

Women Caring for Women: Infertility & Miscarriage
CBC Sunday School
October 12, 2025

Discussion question: What's your most embarrassing period story?

1. What is lost?

- a. For all women: the lifegiver will struggle to give life
 - i. God's creation clearly shows what God made it for.
 - 1. Eyes = seeing, fins = swimming, wings = flying, uteruses = giving life.
 - ii. Because of sin, lifegiving is under a curse
 - 1. "To the woman he said, "I will make your pains in childbearing very severe; with painful labor you will give birth to children." Gen 3:16
 - iii. As fallen lifegivers, women often fail to give life
 - 1. Women fail to get pregnant
 - a. Infertility or secondary infertility
 - 2. Pregnancy may not produce life, but death
 - a. Miscarriage is very common
 - 3. Lifegiving requires a man and a woman, and either she does not marry or the man's fallen body also fails to participate in lifegiving
 - a. Infertility cause breakdown: 40% the woman, 40% the man, 20% unknown
 - iv. A myriad of suffering for the lifegiver because of her lifegiving parts
 - 1. Painful periods, heavy bleeding
 - 2. Absent or irregular periods (which indicates reproductive dysfunction and therefore infertility)
 - 3. Endometriosis (womb lining cells in places they don't belong causing extreme pain during menstruation), PCOS, Fibroids, Cancer, and more
 - 4. Depression, anxiety and irritability during menstruation
 - 5. Menopause: Hot flashes, night sweats, hair in unwanted places, vaginal dryness, low sex drive, brain fog, irritability & mood swings
 - 6. Shame/embarrassment about menstruation, our cultural push to hide it
 - 7. Pregnancy and postpartum complications—Preeclampsia, Hemorrhage, Auto-immune diseases caused by pregnancy, Inability to breastfeed, Postpartum depression and more
 - v. Even if she does produce life from her body, there is pain
 - 1. Her child is born into a broken world, to a sinful mother who will fail to be perfect
 - 2. Her child will not live forever - death will come for her child
 - 3. Her child may have disabilities and struggle
 - 4. Her child may be rebellious and cause her much pain
- b. For the infertile woman, or the woman who has miscarried a child:
 - i. Loss of hopes & dreams
 - 1. Pregnancy and birth experience
 - 2. Genetic legacy
 - 3. The parenting experience
 - 4. Belonging to a "mom tribe"
 - 5. A grandparenting relationship
 - 6. Stability in relationships - marriage, family members
 - a. Marital strain

- b. Pressure from family members
 - c. Anger/jealousy toward friends who are pregnant
 - d. Social withdrawal
- ii. Identity
 - 1. Shame, embarrassment that her body cannot do what it was designed to do
 - 2. Loss of self-worth, purpose
 - 3. Hatred toward body – feeling like your body has betrayed you

Discussion question: Which of these struggles related to being a lifegiver do you relate to most?

2. Where is God in the pain?

- a. The Man of Sorrows sees the sorrowing woman (Isaiah 53:3-5)
 - i. “He was despised and rejected by mankind, a man of suffering...like one from whom people hide their faces he was despised, and we held him in low esteem.”
 - 1. Jesus knows what it is to be isolated, shamed, to not belong.
 - 2. “Jesus is someone who knows what it is to...experience something so painful that no one else seems to be able to look him in the eye.” -Rachel Jones
 - 3. Jesus is not embarrassed or awkward about “women’s problems.” Even if you are too shy to share it with others, there’s nothing you can’t share with Jesus. He gets it. He is listening.
 - a. Woman with the issue of blood
 - ii. “Familiar with pain”
 - 1. Jesus knows pain. Our victorious Hero won his victory by suffocating to death in excruciating agony after being beaten, stressed to the point of sweating blood, and publicly humiliated before friends and family.
 - iii. “But he was pierced for our transgressions”
 - 1. Jesus bled to bring us life. Women deal with a lot of blood. Let all of that blood be a reminder
 - a. Jesus’ blood will bring us life - in heaven we will wear garments that are pure white because they have been washed IN BLOOD
 - iv. “He was crushed for our iniquities; the punishment that brought us peace was on him”
 - 1. It’s significant to those who have had a miscarriage that God knows what it is to lose a son. But his son wasn’t taken from him—he gave him up willingly that we might have peace with him. In the midst of loss and pain we can have peace because Jesus dealt with the problem that might have caused eternal anguish - our sin.
 - 2. Because of Jesus “your pain has an end-date—it’s fixed on God’s calendar already.” -Rachel Jones
 - v. “By his wounds we are healed.”
 - 1. God does good things with pain.
 - 2. “In God’s way of operating, the most beautiful things that have become the most broken things are restored to become the very best things.” - Rachel Jones

Discussion question: What aspect of Jesus’ suffering brings you the most hope?

