



# Hope After Infertility



A 7-day Bible Study offering spiritual hope and healing for women navigating infertility—through prayer, Scripture, and heartfelt journaling.

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## Introduction

Infertility can feel like a wilderness—full of waiting, longing, and aching questions. For many women and couples, this season becomes one of the deepest emotional and spiritual trials of their lives. The empty nursery, the negative test results, the well-meaning but painful comments—each moment adds to the weight of what feels missing.

But in this wilderness, **you are not alone**, and **your story is not hopeless**.

Throughout Scripture, God meets women in the valley of infertility—Sarah, Hannah, Elizabeth—and we see a pattern: He *sees*, *hears*, and *remembers*. Though the path is hard and the outcome uncertain, His presence is sure.

This 7-day Bible study is for the woman whose arms are empty but whose faith still clings to hope. Each day will invite you to open your Bible, your heart, and your journal to the God who draws near to the brokenhearted and who holds every tear in His bottle (Psalm 56:8). Whether you're just beginning your journey or have been walking it for years, you are seen. You are loved. And your hope is not in vain.

Let's walk this sacred path together, one day at a time.





## Day 1: God Sees You in the Waiting



## Day 1: God Sees You in the Waiting

## Your Verse

*“She gave this name to the Lord who spoke to her: ‘You are the God who sees me.’” — Genesis 16:13 (NIV)*

## Supporting Scriptures

- ***Psalm 34:18 (NIV)***  
*“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*
- ***Exodus 3:7 (NIV)***  
*“I have indeed seen the misery of my people... I have heard them crying out... and I am concerned about their suffering.”*
- ***Luke 1:13 (NIV)***  
*“But the angel said to him: ‘Do not be afraid, Zechariah; your prayer has been heard.’”*



## Day 1: God Sees You in the Waiting

## Devotional: Devotional

When Hagar fled into the desert, pregnant and alone, she encountered a God who met her with comfort. In her moment of despair, she declared, “*You are the God who sees me.*” This name for God—**El Roi**—still rings true for every woman who wonders if God has noticed her silent suffering.

Infertility can make you feel invisible, even in a world full of blessings. It’s easy to feel forgotten by God. But the truth of Scripture gently pushes back against that lie. Psalm 34 assures you that God is **close** to the brokenhearted. Exodus 3 shows us that He not only sees but is **concerned** about suffering. And Luke 1:13 confirms that your **prayers are heard**, even if the answer hasn’t yet come.

El Roi sees you. He sees your charting, your doctor visits, your brave smiles, and your private tears. You are not hidden from Him.

Today, rest in the fact that you are fully seen—and deeply loved.



Day 1: God Sees You in the Waiting

# Journaling Prompts

1. Where in your infertility journey have you felt unseen or forgotten?

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2. How does knowing God sees you shift your perspective?

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3. Write a prayer asking God to meet you in this exact moment of waiting.

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Day 1: God Sees You in the Waiting

# Prayer for Today







## Day 2: You Are Not Alone in This



## Day 2: You Are Not Alone in This

## Your Verse

*“Never will I leave you; never will I forsake you.” — Hebrews 13:5b (NIV)*

## Supporting Scriptures

- ***Isaiah 41:10 (NIV)***

*“So do not fear, for I am with you... I will strengthen you and help you.”*

- ***Deuteronomy 31:8 (NIV)***

*“The Lord himself goes before you and will be with you... Do not be afraid; do not be discouraged.”*

- ***Matthew 28:20b (NIV)***

*“And surely I am with you always, to the very end of the age.”*



## Day 2: You Are Not Alone in This

## Devotional: ✨ Devotional

Infertility often leads to isolation. Friends move on with pregnancies and baby showers while you sit in silent grief. Even in church, where community should bring comfort, it can feel as if no one truly understands.

But God's Word reminds you that **you are never alone**.

Hebrews 13:5 echoes with His permanent promise: *"Never will I leave you."* That means even when your prayers feel unanswered, your emotions feel heavy, and your strength feels depleted—He is still with you.

Isaiah 41 tells you not to fear, because the **presence of God goes with you**. He strengthens you, not just for the moment, but for the journey. Even before you take another step, *He has already gone before you* (Deuteronomy 31:8).

This isn't just comfort. It's spiritual oxygen.

The Lord is walking beside you through the clinic visits, the tears, the hope that rises and falls with each cycle. He doesn't require you to be strong; He only asks you to come.



# Journaling Prompts

1. Who or what has helped you feel less alone on this journey?

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2. Where are you tempted to isolate yourself emotionally or spiritually?

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3. Write a letter to God describing your pain and asking Him to be with you in it.

