# Recovery After Miscarriage: Healing Through God's Grace



A 21-day journey of hope and healing through Scripture, prayer, and reflection for those recovering from miscarriage.





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#### Introduction

Experiencing a miscarriage can be one of the most profound losses a person faces. It carries an emotional and spiritual weight that often goes unspoken. **Recovery after miscarriage** is not just about physical healing but also about restoring hope, faith, and peace in the heart. *This 21-day Bible study* is designed to walk alongside those navigating this difficult journey, helping to encounter God's comfort, strength, and renewal through His Word.

Each day focuses on Scriptures that speak to grief, healing, restoration, and the preciousness of life in God's eyes. These passages remind us that we are never alone in our suffering; God is intimately aware of our pain and surrounding us with His love and compassion. You will find devotionals that encourage gentle self-care, honest reflection, and openness to God's transforming grace.

**Recovery** is a process — sometimes slow and sometimes full of unexpected emotions. It requires patience and the willingness to give space for God's healing to take root. This plan also includes journaling prompts and prayer to help you articulate your feelings and lean into God's presence daily.

Whether you are days, weeks, or months beyond your miscarriage, know that healing is possible. Let this study be a safe place to bring your sorrow, your hopes, and your faith to a God who understands and restores. May you find peace, comfort, and renewed strength as you walk through these days, embraced by His unfailing love.  $\bigwedge$ 

















#### Your Verse

2 Corinthians 1:3-4 - "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..."

#### **Supporting Scriptures**

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."







#### Devotional: God's Tender Comfort in Your Grief

Loss can feel incredibly isolating, but today's Scriptures remind us that God is the ultimate source of comfort. As the Father of compassion, He meets us in our deepest pain and surrounds us with His loving presence. Whether grief comes from miscarriage, disappointment, or unanswered prayers, God does not turn away.

In this season of loss, allow yourself to lean into God's comfort. Cry out to Him. Bring your broken heart openly before Him. He is near to you and desires to wrap you in healing peace. Embracing His comfort doesn't mean forgetting your loss but finding rest in His care amid the sorrow.

Remember, God's comfort is abundant and ongoing. It is not a quick fix but a precious balm for your soul's wounds as you begin this journey of recovery.







## Reflect and Apply

How do you experience God's comfort during your most difficult moments?
What barriers might you have in fully accepting God's presence in your pain?
In what ways can you invite God's compassion into your healing process today?







## **Journaling Prompts**

1.	Write about how your miscarriage has impacted your heart and spirit.
2.	Describe a moment when you felt God's comfort recently.
3.	List ways you want God to comfort you during your healing journey.







#### Prayer for Today

**Heavenly Father,** thank You for being the God of all comfort. In my pain and loss, help me to sense Your loving arms around me. *Heal my broken heart*, restore my hope, and remind me that I am never alone in this season. Teach me to rest in Your peace and trust Your timing for my healing.

Fill me with Your compassion and help me to receive the comfort You so freely offer. May Your presence be my strength each day.

Amen. 🙏 💝 🥬









Day 2: A Hope Beyond the Hurt









#### Your Verse

Jeremiah 29:11 – "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 hope and a future."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail."







#### Devotional: Clinging to God's Hope in Darkness

After experiencing loss, hope can feel fragile or even out of reach. Yet God's Word assures us that He has good plans for us, full of hope and a future. **This promise is a gentle reminder** that even when life seems shattered, God's purposes remain intact.

With miscarriage, the grief may make it hard to imagine a future that feels joyful or whole. But *God's hope is deeper than our pain*. It reaches beyond what we can see or understand now.

Take heart in knowing the God of hope is working behind the scenes. He fills our hearts with peace and joy that transcend circumstances. As you continue your recovery, keep looking toward the hope God offers, trusting that He is redeeming even what feels broken.







# Reflect and Apply

1.	What parts of your future feel uncertain or scary right now?
2.	How can God's promises of hope shape your perspective on this loss?
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3.	In what ways can you nurture hope today, even in small steps?
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## **Journaling Prompts**

1.	Write a letter to your future self filled with hope and encouragement.
2.	List the promises from God's Word that bring you hope.
3.	Describe what a hopeful future looks like for you in recovery.







