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BLESSED IS SHE WHO  
HAS BELIEVED THAT THE  
LORD WOULD FULFILL  
HIS PROMISES TO HER!

LUKE 1:45



In the midst of our grief and heartache, and as we cry out in lament to the Father, we can find joy and hope through our grief because we can identify time and again when the Lord has fulfilled His promises to us. What promises do you need to cling to today? How can you respond to your circumstances believing that the Lord will fulfill His promises to you? That He has been fulfilling His promises to you.

As you pray a prayer of lament, going before our Heavenly Father first praising Him for Who He is and what He has accomplished for you, and then lamenting about everything that you are feeling and experiencing as you walk through these hard times - don't forget to remember! Remember all of the ways that the Lord has already fulfilled His promises to you and keep believing because those who believe are blessed!

“Blessed is she who has believed that the Lord would fulfill His promises to her.”  
Luke 1:45



# 01

## FIRST PRAYER

Heavenly Father, You are our Creator, our Healer, our Sustainer. We invite Your presence here with us this. Thank you for the gift we have to come boldly before You. To share our deepest pain, our biggest fears, our unmet needs and our heartache. I ask that you meet each one of us where we are. Help us to be still before you and recognize Your loving presence with us. Cause us to run to You when we are hurting or discouraged. Incline our hearts to trust you in all circumstances and to remember Your faithfulness and trustworthiness.

## REFLECTION

As you go into a quiet time of reflection, meditate or write down everything you know to be true about God and invite Him into your suffering.

Close this time by completing this sentence and then claiming it to be true.

Even if \_\_\_\_\_ (fill in your struggle),  
God is still \_\_\_\_\_ (list an attribute of God's character).

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# 02

## SECOND PRAYER

The wonder, glory, and sovereignty of the Lord weaves its way like a golden thread of wonderment through so many of David's psalms, but none so beautifully as Psalm 139. "For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me." In the brevity of their life is mourning, but hope exists in the sovereignty of God.

## REFLECTION

How is understanding God's sovereignty bringing hope during a time of mourning? Have you seen God's sovereignty evident in your life before? What does Psalm 139 say about how intricately God is a part of our lives?

Through written expression or silent prayer go before the Lord for yourself or on behalf of those sisters around you who are experiencing the heartache of the loss of a child.

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## FIFTH PRAYER

Good and gracious God, we lift up those women who feel frustration and hopelessness as they endure infertility. Your word teaches us that children are a blessing from You, and we struggle to understand why You withhold this blessing from so many. We struggle to understand why, after years of praying and hoping, a precious child is lost in the womb. I ask that ultimately, in our sadness, we will turn to You and recall the words of Psalm 34:18, "The Lord is close to the brokenhearted and saves those who are crushed in spirit." Give us the strength to choose to trust your plan and timing.

## REFLECTION

As you sit in the quietness of this moment write a plea to the Father on behalf of those who are experiencing the overwhelming pain of infertility.

Lord, I pray for \_\_\_\_\_  
(name someone specifically)

## SIXTH PRAYER

We praise you God that you are strong, even in our weakness you remain mighty and constant. We pray for those who are foster and adoptive mothers walking with children who have experienced trauma and loss. We pray for perseverance in the midst of many unknowns. God, may they be joyful in hope, patient in affliction and faithful in prayer.

## REFLECTION

Ask the Lord to reveal to you an opportunity to come alongside a family that is walking through this difficult journey, one that is often filled with heartache, loss, trauma and many unknowns.

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# RESOURCES

## GRIEF SHARE

This group is for those who have experienced the lifechanging loss of a loved one, job, relationship or other significant disappointment. The group meets twice a year in 13-week sessions. Meetings involve video-driven content and group discussion focused on grief. Each session provides stand-alone content, so you may join the group at any time.

## GRIEF SEMINAR

This two-hour classroom presentation with discussion is led by a professional counselor. The presentation is offered twice per year, on Saturday mornings, and includes practical ways to deal with grief and some personal interaction.

*For more information about any of these support groups, contact Katie Baker at [kbaker@fairhaven.church](mailto:kbaker@fairhaven.church)*

## DIVORCE CARE

This video-based discussion is open to anyone who has experienced the pain of divorce or who is currently going through a divorce. This 13-session experience is offered twice a year. Along with Divorce Care, Fairhaven offers Divorce Care 4 Kids, an elementary curriculum that helps the children of those attending Divorce Care.

## REBUILD

Rebuilding is a course for after the completion of Divorce Care. This course prepares you to live your new life and to get back into the world. The group meets twice a year in 13-week sessions.

## ADDITIONAL PRAYER OPPORTUNITIES

You can pray with a member of our prayer team after every worship service on all of our campuses. If you or your family desire an extended, more private and deeper time of prayer, an appointment can be made with one of our prayer team members.

## FEMALE LEADERS

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The background is a soft, textured watercolor wash in shades of cream and light beige. It is decorated with delicate watercolor illustrations of green leaves and thin, gold-colored stems. The leaves are scattered across the page, with some appearing more vibrant and others as faint, ghostly impressions. The gold stems are thin and elegant, adding a touch of sophistication to the natural theme.

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