

FAITH IN THE FALLOUT

A Bible Study for Women
Navigating the Aftermath of
Fertility Treatments

Sterling Stephansen
The Hormone Haven

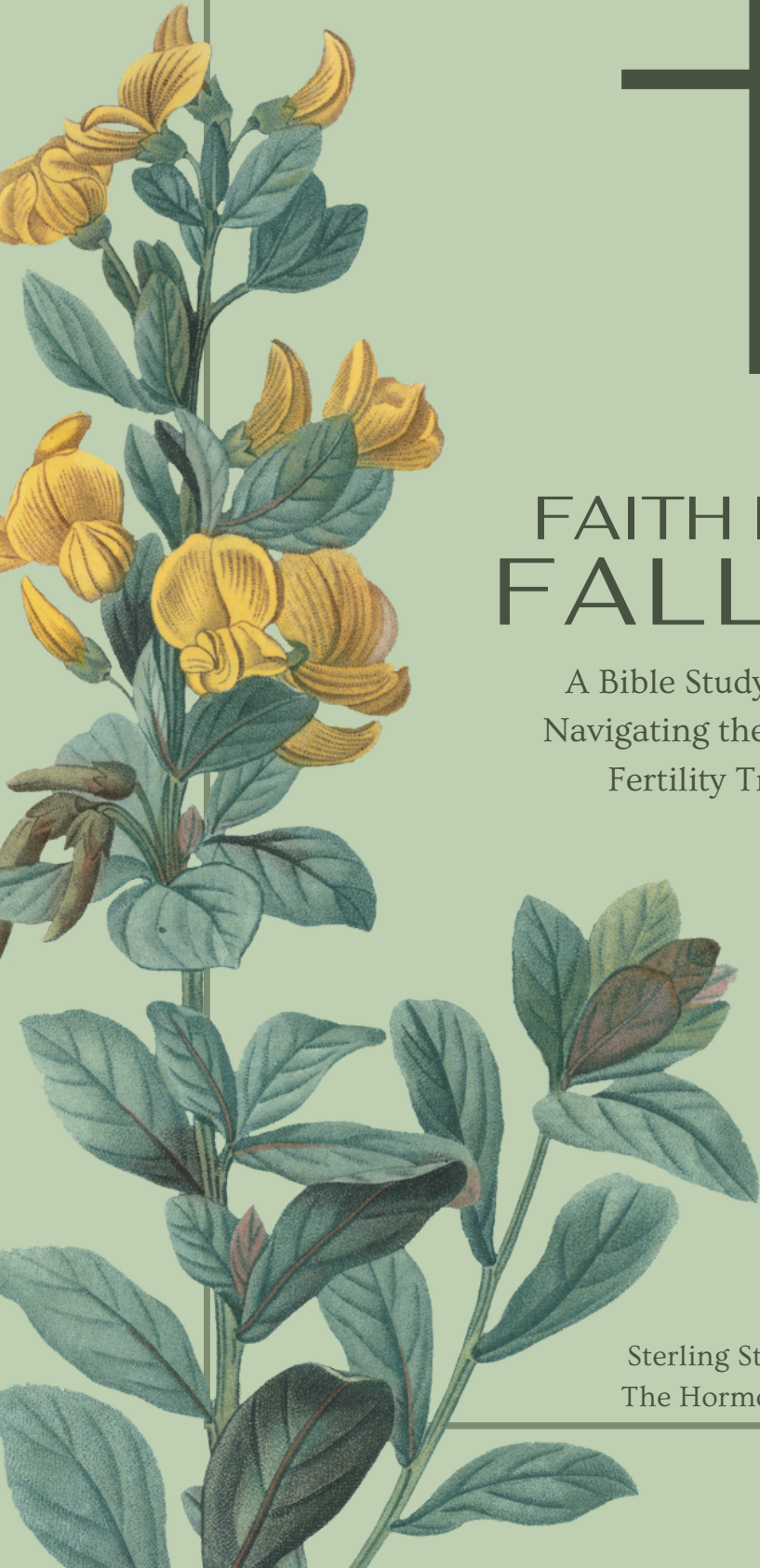


TABLE OF CONTENTS

Introduction

Why this study exists and who it's for

Chapter 1 – Hannah: Pouring Out the Pain

Learning to pray honestly when you're at the end of yourself

Chapter 2 – Sarah: When You've Waited So Long You Stopped Believing

Rediscovering hope after disappointment becomes a lifestyle

Chapter 3 – Rachel: Feeling Forgotten When Others Get What You Prayed For

Dealing with jealousy, comparison, and unmet longing

Chapter 4 – Elizabeth: When It Finally Happens, But You're Still Hurting

How to process joy and grief in the same breath

Chapter 5- The Woman with the Issue of Blood

Faith In Desperate Places

Chapter 6 – Rebekah: When Control Becomes a Coping Mechanism

Trusting God when you're tempted to manipulate outcomes

Chapter 7 – Eve: Healing from Shame in Your Body

Reclaiming compassion for your body after hormone trauma

Chapter 8 – Mary: Trusting the Unexpected

Letting go of your version of the story and embracing God's

Chapter 9 – Sarah (again): Laughing at the Impossible

Believing again when you've given up hope

Chapter 10 – Tamar: When Your Story Doesn't Look Holy (But God Still Uses It)

Finding redemption in your most painful chapters

Closing– Final Reflections & Closing Letter

Encouragement for what comes next

INTRODUCTION

To the woman who's walked through injections, ultrasounds, hormone crashes, and gut-wrenching hope... this is for you.

Fertility treatments are not for the faint of heart. They demand everything – your time, your body, your emotions, your money, your prayers, your dreams. And sometimes, after all of it... you're still left empty-handed.

I know, because I've been there.

I did the appointments, the medications, the shots, the waiting rooms full of silent prayers. I've cried after negative tests, felt the sting of hope deferred, and battled the wreckage that fertility treatments left behind – physically, emotionally, hormonally, and spiritually.

But even in the pain, I clung to my faith. And it was in the pages of Scripture – in the stories of the women who waited, the ones who wept, the ones who were misunderstood – that I started to find peace again. This devotional is for you, sister – the woman who is still healing.

