



# SARAH'S HEART

**MOTHERS IN WAITING**

A faith-centred companion for women  
trusting God for the fruit of the womb

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**DEAR WOMAN FOUNDATION**

# Publication Note

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This edition is an inspirational Christian resource prepared for personal reflection. Scripture references are provided for study; readers should consult their preferred Bible translation for the full text. The final publication should include the required permissions and acknowledgements for any Bible translation quoted at length.

## **A compassionate note to the reader**

This book offers spiritual encouragement and reflection. It is not medical advice and cannot diagnose or treat fertility concerns. Fertility is affected by many factors, and concerns can involve either partner. If you have questions about conception, pregnancy loss, or reproductive health, consider speaking with a qualified healthcare professional. Seeking medical care is not a failure of faith.

*“Hope is not a demand to pretend that everything is easy. Hope is the courage to bring your real life into the presence of God.”*

# Dedication

*To every woman who has carried the desire for a child in the quiet places of her heart.*

To the woman who smiles for others while privately carrying questions. To the woman who has prayed many prayers, waited through changing seasons, and wondered how to begin hoping again. To the woman who has experienced loss, received difficult news, or felt the weight of expectations she never asked to carry.

May these pages remind you that your life has dignity today, your pain deserves tenderness, and you do not have to walk through this season alone. May you find room to pray honestly, seek wise support, and keep your heart open to hope.

*“You are seen. Your story matters. You are allowed to grieve, and you are allowed to hope.”*

# A Letter to the Woman Who Is Waiting

*Dear woman,*

I do not know the exact shape of your journey. Perhaps you have been waiting for a short time, or perhaps the years have seemed to stretch further than you imagined. Perhaps you are carrying questions you have not told anyone. Perhaps you have learned to congratulate others with a sincere heart while also needing a quiet moment to tend to your own feelings.

I want you to know that you do not have to hide your heart here. You do not have to pretend to be stronger than you feel. You do not have to find the perfect words for your prayers. Sometimes a prayer is a sentence. Sometimes it is a tear. Sometimes it is simply sitting quietly before God because you have no idea what to say next.

The desire to become a mother can touch many parts of a woman's life: her hopes, her marriage, her family relationships, her sense of time, and her picture of the future. When the journey is not unfolding as expected, the ache can be real. Please do not shame yourself for feeling it.

The story of Sarah reminds us that waiting is part of the biblical story, and that God is able to do what human beings cannot arrange by their own strength. Her story can invite us to hope. It does not mean every woman's story will follow the same timetable, and it does not make your worth depend on a particular outcome.

As you read, let this be a place where faith and honesty can sit together. Bring your longing to God. Seek people who can listen without judging. Care for your body and your emotional wellbeing. If you need medical guidance, you are allowed to seek it. You do not have to choose between prayer and practical support.

My prayer is that these pages will help renew your hope and remind you that you are not forgotten in the middle of your questions. May you find strength for today, courage for the next step, and the freedom to keep believing without blaming yourself for what you cannot control.

With love and prayer,  
Nelly Braide Anene  
Dear Woman Foundation

# Why I Wrote Sarah's Heart

Sarah's Heart began with a burden for women who are trusting God for the fruit of the womb, especially those whose hope has been worn down by time, disappointment, or the feeling that everyone else has moved forward. During a time of fellowship with God, Isaiah 7:14 became the starting point for a message of renewed hope for women who long to conceive and become mothers.

This book grows from that spiritual concern. It is an invitation to return to Scripture, to bring the whole heart before God, and to remember that a difficult season is not the whole story of a person's life.

The title points us towards Sarah, whose story is told in Genesis. Her journey includes longing, time, uncertainty, human limitation, and the birth of Isaac. It is a remarkable account of God's action in her story. We approach it with reverence, not as a formula that predicts what will happen to every reader, but as a testimony that can nourish faith in the God who sees beyond what we can see.

My hope is that this first edition will be the beginning of a larger work: a full book that can offer deeper biblical reflection, thoughtful devotional practices, and additional resources for women and couples navigating this journey. For now, let us begin with the woman who is reading these words today.

*“You do not have to know the whole road to take the next faithful step.”*

# Contents

## **PART ONE — THE HEART THAT WAITS**

1. When the Desire to Become a Mother Lives Deep Within You
2. The Questions You Whisper When Nobody Is Listening
3. When Everyone Else Seems to Be Moving Forward
4. You Are More Than the Outcome You Are Waiting For

## **PART TWO — SARAH'S HEART**

5. The Woman Behind the Promise
6. When Time Has Passed and Hope Feels Distant
7. Is Anything Too Hard for the Lord?
8. What Sarah's Story Can Teach the Waiting Heart

## **PART THREE — HOLDING ON TO GOD**

9. Isaiah 7:14 — The Revelation That Inspired This Book
10. The God Who Sees Beyond the Present
11. When the Situation Looks Impossible
12. When Your Heart Needs Strength to Continue

## **PART FOUR — LIVING THROUGH THE WAITING**

13. How to Pray When You Have Run Out of Words
14. Building a Personal Fellowship With God
15. Protecting Your Heart in a World Full of Questions
16. Your Marriage, Your Support System, and Your Emotional Wellbeing
17. Faith and Responsible Medical Care Can Coexist

## **PART FIVE — ARISE AGAIN**

18. Isaiah 60:1 — Arise, Even While You Are Waiting
19. Hope Without Shame, Faith Without Pretending
20. A New Way to Walk Through the Waiting

Also included: prayers for different seasons, seven days of reflection, journaling prompts, and a note about the future full book.