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Day 2: You Are Not Alone in This

# Prayer for Today





## Day 3: God Values Your Longing



## Day 3: God Values Your Longing

## Your Verse

*“Take delight in the Lord, and he will give you the desires of your heart.” — Psalm 37:4 (NIV)*

## Supporting Scriptures

- **1 Samuel 1:10-11 (NIV)**  
*“In her deep anguish Hannah prayed to the Lord, weeping bitterly...”*
- **Psalm 145:19 (NIV)**  
*“He fulfills the desires of those who fear him; he hears their cry and saves them.”*
- **Matthew 7:11 (NIV)**  
*“How much more will your Father in heaven give good gifts to those who ask him!”*



## Day 3: God Values Your Longing

## Devotional: ✨ Devotional

There's a pain that comes from longing—and an even deeper ache from feeling like that longing has been dismissed. But Scripture reveals a God who **values our desires**—especially when they are poured out in sincerity and trust.

Hannah's story in 1 Samuel is a sacred portrait of longing. She wept bitterly before the Lord, not with shallow words but with deep, raw prayer. And God not only heard her, He **honored** her cry.

Psalm 37:4 reminds us to *delight* in God, not because He's a vending machine of blessings, but because intimacy with Him aligns our heart with His. When we bring our desires before Him, He listens. He cares. He's not annoyed, tired, or impatient with your repeated requests.

Your longing to become a mother is not selfish. It is not trivial. It is holy. You were designed with the capacity to love deeply, to nurture, and to hope. Even if you don't yet hold a child in your arms, God sees the beauty of your desire and holds it with reverence.

Today, give yourself permission to desire—boldly and faithfully.





# Journaling Prompts

1. What are the deepest longings of your heart in this season?

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2. How have you felt God respond to your desires?

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3. Write a prayer like Hannah's, pouring out your longing before the Lord.

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Day 3: God Values Your Longing

# Prayer for Today





## Day 4: God Responds with Compassion



## Day 4: God Responds with Compassion

## Your Verse

*“The Lord is gracious and compassionate, slow to anger and rich in love.” — Psalm 145:8 (NIV)*

## Supporting Scriptures

- ***Lamentations 3:22-23 (NIV)***

*“Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning...”*

- ***Matthew 9:36 (NIV)***

*“When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.”*

- ***Isaiah 49:13 (NIV)***

*“The Lord comforts his people and will have compassion on his afflicted ones.”*



## Day 4: God Responds with Compassion

## Devotional: ✨ Devotional

It's easy to project our own frustrations and disappointments onto God—especially when prayers seem to go unanswered. But the Bible paints a very different picture: one of **deep compassion and steady love**.

Psalm 145 reminds us that God is rich in love and always inclined toward grace. His compassion isn't conditional on your perfect faith or emotional stability. It is simply His nature.

In Lamentations, a book full of grief and sorrow, the author still declares that “*his compassions never fail*.” This isn't a fleeting feeling from God—it's a permanent part of who He is. Even in your sadness, even in your silence, He is moved by your pain.

Jesus Himself, in Matthew 9:36, responded with **compassion** when He saw people overwhelmed and exhausted. You may feel harassed by your own thoughts or helpless in the face of infertility, but you're never alone. The same Jesus who walked the earth with gentle mercy walks with you now.

His compassion surrounds you. Let it soften your heart and quiet your questions today.



Day 4: God Responds with Compassion

# Journaling Prompts

1. In what ways have you struggled to believe God is compassionate?

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2. Reflect on a moment where you felt God's comfort unexpectedly.

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3. Write a prayer asking God to help you experience His compassion more deeply.

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## Day 4: God Responds with Compassion

# Prayer for Today





## Day 5: Trusting God with the Unknown





## Day 5: Trusting God with the Unknown

## Your Verse

*“Trust in the Lord with all your heart and lean not on your own understanding.” — Proverbs 3:5 (NIV)*

## Supporting Scriptures

- ***Isaiah 55:8–9 (NIV)***

*“For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord.*

- ***Romans 8:28 (NIV)***

*“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”*

- ***Hebrews 11:1 (NIV)***

*“Now faith is confidence in what we hope for and assurance about what we do not see.”*



## Day 5: Trusting God with the Unknown

## Devotional: ✨ Devotional

One of the hardest parts of infertility is the **unknown**. There are no guarantees. No timelines. No clear answers. It's a journey marked by waiting rooms, quiet tears, and questions that heaven hasn't answered yet.

And yet—God invites us into **trust**.

Proverbs 3:5 urges us to trust not with part of our heart, but *with all of it*. That kind of trust is radical. It means letting go of the illusion of control and resting in the truth that God sees the full picture—even when we don't.

