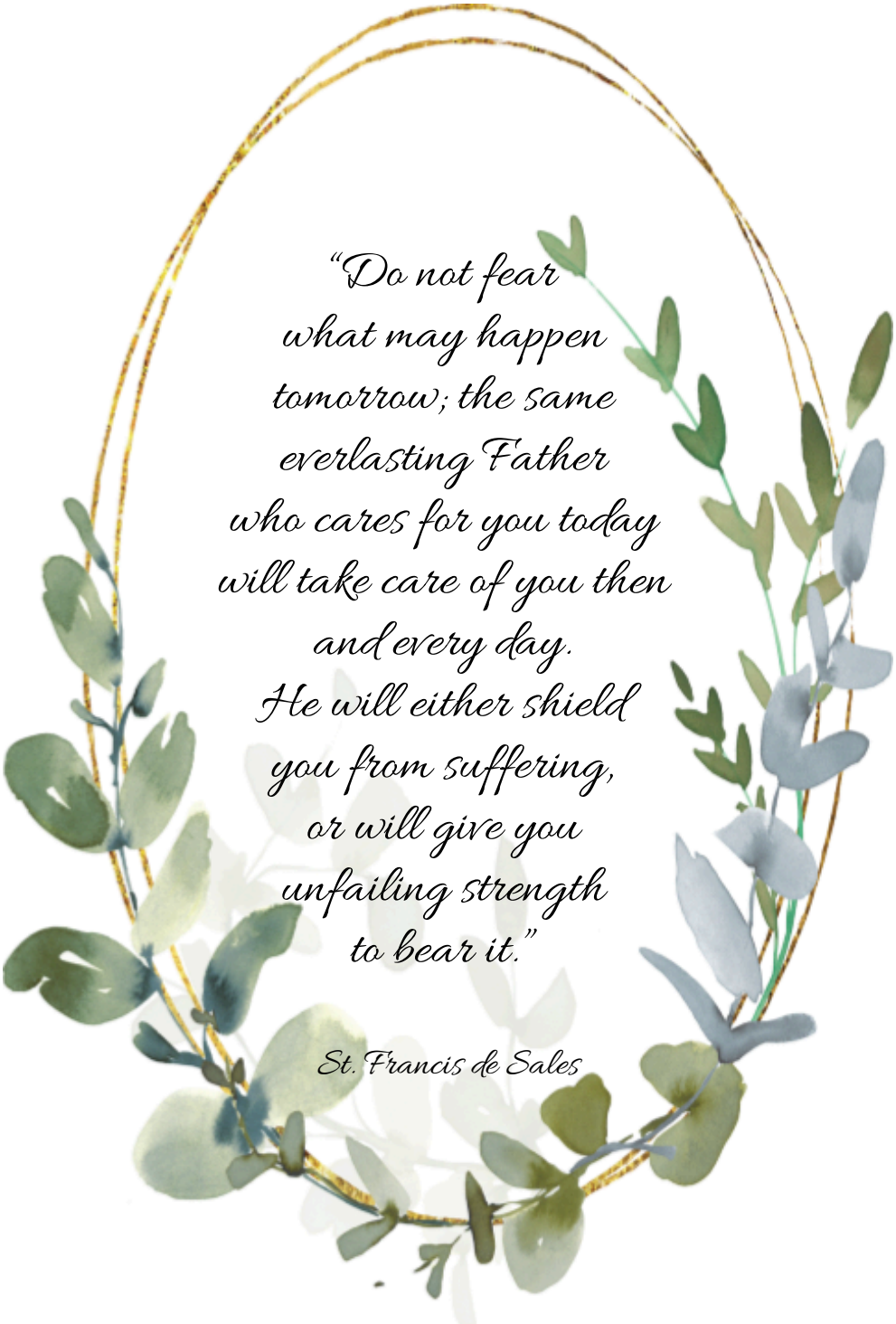


Miscarriage Support



Prayers and Words of Comfort
When Mourning the Loss
of an Unborn Child


"Do not fear
what may happen
tomorrow; the same
everlasting Father
who cares for you today
will take care of you then
and every day.
He will either shield
you from suffering,
or will give you
unfailing strength
to bear it."
St. Francis de Sales