# **1. When the Desire to Become a Mother Lives Deep Within You**

For many women, the desire to become a mother is not a passing thought. It may be a hope they have carried since childhood, or a longing that became clearer after marriage. It can represent the wish to nurture, to raise a child, to share family life, and to experience a new kind of love. When conception does not happen as expected, the longing can become tender and complicated.

You may feel happy for friends who are expecting while also wondering when it will be your turn. You may be grateful for many parts of your life and still feel the ache of this one unanswered desire. Those feelings can exist together. Gratitude does not cancel grief, and grief does not mean you are ungrateful.

Your longing deserves compassion. You do not need to apologise for wanting a child, and you do not need to measure your worth by whether pregnancy has happened yet. You are a whole person today, with relationships, gifts, responsibilities, and a life that matters now.

In Scripture, the stories of women who longed for children are told with emotional and spiritual weight. They are not presented as trivial concerns. Their stories invite us to take longing seriously while remembering that each person's path is unique.

As you bring your desire before God, try to speak honestly rather than searching for perfect religious words. Tell God what you hope for, what frightens you, and what you find difficult to understand. Let trusted people support you too. You do not have to carry the entire weight of waiting alone.

## **Pause and Reflect**

What does motherhood mean to you, and what feelings come up when you give yourself permission to name that desire honestly?

## **A Prayer for This Chapter**

God, You know the longing I carry. Help me bring it to You without shame. Remind me that my life has value today, and give me wisdom, support, and courage for the journey ahead. Amen.

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## 2. The Questions You Whisper When Nobody Is Listening

Waiting can bring questions that feel too private to say aloud. You may ask, “Have You forgotten me?” or “Why is this taking so long?” You may wonder whether you should keep hoping, whether something is wrong with you, or whether other people understand how hard this has become.

Questions do not automatically mean that faith has disappeared. The Bible contains prayers of lament, confusion, grief, and pleading. The Psalms show people speaking to God from the middle of distress rather than pretending to be untouched by it. Psalm 13, for example, gives language to the experience of asking how long a painful season will last.

A helpful practice is to separate the question you are carrying from the harsh conclusion you may be tempted to draw about yourself. “I do not understand why this is happening” is not the same as “I must be a failure.” “I feel afraid” is not the same as “I have no faith.” Give yourself room to notice the difference.

You may not receive an immediate explanation for every question. This book will not manufacture answers that Scripture does not give. Instead, it invites you to bring your questions into an honest relationship with God and to seek safe people who can listen without blaming you.

If your thoughts become overwhelming, or sadness and anxiety begin to interfere with daily life, consider speaking with a qualified counsellor or mental health professional. Seeking support is a wise act of care, not a spiritual defeat.

### Pause and Reflect

Which question have you been afraid to say aloud? What would it look like to bring that question to God without condemning yourself?

### A Prayer for This Chapter

Lord, receive the questions I do not know how to answer. Meet me in my uncertainty. Help me find words when I need them and quiet when words are not available. Amen.

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# 3. When Everyone Else Seems to Be Moving Forward

Pregnancy announcements, naming ceremonies, baby showers, and family questions can become emotionally complicated when you are waiting for a child. You may genuinely celebrate someone else and still feel a private ache afterward. You may need a little space before you can respond. These reactions do not make you cruel or jealous by nature; they make you human.

Comparison often grows when we use someone else's visible milestone to judge our own hidden story. We see the announcement, not the whole of another person's life. We see a moment, not every struggle that may have come before it. Their joy does not mean your opportunity for joy has disappeared.

You are allowed to establish boundaries. You can choose how much detail to share, decide whether to attend a gathering, or prepare a simple response to personal questions. For example: "Thank you for caring about me. This is a personal matter, and I will share when I am ready." You do not owe everyone an explanation of your reproductive life.

If a particular event feels too difficult, consider what support would make it manageable. You might attend briefly, bring someone you trust, or choose not to attend. A boundary is not punishment; it is a way of caring for your emotional wellbeing.

Ask God for a heart that can make room for another person's joy without requiring you to deny your own pain. You can wish someone well and still need tenderness for yourself.

## Pause and Reflect

Which situations make the waiting feel heavier? What boundary or supportive plan could help you navigate one of them?

## A Prayer for This Chapter

God, help me celebrate others without abandoning my own heart. Give me wise words, healthy boundaries, and relationships in which I can be honest and safe. Amen.