Isaiah 55 reminds us that His ways are not our ways. That's not a cop-out—it's a comfort. God sees the ripple effects of your life from beginning to end. And Romans 8:28 promises that for those who love Him, *He's working all things*—even pain, even waiting—for good.

This doesn't mean your story will look like someone else's. It means your story is **safe** in His hands, even when the path twists in ways you never expected.

Trusting God doesn't mean pretending it doesn't hurt. It means choosing faith when the answers don't come. It's leaning into the arms of a Father who's already in your tomorrow.



Day 5: Trusting God with the Unknown

# Journaling Prompts

1. What unknowns are you currently struggling to surrender to God?

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2. How do you feel when you read that His thoughts are higher than yours?

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3. Write a prayer of surrender, releasing your plans to God's greater purpose.

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Day 5: Trusting God with the Unknown

# Prayer for Today





## Day 6: Clinging to Hope in Community



## Day 6: Clinging to Hope in Community

## Your Verse

*“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”— Galatians 6:2 (NIV)*

## Supporting Scriptures

- ***Ecclesiastes 4:9-10 (NIV)***  
*“Two are better than one... If either of them falls down, one can help the other up.”*
- ***Romans 12:15 (NIV)***  
*“Rejoice with those who rejoice; mourn with those who mourn.”*
- ***Hebrews 10:24-25 (NIV)***  
*“Let us consider how we may spur one another on toward love and good deeds... encouraging one another.”*



## Day 6: Clinging to Hope in Community

## Devotional: ✨ Devotional

Infertility can be **incredibly isolating**. While friends celebrate baby showers and share birth announcements, you may feel like you're watching from the sidelines, heart aching silently. But Scripture reminds us that we were **never meant to suffer alone**.

Galatians 6:2 calls us to carry one another's burdens. That means your pain doesn't have to stay bottled up. God designed community to be a sacred place of healing—a space where honesty is welcome and tears are shared.

Ecclesiastes tells us that two are better than one, especially when one has fallen. If you've been struggling silently, consider that your breakthrough might begin by letting someone in. Vulnerability can feel scary, but it often unlocks the strength we didn't know we had.

Romans 12 reminds us that community isn't always perfect. There may be times when others don't understand, or their words unintentionally hurt. But keep pressing in. Find the ones who will mourn with you, who will sit beside you and simply say, "I'm here."

You're not a burden. You're a **beloved sister**, walking through a fire with other women of faith. Lean into the body of Christ for support. Let them remind you that you're still seen. Still known. Still loved.



Day 6: Clinging to Hope in Community

# Journaling Prompts

1. Who in your life can you be more open with about your journey?

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2. How have you experienced healing through community in the past?

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3. Write a prayer asking God to bring faithful friends to walk with you.

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## Day 6: Clinging to Hope in Community

# Prayer for Today





## Day 7: Resting in God's Love, No Matter the Outcome



## Your Verse

*“Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken.” — Isaiah 54:10 (NIV)*

## Supporting Scriptures

- ***Romans 8:38-39 (NIV)***

*“For I am convinced that neither death nor life... nor anything else in all creation will be able to separate us from the love of God.”*

- ***Psalms 136:26 (NIV)***

*“Give thanks to the God of heaven. His love endures forever.”*

- ***Zephaniah 3:17 (NIV)***

*“The Lord your God is with you... He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.”*



## Day 7: Resting in God's Love, No Matter the Outcome

## Devotional: ✨ Devotional

This journey may not end the way you imagined. That's a reality few people talk about. But even more powerful is this truth: **your identity is not rooted in pregnancy, motherhood, or outcomes—it's anchored in God's unshakable love.**

Isaiah 54:10 offers reassurance that even if the mountains fall and everything around you collapses, *God's love stands firm*. You can lose everything else, but you cannot lose His affection for you.

Romans 8 affirms that **nothing** can separate you from His love—not grief, not infertility, not loss, not disappointment. You are not forsaken, forgotten, or second-tier in the Kingdom of God.

God's love is not a prize to be won through faithfulness or perfect belief. It is your birthright as His child. Even now—especially now—He is rejoicing over you (Zephaniah 3:17), not because of what you produce, but because of *who you are*.

Rest in that today. You are enough. Not because of the family you have or hope to build, but because **you are His**. That's the kind of love that brings peace in the unknown, security in the waiting, and healing for your soul.



# Journaling Prompts

1. How have you tied your identity to outcomes rather than God's love?

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2. What does it mean to you that God rejoices over you with singing?

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3. Write a prayer of thanks for God's unshakable, unconditional love.

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Day 7: Resting in God's Love, No Matter the Outcome

## Prayer for Today





## Where God's Word Meets Your Daily Life

### A Personal Invitation from HolyJot

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