Whether you've experienced IVF, IUI, miscarriage, loss, or just the ache of unanswered prayers, you are not forgotten. And you are not alone. Each chapter in this Bible study walks with one of the women in the Bible who also waited, who also wept, who also wondered if God had forgotten her. You'll see yourself in them – and you'll also see a God who never left them.

My prayer is that these words help you grieve, hope, and heal.

Not with platitudes. But with truth.

Not with pressure to "move on." But with an invitation to move forward – with God.

Let's begin.

-Sterling





CHAPTER 1: HANNAH – POURING OUT THE PAIN

Scripture: 1 Samuel 1:1–20

Theme: God hears your heartbreak

Key Verse: “In her deep anguish Hannah prayed to the Lord, weeping bitterly.” — 1 Samuel 1:10

Hannah’s story opens with deep disappointment. She was married to Elkanah, a man who loved her, but their marriage was marked by heartbreak: she couldn’t conceive. To make it worse, Elkanah had another wife – Peninnah – who had multiple children and made sure Hannah knew it.

The Bible says Peninnah “provoked her severely, to make her miserable, because the Lord had closed her womb” (1 Samuel 1:6). Imagine the emotional warfare. Every time Peninnah’s child laughed, cried, or clung to her – Hannah was reminded of what she didn’t have. What she had begged God for. What her body wouldn’t do.

And still, she was expected to smile at dinner, worship at the temple, and just keep going. If you’ve ever sat in a waiting room while another woman joyfully announced her pregnancy...

If you’ve ever opened social media and instantly felt the sting of another “we’re expecting” post...

If you’ve ever felt like your body betrayed you – while others got what you begged God for...

You’re not alone. Hannah was there, too.

But what makes Hannah’s story powerful isn’t just the pain – it’s what she did with it.

She didn’t stay silent.

She didn’t keep performing.

She brought her agony to God – exactly as it was.

She wept. She begged. She prayed in such deep distress that the priest thought she was drunk.

That’s how messy her worship looked.

It wasn’t filtered. It wasn’t curated. It was real.



