A FREE GUIDE FOR YOU · I'M FACING INFERTILITY

Hope for the Waiting

Gentle encouragement while you wait
and hope for your first baby

You are not alone.

Your hope and your tears are both welcome here.



blessedlyheld.com



SECTION 1

The waiting is heavy

You are not alone.

Month after month of hoping can wear your heart out. You may feel tired, sad, angry, or numb. All of it is welcome here, and all of it is welcome with God.

This guide is for you, and for your spouse. Read one page at a time. Skip anything that feels too hard today.

Why we made this for you

Advocating for yourself is hard, especially when you are hurting. **That is why we made these free resources.** You don't have to find the words alone. You can simply share these pages.

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"Be joyful in hope, patient in affliction, faithful in prayer."
Romans 12:12 (NIV)



SECTION 2

It's okay

Permission for the waiting.

- **It's okay to research** and learn all you can. It's also okay to stop reading for a while.
- **It's okay to try new things,** and to ask your doctor about them.
- **It's okay to seek help or treatment, or not.** Talk with God, your spouse, and your doctor.
- **It's okay to take a break** from treatment, tracking, or trying, whenever you need.
- **It's okay to take time alone to heal.**
- **It's okay to feel sad** when others share happy baby news. You can be happy for them and still hurt.

Don't judge yourself

Seeking medical help does not make you less of a Christian. Christians hold different convictions about some treatments. Pray, ask God for wisdom, and make the choice you and your spouse feel at peace with. Then be gentle with yourself.

It's okay not to adopt

Adoption is a beautiful calling, but it is not a cure for infertility or a duty. Your longing for a biological child is good and God-given. It's okay not to be ready, or to feel adoption isn't your calling.

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

James 1:5 (NIV)



SECTION 3

Protecting your heart

It’s okay to skip a baby shower.

It’s okay to say no to some events

If a baby shower or a child’s birthday party is a major trigger right now, it’s okay to politely decline. Protecting your heart is not selfish.

Kind ways to decline

- “Thank you so much for inviting me. I won’t be able to come, but I’m sending my love.”
- “I’m truly happy for you. Right now a shower is hard for my heart. I hope you understand.”
- “Thank you for including us. We can’t make it this time, but we hope it’s a wonderful day.”

You can send a card or a small gift if you want to. You don’t have to explain more than you want to.

It’s okay to ask people to be gentle

It’s okay to ask people to please be sensitive to things that might hurt, like having your picture taken, pregnancy news, or certain questions.

Words you can use

- “I’d rather not have my picture taken today. Thank you for understanding.”
- “Could you give me a heads-up by text before sharing pregnancy news? It helps me.”
- “Please don’t ask when we’re having kids. If we have news, we’ll share it.”



SECTION 4

When people ask or say hard things

Gentle words you can use, or not.

Hard questions and comments can come at church, at work, or at a family dinner. Most people don't mean to hurt you. Pick the answer that fits the moment. Change "we" to "I" if that fits you.

"Do you have kids?"

Why it hurts: A simple question can touch your deepest longing, often when you least expect it.

Short and private	"Not yet."
Change the subject	"Not yet. How about you? Tell me about your family."
More open	"Not yet. We've been hoping and praying for a long time. It's a tender subject for us."

♥ **You never owe anyone your story. "Not yet" is a full answer.**

"Why haven't you had kids yet?" or "When are you having kids?"

Why it hurts: It can feel like you are being rushed or blamed for something you long for and cannot control.

Short and private	"We'd love that someday. That part is private for us."
Change the subject	"If we have news, we'll share it. So, how was your week?"
Kind boundary	"I know you mean well. This question is painful for us, so please don't ask about it. We'll tell you if we have news."

♥ **You can keep your plans, prayers, and medical choices private.**

Unasked-for advice: “Just relax.” “Try this diet.” “Stop trying and it’ll happen.”

Why it hurts: It can sound like this is your fault, as if you just aren’t doing it right. It is not your fault.

Short and private “Thanks. We’re following our doctor’s care.”

Change the subject “I know you’re trying to help. Can we talk about something else?”

Kind boundary “Advice is hard for me to hear right now. What helps most is your prayers.”

♥ **You don’t have to explain your choices to anyone. You and God know your heart.**

When others say it was easy: “We got pregnant the first month.” “My husband just looks at me and I’m pregnant.”

Why it hurts: It can feel like a reminder of what is so hard for you. It’s okay if it stings, even when you are happy for them.

Short and private A gentle smile and, “That’s a blessing.” Then let the moment pass.

Change the subject “I’m glad for you. What else is new with you?”

More open “I’m truly happy for you. Our road has been long, so talks like this can be hard for me. Thank you for understanding if I step away.”

♥ **You can celebrate others and still guard your heart. You don’t owe anyone an explanation.**

Take care of your heart afterward

Even a kind answer can leave you hurting. That is okay. Be gentle with yourself.