3. What does healing look like?

- a. Letting go of the questions - you may not ever know the “why.”
 - i. We know we’ll suffer - we don’t always know why but we can trust God’s good plan.
 - 1. Sufferers in the Bible lose so much (Job, Naomi, Joseph) and it’s only in the very big picture that their loss can be understood.
- b. Finding your true value as a woman & lifegiver
 - i. The female human body got the “very good” stamp of approval when it was designed by God. Your body – no matter how your reproductive system functions – is valuable and good and has a God-given purpose.
 - ii. Pregnancy and “parenting” are two different experiences. Being a lifegiver can happen in many ways that do not involve the womb.
 - 1. Spiritual mothers are priceless
 - a. Paul makes special mention of his spiritual mother “Greet Rufus, chosen in the Lord, and his mother, who has been a mother to me, too.” Rom 16:13
 - b. His lengthy list of those who “parented” the church includes many, many women. No mention is made of their reproductive prowess, but they gave life to the church.
 - 2. Lifegivers are no longer dependent on their own reproductive ability to create life
 - a. In Genesis, God tells Adam and Eve to fill the earth with worshipers (via birth from Eve’s womb)
 - b. In Matthew, Jesus tells the disciples to fill the earth with worshipers (via the rebirth of the Holy Spirit)
 - c. The command is followed by Jesus’ promise “And surely I am with you always, to the very end of the age.” Matt 28:20
- c. It’s OK to feel incomplete
 - i. It’s biblical to not get too comfortable, feel too fulfilled with the things of this world because we were made for something better.
 - 1. “Meanwhile we groan, longing to be clothed instead with our heavenly dwelling, because when we are clothed, we will not be found naked. For while we are in this tent, we groan and are burdened, because we do not wish to be unclothed but to be clothed instead with our heavenly dwelling, so that what is mortal may be swallowed up by life.” 2 Cor 5:2-4
 - ii. Eve, whose name literally means “life giver” – was so named in hope. Adam didn’t actually name her until after the curse, and the promise. She was incomplete, yet she and Adam had hope that God would use her imperfect life-giving body to bring about his good plan.
- d. Suffering is never for nothing
 - i. “Looking back now, I can see how faithful God has been through it all. At the time, I felt abandoned, but in reality, He was there in every detail—through the nurse who checked on me, through the quiet strength that carried me, and through every child who’s walked through our door. That baby’s short life changed mine. Through that loss, God opened my heart and showed me my need for Him. PRAISE THE LORD! Today, I don’t see myself as a woman defined by infertility or miscarriage—I see myself as someone redeemed by Christ. God took something so painful and used it to shape my purpose. He showed me that His plans are always better than mine. Even when I didn’t know Him, He was already pursuing me. And now I can say with full confidence—He truly does make beauty from ashes.” - Janna

Discussion question: Your friend has just had a miscarriage. What's your first instinct? Hint: "I don't know" is an OK answer!

4. What can comforters do?

- a. Acknowledge her loss – often infertility and miscarriage (especially an early one) can feel like an invisible loss.
 - i. A simple point of contact - She may not be ready to talk or see anyone.
 - 1. This can be a simple text message, a hug, a card that says "I'm so sad with you" or "You've been through a lot" or "I love you and am so sorry that you're going through this."
 - ii. Leave a gift on her porch
 - 1. A friend says "When I lost my baby at 7 weeks, a sweet friend had left flowers, a book on loss by John MacArthur, and homemade bone broth on my doorstep. She knew I would need the comfort and the nutrients and I will never forget that!"
- b. Don't avoid the topic. Grief can be very isolating – especially if you feel like people are avoiding talking about it.
 - i. Try to lay aside your self-consciousness. Often women in pain need to know someone is willing to "go there" before they'll open up and share. Let her know you can handle her grief – she won't be too much for you.
 - 1. Yes, it's awkward. Yes, she might cry. But every time she talks about her loss, she will grieve a little more. This is an essential part of processing a loss.
 - 2. Be sensitive to timing - let her know you're ready to listen when she's ready to talk. Check in periodically to see if she's ready.
 - ii. Follow up with her
 - 1. "If a woman confides in you that she's struggling to conceive, has suffered a miscarriage, or has been told she can't have children, don't take that confidence lightly. She's sharing with you from perhaps the most intimate pain of her heart. You may be hesitant to bring up the topic again for fear of opening up a wound and causing her further pain. But the wound is always there, and it's never far from her mind. Talking about the situation can be healing. Following up with her is one of the best things you can do." Emily Ibrahim
- c. Ask caring questions
 - i. For miscarriage this might be:
 - 1. "How far along were you?" Remember that she has lost a child and most of the time, the baby was very small. It is strange to mourn the loss of someone you loved and carried but know almost nothing about. Asking about some facts of the pregnancy acknowledges that child's identity. Try to think of other ways to humanize the baby. Did she name her baby? If it was a later loss, does she have photos she'd like to share? Is she ready to share the "birth story?"
 - 2. "How is your physical recovery going?" Remember that miscarriage is a painful emotional loss that is accompanied by many physical symptoms, hormone swings, weeks of bleeding, doctor appointments, tests, etc. Sometimes asking about some of those concrete details is a kind way to let her know you're there for whatever she wants to talk about without asking the giant, overwhelming question of "how are you doing?"
 - ii. For infertility this might be:

