Healing After Miscarriage



Find comfort, healing, and renewed hope through Scripture. This 7-day Bible study guides grieving hearts after miscarriage toward God's peace and restoration.





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Introduction

Miscarriage is a grief that's hard to put into words. It can feel invisible to the world—an aching loss with no funeral, no closure, and no clear path forward. Whether your loss happened days ago or years ago, the sorrow can return in waves: at the mention of due dates, during holidays, or simply in quiet moments of reflection.

This 7-day Bible study guide was prayerfully crafted to help you begin healing—not by ignoring your pain, but by walking through it hand-in-hand with the God who sees you. He is not distant from your grief. In fact, Scripture shows us that God draws especially near to the brokenhearted.

You are not alone. Your story didn't end with loss. In these next 7 days, may you find comfort, strength, and sacred space to grieve, remember, and hope again. Each day offers a key verse, additional supporting scriptures, a heartfelt devotional, and journaling prompts to guide your time with God.

Let's begin the healing journey—one prayer, one verse, one journaled tear at a time.

















Your Verse

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." — Psalm 34:18 (NIV)

Supporting Scriptures

- Genesis 16:13 (NIV)
 - "She gave this name to the Lord who spoke to her: 'You are the God who sees me,' for she said, 'I have now seen the One who sees me."
- Isaiah 49:15 (NIV)

 "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!"
- Matthew 5:4 (NIV)

 "Blessed are those who mourn, for they will be comforted."









There is a silent kind of grief that follows miscarriage—one that often goes unseen, unspoken, and unmet. But you serve a God who sees. He sees your tears. He hears your unspoken prayers. He knows the depth of your heartbreak—even when others don't understand it.

Psalm 34:18 assures us that God draws especially near to the brokenhearted. In your moments of unbearable ache, He does not withdraw—He *moves closer.* He is present in the stillness, attentive in your sorrow, and patient with your pain.

Genesis 16:13 introduces us to Hagar, a woman who felt unseen and discarded. But God met her in her wilderness and revealed Himself as *El Roi*—the God who sees. Today, in your own wilderness of grief, may you remember that same God sees you. You are not invisible.

Isaiah 49:15 paints a picture of divine compassion—even deeper than a mother's love. Your child is not forgotten. And you, dear mother, are not forgotten either.

Jesus, in Matthew 5:4, promises comfort to those who mourn. Not surface-level comfort, but the deep kind that only He can offer—comfort that brings peace when answers don't come, and assurance when the ache still lingers.

Let your grief be real today. Let the tears fall. And as they do, know this truth: your grief is sacred, and your God is near.







Journaling Prompts

1.	In what ways do you feel unseen in your grief?
2.	Reflect on the name <i>El Roi</i> —"the God who sees me." What comfort does this bring?
3.	Write a letter to God expressing how you feel right now. Be honest. He car handle your sorrow.





Prayer for Today

















Your Verse

"He was despised and rejected by mankind, a man of suffering, and familiar with pain." — Isaiah 53:3a (NIV)

Supporting Scriptures

- *John 11:35 (NIV)* "*Jesus wept.*"
- Psalm 56:8 (NLT)
 "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."
- Romans 8:26 (NIV)

 "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."







☆ Devotional

Grief is not something God asks you to do alone. He doesn't wait for you to "get over it" or expect you to push your emotions aside and paste on a smile. Instead, He grieves with you.

Isaiah 53 tells us that Jesus is "a man of suffering, and familiar with pain." He knows the ache of loss, the sting of rejection, the silence of sorrow. He is not only your Savior—He is your sympathetic High Priest who understands emotional agony.

When Jesus saw Mary and Martha grieving over the death of their brother Lazarus, **He wept.** Even though He knew resurrection was coming, Jesus allowed Himself to fully enter into their pain. That's the kind of Savior you have—**One who joins you in the valley before lifting you out of it.**

Psalm 56:8 gives us a tender image: God collects your tears. Not one drop is lost on Him. He records your sorrow, remembers your suffering, and carries it as His own.

And when the pain is too deep for words, Romans 8:26 reminds us that the Holy Spirit steps in to intercede for you. Even your sighs and groans are turned into prayers in the throne room of heaven.

Today, allow yourself to grieve **with** God. Don't push Him away. Invite Him in. Let Him hold the pieces of your heart and begin the sacred work of healing.







Journaling Prompts

1.	Have you been trying to grieve alone or with God? Why?
2.	What emotions have you felt since your loss? Write them down without judgment.
3.	How can you invite God into your grief today—through prayer, tears, or silence?





