# Endurance Through Miscarriage: Finding Hope After Loss



A 5-day study exploring God's strength and hope to endure miscarriage and find new purpose in grief.





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#### Introduction

Endurance through miscarriage is one of the most profound and silent struggles many face. The grief and heartache from such loss can feel overwhelming and isolating. Yet, in the midst of sorrow, Scripture invites us to lean into God's unfailing love and find hope that transcends our pain. This study is crafted to walk alongside you through the journey of miscarriage — offering encouragement, healing, and the assurance that God's strength is made perfect in our weakness.

Each day, we will explore biblical truths about endurance and God's faithfulness even when the path feels dark and uncertain. You will encounter stories that affirm God's presence in suffering, promises that sustain, and practical reflections to help you grow in grace and hope. These days are designed to remind you that while miscarriage brings deep loss, it does not define your worth or God's purpose for your life.

You are invited to gently engage with the devotional content, reflect honestly on the questions, and journal openly with prayerful hearts. May this time be one of restoration — where God's compassion meets your pain, and new strength begins to rise. Remember: you are not alone. Through every tear and sigh, God walks with you, holding your broken heart and birthing endurance that leads to hope.

















Day 1: ① God's Presence in Your Pain

#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."
- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."







Day 1: V God's Presence in Your Pain

#### Devotional: God Draws Near to the Brokenhearted

When miscarriage strikes, it can feel like your world has shattered. The anticipation and dreams suddenly broken leave a deep ache. Yet, the Psalmist reminds us **God is close to the brokenhearted**. This is not a distant, indifferent deity, but a Father who intimately knows your pain and does not turn away from your tears. In fact, He draws near to tend to your crushed spirit.

God's presence is our greatest comfort. Even when words fail, and sorrow floods our hearts, He walks with us. He understands grief like no one else can. His promises in Isaiah encourage us not to fear or be dismayed because He is our strength. Remember, mourning is not weakness but a pathway to receiving His comfort. Trust that He is holding you tightly, even when the silence feels deafening.

Today, lean into God's nearness. Speak to Him honestly about your pain and trust that His love never abandons you.







Day 1: ① God's Presence in Your Pain

## Reflect and Apply

	How does knowing God is close to the brokenhearted comfort you in your grief?
2.	What fears or doubts can you hand over to God today?
3.	In what ways can mourning become a doorway to God's deeper comfort?







Day 1: ① God's Presence in Your Pain

## **Journaling Prompts**

1.	Write about your feelings since your miscarriage; be as honest as you can.
2.	List ways you sense God's presence with you even in sadness.
3.	Describe a moment when God's comfort surprised you or gave you peace.







Day 1: V God's Presence in Your Pain

#### Prayer for Today

**Lord,** today I bring my broken heart before You. In my pain and sorrow, *help me to feel Your presence close and comforting.* Teach me to trust Your nearness even when I feel alone. Give me courage to face each day knowing You are my refuge and strength. May Your peace flood my soul amidst the grief, and may Your love heal what feels shattered. Thank You for never leaving me. Amen.  $\bigwedge$ 

















Day 2: F Strength for the Weary Soul

#### Your Verse

Isaiah 40:31 - "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

#### **Supporting Scriptures**

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."







Day 2: F Strength for the Weary Soul

#### Devotional: Hope in God Renews Your Strength

Grieving after miscarriage can leave us physically and emotionally exhausted. The weight of sorrow drains strength and hope. Yet, Isaiah offers a beautiful promise: when we put our hope in the Lord, our strength is renewed. This renewal is not by human effort but by God's empowering presence that lifts us like eagles rising above the storm.

Weakness does not disqualify us from God's power; rather, it invites His grace to take center stage. Paul's words show that God's power is perfected in our weakness—meaning it is precisely when we feel the weakest that God's strength shines brightest through us. When your heart feels faint, remember that God is your everlasting strength, ready to uphold you.

Hope is a choice and a life-giving anchor. Today, choose to place your hope firmly in God, who will renew your weary soul and enable you to keep moving forward, step by step.







Day 2: 🍞 Strength for the Weary Soul

## Reflect and Apply

1.	What areas of your life feel the most weary right now?
2.	How can you practically choose hope in God each day?
3.	Where have you seen God's grace work through your weakness?







Day 2: 🍞 Strength for the Weary Soul

## **Journaling Prompts**

1.	Record moments when you felt renewed strength after choosing hope.
2.	Write a prayer asking God for renewed hope and strength today.
3.	Describe what it feels like to rely on God's power instead of your own.







Day 2: F Strength for the Weary Soul

#### Prayer for Today

**Father,** my soul feels weary and heavy. I ask You to renew my strength as I place my hope in You. Let me rise above my circumstances like the eagle soars in the sky. Your grace is enough for me, even when I am weak. Help me to trust in Your power to carry me through this season. Thank You for being the strength of my heart forever. Amen.







## Day 3: **3** Peace in the Midst of Sorrow









Day 3: 💙 Peace in the Midst of Sorrow

#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

#### **Supporting Scriptures**

- Philippians 4:6-7 "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Romans 8:28 "And we know that in all things God works for the good of those who love him..."







Day 3: 💙 Peace in the Midst of Sorrow

#### Devotional: Receive God's Peace Amid Grief

Heartache after miscarriage often brings anxiety, fear, and troubling thoughts. Jesus speaks tenderly to His followers about the peace He offers—a peace unlike what the world gives. It is deep, lasting, and able to quiet the most troubled heart.

