



Infertility

It seems that as soon as the words “I do” come out of your mouth, everyone wants to know when the kids are coming. That question is invasive enough when babies are a part of your plan, but what if you’ve just found out you’re unable to have children or have just experienced yet another miscarriage? Facing infertility can lead a woman to ask “What’s wrong with us? Why can’t we have what they have?” You may feel like your marriage is missing something, or you may blame yourself for making decisions along the way that have hurt your chances to conceive. Maybe you’ve considered or already started some kind of infertility treatment and you’re worried about the cost or risks that you’ll face. In addition to the heartaches of genetic infertility, more and more couples are finding that time spent finishing degrees, launching careers and establishing marriage have pushed them beyond the ideal window of fertility. Whatever feelings you may be experiencing, you need to remind yourself that God is in control.

Acknowledge Your Emotions

The feelings of grief, despair, envy and failure are real, even if you’re grieving for a baby you’ve never conceived. The desire to have a child can become overwhelming for any couple, including those who have had children previously. Don’t ignore your emotions or avoid dealing with them because you feel like you’re somehow responsible for being infertile. A healthy life — and a healthy pregnancy — start with a healthy outlook. Be realistic about what you’re feeling. That’s the first step to coping.

Seek a Support Network

No matter how alone you feel, you really aren’t. Ten percent of reproductive age couples struggle with infertility. Through online and local support groups, you can meet others who have had the same emotional struggles you’re experiencing and benefit from their wisdom gained from living through the ordeal. As an added bonus, most

infertility support organizations offer resources to help you decide whether infertility treatments are right for you and, if so, what kind would suit your budget and fit your emotional and ethical boundaries.

Deal With Your Depression

Nearly all infertile couples eventually become depressed. Studies show that untreated depression and stress can cause lower fertility rates, even in women undergoing fertility treatment. So rejuvenate with a relaxing soak in the tub, listen to your favorite music or spend some time enjoying nature — whatever helps you to get the most out of life. Reducing your stress and feelings of despair can give you some hope. If you still struggle with depressive feelings, call the church office (615-824-4006) for a counseling appointment.

Make Wise Choices

The pressure to conceive can make it difficult to determine the right path in pregnancy planning. Carefully consider the decisions you can live with. While the advances of science have made it possible for more than 80 percent of infertile couples to become pregnant, many of those options lead down roads filled with ethical dilemmas. Weigh in with your religious and moral considerations before you make a decision. If possible, seek the counsel of someone whose opinion you respect as you contemplate the ethical issues. Conceiving a child — no matter how it takes place — is just the beginning of a lifetime commitment to making the best possible decisions for the welfare of your family.

from www.focusonthefamily.com



RELATED SCRIPTURE

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 (Romans 8:28).

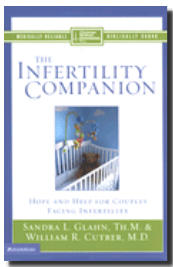
As the deer pants for streams of water, so my soul pants for you, my God (Psalm 42:1).

“Do not let your hearts be troubled. You believe in God; believe also in me (John 14:1).

to lose faith in God, or in each other, as they strive to share their love with a child. Infertility statistics are staggering: nearly 6.1 million women and 2.1 million married couples in the United States will experience difficulty having a child. Couples struggling with infertility say they often feel alone and ostracized in their own churches and families. As a result, many infertile couples grow desperate, and some like Rachel, even feel suicidal when denied the one dream they have had since childhood-having a baby.



RELATED RESOURCES

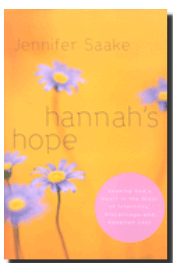


The Infertility Companion: Hope and Help for Couples Facing Infertility

Sandra L. Glahn

ISBN 978-0310249610

Infertility changes everything, shattering dreams and breaking hearts. But help is available- today more than ever. This book focuses on important questions including: how can we make moral, biblical decisions about medical treatment; can people of faith ethically use high-tech infertility treatments; and how can the stress of infertility on marriage can be minimized. Included are discussion questions and a workbook suitable for individuals, couples or small groups.

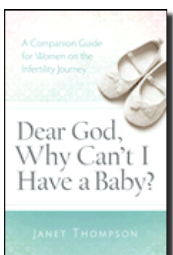


Hannah's Hope: Seeking God's Heart in the Midst of Infertility, Miscarriage, & Adoption Loss

Jennifer Saake

ISBN 978-1576836545

Hannah's Hope is for all who long for a child yet to be conceived, grieve for a baby miscarried, or have lived through the anguish of a failed adoption. Using the biblical example of Hannah from 1 Samuel 1 and 2, the author directs you to the Source of your strength, the God of all comfort.



Dear God, Why Can't I Have a Baby?

Janet Thompson

ISBN 978-0891122746

This book provides women and “couples-in-waiting” tools, direction, guidance, hope, and encouragement not