Girl Get Real Podcast

Miscarriage, Grief & Finding Hope in God Again

A faith-centered study guide with Dani Brown

“Even when the future does not unfold the way I hoped, I can still seek and trust God.”

This guide creates space to reflect on the pain of miscarriage and the hope Dani describes finding as she began reconnecting with God. There is no pressure to rush grief, pretend everything is fine, or have every question answered.

A gentle note before you begin

Miscarriage and infertility can bring deep grief, fear, anger, confusion, and loneliness. People experience these losses differently. Skip any question that feels too heavy, take breaks, and consider working through this with someone you trust.

Opening Prayer

God, meet me honestly in the places that hurt. Help me bring You my questions instead of carrying them alone. Give me comfort when I grieve and people who can sit with me in love. Help me know Your character even when I cannot understand my circumstances. Amen.

1. The Big Idea: Grief, Faith & Hope Can Exist Together

Dani describes the shock of moving from excitement over a positive pregnancy test to the pain of miscarriage in a short time. She shares how the loss affected her marriage, her sense of connection with other women, and her relationship with God. Over time, she began turning toward God again and learning to trust His character without knowing exactly how her future would unfold.

Main takeaway: Faith does not require us to deny grief or pretend we understand why something painful happened. We can bring honest questions to God and hold on to hope without demanding that the future look a particular way.

Reflect: What feelings came up as you listened? Have you felt pressure to appear okay when you were hurting? What might it look like to bring your honest feelings to God?

2. When Grief Feels Lonely

Dani explains that miscarriage was not something people around her openly discussed. She compared her experience with relatives and friends who had not experienced the same loss. She also describes how she and her husband grieved differently, making it harder to feel understood at the time.

• Have comparison or thoughts like “Why did this happen to me?” made grief heavier?
• Who could listen without trying to fix, minimize, or rush your pain?
• What would help you feel less alone in a difficult season?

Remember: People may grieve differently. One may want to talk while another becomes quiet or focuses on getting through the day. Difference does not automatically mean a lack of love; it may mean each person needs help understanding the other’s experience.

3. When Questions About God Become Distance From God

Before the miscarriage, Dani describes herself as going through the motions spiritually. After the loss, she questioned God’s character and struggled with thoughts that she was a failure, alone, or being punished. She reflects on the danger of wondering about God without actually speaking to Him. This is not a warning against hard questions; it is an invitation to take those questions to God rather than letting fear and assumptions become the only voices we hear.

- What questions or disappointments have I been afraid to say out loud to God?
- Have I assumed a painful circumstance means God is angry with me or has abandoned me?
- What could help me reconnect with prayer, Scripture, worship, or a trusted Christian friend?

4. Reconnecting With God One Step at a Time

Dani describes two reminders that caught her attention: a friend's drawing with the words "the process is necessary," and a bracelet gift whose message brought the image to mind. Those moments prompted her to open her Bible again. She describes this as an awakening in her spiritual life and in how she thought about motherhood.

Reconnection can begin with a small decision: opening the Bible, praying honestly, or being willing to turn toward God again. What small step could help you turn toward God this week? Is there a verse, song, or conversation that has helped you hold on to hope? What would it mean to seek God while still having unanswered questions?

5. Trusting God Without Knowing the Outcome

Dani began asking God to help her trust His plans even if motherhood did not happen the way she expected. She considered different possibilities, including adoption or fostering, while acknowledging she could not control the outcome. She later faced uncertainty again when one of her children needed medical care. The episode emphasizes that trust is not the same as getting the result we want; God's goodness cannot depend only on whether circumstances turn out as we hoped.

- What outcome am I finding hardest to release?
- Can I believe God is with me even when I do not understand what is happening?
- What is the difference between hope and assuming I know exactly how God will answer?
- What would an "even if" faith look like in my situation?

Related Scriptures to Read

- Proverbs 3:5–6 — Trusting the Lord rather than relying only on our own understanding.
- Isaiah 55:8–9 — God's thoughts and ways are higher than ours.
- Psalm 34:18 — The Lord is near to the brokenhearted.
- Habakkuk 3:17–18 — Choosing to rejoice in the Lord even when circumstances are painful.
- Romans 8:38–39 — Nothing can separate us from the love of God in Christ.

6. When a Loss Affects a Marriage

Dani describes how the miscarriage initially created distance between her and Will. She felt alone while he processed the loss differently. Over time, they learned more about how each of them grieved and how to comfort one another. Later pregnancies still brought anxiety, but they were better able to face uncertainty together.

If you are walking through grief with a spouse or partner, consider: Have we made room for each other to grieve differently? What helps me feel supported, and have I explained it clearly? Have I assumed my spouse should respond exactly as I do? Could we ask, "Do you want me to listen, pray with you, or help with something practical?"

Couple exercise: Each person completes: "When I am hurting, I tend to…" and "One thing that helps me feel supported is…". Listen without correcting or debating the other person's experience.

7. How to Support Someone Experiencing Miscarriage or Infertility

The episode acknowledges that people often avoid miscarriage because they are afraid of saying the wrong thing. Dani stresses speaking truth in love while recognizing how fragile and personal the experience can be.

Ways to show up:
• Say, “I’m so sorry. I’m here with you.”
• Let them talk about the baby or the loss if they want to.
• Ask what would help instead of assuming you know.
• Remember important dates and check in after the first wave of support has passed.
• Offer specific practical help, such as bringing a meal or accompanying them to an appointment.
• Allow sadness and faith to coexist; do not use a Bible verse to shut down grief.
• Avoid comparing their experience with someone else’s or promising a particular outcome.

Reflect: Do I rush to give an answer because silence makes me uncomfortable? How can I speak honestly and compassionately? Who might need a quiet, steady reminder that they are not alone?

8. Keeping God at the Center Without Turning Pain Into a Formula

Dani speaks about realigning her priorities and refusing to make motherhood—or any other blessing—her ultimate source of identity and security. This does not mean a child, a pregnancy, or a dream is unimportant. It means a person’s worth is not determined by whether that dream comes true. The episode encourages us to keep seeking God while allowing ourselves to grieve what we hoped for.

• Where have I tied my identity or worth to a particular outcome?
• What helps me remember I am loved by God in uncertainty?
• What might it look like to invite God into my grief rather than bypass it?
• What support do I need—spiritual, emotional, relational, or professional?

9. Personal Reflection & Journaling

What part of Dani’s story stayed with me the most, and why?

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What questions or emotions do I need to bring honestly to God?

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Who could walk alongside me with compassion and wisdom?

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What is one gentle next step I can take this week?

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10. Put It Into Practice This Week

Choose one or two steps that feel right for your season:
■ Make space to pray honestly about a disappointment or fear.
■ Read one related Scripture slowly and write down what stands out.
■ Reach out to a trusted person instead of carrying grief alone.
■ Ask a loved one how they prefer to be supported in hard moments.
■ Take a break from comparison-heavy social media if it adds to the pain.
■ Offer quiet, practical support to someone experiencing loss.
■ Seek a pastor, counselor, support group, or healthcare professional if extra support would help.

Closing Prayer

Father, You see the grief that others may not understand. Thank You that I do not have to hide my questions or pretend to be strong every moment. Draw near to those grieving miscarriage, infertility, or another painful loss. Give comfort without shame, support without judgment, and hope that does not depend on a guaranteed outcome. Help us love one another gently and trust Your character one day at a time. Amen.

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