

3 TIPS AFTER  
PREGNANCY  
LOSS



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# *Encouragement after pregnancy loss*

First, I am sorry you are here, but I have been where you are, the woman in the middle of the storm, hopeless, broken, and looking for a little bit of, "It is going to be OK" or "I've got you." This season feels too hard to comprehend. The encouragement that I can give you is that there is a sweet redemption to be won on the other side of that storm, that season of grief. Here are a few simple ways to step out of hopelessness after a loss. I hope they encourage you but, above all, I want you to know you are worthy of joy, not alone and oh so loved by your heavenly Father.

## 1. Cling to the One who Made you

We are made in His image. He knows every hair on our heads, but the hard truth is we live in a broken world. Scripture says since the fall of humanity we are not to be free of suffering, but trust me, lean into the One who loves you more than you could love yourself and know that He has you in the palm of His hand.

- My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Psalm 73:26

## 2. Acceptance

Acceptance is hard, but when I truly breathed life into the fact that if my family does not expand past its current state, we are enough, what we are right now is enough and what is to come is not in my control. There is a plan for our future, and we are enough right here, right now.

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

## 3. Lastly, breathe

I wish I could take each of you reading this into a huge embrace and hold you tight as your heel. I encourage you to take time to breathe and grieve the loss of life and a dream for your family. Take a couple of days off and connect with what makes you feel at peace or brings you joy. Is that nature, a book, a close friend? Whatever that is for you, I permit you to take that for yourself right now.

- So, with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy. John 16:22

I pray these words are helpful and at least a tiny bit encouraging. I want to leave you with God's beautiful plan for you. One greater and more fruitful than you can even imagine. Trust me here, I know! Lean into Him, press into His faithfulness, and always remember you a daughter of the one true King.