This peace is a gift freely given to you even amidst grief and loss. It does not erase the pain but empowers you to face it without being overwhelmed by fear or despair. The Apostle Paul reminds us that when we replace anxiety with prayer and thanksgiving, God's peace will guard our hearts and minds. His presence forms a protective barrier around us.

Finally, remembering Romans 8:28 gives hope that even this painful loss is part of a greater good orchestrated by God's loving hand, though we may not yet see it. Today, receive God's peace deeply and rest in the assurance He is working all things for your good.







Day 3: W Peace in the Midst of Sorrow

## Reflect and Apply

1.	What fears or anxieties about your loss do you need to give to God today?
2.	How can you create space in your heart for God's peace to guard you?
3.	In what ways has God's peace been evident to you before?







Day 3: W Peace in the Midst of Sorrow

## **Journaling Prompts**

	Write down your worries and then write a prayer handing them over to God.
2.	Describe what receiving God's peace looks like in your daily life.
3.	Journal about moments when God worked good through difficult times.







Day 3: 😂 Peace in the Midst of Sorrow

#### Prayer for Today

**Jesus,** I invite Your peace to calm my troubled heart today. Help me to release anxiety and fear into Your hands, receiving the quiet assurance only You can give. Guard my mind and emotions with Your peace that surpasses understanding. Remind me that You are working all things for my good, even when I cannot see it. Thank You for Your unshakable peace. Amen. 😂 👽 🙏









# Day 4: Pope Beyond Loss









Day 4: // Hope Beyond Loss

#### Your Verse

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."

#### **Supporting Scriptures**

- Jeremiah 29:11 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you."
- Lamentations 3:22–23 "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."







Day 4: 🌈 Hope Beyond Loss

### Devotional: Overflowing Hope that Transforms Grief

Miscarriage can feel like the end of hope, but Scripture invites us to a different reality. Paul prays that the "God of hope" would fill us with joy and peace as we trust Him—so that hope overflows even in the darkest moments. This hope is a supernatural gift, fueled by the power of the Holy Spirit inside us.

God's plans are for your good, even when it is hard to understand. Jeremiah assures us that God's intentions are to prosper and not to harm, inviting us to look beyond our pain toward His future. Lamentations reminds us that God's compassion never fails and is renewed every morning — a daily reminder that hope rises anew with each dawn.

Hope is more than positive thinking — it's a confident expectation rooted in God's faithfulness. Today, ask God to fill you with joy, peace, and hope, trusting that He is weaving beauty from ashes.







Day 4: 🌈 Hope Beyond Loss

## Reflect and Apply

How can you nurture hope when your heart feels shattered?
What does trusting God's plans mean for you right now?
In what ways have you experienced God's new mercies recently?







Day 4: 🌈 Hope Beyond Loss

## **Journaling Prompts**

1.	Write about what hope feels like for you in this season.
2.	List promises from Scripture that give you courage to trust God.
3.	Describe a time when God brought joy after a difficult period.







Day 4: // Hope Beyond Loss

#### Prayer for Today

**God of Hope,** fill my heart with joy and peace as I place my trust in You. Let Your Holy Spirit empower me to overflow with hope each day, even amid grief. Remind me Your plans are for my good, and Your mercies are new every morning. Help me to see beyond my loss and hold tightly to the future You are preparing for me. Thank You for Your faithful love. Amen.















#### Your Verse

Hebrews 12:1-2 - "...let us run with perseverance the race marked out for us, fixing our eyes on Jesus... who endured the cross... and is seated at the right hand of the throne of God."

#### **Supporting Scriptures**

- James 1:12 "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- 2 Timothy 4:7 "I have fought the good fight, I have finished the race, I have kept the faith."







#### Devotional: Run with Perseverance and Hope in Jesus

Endurance is a lifelong journey, especially after experiencing miscarriage. The writer of Hebrews encourages us to run with perseverance the race set before us, fixing our eyes on Jesus—our perfect example of endurance. He faced unimaginable suffering yet persevered for our ultimate good and glory.

Like a runner, perseverance involves continuing step by step, even when the path is difficult. James reminds us there is blessing and reward for those who endure trials faithfully. Paul's words show us that finishing well requires steadfast faith and commitment to God through all seasons.

Today is an invitation to take one more step with God's help. Release guilt or pressure to 'move on' quickly, and embrace God's gentle pacing for your healing. Keep your eyes on Jesus, the Author and Finisher of your faith, who invites you to run this race with strength and hope.







## Reflect and Apply

1.	What 'race' has God placed before you in this season?
2.	How can fixing your eyes on Jesus help you persevere?
3.	What does 'finishing well' mean to you personally?







## **Journaling Prompts**

1.	Write about your hopes for moving forward in this journey.
2.	List practical ways you can persevere one day at a time.
3.	Reflect on how Jesus' endurance inspires your own faith.







#### Prayer for Today

**Jesus,** help me to run with perseverance the race You have set for me. Fix my eyes on You, the perfect example who endured for my sake. Give me strength to keep moving forward, even when it's hard. Teach me to trust Your pacing and to rest in Your grace. May I finish well by keeping faith firmly in You. Thank You for walking beside me every step. Amen. 🛠 🎎 🙏 💪







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