Prayer After the Death of a Child

My life is upside down, loving God. The order of the world is out of place and I can't do anything to right it again. Oh, Lord, you know the pain in my heart at all times and you know why: my child has died. How can it be that my beloved child is gone? The child I cared for with such concern in every illness, the one I held close to my heart and promised to take care of for a lifetime, is not here for me to care for anymore. It hurts deeply that I wasn't able to protect this child I love with my whole being from a death that seems so unfair.

Let me feel calm. Let me breathe deeply. Be with me in this kind of deep and transformative pain. I now carry this darkness with me on my back and in my heart, always. It is my burden and my companion.

Lord, there is not a single minute of my life when this loss is not etched so keenly into my brain and heart, whether it is in the middle of a busy day or in those choking moments of grief in the solitary dark of night. Let me be grateful for every minute we had together. Let me treasure those memories and find joy in them.

Help me to deal with people better. They don't know what to say. They stumble and look away when they see me. They pretend nothing has happened. I know they "don't want to remind me" but they don't understand it is with me always, always.

Teach me, Lord. Tell me what you want me to do with this. What am I supposed to learn from this kind of pain? What are you calling me to do?

Open my battered heart and lead me to comfort and peace. Only you can give me the peace I need. Let me feel your presence in my life.

Christian Miscarriage Prayer

Father, in the name of Jesus I come to you with a broken heart because of the loss of my baby. I know that your ears are open to my prayers. I am hurting and restless and feel overwhelmed. Please rescue me out of this pit of hopelessness and fear. You know the tears that I cry and my sleepless nights. Father, I give you all my hurts, worries, and cares. I thank you that you are not finished with me yet. I will chose not to be held down by a spirit of discouragement and grief. By your grace I will stand firm and trust you. Help me to remember that others are going through the same pain as me, help me to get strong, so that with the same comfort that you comfort me with, I will be able to comfort others.

by Patty Larsen



Prayer for Those Experiencing Miscarriage

God, We remember all babies who have died as a result of miscarriage. We remember all mothers and fathers whose hearts are aching and arms empty, who never had a chance to love or hold their babies. We ask God's healing to fill the void and emptiness that has been left. Amen.

by Jane Parkinson

Scriptures for Miscarriage

1 Samuel 1:27-28

For this child I prayed; and the Lord has granted me my petition which I made to Him. Therefore I have lent him to the Lord; as long as he lives, he is lent to the Lord.

Psalm 6:6-9

I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. My eye wastes away because of grief, it grows weak because of all my foes. Depart from me, all you workers of evil; for the Lord has heard the sound of my weeping. The Lord has heard my supplication; the Lord accepts my prayers.

Psalm 23:4

Even though I walk through the valley of the shadow of death, I fear no evil; for Thou art with me.

Psalm 34:18

The Lord is near to the broken-hearted, and saves the crushed in spirit.

Psalm 116:15

Precious in the sight of the Lord is the death of His saints.

Ecclesiastes 11:5

Just as you do not know how the life breath enters the human frame in the mothers womb, So you do not know the work of God who is working in everything.

Wisdom 1:13-14

God did not make death, and He does not delight in the death of the living. For He created all things that they might exist.

Isaiah 25:8

He will swallow up death for ever, and the Lord God will wipe away tears from all faces, and the reproach of his people He will take away from all the earth, for the Lord has spoken.

Isaiah 49:15

Can a mother forget her infant, be without tenderness for the child of her womb? Even should she forget, I will never forget you.

Lamentations 3:20-23

My soul continually thinks of it and is bowed down within me. But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases, His mercies never come to an end; they are new every morning; great is thy faithfulness. "The Lord is my portion", says my soul, "therefore I will hope in Him."

