



# *Trusting God through Miscarriage*

A step-by-step guide  
to finding Comfort & Hope in God's Word

*"He heals the brokenhearted and binds up thier wounds" –  
Psalms 147:3*

# Welcome

Dear Beautiful Soul,

First, I want you to know this: you are not alone. The journey through miscarriage is filled with many emotions — sadness, confusion, even anger — and it is okay to feel them all. This guide is prayerfully created to walk with you as you process your grief and hold onto God's promises.

Inside, you'll find comforting Bible verses, prayers, and gentle reflection prompts to help you process your feelings while staying connected to the Lord. May these words be a balm for your heart and a reminder that even in your pain, God is near.

With love and prayers,  
Ova40momma

# *Bible Verses for Comfort & Strength*

**Psalm 34:18**

**"The Lord is close to the brokenhearted  
and saves those who are crushed in  
spirit."**

**"Isaiah 41:10**

**"So do not fear, for I am with  
you; do not be dismayed, for I  
am your God. I will strengthen  
you and help you; I will uphold  
you with my righteous right  
hand."**



# *Bible Verses for Comfort & Strength*

**John 16:33**

**"In this world you will have trouble. But take heart! I have overcome the world."**

**Romans 8:28**

**"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."**





# *Bible Verses for Comfort & Strength*

**Revelation 21:4**

**“He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”**

**Psalms 147:3**

**“He heals the brokenhearted and binds up their wounds.”**



# Guided Reflection Prompts

1. What emotions am I experiencing right now?
2. In what ways have I felt God's presence during this time?
3. What does it mean for me to trust God through this experience?
4. What message of hope do I feel God is placing on my heart today?
5. What prayer do I want to offer to God today?



*Take your time with each question. Allow your heart to respond honestly, and feel free to come back to these prompts often.*

# *Prayer for Healing & Trust*

## **Prayer for Comfort**

“Lord, my heart is broken, and I come to You with my pain. Wrap me in Your peace. Help me to feel Your presence and comfort in my sorrow. Amen.”

## **Prayer for Trust**

“Heavenly Father, even when I don’t understand, I choose to trust You. Guide me through my grief and show me glimpses of hope. Strengthen my faith as I lean on You. Amen.”

## **Prayer for Healing**

“Jesus, You are the healer of hearts. Touch the wounded places in my soul and bring healing. Replace sorrow with Your joy and despair with Your hope. Amen.”





*Dear Sister,*

*You are walking a path that no one chooses,  
yet I want you to know — you are deeply  
loved by God. He sees every tear and holds  
every broken piece of your heart tenderly in  
His hands. His promises are true, even in  
sorrow.*

*Take each day moment by moment.  
Return to these Scriptures as often as  
you need. Let His word be your  
comfort, and let His presence be your  
peace.*

*With prayerful love,  
Ova4Omomma.com*