

*a reflection
& journal guide*

PREGNANCY & INFANT LOSS
AWARENESS DAY



you are loved

QUIET

Take a moment to breathe deeply, sit in silence,
and think about God.

Turn your thoughts towards him.

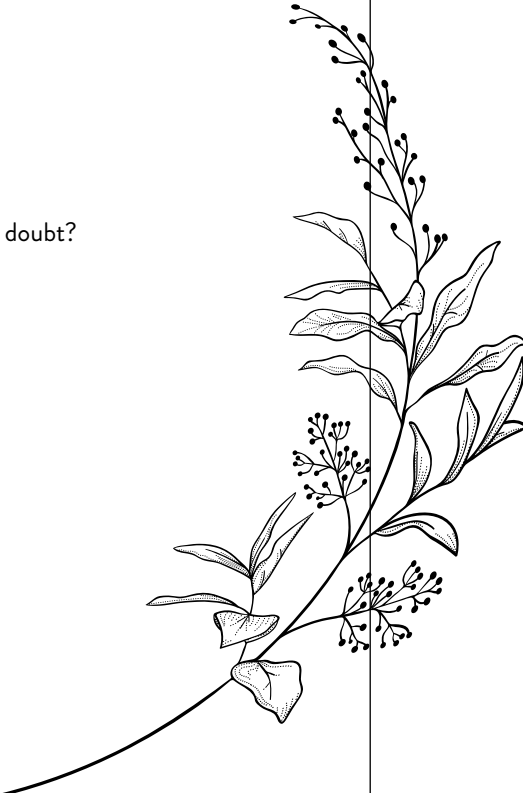
Whenever your thoughts drift from left to right,
acknowledge it and come back to silence,
back to thoughts of God.

ARRIVE

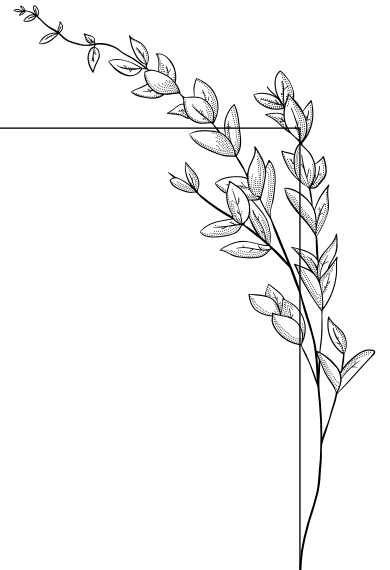
Where do you find yourself today? What are you feeling in this moment?

Take a moment to honestly write your feelings or thoughts.

Today, what do you believe to be true about God? What do you question or doubt?



so loved



READ

**“He tends his flock like a shepherd:
He gathers the lambs in his arms
and carries them close to his heart;
he gently leads those that have young.”**

Isaiah 40:11

QUESTIONS TO CONSIDER

What does this passage say about who God is (His character)?

In what ways does this challenge your picture of who God is?

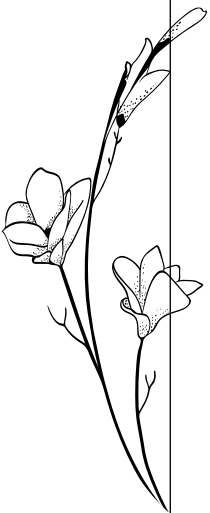
In what ways have you been the lamb? How has God “carried you close to his heart?”

In what ways have you felt God gently leading you?

PRAY

Father God,

Break down the walls I’ve put up around my heart. The ones that I’ve put up to protect myself from further pain or hurt, either from you or others. God heal the parts of my heart that have been hardened or broken. I pray against bitterness, today, and instead ask for peace and joy, even in the midst of sadness. Wherever I am today, meet me. Show me who you are, your love, your comfort, your goodness- even when you don’t feel good. “Lord, I believe, help my unbelief.”



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