

Tough Questions about
Infertility . . .

Myths about Infertility . . .

Crissy and Brian have been married for seven years. All their attempts to have children have failed. It is frustrating for them as they deal with the pain of infertility. They struggle with questions: Why us? Is God punishing us for sin in our lives? Why has God withheld the blessing of children from us? Should we consider adoption? What is God's view of adoption?

Perhaps you have wrestled with the heartache of being unable to bear children. If you have questions like Crissy's and Brian's, let's look at some answers to tough questions about infertility.

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
(Philippians 4:6-7)

"Natural children are not the only heritage or blessing which God can give. The blessing of salvation, if there were no other, is enough to give us constant rejoicing."

—Vicky Love

- **Myth:** "Infertility is rare."

Truth: One in six couples of childbearing age is infertile.

- **Myth:** "Once you have given birth to a child, you can always have another."

Truth: Secondary infertility is more common than primary infertility due to onset of medical problems and the lessening of fertility as the couple ages.

- **Myth:** "Infertility is synonymous with sterility."

Truth: Sterility is an irreversible condition. Infertility is a current condition that can possibly be altered.

- **Myth:** "My highest calling is to bear and raise children."

Truth: Your highest calling is to be conformed to the character of Christ.

"Those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers."
(Romans 8:29)

Pathway from Pain to Peace²

Key Verse to Memorize

Assumption

“Naturally, I’ll have children.”

Anxiety

“Is something wrong?”

Denial

“It’s just a matter of time.”

Shock

“I never dreamed this would happen to me!”

Anger

“It’s not fair that this could happen to me!”

Bargaining

“God, give me a child, and I’ll be a better person.”

Guilt

“This must be punishment for sin.”

Isolation & Depression

“I’ll never be like others. I’ll never be happy.”

Apathy

“It doesn’t really matter.”

Grief

“The desire of my life is destroyed.”

Seeking

“God, please help me understand my pain.”

Acceptance & Growth

“I’ll seek God’s desire for my life and focus on serving others.”

Peace

“Thank You, God, for revealing Yourself to me through my pain.”

Contentment in Childlessness

- I will bring my anxious heart to God in prayer. (Philippians 4:6)
- I will trust totally in God even when I can’t understand. (Proverbs 3:5)
- I know that God is concerned with the desires of my heart. (Psalm 37:4)
- I will lean on God to help bear my pain. (Isaiah 43:2)
- I will thank God for His goodness. (Psalm 107:1)
- I will be content with the way God answers my prayers. (Philippians 4:11)
- I will praise God for His faithfulness to me. (Lamentations 3:22–23)

*“Sing, O barren one, who did not bear;
break forth into singing and cry aloud,
you who have not been in labor!
For the children of the desolate one
will be more than the children of her
who is married,” says the LORD.”*
(Isaiah 54:1)

Key Passage to Read and Reread

Isaiah 54:1–8

Coping for Couples

Concentrate on nurturing your marriage.
(Philippians 2:2)

Communicate the love you have for your spouse.
(Ephesians 5:29–31)

Confess the fears and feelings you have regarding childlessness. (Proverbs 24:26)

Compliment, affirm, and support your spouse verbally. (Ephesians 4:29)

Confront difficulties and differences directly.
(Proverbs 27:5)

Create a lifestyle of growth and variety.
(Philippians 2:4)

Cultivate friends who are also childless.
(Galatians 6:2)

Consider the opportunities you can have ministering to others. (Titus 3:8)

Commit each day to the sovereignty of the Lord Jesus Christ. (Psalm 118:24)

Crucify selfish desires and become a living sacrifice for your spouse. (Romans 12:1)

*“Bear one another’s burdens,
and so fulfill the law of Christ.”*
(Galatians 6:2)

Evaluate the Options

Open your heart to accepting a childless marriage.
(1 Timothy 6:6)

Participate in infertility tests for possible alternatives.
(Proverbs 13:16)

Trade parenting for other roles in life that can be
just as rewarding. (Proverbs 16:9)

Invest your life in the lives of others. (Isaiah 54:2)

Offer long-term relationships to nieces, nephews,
and other young people. (Isaiah 54:1)

Nurture a deep marital relationship with your
spouse. (Genesis 2:24)

Seek adoption as an option. (Exodus 2:10)

*“All the ways of a man are pure in his own eyes,
but the LORD weighs the spirit.”
(Proverbs 16:2)*

Related Topics . . .

- Adoption:
A Child Born in the Heart
- Anger:
Controlling the Fire Within
- Decision Making:
Discerning the Will of God
- Envy & Jealousy:
Taming the Terrible Twins
- Evil & Suffering . . . Why?
Is God Fair?
- Trials:
Seasons of Suffering

1. Vicky Love, *Childless Is Not Less* (Minneapolis, MN: Bethany, 1984), 18.

2. For this section see Van Regenmorter, Van Regenmorter, and McIlhane, *Dear God, Why Can't We Have a Baby*, 149–55; Everett L. Worthington, Jr., *Counseling for Unplanned Pregnancy and Infertility*, vol. 10, Resources for Christian Counseling, ed. Gary R. Collins (Waco, TX: Word, 1987), 223–29.

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