#### Prayer for Today

**Lord, my source of hope,** thank You for holding my future in Your hands. Help me to trust Your good plans, even when I cannot see the way ahead. Fill me with Your joy and peace, reminding me that my story is not over.

Give me strength to take each day in Your grace and to hold tightly to the hope You provide.

Amen. 🔷 🧇 🙏

















Day 3: Promise New Life in God's Promise

#### Your Verse

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

#### **Supporting Scriptures**

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come: The old has gone, the new is here!"
- Psalm 40:3 "He put a new song in my mouth, a hymn of praise to our God."







Day 3: Promise New Life in God's Promise

#### Devotional: God is Making Something New

Loss often leaves us holding memories and pain from the past. God's Word invites us to gently release what was and open our hearts to what He is doing anew.

This 'new thing' may begin quietly — a change in your heart, a fresh sense of peace, or a renewed hope for life beyond the pain. Recovery is not about forgetting your pain but about embracing God's renewing work inside of you.

Trust that God is writing your story with compassion and purpose. As you move day by day, lean into His promise of new beginnings, knowing He is faithful to bring healing and restoration that your soul longs for.







Day 3: 🍞 New Life in God's Promise

## Reflect and Apply

1.	What former things do you feel called to release as you heal?
2.	How might God be working a new thing in your heart right now?
3.	What fresh perspectives or attitudes could you invite into your recovery?







Day 3: 🍞 New Life in God's Promise

## **Journaling Prompts**

1.	Describe an area where God is making something new in you.
2	White about your bones for reportal and restoration
۷.	Write about your hopes for renewal and restoration.
3.	List ways you can participate in God's new work in your life.







Day 3: Promise New Life in God's Promise

#### Prayer for Today

**God of new beginnings,** help me let go of past sorrows and embrace the new life You are creating in me. Teach me to trust Your timing and to open my heart to Your healing touch.

Thank You for making all things new and for the hope that springs from Your promises.

Amen. 🍞 🙏 🐪







# Day 4: 🏻 Finding Peace in God's Presence









Day 4: 🛱 Finding Peace in God's Presence

#### 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."

#### **Supporting Scriptures**

- Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and minds."
- Psalm 23:2-3 "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."







Day 4: 😂 Finding Peace in God's Presence

#### Devotional: Receiving God's Unshakable Peace

In seasons of loss and uncertainty, peace can feel distant. Jesus offers a peace unlike anything the world can give — a deep, calming presence even amidst turbulent emotions.

**Today, invite Jesus to fill your heart with His peace.** This peace guards your mind from anxiety and restores your soul's tiredness. You may find this peace best through quiet moments of prayer, nature, or Scripture meditation.

Know that God's presence is constant. When grief threatens to overwhelm, take refuge in Him. Rest in His promise, and allow His perfect peace to soothe your weary heart.







Day 4: W Finding Peace in God's Presence

# Reflect and Apply

1.	When have you experienced God's peace in a difficult moment?
2.	What practices help you connect more deeply with God's presence?
3.	How can you invite God's peace into your daily life during recovery?
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Day 4: 😂 Finding Peace in God's Presence

## **Journaling Prompts**

1.	Write about a time when God's peace surprised you.
2.	List ways you can seek God's presence daily.
3.	Describe what God's peace feels like in your heart and mind.







Day 4: 🛱 Finding Peace in God's Presence

#### Prayer for Today

**Jesus, Prince of Peace,** thank You for the gift of peace that calms my soul. In moments of anxiety and sorrow, remind me to turn to You and rest in Your presence.

Guard my heart and mind with Your supernatural calm as I walk through recovery.

Amen. 💖 💙 🙏







# Day 5: Healing for the Brokenhearted









Day 5: \( \sqrt{\text{Healing for the Brokenhearted}} \)

#### Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

#### **Supporting Scriptures**

- Isaiah 61:1 "He has sent me to bind up the brokenhearted..."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 5: \( \right) Healing for the Brokenhearted

#### Devotional: God's Gentle Healing Touch

Grief from miscarriage wounds the heart deeply. Yet God's Word affirms that He is a healer — not only of physical ailments but most importantly of our emotional and spiritual wounds.