- **It's okay to step away.** Go to the restroom, take a short walk, or sit in your car.
- **Pray, even one line.** "Lord, hold my heart right now."
- **Text a safe friend or your spouse.** "Hard moment. Please pray for me."
- **It's okay to cry.** Tears are not weakness. God sees every one.
- **It's okay to leave early,** or skip the next gathering if you need to.

"Record my misery; list my tears on your scroll—are they not in your record?"
Psalm 56:8 (NIV)

Help family understand

You don't have to explain all of this yourself. Hand family and friends our free guide, "How to Love Them Well." It shares what to say and what not to say. Scan the "For family & friends" code on page 8.



SECTION 5

You are not alone

Many people don’t mean to hurt you. They just don’t understand.

It’s normal to feel alone, or like you don’t belong. This can feel strongest at church, in groups for newlyweds or for parents, where so much of the talk is about babies and kids.

- **You still belong to God’s family.** Your place is not earned by having children.
- **Bring a friend,** sit where you feel comfortable, and leave early if you need to.
- **Look for one safe person**, like a pastor, a mentor, or a friend who listens.
- **Ask about other groups**, or ask your church to start a support group.

Hurtful comments often come from people who love you but don’t understand. You don’t have to explain it all yourself.

Share these so others can understand

Give family and friends our free guide, “How to Love Them Well.” Share “Walking Gently Together” with your pastor, so your church can help you feel understood, cared for, and not alone.

For family & friends

Share “How to Love Them Well”
blessedlyheld.com/families-friends

For your church or pastor

Share “Walking Gently Together”
blessedlyheld.com/churches



SECTION 6

Asking about fertility benefits

A calm, private way to ask.

Fertility coverage is different for every job and every plan. Asking about it can feel scary. These steps can help you ask in a calm, private way.

Coverage varies

Benefits differ by employer, plan, and state. This is not legal or insurance advice. Always check your own plan documents and ask HR or your insurance company.

Step 1: Look first, in private

- **Log in to your benefits website.** Find your plan documents, such as the benefits booklet, the Summary of Benefits and Coverage, or the Summary Plan Description.
- **Search for words** like “infertility,” “fertility,” “IUI,” “IVF,” and “prescription.”
- **Call your insurance company.** The member services number is on your insurance card.

Step 2: Questions to ask

- Is fertility testing covered? Is treatment covered? What about medications?
- Do I need pre-approval or a referral? Are there limits on cost or number of treatments?
- Which doctors and clinics are in network?
- Do we offer a separate fertility benefit program, or a different plan with more coverage? When is open enrollment?
- Is there an Employee Assistance Program for counseling?

Step 3: Keep it private and professional

- **Share only what you want.** You can ask about benefits without sharing your medical story.
- **Ask who will see your question** and how it will be kept private.
- **Keep notes:** who you talked to, the date, and what they said.
- **If there is no coverage,** it's okay to kindly ask if the company would consider adding fertility benefits in the future.

A sample email to HR

Subject: Question about health plan benefits

Hi [Name],
I'm reviewing my health plan and have a few questions about fertility coverage. Could you help me find out whether our plan covers fertility testing, treatment, and medications; any limits or pre-approval rules; whether we offer a separate fertility benefit; and where I can read the plan details?
I'd appreciate it if this could stay confidential. Thank you for your help.
[Your name]

If you call instead

"Hi, I have a private question about our health plan. Can you tell me what fertility coverage we have, and where I can find the plan documents?"



SECTION 7

Babies you hoped for

Only if this fits your story.

Some people on this road have lost a pregnancy, or babies they hoped for during treatment. If that is part of your story, your grief is real, and your baby matters.

- **You can light a candle** in memory of your baby on our Light a Candle page.
- **It's okay to have a small ceremony,** even if your baby was only one or two weeks along. It's also okay not to.

Light a candle

Remember your baby on our candle page

blessedlyheld.com/remembrance

If this isn't your story

That's okay. Skip this page. Your waiting matters just as much.

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

Psalm 34:18 (NIV)

SECTION 8

Verses for the waiting

Read one slowly. Let God hold you.

"…weeping may stay for the night, but rejoicing comes in the morning."

Psalm 30:5, excerpt (NIV)

"Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Lamentations 3:22–23 (NIV)

"Trust in him at all times, you people; pour out your hearts to him, for God is our refuge."

Psalm 62:8 (NIV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6–7 (NIV)

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

Romans 8:26 (NIV)

SECTION 9

You are held

Your hope and your tears are both welcome.

Why we made this for you

Advocating for yourself is hard, especially when you are hurting. **That is why we made these free resources.** You don't have to find the words alone. You can simply share these pages.

More comfort is waiting for you

Prayer, gentle words, and support are at blessedlyheld.com. Visit whenever you are ready. There is no rush.

For you: more comfort

Prayer, gentle words, and support
blessedlyheld.com

Also in this guide

- ★ **Light a candle:** scan the code on page 11.
- ★ **Share with family, friends, and your church or pastor:** scan the codes on page 8.

If you feel unsafe or don't want to be alive

Call or text **988**, the Suicide & Crisis Lifeline (free, 24/7). In an emergency, call **911**.

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