psalm 30:5 *Weeping may last through the night, but joy comes in the morning.*

Ever notice how when you are faced with a trial, illness, or stress, everything seems so much worse physically, spiritually, and emotionally at night? Psalm 6:6 says, "I am weary with my sighing; Every night I make my bed swim, I dissolve my couch with tears." It is as though our bodies and minds are exhausted from the day, and we reach a point in which we cannot hold it together any longer. Lying down at night when the busyness of the day fades away is often when the reality of our loss hits us. The writer of this psalm understood this. In the dark of the night is when we will allow ourselves to feel the pain, when we are alone, when we feel like nobody is watching. We cry out to God in our anguish and He listens.

Fortunately for us, Lamentations 3:22-23 says: *The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is your faithfulness.* There is something so refreshing and comforting about being given a new day. The grief of yesterday has passed, and we are given a fresh slate. Though there may be numerous days in a row where you feel like each day is as painful or more painful as the previous. Your healing body may be a constant reminder of your loss, and you may break down at unexpected times. Eventually this pain lessens, the reminders become more distant. God, in his faithfulness, never ceases to grant you a fresh start day after day. Eventually the hope of the Lord begins to penetrate the darkness of your grief and you begin to see light again. As you begin to tap into the mercies He has for you each day, you will begin to see that these mercies are never ending and forever available. There is hope available for each new day, no matter how grieved you are.



JOURNALING AND PRAYER

1. Write your own "lament" to God in your grief. Write about the times when grief hits you the hardest, the things that trigger your grief. Tell Him how the burden of this grief feels to your soul.
2. Write your own psalm of praise to Him for His mercies, His hope, and all of the new days He gives you.
3. Pray out these two contrasting works to the Lord. Thank Him for the hope and the beauty of the contrast of these two different types of prayers.

DAY 20



Matthew 14:21 *Immediately Jesus reached out His hand and caught him (Peter). "You of little faith," He said, "why did you doubt?"*

We can learn a great deal from the story of Peter walking on the water with Jesus if we parallel it with miscarriage. The disciples were in a boat that Jesus put them in. He knew that they would be hitting this storm. He waited quietly on the mountain, praying. Finally when the wind was strong, and the waves high, Jesus came to them. He showed up. He had mercy on them, and He spoke to them in the storm. At first they didn't recognize Him, and they were afraid. But He spoke immediately to their fears, reassuring them that it was Him. They then questioned again if it was Him even though He had already confirmed this! Peter was the one to call out to Jesus. He said "if it is you Lord, tell me to come to you on the water." (Matthew 14:28) Jesus called, "Come!" Peter stepped out of the boat in faith and began walking on the water with his eyes fixed on Jesus. As soon as his eyes left Jesus and went back to the storm, he forgot all about the command Jesus had given Him. He sunk into the waves, and was chided for doubting.

The command "come" is one that Jesus is giving all of us. We may step out in obedience, only to see a storm rage around us. Perhaps we don't even recognize Him as He approaches us in the storm. Or are we like Peter, taking our eyes off Jesus because we are afraid of the unknown outcome and surrounding trouble. Maybe it is none of these. We may not even begin to believe He can hold us up, or that He can provide the comfort that we need in our storm, we may not even bothering to venture out of the boat. We may become distracted, trying to doggy-paddle ourselves around the waves, completely oblivious to what Jesus has commanded us to do. No matter which scenario applies to you, the command to "come" is still the same. Will you come to Him today, keeping your focus on Him, even with the waves crashing around you?



JOURNALING AND PRAYER

1. Ask God to reveal what your reaction in this storm is to Jesus. Confess any doubt or unbelief you might have in His power to save.
2. Write out a prayer of obedience and honesty about your fear in the storm. Tell Him about your desire to obey his command to "come", and if you don't have a desire, ask Him for the desire!
3. Ask Jesus to show you a picture of where He is in this storm with you. Spend some time in thanksgiving for what He shows you.

DAY 21



Matthew 4:4 *But He answered, "It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God.""*

Imagine this scenario: You are royalty. You have servants at your beck and call. Everything you want is at your fingertips. You dine on the best cuts of meat, fruit, cheeses, wine, cake etc. You get to relax, sit back and let everyone else worry about work and tasks. Sounds nice, eh?