God sees your brokenness and draws near to heal you. He doesn't rush your process or ask you to 'just move on.' Instead, He offers gentle care and tender restoration.

Today, surrender your brokenness to God. Allow Him to bind your wounds and bring renewal. Healing is a journey that begins with trusting the One who loves you beyond measure.







Day 5: 👌 Healing for the Brokenhearted

# Reflect and Apply

1.	How have you experienced God's healing in your emotional pain?
2.	What does trusting God with your broken heart look like?
3.	Are there any areas where you need to ask God for deeper healing?







Day 5: 👌 Healing for the Brokenhearted

## **Journaling Prompts**

1.	Write about wounds you want God to heal in your heart.
2.	Describe how God's love has comforted you during grief.
3.	List steps you can take to invite God's healing daily.







Day 5: \( \sqrt{\text{Healing for the Brokenhearted}} \)

#### Prayer for Today

**Lord of healing,** I bring You my broken heart and all my wounds. Please bind them with Your love and restore my soul. Help me trust Your timing and care as You make me whole again.

Thank You for never leaving me in my pain. I rest in Your healing touch.

Amen. 👌 🙏 💙









# Day 6: **■** God Sees Every Tear









Day 6: ■ God Sees Every Tear

#### Your Verse

Psalm 56:8 – "You keep track of all my sorrows. You have collected all my tears in your bottle."

#### **Supporting Scriptures**

- Revelation 21:4 "He will wipe every tear from their eyes."
- Luke 19:41 "Jesus wept."







Day 6: **■** God Sees Every Tear

### Devotional: God's Deep Compassion for Your Pain

Sometimes grief feels like a silent flood of tears, but God is not unaware. Psalm 56 assures us that He carefully gathers our tears, valuing every sorrow we carry.

This truth reveals God's deep compassion and empathy. Jesus Himself wept when confronted with pain and loss, showing us it's okay to grieve openly.

Let this knowledge comfort your heart today. You do not need to hide your tears or your sorrow. God honors your feelings and stands with you in every moment of sadness, ready to bring comfort and healing.







Day 6: **☑** God Sees Every Tear

# Reflect and Apply

1.	How does knowing God collects your tears impact your grieving process?
2.	In what ways can you be honest with God about your pain?
3.	How might you allow yourself to grieve more openly and honestly?







Day 6: ■ God Sees Every Tear

# **Journaling Prompts**

1.	Write about your feelings today without holding back.
2.	Describe one or more moments when you felt God's compassion.
3.	List ways you can give yourself permission to grieve.







Day 6: **■** God Sees Every Tear

# Prayer for Today

**Compassionate God,** thank You for seeing every tear I cry. Help me to bring my pain openly to You, knowing You hold it tenderly.

Comfort me in my sadness and remind me Your heart breaks with mine. May Your compassion bring healing and peace.

Amen.







# Day 7: • Restoring Hope and Strength









Day 7: **Restoring Hope and Strength** 

#### Your Verse

Isaiah 40:31 - "Those who hope in the Lord will renew their strength."

#### **Supporting Scriptures**

- Nehemiah 8:10 "The joy of the Lord is your strength."
- Psalm 29:11 "The Lord gives strength to his people; the Lord blesses his people with peace."







Day 7: FRestoring Hope and Strength

# Devotional: Renewing Strength Through Hope in God

Grief can leave us weak and weary, but God's Word offers a promise of renewal. When we place our hope in Him, He lifts us up, renewing our strength like soaring eagles.

**Hope is an anchor for the soul during hard times.** It fuels resilience and gradually rebuilds joy and peace.

Today, fix your eyes on the Lord and draw strength from His unfailing love. Celebrate small victories in your healing journey and trust that joy will return in time as God blesses you with peace.