What This Means for You

We live in a world – and sometimes even in churches – that say “have faith” means “look fine.” But Hannah’s story gives us permission to grieve honestly.

To scream in our prayers.

To fall apart in God’s presence.

To tell Him the truth.

Her story reminds us that faith isn’t about hiding your pain – it’s about handing it over.

And here’s what’s amazing:

After Hannah prayed, Scripture says she “went her way and ate something, and her face was no longer downcast” (1 Samuel 1:18).

Not because her circumstances changed yet – but because her heart shifted.

She didn’t leave with a baby. She left with peace.

For Women Post-Fertility Treatments

If you’ve gone through IVF, IUI, retrievals, or other fertility treatments, you know what it’s like to feel stripped bare – physically, emotionally, spiritually. Maybe you’re angry. Maybe you’re tired of hoping. Maybe you’re questioning if God even hears you anymore.

Hannah’s story says: He does.

Even in the silence.

Even in the delay.

Even when it feels like everyone else is moving on but you – He sees you.

God eventually blessed Hannah with a son, Samuel, and she dedicated him back to the Lord.

But the real turning point wasn’t just her miracle – it was the moment she stopped stuffing down the pain and brought it fully, honestly, to God.

Reflection Questions:

1. Have you been carrying your pain quietly instead of laying it before God?
2. What would a truly honest prayer sound like for you right now?
3. How might your healing begin if you stop editing your pain in front of God?

Journal Prompt:

Write the prayer you’ve been holding back. The one that’s too painful, too raw, too emotional. Let it out on paper. Like Hannah, pour it all out before God – not for a performance, but for peace.

CHAPTER 2: SARAH – WHEN THE WAIT FEELS ENDLESS

Scripture: Genesis 12–21

Theme: God's promises don't expire

Key Verse: "Is anything too hard for the Lord?"

– Genesis 18:14

Sarah's story is the OG tale of infertility and waiting – not for a few months or even a few years... but for decades.

God gave Abraham a promise: that he would be the father of many nations. But year after year, there was no baby. No movement. No confirmation. Just a growing ache and a ticking clock. And Sarah – Abraham's wife – was right in the middle of it all.

She waited.

And waited.

And waited.

Until finally, she laughed. Not the joyful kind of laugh – the bitter, disbelieving kind.

When God said she'd have a son, Sarah laughed to herself and said, "After I am worn out and my lord is old, will I now have this pleasure?" (Genesis 18:12)

That moment hits hard when you've gone through fertility treatments and feel like your body is worn out from hormone injections, ultrasounds, disappointment, and stress. Sarah wasn't just doubting God – she was disillusioned. And who could blame her?

She had tried to take control (hello, Hagar and Ishmael).

She had done everything "right" for years.

She had supported her husband and moved when God told them to.

And still... nothing.



WHAT THIS MEANS FOR YOU

Sarah's story shows us what it's like to feel forgotten by a promise. To think: "Maybe it wasn't for me. Maybe it's too late now. Maybe I messed it up."

But God wasn't done. Not even close.

In fact, the key verse in her story is what God responds with:

"Is anything too hard for the Lord?"

He didn't rebuke her for laughing.

He didn't shame her for doubting.

He reminded her of who He is.

The same God who created life out of dust could bring life from her womb.

And eventually – He did. Sarah gave birth to Isaac, the son of promise, at 90 years old.

Now – does this mean every woman will get a baby if she just waits long enough? No. That's not the takeaway.

But what we do learn is this:

God is faithful, even when the timeline makes no sense.

Even when your hormones are a mess.

Even when your faith feels thin.

Even when you've laughed in disbelief or rolled your eyes at the idea of hope.

God sees the full picture. And He never runs out of time.

FOR WOMEN POST FERTILITY TREATMENTS

You might feel like you've reached the end of the line. Like the meds didn't work, the doctor gave up, and your hope has expired. But friend – God is not limited by your lab results. He's not boxed in by your age, your history, or the way things "should have" worked by now.

Sarah's story reminds us: you haven't missed your moment.

Even if it looks different than what you prayed for, His plan is still good.

And He still writes beauty into waiting stories – even the messy, delayed, discouraged ones.