Yet if you had all of this, eventually you would feel empty and bored with life. Often people who have everything they want without going through difficulty haven't found anything that really satisfies them in life. Even if you are ruler over your own life and the lives of others, there is still a missing piece of the puzzle.

Imagine again that you are able to have everything you want in an instant, yet you have reached a dissatisfaction with being ruler over yourself and others. One day you find a book from your own personal awesome library, a type of life manual. A book of stories, songs, adventures, history, family trees, hope and hidden gems. You begin reading, and the words on the pages jump out at you and hit your heart as though they are alive. You soak up each story, and the meaning behind these stories begins to sink into your heart. Soon you cannot wait until you are able to read this book, and get your fill for the day. You begin to gain life purpose from the book that is not self-seeking or egocentric. The underlying theme of the entire book is love and humility. To love, and cherish others more than yourself, and above all, love a Higher Being that has the ability to deliver you from the monotony of life and to fulfill every part of your empty heart. Suddenly your wealth and power has purpose, you have a drive to live again, and you begin seeing opportunities to live out the words of this book everywhere. You begin to rule your kingdom with others in mind, instead of only living for your own short-term desires. You are merciful and loving, you begin to see others react differently to you because you are changing from the inside out. Your world isn't centered on you anymore! It is centered on all of the ideas and characteristics you have digested in this book.

God knows the hunger pangs of our hearts. He knows what we truly need. Jesus was talking about the Word of God in the verse above. He knew that if we all ingested this Word of Life instead of the empty things of the world, we would not only conduct our lives differently, but we would live our lives entirely fulfilled because of His presence and grace. There are many verses that talk about "eating the word" and God commands John in Revelation to "eat this scroll." When we really digest the word, mulling it over in our hearts, chewing the hidden truths and allowing them to sink deep into us, we change the way we live and act. Getting into God's word is not only a command, but also an eternal benefit. We begin allowing God to grow us in ways we never thought possible. In fact, most of these changes would not be possible without God! This is one way to see God's heart for you in this loss. Get into the word; make a list of everything that jumps out of you. Chew on those words, and meditate on what He is trying to say through the words that He brings to you.



JOURNALING AND PRAYER

1. Do you feel directed to a particular book of the Bible during this loss? If yes, begin a list of the promises and comfort He is bringing to you through the scriptures. If no, pray and ask God where He would like you to read in order for you to receive revelation about your loss from Him today. Begin reading and writing out your list as He leads.
2. Write a prayer of thanksgiving out to God for His word. Also thank Him for the way He speaks through His word, and changes your heart with it.
3. Ask Him to reveal what theme the Word is working in your life right now.

DAY 22

Ephesians 6:12 *For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

As Christians, we are constantly at battle. We may not realize it, but there are forces of the enemy trying to steal our joy, put distance between God and ourselves, pit us against other believers, distract us from the things that are truly important, and the list goes on! In battle, it is very easy to feel defeated. We often feel the part of the victim. But God has given us victory through death through the sacrifice of Jesus! We have so much power available to us because of what Jesus did on the cross. As a Christian army we are called to fight for our families, others, and ourselves.

Now I want to be very careful here. I don't want you to hear something that I am not saying. Let me be clear: everything that happens, happens because God willed it to happen, or allowed it to happen. He holds all authority and even gives the enemy parameters in our lives within which he can do damage. But God does allow the enemy to jab at us sometimes, as in the story of Job.

The enemy does not respect us and give us space when we are going through a difficult time, in fact this is where he loves to poke us in our wounds and cause them to fester. We are called to war against the enemy's tactics in prayer, and to push back the powers of hell.

Could it be that even in this difficult time there is a lie that the enemy is trying to make you believe, something he is trying to take from you, or an area in which he is tempting you to stumble? Perhaps there is something generational, or maybe a vow or curse that the enemy is holding over your head. The best thing about this is that God reveals the schemes of the enemy to us if we ask. He wants to battle with us, and direct us with tactics we can use to defeat the enemy! It's really nice to be on the winning side.