Day 7: • Restoring Hope and Strength

# Reflect and Apply

1.	What does it mean for you to hope in the Lord right now?
2.	Where do you currently feel weak, and how can God renew you?
3.	How can you cultivate joy even in your grief?







Day 7: • Restoring Hope and Strength

# **Journaling Prompts**

1.	Write about how hope has helped you navigate loss.
2.	List moments when you felt renewed strength from God.
3.	Describe ways you can invite God's peace into your daily routine.







Day 7: Frestoring Hope and Strength

# Prayer for Today

**God of Strength,** I place my hope in You today. Renew my weary heart and lift me up with Your power.

Thank You for blessing me with moments of joy and peace even in the midst of sorrow.

Amen. <page-header> 💪 🙏

















Day 8: 🖰 God's Unfailing Presence

#### Your Verse

Deuteronomy 31:6 - "The Lord himself goes before you and will be with you; he will never leave you nor forsake you."

#### **Supporting Scriptures**

- Hebrews 13:5 "Never will I leave you; never will I forsake you."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 8: 6 God's Unfailing Presence

# Devotional: Walking Forward Knowing God is With You

Recovery after miscarriage can feel like uncertain territory. Yet God promises never to leave or forsake us. He goes before us, lighting the way and providing refuge.

Knowing that God is always by your side gives courage to face each new day, even when emotions feel unpredictable.

Let His presence be your anchor and guide. When you feel alone or overwhelmed, remind yourself that the Lord is your constant helper – faithful and unfailing.







Day 8: 💍 God's Unfailing Presence

# Reflect and Apply

1.	How does God's promise of presence affect your fears or loneliness?
2.	What steps can you take to sense God's nearness daily?
3.	How can God's faithful presence encourage you during hard moments?







Day 8: 🖰 God's Unfailing Presence

# **Journaling Prompts**

1.	Write about times you felt God's presence most strongly.
2.	Describe areas where you want to trust God's nearness more.
3.	List verses or prayers that remind you God is always with you.







Day 8: 6 God's Unfailing Presence

# Prayer for Today

**Faithful God**, thank You for walking beside me and never leaving me alone. Help me to sense Your presence when I feel weary or afraid.

Be my refuge and strength, guiding me through each step of recovery with Your unfailing love.

Amen. 👌 🤝 🙏









Day 9: Grace for the Journey









Day 9: Grace for the Journey

#### Your Verse

2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."

#### **Supporting Scriptures**

- Ephesians 2:8 "For it is by grace you have been saved, through faith."
- Lamentations 3:22–23 "His mercies never come to an end; they are new every morning."







Day 9: Grace for the Journey

# Devotional: Resting in God's Grace and Strength

During recovery, weakness may feel overwhelming. Yet God's grace covers our shortcomings and empowers us through every struggle.

His grace is not just sufficient — it is perfect in our weakness. When we acknowledge our limits, we open space for God's power to fill us.

Embrace each day as a gift of fresh mercy. Accept grace for your journey and lean fully on God's strength to carry you forward through recovery.







Day 9: 🛱 Grace for the Journey

# Reflect and Apply

1.	In what ways have you experienced God's grace in your healing?
2.	How can admitting weakness lead you closer to God's power?
	What attitudes or expectations about recovery might you need to surrender to grace?







Day 9: 🛱 Grace for the Journey

# **Journaling Prompts**

1.	Write about a time God's grace encouraged you during weakness.
2.	List areas where you need to rely more on God's strength.
3.	Describe how you can practice receiving grace daily.







Day 9: Grace for the Journey

# Prayer for Today

**Gracious God,** thank You for Your sufficient grace that meets me right where I am. Help me to surrender my weaknesses and trust Your perfect power to fill me today and every day.

May Your mercies sustain me and give me hope as I recover.

Amen. 🎡 🙏 💪

















Day 10: Compassionate Heart of God

#### Your Verse

Psalm 103:13 – "As a father has compassion on his children, so the Lord has compassion on those who fear him."

#### **Supporting Scriptures**

- Zephaniah 3:17 "The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."
- Matthew 9:36 "When he saw the crowds, he had compassion on them..."