Prayer for Today

















Your Verse

"Before I formed you in the womb I knew you, before you were born I set you apart." — Jeremiah 1:5a (NIV)

Supporting Scriptures

- Psalm 139:13–16 (NIV)
 - "For you created my inmost being; you knit me together in my mother's womb... Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."
- Ecclesiastes 3:1–2 (NIV)

 "There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die..."
- Matthew 18:10 (NIV)
 - "See that you do not despise one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven."









The world may not have seen your child, but God did. The world may not remember your baby, but you do—and so does He. Your child was not a mistake, an accident, or a medical statistic. **Your baby was real. Your baby was known. And your baby was loved.**

Jeremiah 1:5 reminds us that God knows us *before* we are even formed in the womb. That means your child existed in the heart of God before you ever conceived. His love and plans for your child were eternal, even if their time on earth was brief.

Psalm 139 offers some of the most beautiful language in all of Scripture for the unborn. It tells us that God is the divine artist, intricately forming life in the womb. Even if your baby never took a breath outside your body, they were fully seen by God, fully valued, and part of His eternal story.

Ecclesiastes 3 reminds us—heartbreakingly—that there is "a time to be born and a time to die." We may never understand why some lives are short, but Scripture assures us that none of it escapes God's notice or care.

And in Matthew 18:10, Jesus speaks of children whose angels behold the face of God. This gives comfort to grieving hearts—your child is not lost, but held in the presence of God. They are not gone forever. They are waiting.

Take time today to remember your baby. Speak their name if you gave one. Reflect on what their presence meant, even if it was only for a short while.







God honors your remembrance.







Journaling Prompts

1.	Write a letter to your baby. Say what you wish you could've said.
2.	What do you believe God wants you to remember about your child?
3.	How does it feel to know your baby is known and loved by God?







Prayer for Today

















Your Verse

"Those who look to him are radiant; their faces are never covered with shame." — Psalm 34:5 (NIV)

Supporting Scriptures

- Romans 8:1 (NIV)
 - "Therefore, there is now no condemnation for those who are in Christ Jesus."
- Isaiah 54:4 (NLT)
 - "Fear not; you will no longer live in shame. Don't be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth."
- John 9:2–3 (NIV)
 - "Rabbi, who sinned, this man or his parents, that he was born blind?" 'Neither this man nor his parents sinned,' said Jesus..."







\$ Devotional

It's heartbreaking how quickly miscarriage can become tangled with guilt and shame. You may wonder, *Was it something I ate? Did I do too much? Did I not pray enough? Did I somehow fail my baby?*

But let this truth sink in: you are not to blame.

Jesus addressed a similar concern in John 9. His disciples asked whether a man's condition was caused by sin—either his or his parents'. Jesus responded clearly: "Neither." His words still echo today. Miscarriage is not a punishment. It is not your fault. You are not condemned.

Romans 8:1 is one of the most freeing verses in all of Scripture: "There is now no condemnation for those who are in Christ Jesus." If you are in Christ, you are not under shame or judgment. You are under grace. Your identity is not "failure" or "broken" but *beloved*.

Psalm 34:5 reminds us that those who look to God are radiant—not ashamed. And Isaiah 54 assures us that shame is not your inheritance. God wants to replace your disgrace with dignity, your questions with peace.

If others have spoken hurtful words—suggesting you didn't pray hard enough, believe strong enough, or "do it right"—know that **those voices are not God's voice**. His voice speaks love, healing, and truth over you.







Today is the day to begin releasing shame and guilt. Not because it never existed—but because it doesn't belong to you.







Journaling Prompts

1.	What guilt or shame have you been holding since your loss?
2.	Write a prayer asking God to lift the burden of false guilt from your heart.
	Meditate on Romans 8:1 and write it in your journal. How does it change your perspective?







Prayer for Today















Your Verse

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

— Psalm 34:18 (NIV)

Supporting Scriptures

• 2 Corinthians 1:3-4 (NIV)

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles..."

- Psalm 23:4 (NIV)
 - "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."
- Isaiah 66:13 (NIV)
 - "As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem."









When grief feels overwhelming, God doesn't just observe your sorrow—He steps into it with you. He is not a distant deity watching from the heavens. He is *Emmanuel—God with us*. And in your pain, He draws even closer.

Psalm 34:18 is one of the most cherished promises in Scripture for those who have suffered loss. It declares, without condition, that the Lord is *close to the brokenhearted*. He doesn't require you to fix your faith or polish your emotions first. He simply comes near.