**JOURNALING AND PRAYER**

1. Ask God to reveal some of the ways the enemy is trying to hinder you right now.
2. Ask Him if there is any generational bondage, curse, vow or habitual sin that is getting in your way.
3. Write out a prayer of warfare based on what he has shown you. Pray it out loud and with gusto. If you need any additional help praying into deep issues, please do not hesitate to call the church and set up a personal ministry appointment.
4. Thank Him that He has defeated death, and that He will war with us right to the end!

DAY 23

John 4:23-24 *For the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship Him. God is spirit, and those who worship Him must worship in spirit and truth.*

What does it mean to worship in spirit and truth, or to be a true worshiper? Worship is a posture of the heart. We can worship God in many different ways. The meaning of worshipping in spirit and truth is explained for us by Paul in Romans 12:1-2. He says, *I urge you therefore, brethren, by the mercies of God to present your bodies as a living and holy sacrifice, acceptable to God which is your spiritual service of worship. And do not be conformed to this world but be transformed by the renewing of your mind that you may*

prove what the will of God is, that which is good and acceptable, or well pleasing and perfect. The verse says that the mercies of God are motivators for us to worship, and they truly are if we meditate on them! He has so much to offer us, especially when we are going through trials. He deserves our full submission and worship in this time of loss. The most beautiful form of worship to God is the worship that comes from a broken and humbled spirit. It comes from the realization that apart from Him we cannot do anything. By renewing our minds (aligning our minds with His purposes) we will prove and highlight the perfection of God's will to others through our life's song.

Perhaps you don't feel much like worshipping Him right now. Might it be a result of a fear we have of His will for our lives? Sometimes we are afraid to hear what God wants, because it might take away a hope that we have for ourselves. Maybe you are afraid to hear that He wants you to try for another baby one day, or on the other hand you might be afraid to hear that He doesn't want that of you. Whatever He has mapped out for your life, will you choose to worship in spirit and truth?



JOURNALING AND PRAYER

1. Talk to God about any fears you might have involving His will for your life.
2. Write out a prayer of worship to Him that you will choose to worship in spirit and truth no matter the circumstance.
3. Pick a favorite worship album to put on. Spend time kneeling before Him in full surrender and worship.

DAY 24



Psalm 27:13-14 *I believe that I shall look upon the goodness of the Lord in the land of the living! Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!*

Abraham and Sarah, Simeon, Moses and Joseph are just a few examples of the people who waited, and waited, and waited some more for God's timing. If you could talk to them, they would probably tell you that it wasn't easy waiting for the things that God had promised them. For Simeon it was a lifetime of waiting! Sometimes we are waiting for an answer, or waiting for God's hand to move in a situation. Or maybe we are just waiting for the oasis of God's revelation and love in a spiritual desert. Just like it says in the verse above, there is a measure of courage that needs to exist in our hearts in order for us to wait on the Lord. The hardest thing about waiting is that you don't know how long you will be waiting for! But when you are truly fulfilled in a trusting relationship with God, waiting for your circumstance to budge doesn't seem quite as difficult. For instance, look at the life of Jesus. He knew he was going to die for the sins of the world. He knew He would begin his ministry at some point, but he waited until he was 30, until the time was ripe in God's eyes. Everything had to line up according to the plans of God, so he waited in obedience until God released Him to do the work that He set out for Him to do.

Suppose you put your arm out of the car window and, unbeknownst to you, your wedding ring slipped off of your finger and onto the highway. Five minutes down the road you realize that your ring is missing. So you turn around and barrel down the highway at 100 km/hr. How likely is it that you will find the wedding ring? Not likely. You would likely have to stop the car at some point, get out and go on a long search for this needle in a haystack. This search is similar to how God wants us to search for his will. He wants us to slow down, search for His will and wait for his release in the timing He has perfectly set out for us. This is applicable to every area of our walk with Him, whether location, children, finances, steps

of obedience, life calling, or faith building. Often when we have a miscarriage we feel like it is a sign of a closed door, and we feel that we need to rush to the next thing in our lives, but we can miss God's heart in the rush. God has a plan tailored for each person, and the plan is always worth waiting for. Search slowly for His hidden treasures for you, and you will not be disappointed!