Day 10: Compassionate Heart of God

# Devotional: God's Tender Compassion Embracing You

The heart of God is tender and compassionate toward His children. He understands our pain intimately and rejoices over us with love.

During your recovery, remember that God's compassion surrounds you like a warm embrace. You are valued, treasured, and deeply loved despite any feelings of sadness or emptiness.

Let this compassion encourage you to show yourself kindness today, reflecting God's heart. His delight in you is immense and unfailing.







# Reflect and Apply

1.	How do God's compassion and delight change your view of yourself?
	How can you extend God's compassion toward your own healing journey?
3.	What does it mean to you that God rejoices over you?







# **Journaling Prompts**

1.	Write about ways you've experienced God's compassion recently.
2.	Describe how you can be kinder to yourself in recovery.
3.	List affirmations based on God's love and compassion.







# Prayer for Today

**Compassionate Father,** thank You for the gentle love You pour out on me. Help me to receive Your compassion fully and to show myself the same kindness You show me.

May Your delight in me comfort and restore my soul today.

Amen. 🔅 💝 🙏















#### Your Verse

James 5:16 - "The prayer of a righteous person is powerful and effective."

#### **Supporting Scriptures**

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Jeremiah 33:6 "I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security."







#### Devotional: Power of Prayer in Your Healing Process

Prayer is a powerful way to invite God's healing presence into your life. It connects your heart with His and opens a channel of divine restoration.

**As you pray, be honest and vulnerable about your pain.** God welcomes your rawness, and His healing flows through sincere communion.

Building the habit of prayer strengthens your soul, shifts your perspective, and brings peace. Allow yourself to lean on prayer today as a source of comfort and renewal.







# Reflect and Apply

1.	How has prayer impacted your recovery so far?
2.	Are there barriers or hesitations you have about praying in grief?
3.	How can you cultivate a consistent prayer life as part of your healing?







# **Journaling Prompts**

1.	Write a prayer expressing your current feelings honestly.
2.	List ways you want to deepen your prayer time with God.
3.	Describe a moment when prayer brought you peace or clarity.







# Prayer for Today

**Heavenly Father,** I come to You with a heart seeking healing. Teach me to pray honestly and trust that You hear me.

Pour Your healing balm over my wounds and fill me with Your peace as I draw close to You in prayer.

Amen. 🛐 🙏 💙

















Day 12: ME Embracing God's Timing

#### Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

#### **Supporting Scriptures**

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Isaiah 40:31 "They will soar on wings like eagles..."







Day 12: ME Embracing God's Timing

#### Devotional: Patience and Trust in God's Perfect Timing

Recovery does not happen overnight. God's Word encourages patience as we wait for His perfect timing in every area of life.

**Learning to trust God's timing is a vital part of healing from miscarriage.** Your emotions and hope may ebb and flow, but God is always working behind the scenes.

Be gentle with yourself as you wait. Lean on God's strength and find courage in knowing His timing brings wholeness in due season.







Day 12: M Embracing God's Timing

#### Reflect and Apply

1.	What feelings arise when you think about waiting or seasons of delay?
2.	How can trusting God's timing help ease frustration or impatience?
3.	What practices help you remain strong and hopeful during waiting?







Day 12: ME Embracing God's Timing

#### **Journaling Prompts**

1.	Write about what you hope to see God do in His timing.
2.	Reflect on past experiences where waiting led to blessing.
3.	List ways to cultivate patience and trust in God today.







Day 12: ME Embracing God's Timing

#### Prayer for Today

**Patient God,** help me trust Your perfect timing as I heal. Teach me to wait with hope and strength, knowing You hold my future securely.

May Your peace guard my heart in seasons of waiting.

Amen. 🥁 🛚 🙏

















#### Your Verse

Psalm 18:28 – "You, Lord, keep my lamp burning; my God turns my darkness into light."

#### **Supporting Scriptures**

- John 1:5 "The light shines in the darkness, and the darkness has not overcome it."
- Isaiah 9:2 "The people walking in darkness have seen a great light."







