

**DEALING
WITH
INFERTILITY**

“SO, WHEN ARE YOU GOING TO HAVE KIDS?”

How do you deal with that awkward conversation if you’ve just found out you’re unable to have children or experienced yet another miscarriage? Facing infertility can make you question your identity, or feel as though your marriage is missing something. You may blame yourself for making decisions along the way that have hurt your chances to conceive. Perhaps you delayed having children and now find yourself beyond the ideal window of fertility. Whatever you’re experiencing, it is important now to remind yourself of several important truths.

IT'S OKAY TO GRIEVE

Hoping to offer comfort, some may downplay infertility, pointing to the things you can enjoy as a couple without kids. If you already have a child, some people may not understand why you would be so sad about secondary infertility. A husband may not entirely understand what a wife facing infertility is going through, especially as her emotions are affected by changing hormones. Likewise a wife might underestimate the pain her husband feels. Whatever your circumstances, it’s common to experience a great sense of loss in finding out you can’t have a child. Infertility is a tragic reality of our fallen world, one that rightly causes grief.

IT'S OKAY TO HOPE

Because of God’s goodness, you are never without hope. Psalm 113:9 says, “He settles the barren woman in her home as a happy mother of children.” You can’t know exactly how God will choose to work in your life, but you can know He is able. He can restore fertility when it seems impossible. Or He may help you grieve your inability to have biological children, perhaps cultivating a desire to adopt and love a child in desperate need of a Christian home. Your ability to hope in God begins by releasing everything to Him in prayer.

IT'S ESSENTIAL TO BE IN COMMUNITY

As awkward as it may be to discuss infertility and the accompanying struggles, however, you still need a safe place where you can “share your burdens with one another” (Galatians 6:2). It’s in Christian community that you also can find encouragement from others who have been where you are. 2 Corinthians 1:3-4, “Praise be to the God and Father of our Lord Jesus Christ, the father of compassion and the God of all comfort who comforts us in all our troubles so that we can comfort those in any trouble with the comfort we ourselves have received from God.”

RECOMMENDED RESOURCES

- Eastview Pastoral Counselor – Sara Thompson – sthompson@eastviewcc.org
- **The Death of a Good Dream** by Kevin Thompson
- **Empty Womb, Aching Heart** by Marlo Schalesky