JOURNALING AND PRAYER

1. Ask God to help you wait on his perfect timing for His plan for your life, and to recognize His release of the plan He has for you when it happens.
2. Ask God to show you a few things that He has created you to be. Whether a character trait, job, or calling, Thank Him for what He shows you!
3. Write out a prayer of willingness to wait for His timing, and ask Him to reveal to you if you are rushing His plan in any way right now.

DAY 25



Psalm 30:2 *Lord my God, I called to you for help, and you healed me.*

As the healing in your body begins to come full circle, you may be feeling numb. This life event is a lot to process, a lot to wrap your head around in a short time. You will feel a pull at some point in your grieving to resume normal life. You will begin to regain your appetite for the normal things in your life again. As you begin to change and transition into this phase, make sure you are easing yourself back into life prayerfully. Act as if you had a baby. It may cause pain in you to think about this, but this is not the intent. As far as your body is concerned, you did just have a baby. Your hormones are different, which causes everything to feel slightly off. Consider that when someone has a baby, they are not expected to resume normal life right away. They slowly ease into it, and if they become overwhelmed and exhausted quickly, it is understandable.

It is unfortunate that many times in our culture when a woman has a miscarriage, she is expected to resume normal life much sooner than if she had birthed a baby because she isn't caring for an infant. Allow yourself time to transition. Things won't be instantly normal for you. Take time out from work or other events for as long as you feel the need to. Others may move on and forget, but all of the milestones of what might have been will flood back into your mind and be fresh from time to time. Allow this. Allow your heart to work through the pain of the loss, and take it to God. If you are going through periods of extreme devastation, and feel like you aren't able to come out of it, please pray with someone, and if you feel the need to, see a physician. Postpartum depression can happen as a result of any length of pregnancy, and can occur up to one year after the end of a pregnancy.



JOURNALING AND PRAYER

1. Pray for Gods peace and rest to be on you as you enter back into normal life tasks.
2. When dealing with times of grief over feelings, milestones, and events, write down the points at which things are the most difficult, and the promises God speaks to you in these times. Later when you reflect on these you will be glad you wrote them down!
3. Ask God to restore your body to full energy, heal any parts that may have been damaged, and soothe your emotions.

DAY 26

Psalm 138:8 *The Lord will fulfill his purpose for me; your steadfast love, O Lord, endures forever. Do not forsake the work of your hands.*

As a Christian we have hope in Christ. The Bible says, where two or more are gathered in my name He will be there (Matthew 18:20). Grab your spouse for this one. Read this passage aloud together, and take some time praying together thanking God for the points listed below the scripture.

Jeremiah 29:11-14

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you," declares the Lord, "and will bring you back from captivity. I will gather you from all the nations and places where I have banished you," declares the Lord, "and will bring you back to the place from which I carried you into exile."

- Thank Him for His divine plan, which it is for good and not to harm.
- Thank Him for listening when we call on Him.
- Thank Him for being our deliverer in times of trouble.
- Thank Him for being present in our hardship.

Spend some time with your spouse praying for unity and alignment in God's purpose for your family. Ask Him to show you scripture, words, thoughts, or pictures that will aid you and your spouse in knowing His heart and His calling for you. If you don't know where to get started, try praying some of the following questions:

- God, what kind of work are you doing in my heart right now?
- God, what season are we in right now?
- God, what is your heart for our family?
- What is one encouragement that you have for us right now God?
- God, do you have a promise you want to reveal to us about our journey together?

Journal about your time with your spouse. Make sure you write down what he reveals to you, and re-read it every now and then. See how He changes the answer to the question or questions you have asked over time.

DAY 27

Galatians 6:2 *Bear one another's burdens, and so fulfill the law of Christ.*

C.S. Lewis wrote: *"Hardships often prepare ordinary people for an extraordinary destiny."* Our destiny as Christians is to bring glory to God by fulfilling the unique purpose God has planned out for us. He often allows times of hardship for refining, and then as a result of the refining, we are able to minister to others when they are hurting in the same type of situation. Suddenly, we are pulled into a different category once we have overcome a situation like a miscarriage, death of a loved one, severe illness, etc. We are a testimony of not giving up, and of living out God's strength in action.