#### Devotional: God Brings Light into Your Shadows

It's natural to feel surrounded by darkness after a miscarriage. Yet God promises to be a light that shines through shadows, bringing hope and clarity.

**Allow God's light to penetrate your sorrow.** This light reveals healing, new perspective, and peace beyond understanding.

Let today be a step toward focusing on God's brightness even amidst ongoing pain. His light is stronger than any darkness you face.







#### Reflect and Apply

1.	Where do you see God's light shining in your current situation?
2.	How does remembering God's light affect feelings of despair or fear?
3.	What can you do to focus more on God's light each day?







#### **Journaling Prompts**

1.	Write about moments when God's light comforted you in pain.
2.	Describe what 'light in darkness' means to you personally.
3.	List ways to invite God's light into your thoughts and heart.







#### Prayer for Today

**Lord, Light of my life,** shine into my darkness and fill me with hope. Help me to see Your presence when I feel lost or afraid.

Guide me toward healing and remind me that Your light is greater than all my shadows.

Amen. 🎇 🗘 🙏







# Day 14: Season









#### Your Verse

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."

#### **Supporting Scriptures**

- Psalm 36:5 "Your love, Lord, reaches to the heavens, your faithfulness to the skies."
- 1 Corinthians 1:9 "God is faithful, who has called you into fellowship with his Son."







# Devotional: Resting in God's Ever-Present Faithfulness

When grief weighs heavily, God's faithfulness is a steady anchor to cling to. Every morning brings fresh compassion and new mercies from Him.

God's faithfulness does not waver despite our pain. It gives hope that tomorrow can be better and healing will continue.

Take comfort in the reality that regardless of feelings or circumstances, God's great love remains constant and true.







# Reflect and Apply

1.	How have you experienced God's faithfulness during your loss?
2.	What does God's daily new mercy mean to you?
3.	How can resting in God's faithfulness encourage your heart?







#### **Journaling Prompts**

1.	Write about a time when God showed His faithfulness to you.
2.	List ways you can remind yourself of God's mercy daily.
3.	Describe how God's faithfulness gives you hope for recovery.







#### Prayer for Today

**Faithful God,** thank You for Your unchanging love and mercy. When I feel overwhelmed, remind me of Your daily compassion and steady faithfulness.

Help me to trust You fully as You guide me through this healing journey.

Amen. 🕸 🙏 💙









# Day 15: W Receiving God's Peace









Day 15: MReceiving God's Peace

#### Your Verse

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### **Supporting Scriptures**

- Colossians 3:15 "Let the peace of Christ rule in your hearts."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."







Day 15: MReceiving God's Peace

#### Devotional: Trading Anxiety for God's Peace

Loss can stir anxiety about the future or 'what ifs.' God invites us to exchange that worry for His peace.

Through prayer and thanksgiving, you can present your fears and hopes to God. His peace transcends human understanding and guards your heart and mind.

Today, make space to lay down anxious thoughts before God. Receive His calming presence and let peace rule in your heart.







Day 15: 💭 Receiving God's Peace

## Reflect and Apply

1.	What anxieties do you currently carry related to your loss?
2.	How does prayer and thanksgiving help in releasing those worries?
3.	In what ways can you practice letting God's peace govern your thoughts?







Day 15: 💭 Receiving God's Peace

#### **Journaling Prompts**

1.	Write down your anxious thoughts and then offer them to God in prayer.
2.	List blessings you are thankful for during this season.
3.	Describe how you experience God's peace amidst anxiety.







Day 15: 💭 Receiving God's Peace

#### Prayer for Today

**God of peace,** I bring You my anxieties and fears. Help me to trust You fully and receive Your peace that guards my heart.

Thank You for listening and calming my restless mind. May Your peace rule in me today.

Amen. 🤲 😂 🙏

















#### Your Verse

Joel 2:25 - "I will restore to you the years that the swarming locust has eaten..."

#### **Supporting Scriptures**

- Psalm 51:12 "Restore to me the joy of your salvation."
- Jeremiah 30:17 "I will restore health to you and heal your wounds."