REFLECTION QUESTIONS

1. Have you ever felt like it's "too late" for God to move in your life?
2. Are there places where you've given up or grown cynical – like Sarah did?
3. What might it look like to invite God back into those places with new hope?

JOURNAL PROMPTS

Write a letter to God about the places where you feel like time has run out. Be honest about your doubts – and then ask Him to remind you of His power, even when you can't see it yet.





CHAPTER 3: RACHEL – WHEN COMPARISON STEALS YOUR JOY

Scripture: Genesis 29–30

Theme: Jealousy, identity, and desperate prayers

Key Verse: “Give me children, or I’ll die!”

— Genesis 30:1

Rachel was beautiful. Loved. Chosen.

But there was one thing she didn’t have – a baby.

Her sister Leah, who Jacob didn’t even want to marry, was having child after child. And with each pregnancy, Rachel’s heart cracked a little more. Her ache turned to desperation, and finally she exploded in Genesis 30:1:

“Give me children, or I’ll die!”

Sound familiar?

Rachel’s story is a raw picture of what infertility can do to a woman’s identity. Even though she had her husband’s love, it didn’t feel like enough. She wanted what her body wouldn’t give her. And it was happening all around her – in her sister, under the same roof, as if God was rubbing it in.




That’s what comparison does.

It blinds us to our own blessings.

It steals our peace.

It turns someone else’s joy into our pain.

And when you’re post-IVF or IUI, and still recovering from the trauma of trying and failing and trying again – comparison hits even harder. It’s not just jealousy. It’s grief, shame, anger, and the sinking fear that maybe you’re just... broken.



What This Means for You

Rachel's outburst wasn't polite.

It wasn't composed.

But God still heard her. And eventually, she conceived Joseph – the son who would later save a nation.

But the real healing starts before the miracle.

It starts when we stop measuring our worth by what someone else's body can do.

It starts when we realize that we're still seen, still valuable, and still held – even in the middle of someone else's success.

You are not less of a woman because you haven't conceived.

You are not behind.

You are not forgotten.

Rachel's story teaches us that God doesn't shame our desperate prayers – but He does want to lift our eyes from what they have to what He is doing in us.

For Women Post-Fertility Treatments

It's easy to scroll Instagram and feel like you're the only one still waiting.

To sit through baby showers with a smile that hides the sting.

To say "I'm happy for you" when deep down, you're wrecked.

That doesn't make you weak. It makes you human.

But you weren't created to carry that weight alone.

Let Rachel's story remind you: God sees your heart, even in the jealousy. He hears your desperate prayers – and He doesn't turn away.

Reflection Questions:

1. Who or what are you comparing yourself to right now?
2. How has comparison made you question your worth?
3. What might it look like to release that pain and reclaim your peace?

Journal Prompt:

Write out the honest feelings you've been carrying when you see others getting what you've prayed for. Let it out without guilt – then ask God to help you shift from comparison to contentment, even in the wait.

CHAPTER 4: ELIZABETH – GOD’S PLANS ARE NEVER LATE

Scripture: Luke 1:5–25

Theme: Delayed doesn't mean denied

Key Verse: “Your prayer has been heard.” – Luke 1:13

Elizabeth was the woman everyone whispered about. She was too old to have children. Her husband was a priest. She was “righteous before God.” And yet... no baby. For years.

In a culture where a woman’s worth was often tied to motherhood, Elizabeth would’ve felt the full weight of public shame. And though Scripture doesn’t give us her inner dialogue, we can feel it in the silence.

The longing. The confusion. The ache of prayers left unanswered. Then one day – after decades – an angel appears to her husband Zechariah and says something stunning: “Do not be afraid... your prayer has been heard.” Not “your prayer has been answered.” “Your prayer has been heard.”

Let that sink in.

Because for Elizabeth and Zechariah, there had been no proof for years that God was listening. No progress. No success. And maybe, like so many women post-fertility treatments, Elizabeth had stopped expecting God to show up. But He did.

Not on her timeline – but in His perfect one. She would give birth to John the Baptist – the one who would prepare the way for Jesus.



WHAT THIS MEANS FOR YOU

Elizabeth's story is a reminder that God doesn't forget the prayers you've long stopped praying.