Have you ever noticed that when you purchase a vehicle, you suddenly notice EVERY vehicle that is the same model and color as yours? I believe the same is true with miscarriage. When you have had a miscarriage and share about it with others, suddenly heaps of people are popping up, sharing their own experiences and struggles with miscarriage that you never would have known about.

I'm not sure why, but we have a culture that is extremely silent about miscarriage. It's almost as if it's a shameful secret that we feel we need to keep. Couples will often choose not to tell anyone about their pregnancy until after the 12 week mark for fear of losing the baby before that point and having to tell everyone. If you really think about it, if you desire those you love around you to share the happy news, why not also be open about the hardship if it comes? Many people have walked this road, and have too often done so silently in secret. The experience of miscarriage truly is a ministry opportunity, it is a connection point between those of us who have little ones up in heaven, and there are a lot of us in the church who have walked through this. Hearing others' struggles with the same issue can help us to process our own experience and feelings about miscarriage. God desires for us to bear each other's burdens. We can at times intercede for others more effectively if we have experienced the same type of pain.



JOURNALING AND PRAYER

1. Is there someone who God is leading you to minister to through your experience of miscarriage? Ask Him to reveal someone to you if you don't know anyone.
2. Ask God if there is another couple that you can pray for who may be experiencing the same hardship as you.
3. Ask God to turn your heart towards others who are bearing similar burdens to yours so that you can effectively intercede for them and care for them.
4. Ask God to grow your compassion for others experiencing miscarriage, and to help you to remember the needs that you had during this season in order to care well for others.

DAY 28



Ecclesiastes 9:7 *Go, eat your food with gladness, and drink your wine with a joyful heart, for God has already approved of what you do.*

If you have sought after God through this storm, and meditated on His word and His will, you have the assurance that you have been found faithful to Him. When we are faithful He delights in us, His gaze is on us, and we are transformed to be more like Him. In the verse above, God is calling us to find joy in everyday life, and not to stay in mourning anymore for He has approved the posture of our hearts and actions. Be assured, He has heard your cries, and wants to bring you into the sun after this storm. Whether it means bringing you into a new season, or filling you more with His joy, allow Him to lead you into a place of His warmth and approval. Bask today in his holy light; find solace in the joy of His promises and provision for you during this difficult time.

A similar idea is found in Nehemiah 8:10. It reads: *“Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.”*” Sometimes we become so wrapped up in grief that we forget to enjoy the good things that God has given us. Friendship, food, communion with other believers, our homes, Gods presence, and the list could go on and on! I want to present a challenge to you, to enjoy the things of life even while you grieve. Work on a project, spend time with friends and family, cook, laugh, watch a movie, etc. It is not selfish to care for yourself. Whatever you have found to bring enjoyment to yourself, take some time out to do it! It is therapeutic to find things that we enjoy, and to relax and enjoy what God has given us.



JOURNALING AND PRAYER

1. Thank God for the good things that He has provided for you in order for you to experience relaxation and enjoyment.
2. Ask Him for a filling of His joy, and ask Him to show you what His joy looks like in you.
3. Take some time to cook a meal with your spouse or some friends. If you hate cooking, then get take out, set your table all fancy and have a great meal with friends. Don't skip desert! Enjoy the good things God has set in front of you, including fellowship with people.

DAY 29



Philippians 3:13-14 *Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind, and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

Your baby will not be forgotten if your life continues, and the forgetting part of this verse is not to say that you should forget your baby. We are to lay down the past, as not to dwell on it, and to continue on the path God has set out for us. Your baby will always hold a place in your heart and your memories. We are called specifically to forsake all else, and to forge ahead for what God has in store for us. The gift of eternity with Him! When we have eternity stamped on our hearts, and we have dug our roots down deep into God's sustaining river, we are able to forge ahead and continue running the race that God has called us to finish. We are able to continue on with His sustaining power and with each day, we will gain momentum to be able to press on with the help of His Spirit. One day, all of those little ones will be at the finish line waiting to meet us. Most importantly, our Saviour will be there to greet us and welcome us into his eternal kingdom. These little ones are an eternal gift that we will be able to cherish and experience in eternity.