Matthew 5:4

Blessed are those who mourn, for they shall be comforted.

Matthew 11:28

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls For my yoke is easy, and my burden is light.

Mark 10:13-16

And they were bringing children to Him, that He might touch them; and the disciples rebuked them. But when Jesus saw it He was indignant, and said to the, Let the children come to me, do not hinder them; for to such belongs the kingdom of God. Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it. And He took them in His arms and blessed them, laying His hands upon them.

Romans 8:18

I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.

Romans 8:28

We know that in everything God works for good with those who love him, who are called according to His purpose.

2 Corinthians 1:3-5

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.

1 Thessalonians 4:14

For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with Him those who have fallen asleep.

The First Sorrowful Mystery: The Agony in the Garden of Gethsemane

One of the hardest parts of miscarriage is all of the waiting. When you initially suspect you are losing your child, you have to wait to confirm with the doctor. Then the ultrasound confirms that your baby has died. The waiting starts anew for the miscarriage to begin, or be over. After the miscarriage itself you wait for the agony of the grief to subside. You wait to feel joy, peace, or even whole again. So much waiting. It is difficult, but uniting this to Christ's agony the night before he died can help bring you comfort. Think of how Christ felt knowing that he was about to be tortured and crucified. Most importantly think about how much weight he felt taking on all of our sins.

Look at what Scripture says about the Agony in the Garden. Matthew 26:36-46 "Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." He went away a second time and prayed, "My Father, if it is not possible for this cup to betaken away unless I drink it, may your will be done." When he came back, he again found them sleeping, because their eyes were heavy. So he left them and went away once more and prayed the third time, saying the same thing. Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour is near, and the Son of Man is betrayed into the hands of sinners. Rise, let us go! Here comes my betrayer!"

Look at how Our Lord felt. He was overwhelmed with sorrow. Isn't that how it feels to lose a child? Don't you too want someone to keep watch with you in that hour of loss? The pain is unbearable. Lift your pain and suffering to Christ. He knows how you feel. He wants to comfort and wait with you in that hour of need. He always wants to be there for you. It is hard, but try. Give the agony

over to him. It is so hard to just give the grief over to Him. You may feel anger, betrayal, or incredible sadness. Or you may feel all of these emotions. Give it all up to Him. Every single emotion, thought, feeling, action. Ask Him to sit with you in your agony. Ask Him to welcome your child into His Kingdom.

The Second Sorrowful Mystery: The Scourging at the Pillar

Our Lord was brutally tortured before he was taken to be crucified. Anyone who has seen Mel Gibson's The Passion of Christ has caught a glimpse of what Our Lord endured for us before his death. Miscarriage can be deeply painful physically, mentally, and spiritually. Depending on the severity the physical pain can be unbearable. As difficult as it is, offer up each cramp or wave of pain to Christ. He knows extreme physical and emotional pain. There will be moments when the grief alone will feel like torture. Give it over to Christ. Share with Him your burden. You do not suffer alone.

The Third Sorrowful Mystery: The Crowning of Thorns

In a great moment of humiliation and torment, Roman soldiers crowned Our Lord with a crown of large thorns. It is deeply difficult to be crowned in loss. We may intellectually know that suffering is a part of this journey, but none of us is prepared for the heavy burden of loss, especially losing a child or children. It is a crown no one wants to wear, but when we lose a child in miscarriage we are given our own crown of thorns. Unite that loss with Christ. When someone says something insensitive to you about your miscarriage, remember that Jesus was humiliated as He died for us. Ask him to help you endure the crown of loss and the lack of understanding that you may encounter. Unite yourself to the glorified Christ and ask him for the strength to endure this crown of thorns.