Even when you think He's been silent – He's still working.

Even when you've made peace with "it probably won't happen" – He hasn't counted you out.

God's timeline might not match yours, but His purpose is never delayed.

He's not being cruel.

He's being strategic – writing a story bigger than you can imagine.

And sometimes, like Elizabeth, your healing is the beginning of something even greater – something that impacts generations.

FOR WOMEN POST FERTILITY TREATMENTS

You might be in that in-between space:

The treatments are over.

The meds are out of your system.

But the grief still lingers.

And you're wondering... Was any of it heard?

Elizabeth's story tells you: Yes.

Every tear. Every injection. Every late-night prayer.

God heard you then – and He hears you now.

And just like Elizabeth, your story isn't over.

Even if you never get the ending you expected, you will get a purpose that redeems the pain.

REFLECTION QUESTIONS

1. Have you stopped praying or believing because it's "been too long"?
2. What would it look like to trust God's timing, even when it doesn't make sense?
3. Can you name a time when something delayed in your life actually turned out better later?

JOURNAL PROMPT

Write out the prayers you've stopped praying. The ones you laid down because they felt "unrealistic." Then ask God to revive your hope – not just for the outcome, but for His presence in the process.





CHAPTER 5: THE WOMAN WITH THE ISSUE OF BLOOD – FAITH IN THE DESPERATE PLACES

Scripture: Luke 8:43–48

Theme: When you've tried everything and still feel broken

Key Verse: “Daughter, your faith has healed you. Go in peace.” — Luke 8:48

She's unnamed in Scripture.

We only know her by her condition: “The woman with the issue of blood.”

For twelve years, she had bled.

Twelve years of shame.

Twelve years of exhaustion.

Twelve years of doctors, treatments, and empty promises.

Sound familiar?

Scripture says she had “suffered under the care of many doctors and spent all she had, yet instead of getting better she grew worse” (Mark 5:26). If you've been through fertility treatments, hormone protocols, retrievals, injections, ultrasounds, and left with more questions than answers – you've lived this verse.

She had tried everything.

And still, she bled.

Still, she suffered.

Still, she was considered “unclean.” Isolated. Tired. Invisible.

Until Jesus passed by.



And in a moment of bold, desperate faith – she reached out and touched the hem of His robe. Just a touch. That's all she needed. And immediately, she was healed. But Jesus didn't let her walk away quietly.

He stopped.

He looked for her.

And He called her “Daughter.”

He didn't just heal her body – He restored her identity.



What This Means for You

Sometimes, you don't feel like the strong one. You feel like the woman crawling on the ground, holding on to your last shred of faith.

You've spent money.
You've listened to doctors.
You've done the protocols.
You've waited. You've wept.
And you still feel broken.

But Jesus isn't afraid of your condition. He doesn't define you by your past or your diagnosis. When you reach for Him – even if it's with shaking hands and a tired heart – He sees you. He stops for you. He calls you “Daughter.”

This woman wasn't healed because she had a perfect prayer life.
She was healed because she had just enough courage to reach.
And that's enough.

For Women Post-Fertility Treatments

Your body may feel wrecked.
Your hormones may feel like chaos.
Your mind may still be stuck in trauma mode from the months or years of trying.
But you're not invisible to God.

Even if everyone else has moved on – even if the doctors have nothing left to say – Jesus still stops for you. You don't have to be “fixed” to be seen. You don't have to have perfect faith to be restored.

Your reach is enough.

REFLECTION QUESTIONS

1. Do you relate to the feeling of being dismissed or overlooked in your health journey?
2. Where have you felt “unclean,” unworthy, or forgotten?
3. What would it mean for you to reach for Jesus in your current pain – even just a little?

JOURNAL PROMPTS

Imagine Jesus walking past you in your pain. What would you say to Him? What would you ask Him to heal – physically, emotionally, spiritually? Write it out honestly. Let yourself reach.



CHAPTER 6: REBEKAH – WHEN YOU FEEL LIKE YOU HAVE NO CONTROL

Scripture: Genesis 25:21–28

Theme: Trusting God's plan even when it feels confusing

Key Verse: "Isaac prayed to the Lord on behalf of his wife, because she was childless. The Lord answered his prayer, and Rebekah became pregnant." – Genesis 25:21

Rebekah's story doesn't usually get as much attention in fertility conversations, but it should.