In 2 Corinthians, Paul calls God the "Father of compassion" and the "God of all comfort." Not just *some* comfort. All. The comfort you crave in the middle of the night, the ache you carry during silent moments—God meets you there with an embrace your soul can feel.

Psalm 23 reminds us that we're never alone, even in the darkest valleys. Whether your valley is marked by physical loss, emotional exhaustion, or spiritual questions, God walks with you. His presence may not always remove the pain, but it transforms it.

And in a beautiful expression of divine tenderness, Isaiah 66:13 paints a picture of God comforting His people like a mother soothes her crying child. It's a divine reminder that He understands your maternal grief. He comforts you with both strength and gentleness.







Today, let yourself feel the nearness of God. Let His presence wrap around your hurt like a warm blanket. Whisper your sorrow. Cry your tears. He's not going anywhere.







Journaling Prompts

1.	Where have you felt God's comfort since your miscarriage?
2.	Write a prayer inviting God to draw near and comfort you in this season.
	Meditate on Psalm 34:18 and write it in your journal. What does it mean to you today?







Prayer for Today















Your Verse

"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." — Jeremiah 29:11 (NIV)

Supporting Scriptures

- Romans 15:13 (NIV)
 - "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."
- Psalm 126:5 (NIV)
 "Those who sow with tears will reap with songs of joy."
- Hebrews 10:23 (NIV)

"Let us hold unswervingly to the hope we profess, for he who promised is faithful."







Devotional

Loss has a way of shrinking your world. After a miscarriage, it can feel like all the joy you once anticipated has been eclipsed by uncertainty. The nursery remains empty. The calendar feels like a haunting reminder. And hope—once bright—flickers like a candle in the wind.

But God's Word tenderly invites you back into hope.

Jeremiah 29:11 is not just a feel-good verse—it's a promise spoken to a people in exile, grieving their homeland and wondering if God still had a plan. And yet, God declares: "I have not forgotten you. I have good plans for you. Plans for hope."

This is for you, too.

Romans 15:13 reminds us that our hope is not self-manufactured; it comes from the **God of hope** Himself. As we trust Him, He fills us—not just with a trickle of encouragement, but with overflowing joy and peace through the Holy Spirit.

Psalm 126:5 assures you that your tears are not wasted. They are seeds, and one day—whether in this life or eternity—they will yield joy. It may not come in the way or timing you expect, but it will come.

And Hebrews 10:23 anchors this truth: **God is faithful.** Even when everything feels uncertain, *He is not.* His character, His promises, and His love remain.







Hope may look different now. It may come quietly instead of boldly. But it is still real. And it is still yours.







Journaling Prompts

1.	What does "hope" feel like to you right now?
2.	Write a prayer asking God to help you trust His plans for your future.
3.	Journal Jeremiah 29:11 and reflect on what it means for your personal story.







Prayer for Today















Your Verse

"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away." — Revelation 21:4 (NIV)

Supporting Scriptures

- Ecclesiastes 3:1–2 (NIV)

 "There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die..."
- Isaiah 49:15—16 (NIV)

 "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! See, I have engraved you on the palms of my hands..."
- John 14:27 (NIV)

 "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."







Devotional

Today is about grace—both honoring the life you carried and giving yourself permission to move forward without guilt. These two realities can live side by side. You can treasure your baby's memory and still open your heart to joy again.

Revelation 21:4 gives us a breathtaking picture of eternity. A time is coming when all suffering will cease—no more death, mourning, or crying. God Himself will wipe away every tear. That includes the ones you've cried in silence, the sobs no one else heard, and the ache that still lingers.

Your child's life—no matter how short—was real. Precious. Known to God. Isaiah 49 reminds us that even if the world forgets, God does not. He carries both you and your baby in His eternal memory. *You are engraved on His hands.*

Ecclesiastes 3 acknowledges that life includes both beginnings and endings. It validates your grief while also reminding you that seasons change. You don't have to forget to heal. You don't have to stop loving to keep living.

Jesus offers a peace the world can't give—a supernatural steadiness that lets you breathe again, laugh again, dream again.

So honor your baby. Light a candle, plant a tree, create art, write a letter. Mark their existence with love. And then, little by little, walk forward with grace.







Healing doesn't mean forgetting. It means living in a way that carries their memory forward—rooted in faith and wrapped in the hope of eternity.







Journaling Prompts

1.	How would you like to honor the life of your baby?
2.	Write a letter to your child expressing your love and hopes.
	Reflect on what peace looks like for you now and how you want to carry it forward.







Prayer for Today







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