Have you spent time thinking about heaven? What is your view of heaven? Our life on earth is like the blink of an eye to God. If you imagine a line going on for eternity, our life is like a tiny dot on that line to God. We are to live our lives as if we are living for eternity, and not for just now. We should be the most excited about this, as we have the promise that our heavenly bodies will be renewed, we will not experience suffering, or hardship, and we will be forever with Jesus our Saviour!



JOURNALING AND PRAYER

1. Thank God that we get to spend eternity with him! Ask Him to stamp eternity on your heart so that you are kingdom minded, living to press on towards His finish line.
2. Ask God to give you a sense of peace and excitement when you think about heaven and meeting your baby there. If you don't have peace about heaven, ask God to reveal to you why you are uneasy or fearful about it. Pray into what He shows you. Over the next few days, review the heaven message series online to begin to set your heart towards excitement for eternity.

DAY 30

Romans 15:13 *May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.*

As I bring this 30-day devotional to a close, I send you out with the blessing found in the verse above. I write this prayer for each woman reading this devotional, and my hope is that you have all been able to walk through your miscarriage close by the side of our Savior and Lord, Jesus. He is the true hope of the world, and we owe it all to Him.

Lord, I thank you for giving me the opportunity to bring this woman who has lost a baby nearer to You. In the days to come, prepare her heart to hear more from You. Help her to recognize your voice, and seek your comfort when it is difficult. When the sting of this loss revisits her from time to time, help her to find a place of comfort in you, and see Your eternal purpose and promises for her. Jesus, as people ask about her loss, bring up the topic of fertility, or make comments that they may not even realize may sting her, help her to walk in grace and forgiveness towards those who do not understand these feelings or the situation she is in. Protect her from people who are not leading her closer to you, and shelter her from the plans of the devil to discourage her and lead her astray.

Jesus, even as she reads this, minister to her heart, and bring her into steadfast friendship with you. I pray that she would look back on this time with fondness, and recognize that in this time she got to know Your true heart for the broken hearted, and walk in amazing nearness to You. Please continue to heal the wound of this loss for this woman, strengthening her heart, body and spirit each day. Draw her near, so near that You are face to face with her. Provide her with daily joy and strength to achieve the tasks You are calling her to, and provide her the zeal to live out Your word daily. Lord help her to recognize when she needs to slow down, and when she needs to step out and walk more of the steps you have called her to. Bring balance to her life Lord, and help her not to grow weary of this journey. Continue to bring revelation of your goodness into her life, and minister to her through her spouse as well. Help this experience to be something that brings her relationship with her spouse to the next level of intimacy, and protect them from being pushed apart.

I thank you for the strength you have given her, and continue to give her. I thank you for giving her the courage and gumption to finish this devotional, and please help her to step out and minister to others as a result of successfully navigating this storm with you Jesus. Father, bring her a greater understanding of you, and fill her today with more of Your Holy Spirit. Help her to put her trust solely in You, and Your amazing love. Thank You for what You are going to do in this woman, and I ask for Your blessing and hope in her today.

Amen

**JOURNALING AND PRAYER**

1. Write out your own prayer, thanking God for what He has taught you during this devotional.
2. Ask Him to prepare you for what is ahead, and thank Him for the promises He has yet to fulfill to you.
3. Thank Him for being a true promise keeper, and write out areas where He has shown you that you can trust Him.
4. Ask Him to show you one way that he has met you through these 30 days, and write out what was most meaningful to you, or sticks out the most during your healing this last month.



Walking with Jesus through a Miscarriage

In this Foundations, our focus will be on meeting Jesus for our comfort. The goal is to help you draw closer to Jesus, and walk out healing from a miscarriage you have experienced or are experiencing now. There will be excerpts of experiences from women who have had a miscarriage, and sections where you can reflect on your own experience and feelings. You will have opportunity to pray with your spouse and come closer to Jesus during this challenging time.

Psalm 34:18 (NIV)

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