Because tucked in just a few verses is a powerful truth: Rebekah couldn't conceive either.

Her husband, Isaac – the miracle child of Abraham and Sarah – married her when he was 40. But they didn't get pregnant right away.

In fact, it took 20 years.

And during that time, Rebekah waited.

And Isaac prayed.

And God was silent – until suddenly, He wasn't.

Eventually, God answered Isaac's prayer and Rebekah became pregnant with twins. But even then, her journey wasn't smooth. The Bible says the babies "jostled within her," and she cried out: "Why is this happening to me?" (Genesis 25:22)

How many of us have whispered that same question?

Why is my body doing this?

Why did the meds mess me up?

Why am I still exhausted, anxious, bloated, broken – after everything I've done?

Rebekah's story reminds us: Even when the blessing comes, the journey might still feel heavy.

And it's okay to bring those questions to God.



WHAT THIS MEANS FOR YOU

Rebekah wasn't wrong to wonder why things were hard.
And God didn't ignore her – He responded.
He told her about the two nations in her womb and the purpose behind the pain. He gave her insight into her story.
And here's what's powerful:
Rebekah couldn't control her fertility.
She couldn't control the timing.
She couldn't control what happened inside her body.
But God was still writing a bigger story.

Just like you.

FOR WOMEN POST FERTILITY TREATMENTS

After fertility treatments, it's common to feel like your body is no longer yours.
You've been poked, prodded, tracked, medicated – and yet somehow you still feel out of control.
Rebekah's story says: It's not your job to control the process – it's your job to stay connected to the One who does.
You can ask the hard questions.
You can cry out in confusion.
You can stop pretending you're okay.
And when you do – God doesn't shut you down.
He gives you clarity.
He speaks truth.
He reminds you there's purpose behind the pressure.

REFLECTION QUESTIONS

1. Where are you trying to control what you were never meant to carry alone?
2. What would it look like to release your grip and trust God's authorship again?
3. How do you respond when things feel uncertain – do you pray, panic, or pull away?

JOURNAL PROMPT

Write out the areas in your healing or fertility journey that still feel out of control. Then ask God to help you trade control for trust. What would that surrender look like today?





CHAPTER 7: EVE – HEALING FROM SHAME IN YOUR BODY

Scripture: Genesis 2–4

Theme: When your body feels like it failed you

Key Verse: “The man and his wife were both naked, and they felt no shame.” — Genesis 2:25

Before the fall, Eve lived in full freedom.
Her body was good.
Her design was sacred.

She walked with God in the garden – no hiding, no guilt, no shame.
But after sin entered the story, shame wrapped itself around her like a cloak.

She covered herself.
She hid.
She questioned everything.

And ever since, women have been doing the same.
Especially after going through fertility treatments, hormonal chaos, or miscarriage, it's easy to feel like your body betrayed you.




You wonder:

- Why didn't it work?
- What's wrong with me?
- Why do I feel broken – even after all I did “right”?
-

Shame thrives in that silence.

It tells you your body is the problem. That you should've done more. That you're somehow to blame.

But Eve's story shows us that shame is not the final word – redemption is.



What This Means for You

Eve's name means "mother of all the living" – yet she also knew grief. Her son Cain killed his brother Abel. She carried the pain of motherhood, loss, and the consequences of a broken world. And still, God covered her. He didn't abandon her in her shame – He clothed her with grace.

And He does the same for you.

You might not love the reflection in the mirror after hormone weight gain.
You might feel disconnected from your body after months of fertility treatment.
You might feel shame over things you didn't choose.

But God sees your scars, your stretch marks, your bloating, your breakouts – and calls you beloved.

You are not broken.
You are not less of a woman.
You are not disqualified.

For Women Post-Fertility Treatments

Maybe you've felt embarrassed to talk about what's happening to your body.
Maybe you've hidden in loose clothes, dodged the mirror, or avoided intimacy.
Maybe you've questioned your worth because of a diagnosis or failed treatment.

Let this truth sink in: Your body isn't your enemy. It's your story.
And stories can be rewritten.