#### Devotional: Believing in God's Restoration Power

Recovery after miscarriage may feel like lost time or broken dreams. But God promises restoration — a renewal of joy, health, and hope.

God's restorative power can reclaim what feels like it's been taken or destroyed. Trust Him to bring healing in body, mind, and spirit.

Hold onto the truth that restoration is a process, guided by a loving God who desires to make you whole again.







## Reflect and Apply

1.	What lost things do you long to see restored?
2.	How does trusting God's restoration affect your healing process?
3.	What practical steps can you take toward restoration in your life?







#### **Journaling Prompts**

1.	Write about your hopes for restoration in your heart and life.
2.	Describe ways you already see God's healing work.
3.	List encouragements from Scripture about restoration.







#### Prayer for Today

**Restoring God**, thank You for Your promise to renew and heal. Help me to believe in Your power to bring restoration even when things feel broken.

Restore my joy, my strength, and my hope as I trust You in this journey.

Amen. 🌈 🙏 💝









# Day 17: Pou Are Deeply Loved









Day 17: Pou Are Deeply Loved

#### Your Verse

Romans 8:38-39 - "Nothing will separate us from the love of God..."

#### **Supporting Scriptures**

- Zephaniah 3:17 "He will rejoice over you with singing."
- Ephesians 3:17-19 "And to know this love that surpasses knowledge."







Day 17: Sou Are Deeply Loved

#### Devotional: Resting in the Immensity of God's Love

In moments of grief, it's easy to feel unworthy or unloved. Yet God's love is immense, unchanging, and inseparable from our lives.

No circumstance, no loss, no feeling can ever separate you from His love. God rejoices over you with singing, delighting in your very being.

Today, rest in this powerful truth and allow God's love to fill every part of your brokenness with hope and healing.







Day 17: 🗭 You Are Deeply Loved

#### Reflect and Apply

1.	How does God's love challenge or reassure you in your recovery?
2.	What doubts or fears do you have about being fully loved?
3.	How can you embrace God's love more intentionally each day?







Day 17: 🗭 You Are Deeply Loved

#### **Journaling Prompts**

	Write about what it means to you that nothing separates you from God's love.
2.	Describe ways you feel God's love right now.
3.	List scriptures or memories that remind you of God's love.







Day 17: Pou Are Deeply Loved

#### Prayer for Today

**Everlasting God**, thank You for Your unfailing love that never lets me go. Help me to rest in knowing I am deeply loved beyond measure.

Fill me with Your love today as I continue to heal and find hope in You.

Amen. 🥟 🙏 💙

















Day 18: W Allowing Yourself to Grieve

#### Your Verse

Ecclesiastes 3:4 - "A time to weep and a time to laugh, a time to mourn and a time to dance."

#### **Supporting Scriptures**

- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."
- John 11:35 "Jesus wept."







Day 18: W Allowing Yourself to Grieve

### Devotional: Honoring Your Grief as Part of Healing

Grieving is a natural and necessary part of recovery. God's Word tells us there is a time for mourning, and He blesses those who grieve.

Allow yourself permission to feel and express your sorrow genuinely.

Suppressing grief only prolongs pain. Jesus Himself experienced deep sorrow and wept.

Today, be kind to yourself. Let your emotions flow in God's safe presence as a step toward renewed hope and healing.







Day 18: W Allowing Yourself to Grieve

# Reflect and Apply

1.	What feelings around grief have you been hesitant to express?
2.	How can honoring your grief aid in your overall recovery?
3.	What support do you need to grieve healthily during this time?







Day 18: W Allowing Yourself to Grieve

# **Journaling Prompts**

1.	Write about your current grieving process and feelings.
2.	Describe how God has comforted you as you mourn.
3.	List healthy ways you can express and process grief.







Day 18: Allowing Yourself to Grieve

## Prayer for Today

**God of Comfort,** help me to embrace my grief honestly and fully. Thank You for blessing those who mourn and promising Your comfort.

Hold me close in my sorrow and guide me toward healing through Your love.

Amen. 👺 🙏 💖















#### Your Verse

Psalm 30:5 - "Weeping may stay for the night, but rejoicing comes in the morning."

