

EMPTY ARMS
Hope-Filled
HEART



*a prayer of HOPE & HEALING
for the mom who has lost a baby*

Kristin Lemus

Empty Arms, Hope-Filled Heart

A prayer of hope and healing for the mother who has
lost her child.

By Kristin Lemus

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INTRODUCTION

I remember vividly how I felt as I sat in the wheelchair at the Women's Hospital waiting for my husband to pull the car up. My arms were empty and yet they felt heavy. "No woman who has just given birth should have to leave the labor and delivery ward with empty arms." I thought. The ache in my heart felt more painful than any physical pain I had felt in the past.

I bit my lip to keep the nurse who was with me from seeing my grief. I knew the situation already made her uncomfortable. She was used to wheeling happy families out to their cars, with baby in arms, awaiting their new life full of hopes and dreams.

My dreams had been dashed earlier that day as I held my tiny premature son and whispered my goodbyes only 6 short hours after his birth. I never dreamed I would lose a child and I didn't know how I would survive the brokenness I felt.

Here I am all these years later and I have survived. I look back on those days of deep grief and they stir up feelings of missing and sadness but also peace and hope.

I wonder about the little boy I don't know and I think about what I have missed in a life without him. In the next moment I smile because I did have him briefly and loved him (love him) dearly. Peace comes when I think about how faithful God has been to heal my heart and carry me through all that the loss of a child brings with it.

I look back and I see how my faith has grown in my Heavenly Father who, not only rescued me from those dark days, but also sat there with me in them. He showed me how deeply He cared about me and also how much He loved my son.

In all of my struggles to understand why things happened the way they did God showed me grace and let me see the truth in His Word about loss and grief.

If you are reading this now because of your own loss my prayer is that, even though you are grieving, you sense the presence of God who cares so deeply for you and the child you lost. No depth of despair is too deep for Him to meet you, comfort you, and surround you with peace.

Over time the pain does lessen. I promise it does. But the missing stays and sadness comes and goes. Even with grief and sadness you can be whole again and have a heart that mends.

These pages contain my prayer for you as you walk through these next steps in life. They are not only my desire for you but God's heart and His truth for you from His Word.

With Love and Prayers,
Kristin

Heavenly Father,

I pray for this precious woman who has lost her child. I know her heart is hurting now. I ask that you would restore her as only you can. Heal her completely from this loss. Leave no area untouched, no wound untended.

Help her to trust that you did not take her child away from her to be cruel or to punish her but rather, you grieve with her over her loss. Show her how much you love and care for her.

In all their suffering he also suffered,

and he personally rescued them.

In his love and mercy he redeemed them.

He lifted them up *and carried them*
through all the years.

Isaiah 63:9

Father, help her to know that you are close to her now with open arms. Though the pain is great, envelop her with your peace and your presence.

The LORD is *close*
to the brokenhearted;
he rescues those
who are crushed in spirit.
Psalm 34:18

Blessed
are those who mourn,
For they shall be **comforted**.
Matthew 5:4

You will keep in *Perfect Peace* all who trust in you,
whose thoughts are fixed on you!
Isaiah 26:3

Help her to know that you have been with her every step of the way. If she does not know where you were in the midst of her tragedy, please reveal the truth to her. Help her to understand that you are always with her and you never leave her alone.

And be sure of this:

I am with you always...

Matthew 28:20b

Help her to see her circumstances with lenses of truth. Guide her towards letting you be the source for her answers at this time. Give her the courage to ask you for the help that she needs right now to carry on.

He will be gracious
if you ask for help.
He will respond
instantly to the sound of your cries.

Isaiah 30:19b

Father, speak to her heart about how tenderly you regard the child that she has lost that is so precious to her. Help her know that, though others may forget, you will never forget her child.

*You watched me as I was
being formed in utter seclusion as I
was woven together in the dark of the
womb. You saw me before I was
born Every day of my life was
recorded in your book. Every
moment was laid out*

*before a single
day had
passed.*

*How Precious
are your thoughts
about me O God!
They are
innumerable*

Psalm 139:15-17

The righteous pass away; the godly often die before their time. And no one seems to care or wonder why. No one seems to understand that *God is protecting them* from the evil to come.

For the godly who die will *rest in peace.*

Isaiah 57:1-2

Father, protect her from harsh and unthoughtful things that others may say to her during this time. Speak to her the truth of how you see things. Surround her with friends who are compassionate and who lift her up and encourage her.

As she gets back to a new normal for her everyday life, be her strength and shield. Protect her from lies of the enemy that are meant to keep her from the healing you want to do in her. Arm her with your truth about how you see her, how near you are to her and how good you are. Show her what a faithful God you are.

The *unfailing love* of the LORD
never ends! By his mercies we have
been kept from complete destruction.

Great is his *faithfulness*;
his mercies begin afresh each day.

I say to myself, "The LORD is my
inheritance; therefore, I will hope in him!"

The LORD is wonderfully *good* to those
who wait for him and seek him.

So it is good to wait quietly for salvation
from the LORD.

Lamentations 3:22-26

*Though he brings grief, he also shows compassion
according to the greatness of his Unfailing love.
For he does not enjoy hurting people
or causing them sorrow.*

Lamentations 3:32-33

Heal her, Father, as only you can heal. Leave nothing undone. Let your love seep down into the deepest cracks of her heart and heal the wounds left behind. Give her purpose and vision again. Let her walk in everything that you have called her to, knowing that you are always with her and that you are for her.

*"For I know the plans I have for you,"
declares the LORD, "plans to prosper you
and not to harm you, plans to give you hope
and a future.*

Jeremiah 29:11

He will give **BEAUTY** for ashes,
JOY instead of mourning,
PRAISE instead of despair.

For the **LORD** has planted them like
STRONG and GRACEFUL
oaks for his own glory.

Isaiah 61:3b

Amen

Resources

If you have experienced a loss or know someone going through one, here are resources for you to consider.

Encouragement & Support

Mommies With Hope - is a biblically-based support group for women who have experienced the loss of a child.

Hannah's Prayer Ministries - offers support for those suffering infertility or the loss of a child. They have resources and forums.

M.E.N.D - offers support and resources for the grieving mom.

Special Memories for Grieving Families

Now I Lay Me Down to Sleep - is an organization that provides a family with a professional photographer to photograph the baby and/or family at delicate times of loss.

Portraits by Dana - Dana creates beautiful hand drawn portraits as memorials for families who have lost a child. Whether you have a photograph or not she can create a picture that will serve as a special reminder of the child you have lost.

Many Thanks

A sweet thank you to my Heavenly Father who carried me through my darkest moments and healed my heart.

To my amazing husband who is my greatest encourager and supported me in the making of this book.

To my family and friends who have supported me along the way.

Last but not least, to my sweet Nathan. I cannot wait to hold you again one day.

About the Author



Kristin Lemus is a blogger and writer who is passionate about women experiencing the deep freedom that Christ offers. She shares her journey in life, love and freedom at **TheBeautifulDeep.com**.

Eleven years ago Kristin and her husband suffered the loss of their newborn son. The cry of Kristin's heart during that time was that God would heal her completely and leave nothing undone. Since that time God has dealt ever so gently with her to heal her heart and teach her what His Word says about grieving and loss. She has become passionate about sharing what she has learned with other women experiencing a loss of their own.