Healing doesn't start in a supplement bottle.
It starts by shedding shame and standing in truth.

God still walks with women in broken bodies – and He calls you very good.

REFLECTION QUESTIONS

1. What lies have you believed about your body since your fertility journey began?
2. How has shame shaped your self-image?
3. What would it look like to view your body as sacred again?

JOURNAL PROMPTS

Write a letter to your body. Be honest about the frustration and disappointment. But also thank it – for surviving. For carrying you through. For trying. Then ask God to help you see it with new compassion and grace.



CHAPTER 8: MARY – TRUSTING THE UNEXPECTED

Scripture: Luke 1:26–38

Theme: Surrendering to the story you didn't plan

Key Verse: "I am the Lord's servant," Mary answered. "May your word to me be fulfilled." – Luke 1:38

Mary wasn't trying to get pregnant.

She was young. Engaged. A virgin. And then – an angel showed up and told her she would give birth to the Son of God.

Her story is the opposite of infertility.

But her story still speaks to those of us who feel like we've lost control of the plan.

Because when Gabriel appeared with life-altering news, Mary didn't fight it – she surrendered.

Not with blind obedience. Not with robotic faith. But with humble, honest trust:

"Let it be to me as you have said."

Sometimes, the path God chooses for you looks nothing like the one you imagined.

You may have expected a natural pregnancy...

You may have gone through IVF, and now you're healing from the fallout – physically, emotionally, spiritually.

You may have gotten the baby, or not. Either way, you're holding pieces of a story you didn't plan.

And this is where Mary becomes our model:

You don't have to understand the outcome to trust the Author.



WHAT THIS MEANS FOR YOU

Mary didn't ask for this calling.
She didn't fully grasp what it would mean.
But she said yes.
And her yes changed the world.

What if your unexpected story – the trauma, the hormones, the healing – is part of something greater than you can see right now?
What if, instead of fighting the detour, you surrendered to it – not as a punishment, but as part of your purpose?

God doesn't waste pain.
He turns wombs into miracles and detours into destiny.

FOR WOMEN POST FERTILITY TREATMENTS

Your life may feel upside down.
You may be holding a version of your story that doesn't look like the one you prayed for.
But you are not off course.

You are not forgotten.
You are not being punished.
Like Mary, you can choose surrender – even when it's hard.
Surrender doesn't mean giving up.

It means trusting the God who sees what you can't.

REFLECTION QUESTIONS

1. Where are you holding onto control instead of trusting God's unexpected plan?
2. What part of your fertility or recovery journey feels like the biggest detour?
3. Can you say "let it be" – even if the outcome looks different than you hoped?

JOURNAL PROMPT

Write about a part of your fertility or healing journey that caught you completely off guard. What did it teach you?
Where did God show up? Ask Him to help you find purpose in the parts you never planned.





CHAPTER 9: SARAH (AGAIN) – WHEN YOU’VE WAITED SO LONG YOU STOPPED BELIEVING

Scripture: Genesis 18:1–15, Genesis 21:1–7

Theme: When hope feels ridiculous

Key Verse: “Is anything too hard for the Lord?” —
Genesis 18:14



Sarah waited so long for a child that she eventually laughed at the idea of it.
Can you blame her?

She had already been through decades of disappointment.
Her body was old. Her cycles were gone. Her hope? Probably buried under layers
of grief, bitterness, and resignation.

So when God said, “You’re going to have a baby,” she didn’t fall to her knees in
gratitude.
She laughed.
Not out of joy.
But out of disbelief.
And yet – God still did it.

Sarah wasn’t praised for her perfect faith.
She wasn’t honored because she “believed hard enough.”
She doubted. She messed up. She tried to take matters into her own hands.
(Remember Hagar?)

But still – God kept His promise.
Because His faithfulness isn’t dependent on your performance.



What This Means for You

After fertility treatments, it's easy to stop believing healing is possible.

To stop praying.

To stop hoping.

To laugh – not because it's funny, but because you're tired of hoping for things that never happen.

But Sarah's story tells us: God's timeline might look delayed to you, but it's right on time to Him.

He's not late.

He's not limited.