#### **Supporting Scriptures**

- Nehemiah 8:10 "The joy of the Lord is your strength."
- John 16:22 "Your grief will turn to joy."







# Devotional: Hope for Joy's Return in Time

Even when your heart feels heavy, God promises that joy will come after grief. Joy may not arrive overnight, but through patient healing, it returns stronger.

**Allow yourself to rebuild joy slowly and gently.** Celebrate small moments of gladness as signs of restoration.

Trust God to restore your spirit and fill your days with renewed happiness and gratitude in His perfect timing.







# Reflect and Apply

1.	Where do you glimpse moments of joy even in sadness?
2.	How can you nurture joy step by step during recovery?
3.	What attitudes or habits might help foster lasting joy in your life?







# **Journaling Prompts**

1.	Write about a recent experience that brought you joy.
•	
2.	Describe ways you can invite joy back into your daily life.
3.	List things you're grateful for amid grief.







## Prayer for Today

**Joyful God,** thank You for the promise of joy after sorrow. Help me to trust that healing brings gladness in its own time.

Open my heart to moments of happiness and strengthen me through Your joy.

Amen. 🗱 😊 🙏

















#### Your Verse

Isaiah 40:29–31 – "He gives strength to the weary and increases the power of the weak."

#### **Supporting Scriptures**

- Psalm 23:3 "He refreshes my soul."
- Matthew 11:28 "Come to me, all you who are weary... and I will give you rest."







### Devotional: Finding Rest and Renewal in God

Recovery is tiring. God invites you to rest and be renewed in His presence. Scripture shows that He strengthens the weary and refreshes the soul.

**Step into God's rest today.** Give yourself permission to pause, refresh, and receive His strength anew.

Trust that God's power is made perfect when you are weak and that He desires to restore your spirit completely.







# Reflect and Apply

1.	How can you recognize when you need spiritual rest?
2.	What practices help you connect with God for renewal?
3.	How can resting in God's presence improve your healing journey?







# **Journaling Prompts**

1.	Write about how God has refreshed your soul recently.
2.	Describe places or activities that help you find spiritual rest.
3.	List ways to practice resting in God more often.







### Prayer for Today

**Restoring God,** I come to You weary and weak. Please refresh my soul and fill me with Your strength.

Help me to find true rest in Your presence and trust Your power to heal me fully.

Amen. 🥬 🛌 🙏







# Day 21: XX Moving Forward in Faith









Day 21: X Moving Forward in Faith

#### Your Verse

Philippians 3:13–14 – "Forgetting what is behind and straining toward what is ahead, I press on toward the goal..."

#### **Supporting Scriptures**

- 2 Timothy 1:7 "God gave us a spirit not of fear but of power, love and self-control."
- Hebrews 12:1 "Let us run with perseverance the race marked out for us."







Day 21: X Moving Forward in Faith

### Devotional: Pressing On with Hope and Courage

As this 21-day journey concludes, God invites you to move forward with faith. Recovery is ongoing, but trusting in Him empowers you to press on.

**Let go of what pulls you backward** and focus on the hope and future God holds. His Spirit gives power, love, and self-control to face tomorrow.

Be encouraged that you are not running this race alone. God's strength fuels your steps toward renewed life and deeper peace.







Day 21: 🎇 Moving Forward in Faith

# Reflect and Apply

1.	What past hurts do you need to release to move forward?
2.	How can God's Spirit empower you to press on with courage?
3.	What goals or hopes do you have as you continue your healing?







Day 21: 💥 Moving Forward in Faith

# **Journaling Prompts**

1.	Write about your hopes for the next season of your life.
2.	Describe how you plan to rely on God's strength going forward.
3.	List steps you want to take toward renewed purpose and peace.







Day 21: 🎇 Moving Forward in Faith

## Prayer for Today

**Faithful God,** thank You for guiding me through this healing journey. As I move forward, help me to release the past and press on with hope and courage.

Fill me with Your power, love, and self-control so I may walk the path You have set before me with confidence.

Amen. 🗱 💪 🙏







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