

FACING INFERTILITY



The journey of infertility can often be a time of overwhelming heartache, disappointment, and grief. Whatever feelings you may be experiencing, you need to remind yourself of several important truths.

IT'S OKAY TO HOPE

Because of God's goodness, you are never without hope. Psalm 113:9 says, "He settles the barren woman in her home as a happy mother of children." You can't know exactly how God will choose to work in your life, but you can know He is able. He can restore fertility when it seems impossible. Or He may help you grieve your inability to have biological children and then cultivate in you a desire to adopt and love a child in desperate need of a Christian home. Your ability to hope in God begins by releasing everything to Him in prayer. In Philippians 4:6-7, Paul wrote:

"Do not be anxious about anything, but in everything, 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."

IT'S OKAY TO GRIEVE

Hoping to offer comfort, some may downplay infertility and even point to the things you can enjoy as a couple without kids. If you already have at least one child, some people may not understand why you would be so sad about secondary infertility, ending your hopes for more children.

Whatever your circumstances, it's common to experience a great sense of loss in finding out you can't have a child. Jesus told his followers that those who mourn are blessed and will be comforted (Matthew 5:4).

A husband may not entirely understand what a wife facing infertility is going through, especially as her emotions are affected by changing hormones. This can be a vulnerable time for any couple. It's important to share your thoughts and feelings openly, not stuffing them or letting your grief get lost in distractions and busyness.

IT'S ESSENTIAL TO BE IN COMMUNITY

It's tempting to avoid talking about infertility and all the accompanying struggles. Couples may want to pull away from other families, unsure what they'll think or say. As hard as it may be, however, you still need Christian community - a safe place where you can "share your burdens with one another" (Galatians 6:2). It's in community that you also can find encouragement from others who have been where you are. That's the context of 2 Corinthians 1:3-4:

He decreed statutes for Jacob and established the law in Israel, which he commanded our forefathers to teach their children, so the next generation would know them, even the children yet to be born, and they in turn would tell their children. Then they would put their trust in God and would not forget his deeds but would keep his commands.

GOING FURTHER RESOURCES

WHEN EMPTY ARMS BECOME A HEAVY BURDEN: ENCOURAGEMENT FOR COUPLES FACING INFERTILITY by Dr. Sandra Glahn

Focuses on emotional and spiritual struggles that accompany infertility as well as provides detailed information on associated medical issues and fertility treatments and alternatives.

BARREN AMONG THE FRUITFUL: NAVIGATING INFERTILITY WITH HOPE, WISDOM, AND PATIENCE by Amanda Hope Haley

Surrounds those women struggling with infertility or miscarriage with a sense of community while providing honest facts and leads women from confusion to understanding.

IN DUE TIME by Caroline Harries

A 60-day daily devotional offering hope and encouragement for those struggling to conceive a child.

GOING FURTHER SUPPORT

COUNSELING AT HILL COUNTRY

Hill Country Bible Church has the vision to offer professional counseling along with excellent pastoral care to help those in need find an anchor to weather the storms of life. Life's burdens can be so heavy to carry at times, and we find ourselves needing support and guidance. As a ministry of Hill Country Bible Church, we want to come alongside you in your time of need and embrace the power of community on the road of healing. For more information, please visit hcbc.com/counseling

SMALL GROUPS

Hill Country believes that we are better together and we need one another to continually grow, learn, and mature in Christ through all stages of life. We build that community through small groups. For more info and to get connected, visit hcbc.com/groups