And He's not done with you.

For Women Post-Fertility Treatments

You might have been the woman who once had vision boards and ovulation trackers and plans A through Z.

Now, you might be the woman who's quietly shut down hope – because disappointment hurts too much.

God sees that.

And He gently asks the same question He asked Sarah:

“Is anything too hard for the Lord?”

He's not asking you to fake faith.

He's inviting you to believe that even if it's too late for you – it's never too late for Him.

REFLECTION QUESTIONS

1. Have you stopped praying or believing for something because it feels too impossible now?
2. Where have you laughed in disbelief, when deep down you were just scared to hope again?
3. What would change if you believed God is still able – even now?

JOURNAL PROMPTS

Write down the dreams or prayers you've set aside because they felt "too late." Then, next to each one, write: "Is anything too hard for the Lord?" Let yourself hope again – even if it's a whisper.



CHAPTER 10: TAMAR – WHEN YOUR STORY DOESN'T LOOK HOLY (BUT GOD STILL USES IT)

Scripture: Genesis 38

Theme: Redemption isn't always pretty

Key Verse: "She is more righteous than I." – Genesis 38:26

Tamar's story is... messy.

She was married into a family that failed her.

Her husband died. She was passed on to his brother. He used her but refused to give her children. Then he died.

And she was left – widowed, childless, and betrayed.

Eventually, Tamar did something shocking:

She disguised herself and tricked her father-in-law into getting her pregnant.

Not exactly a Sunday school story.

And yet... God still used it.

Her twin sons were born into scandal – but her name shows up in the lineage of Jesus (Matthew 1:3).

Let that sink in:

A woman with a painful, twisted, humiliating story is listed in the direct bloodline of the Messiah.

Why?

Because God never writes people off just because their stories are messy.



WHAT THIS MEANS FOR YOU

Maybe you've felt like your fertility story disqualifies you.
Maybe you've questioned your choices – the treatments you did, the money you spent, the desperation you felt.

Maybe you carry shame because you don't like how you acted when you were hurting.

But Tamar reminds us: God is not afraid of messy stories.
He doesn't wait for perfection to use you.
He's not offended by your pain, your decisions, or the chapters you wish you could rewrite.

He works through the mess – not in spite of it.

FOR WOMEN POST FERTILITY TREATMENTS

Your story might include loss, trauma, anger, regret, or deep sadness.
It might feel like a chapter you'd rather skip.

But here's the truth: Your story still matters. Your healing still counts.

You are not ruined.
You are not too far gone.
You are not disqualified from purpose or legacy.
Tamar's legacy didn't end in shame – it led to Jesus.
And yours? It's still unfolding.

REFLECTION QUESTIONS

1. What parts of your story have you tried to hide or forget?
2. Have you believed that your pain or decisions disqualify you from being used by God?
3. What would it look like to fully believe God can redeem even this part of your life?

JOURNAL PROMPT

Write out the parts of your fertility or healing journey that feel too “ugly” or shameful. Then ask God: How can You use this? What beauty could possibly come from it? Let Him speak truth back into your story.



CLOSING WORDS: YOU ARE NOT FORGOTTEN

To the woman still healing —
I want you to know: you are not alone.

You've walked through appointments, injections, ultrasounds, and heartbreak.
You've questioned your body, your faith, your future.
You've probably cried silent tears behind closed doors and smiled through the pain in public.

But God sees all of it. And He sees you.

This Bible study wasn't written to give you easy answers or wrap your story up in a bow.

It was written to remind you that you're not the only one who has wrestled with waiting, loss, or disappointment — and that even the women in Scripture walked through dark valleys.

And still — God was faithful.
He was faithful to Hannah.
To Sarah.
To Elizabeth.
To Tamar.
And He is faithful to you, too.

Whether your healing is just beginning or already unfolding, I pray you walk away from this study with hope, not pressure — peace, not performance.

Your story may be different than you imagined...
But it's still sacred.
Still worthy.
Still held by a God who redeems even the most painful chapters.
Keep going, Sister.

Your healing is holy work.

With love,
Sterling

A woman who's been there, too — and found her way back to hope.



@TheHormoneHaven

www.TheHormoneHaven.com