



## Infertility and Miscarriage

### Additional Notes:

### **I. Miscarriage**

#### **A. Medical terminology**

#### **B. Frequency of miscarriage**

#### **C. Common problems**

1. Marital discord
2. Physical realities
3. Emotional challenges
4. Fear of future pregnancy

#### **D. Biblical principles**

1. Eternal destiny
2. Mind and heart over your emotions
3. Expressing grief without going into despair or depression
4. Trusting the sovereignty of a good God

**Additional  
Notes:****II. Infertility****A. Medical terminology****B. Treatment options**

1. Nothing
2. Fertility drugs (oral and injection)
3. IVF
4. Donor eggs / sperm
5. Surrogacy
6. Adoption
  - a. Embryonic
  - b. Child

**C. Common concerns**

1. A child as an idol
  - a. All options available, even unbiblical ones
  - b. Destroy intimacy to maximize pregnancy
2. Blaming one's partner

**D. Biblical principles**

1. Biblical goal to please God



2. Financial stewardship

3. Importance of the marital union

4. Trust in the sovereignty of a good God

5. Stewardship of time

**Additional  
Notes:**

**Conclusion**

## Miscarriage and Infertility

**These truths can help us to see our situation as God does and provide hope in the midst of pain.**

- This IS God's plan—this is not a mistake.
- My body is not my own and God has the right to use my body how He sees is best. I do not have a "right" to birth a child.
- I also do not have a "need" to birth a child. How wonderful that God has promised to supply all of my needs; therefore, for me right now, giving birth to a child is not something I need.
- If God has allowed me to raise a child, I can see more that God did not have to do that. It is a privilege and a blessing for which I can be even more grateful than I might have been without this trial.
- I can more effectively pray and minister to others who are dealing with this trial if I am looking at others instead of myself.
- If, at some point, I am able to look at this trial without feeling any pain, that is not an indicator that I am insensitive and need to feel guilty. That is a grace from God and is normal. It doesn't mean I don't love any children I may have lost or that I have lost my desire to conceive. It is OK not to hurt.
  - Am I prolonging the grief by dwelling on the pain, calling others to continue to discuss it, writing journals about it, joining group discussions about it, etc. I need to evaluate my purpose in doing those things.
- While I am childless, I should enjoy the benefits of that including: more time alone with my spouse, more flexible schedule, greater opportunities to serve, etc.
- I want children many times because I WANT CHILDREN. I need to think about this from my potential child's perspective as well. It would be better for my child not to be born than to live life apart from God. I need to realize God may be protecting me from heartache and, more importantly, my child from a godless life.
- I must remember to rejoice with those who rejoice and look for ways to actively serve new and expectant mothers.
- Am I allowing myself to think any untrue thoughts? I need to bring every thought captive and dwell on the things found in Phil. 4:8.
  - This isn't fair.
  - God isn't rewarding my faithfulness (rewards are for our next life—persevere!)
  - I have a right to feel sorry for myself.
  - Etc.

**Miscarriage:**

- Psalm 139 tells us that all of our days were written in advance—God knew how many days my baby should live and my baby fulfilled that purpose—he was not “supposed” to be born 9 months later.
- I am very sad, but my baby is very happy with Jesus. Mothers want so much for their children to be happy, and mine has the perfect fulfillment of that by being in the presence of Jesus. Therefore, I CAN rejoice in this situation.
- I will get to meet my child someday in the future—heaven becomes a little sweeter in my mind.
- God allowed this to happen, He knows of this pain and will stay with you. He will not leave you.
- Your baby is with Jesus. He is rejoicing in heaven and is happy.

**Helpful statements that were made:**

- My husband telling me that he married me for me, not babies. Very reassuring.
- People who have been through this to talk to and challenge me to keep my thinking godly.
- People who haven’t been through this who are compassionate listeners and willing to challenge me.
- People who pray for us.
- A godly woman who confessed that she thought we’d make terrific parents and struggled to understand why God wouldn’t choose to bless us with children. But, she’d pray for us, knowing that God was in control. And, in fact, she had been praying for our children since we got married.
- That’s because your baby’s destination was not with you. Your life was designed in this way. It’s not anybody’s fault.
- I don’t know what it is like but know you have lost a child you loved. I will be praying for your strength.
- What can I do to help?

**Statements made that were not so helpful:**

(Taken directly from input received)

- With all the unwanted children out there, it is probably better to adopt anyway.
- I think I might be pregnant. We didn’t even want one yet, but I guess that’s ok. I’m not real thrilled. We had plans this summer and now I’m going to be big and pregnant again.
- We only let our guard down one night and I’m pregnant already!
- So when are you two going to settle in and start having babies? Something’s not wrong is there? You know doctors can work miracles these days.
- You’re not getting any younger you know—you probably should be starting a family soon.

- From a friend who knows your trials: Guess who's pregnant? It's me, aren't you excited? Wow, we only tried for one month and look! Isn't God good?
- You two would be such good parents that I KNOW God would not keep you childless.
- When are you going to give us that granddaughter?
- God wanted this baby because He knew her/his life would not be good (severe deformities).
- It was best to lose him/her this early. It would've been harder if you had to see/hold the baby.
- At least you weren't attached to this baby. You didn't have enough time to bond with the baby.
- God felt it wasn't the right time for a baby.
- At least you have your other child.
- You should take it easy. Don't do anything (even before pregnancy is confirmed).
- Next time don't lift your other child (as if lifting him caused the miscarriage).
- Keep trying—you can always have another child.
- Oh well, at least you know you can conceive. You can always have another one.
- I KNOW you won't miscarry this time—I have a good feeling about this one.
- Don't worry, God wouldn't do that to you another time, I'm sure.
- "Well, I wouldn't expect you to understand about that. You don't have children." Aside from being hurtful, it's simply not biblical—having kids is not the measure of what/how much you understand about them or family relationships.
- "You'll understand when you have kids of your own." Same editorial comment as above.
- "Don't worry, you'll have children." How do they know? Has God told them something He hasn't told me? (I heard the same sort of thing when I was single about getting married.)
- And any version of the age-old question, "So, when are you two planning to start a family? A more hurtful version I heard after I had commented that we'd like to have four children, "Well, WHEN are you going to get STARTED?!?!?!?!?"
- You must have done something wrong. If you took care of your body very well, it would not have happened. Think about the things that you should not have done.
- If you get pregnant again, never go bowling.
- Just (relax, take a vitamin, lay this way...) and you'll get pregnant. It worked for me!

(Source Unknown)