The Fourth Sorrowful Mystery: The Carrying of the Cross

This is the longest portion of the journey. We must carry the Cross of miscarriage with us for the rest of our lives. "And bearing his own cross, he

went forth to that place which is called Calvary, but in Hebrew Golgotha." -John 19:17. Christ had to carry the Cross and we are assured that we must ollow Him. We must bear the pain and anguish. It may lessen its sting over time, but it never truly goes away. We must remember anniversary dates, see other people having babies, or miss the children we never got to hold. Ask your children in Heaven to pray for you as you carry this Cross. Ask Christ to help you shoulder the burden. Remember how He loves you. In your moments of despair ask Him for help. He is always there, especially in the darkest moments. He is there helping us put one foot in front of the other. He whispers to us that we can go on and he helps us carry the Cross.

The Fifth Sorrowful Mystery: The Crucifixion of Our Lord

The darkest moment in human history came before the brightest. Our Lord died on the Cross to bring about our salvation. Miscarriage comes with the death of a child. Or for many, multiple children are lost over time. We must learn to give those children back to God. They are His. It is deeply painful. It is hard to let go. We must unite our own loss and suffering with the power and pain of the Cross. The Lord who offered Himself up for us will take good care of our babies. They are, and always were, His. I have struggle greatly at times with this truth. In our moments of deep grief, pain, and agony, we must give it up to Christ who died on a Tree. We can also ask His Mother to pray and comfort us. She stood by and watched her Son die. She knows the terrible pain of losing a child. This is especially helpful during the miscarriage and also while dealing with the grief. This life is the Cross, but remember the battle is won. We are a Resurrection people. We hope in the life to come.



The Sorrowful Mysteries of the Rosary are the perfect prayer for women and families dealing with miscarriage. Prayer may be difficult. The nice thing about rote prayer is that it can help get us through the really tough times. It guides us when we feel like we cannot go on. Ask Our Lord to comfort, heal, and strengthen you. Ask Our Heavenly Mother to guide you through the grief back to Her Son. As I carry this Cross, I will be praying for all of you.

Mother M. Angelica's Miscarriage Prayer

My Lord, the baby is dead!
Why, my Lord— dare I ask why? It will not hear the whisper of the wind or see the beauty of its parents' face— it will not see the beauty of Your creation or the flame of a sunrise. Why, my Lord?

"Why, My child— do you ask 'why'? Well, I will tell you why.

You see, the child lives. Instead of the wind he hears the sound of angels singing before My throne. Instead of the beauty that passes he sees everlasting Beauty— he sees My face. He was created and lived a short time so the image of his parents imprinted on his face may stand before Me as their personal intercessor. He knows secrets of heaven unknown to men on earth. He laughs with a special joy that only the innocent possess. My ways are not the ways of man. I create for My Kingdom and each creature fills a place in that Kingdom that could not be filled by another. He was created for My joy and his parents' merits. He has never seen pain or sin. He has never felt hunger or pain. I breathed a soul into a seed, made it grow and called it forth. "

I am humbled before you, my Lord, for questioning Your wisdom, goodness, and love. I speak as a fool— forgive me. I acknowledge Your sovereign rights over life and death. I thank You for the life that began for so short a time to enjoy so long an Eternity.

Prayer to St. Joseph, Patron of the Unborn

O St. Joseph, after your most holy spouse, our Blessed Mother, you were the first to take into your arms and heart the baby Jesus. From the first time you gazed upon him and held him, your heart and soul were forever bonded to him. You caressed the Holy Child with fatherly love and affection, and you committed yourself always to love, protect, and care for this Son.
Look now with similar love and affection upon this child of mine, who has gone from this world. I place my child, as well as my grief and guilt, into the eternal embrace of your arms. Hold and caress my child for me with the love of my arms and sweetly kiss my child with all the tender affection of my heart.
As God the Father entrusted the care of His most precious Son into your most loving and confident hands, so too do I entrust into your fatherly care this child of mine. Please present him to the merciful hands of Our Lord, so that one day, when I too leave this world, my child may greet me into eternal life.
Amen.



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