1. If she's already seeking medical help: "Have you been given any new information or diagnosis?" Doctor appointments may take up a lot of real estate in her mind, and it may be comforting to have someone ask about it. Consider spending some time learning about basic infertility treatments so you can follow along.
- d. Draw her into community
 - i. Infertility can be isolating. She may feel out of place with other married couples, and also with childless singles. Include her, invite her, even if she doesn't come because it's painful to be around others who have children.
 - ii. Be a friend. "Sometimes when infertile couples are in the throes of feeling isolated and desperate to be normal, they just need you to be a friend, to remind them that they are normal, that you like them, and that you want to live the Christian life side-by-side with them." -Jeff Cavanaugh
 - iii. Ask her if she'll do a Bible study with you. Infertility can create a web of anger and bitterness and it will be good for her to have a safe (not too public) place to vent her frustrations while also being confronted with God's truth and grace.
- e. Pray for her, and let her know you're praying for her. Don't just pray for a baby - pray for God to show himself to her in her pain.
 - i. Make a note of significant dates, such as the due date of a miscarried baby, Mother's Day, etc and increase your prayers on those days.
 - ii. If you're close to a woman trying to conceive you might let her know you're praying for her when her cycle is nearing.
- f. Things to avoid
 - i. For infertility
 1. Avoid asking any married couples "when are you going to have kids?" There may be many painful reasons this is not possible and it's just never a good way to bring up the topic.
 2. Don't give advice - "Have you tried...?" (supplements, positions, etc.)
 3. Don't rush her toward medical treatment. She may not be ready emotionally to be labeled "infertile" and deal with the myriad of tests, decisions and options that will come from seeking medical help.
 4. Don't offer empty promises. "If you have faith, God will give you a baby." You don't know what God will do.
 - ii. For miscarriage
 1. Don't minimize her loss by saying things like "At least you're young, you can try again for another baby." She may well have another baby, but the specific child she lost will never come again no matter how joyous the next pregnancy may be.
 2. Stick to facts – Avoid saying things like "your baby is an angel in heaven" because humans don't become angels
 - a. *NOTE: Wondering what we learn from the Bible about what happens to babies when they die? We have some resources for you-let us know!*
 3. Don't offer empty words of comfort. "It will be okay," or "It just wasn't meant to be." This minimizes her loss and invalidates her grief.

Recommended Resources

A Brief Theology of Periods (Yes, Really) by Rachel Jones

Spiritual Mothering by Susan Hunt

Holding on to Hope: A Pathway through Suffering to the Heart of God by Nancy Guthrie

Women Caring for Women CBC Sunday School Syllabus

Part 1

Oct 5:	Introduction to loss, grief, suffering and healing
Oct 12:	Infertility & Miscarriage
Oct 19:	Depression
Oct 26:	Chronic Illness & Terminal Illness
Nov 2:	Post Abortive Syndrome
Nov 9:	Divorce

Part 2

Jan 18:	Domestic Abuse
Jan 25:	Sexual abuse
Feb 1:	Eating disorders
Feb 8:	Addiction
Feb 15:	Pornography / Infidelity
Feb 22:	Same Sex Attraction

Questions or feedback? Contact us!

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See something familiar in this list? We'd love to learn from your experiential wisdom. If you're not keen to share with the group, that's okay! We can keep your input confidential and simply pull tips out to share with others without using your name or details. Thank you for trusting us with your story.

Is there something that's not on the list? Let us know. We'd love to meet with you personally to talk about it. Nothing is too awkward – we want to walk with women in ALL kinds of pain.