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## 4. You Are More Than the Outcome You Are Waiting For

The desire for motherhood can be profound, but it is not the only truth about you. You are not merely a womb, a diagnosis, a timeline, or a question people ask at family gatherings. You are a person with dignity, a history, a mind, a spirit, relationships, abilities, and a life that matters.

This does not mean you should simply stop wanting a child or pretend that the desire no longer matters. It means your worth does not have to remain suspended until the outcome changes. You can seek pregnancy with hope while also tending to friendships, meaningful work, rest, creativity, service, and the parts of your life that need attention now.

Sometimes people offer well-meant phrases that unintentionally deepen pain: “Just relax,” “Stop thinking about it,” or “Maybe you are not ready.” You are not required to accept every explanation offered by someone else. You can acknowledge that they may mean well while recognising that they do not know the whole of your experience.

Consider making a list of qualities and roles that are part of your identity today. You may be a loving partner, a friend, a daughter, a professional, a creative person, a woman of faith, or someone who supports others. These identities do not erase your longing. They remind you that your life is already more spacious than this one season.

Let your hope for motherhood remain meaningful without allowing the waiting to take every part of you away.

### Pause and Reflect

What parts of your identity have become quieter while you have been waiting? Which one would you like to nurture this week?

### A Prayer for This Chapter

God, help me honour my desire for a child while remembering the person I am today. Restore the parts of my life that need care, and surround me with people who see me fully. Amen.

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## 5. The Woman Behind the Promise

Sarah's story is found across Genesis, including Genesis 18 and Genesis 21. The biblical account tells of a woman who lived with the reality of childlessness and later gave birth to Isaac in circumstances that displayed God's power. Genesis 21:1-2 records the fulfilment of what had been spoken concerning Sarah.

It is tempting to reduce Sarah's story to a simple formula: wait long enough, pray a certain way, and the same outcome will happen. But Scripture does not give us permission to turn one woman's story into a guaranteed timetable for every woman. Sarah's story belongs to the particular covenant story told in Genesis. Its power is not diminished when we read it carefully.

What can a waiting woman receive from Sarah's story? She can remember that human limitations are not the limits of God's power. She can reflect on the fact that a long wait is part of the biblical story. She can make room for the possibility of divine intervention without pretending that she controls its timing.

Sarah was also a human being, not merely a symbol. Her story contains complexity, imperfect responses, relationships, and emotions. The Bible does not require us to imagine that waiting was effortless for her. This matters because many women feel pressure to appear endlessly serene while carrying deep disappointment.

Read Genesis 21:1-2 slowly. Notice what the passage actually says, and allow it to be a source of reflection. Ask what it reveals about the biblical account of God's faithfulness to Sarah, while resisting the urge to use it to judge your own worth or predict your personal future.

Your story is not a copy of Sarah's. Yet her story can accompany you as you continue to hope.

### Pause and Reflect

What part of Sarah's story speaks most strongly to you? What questions do you still carry as you read it?

### A Prayer for This Chapter

God of Sarah, help me learn from Scripture with humility and hope. Remind me of Your power, and help me trust You without comparing my story with someone else's. Amen.

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## 6. When Time Has Passed and Hope Feels Distant

Time can change the way waiting feels. At first, you may think, “Perhaps it will happen soon.” Later, each passing month can seem to carry its own disappointment. Dates that once felt ordinary may become reminders of how long you have hoped.

If your hope feels tired, you do not have to force yourself into constant excitement. Faith is not a performance. There may be days when you feel full of expectation and other days when you simply ask for enough strength to get through the day. Both kinds of days can belong to an honest spiritual life.

The Bible contains many examples of people who waited, but those accounts do not give us a universal schedule for how God will act. Avoid using another person's testimony to tell yourself that you should already have the same result. Testimonies can inspire, but they should never become weapons against a person whose circumstances differ.

It may help to bring your focus back to the next wise step rather than trying to solve the entire future today. That step may be a conversation with your partner, an appointment with a healthcare professional, a prayer with a trusted friend, or a quiet evening of rest.

Hope does not require you to know the date or the manner in which your desire will be fulfilled. It can mean remaining open to possibility, seeking support, and refusing to treat uncertainty as proof that you are forgotten.

### Pause and Reflect

What has the passage of time made harder for you? What support would make the next month feel less lonely?

### A Prayer for This Chapter

Lord, when time feels heavy, give me strength for today. Help me release the pressure to predict the future and guide me towards the support and wisdom I need. Amen.

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# 7. Is Anything Too Hard for the Lord?

Genesis 18:14 asks a question about the Lord's power in the context of the promise concerning Sarah and the birth of a son. The verse has encouraged generations of believers to reflect on the difference between human limitation and divine ability.

For a woman waiting for the fruit of the womb, this Scripture may bring renewed courage. It invites her to remember that what seems impossible to human beings is not beyond God's power. It allows room for prayer that is honest, bold, and expectant.

At the same time, we should not turn the verse into a formula that guarantees a specific medical outcome. The question points us towards God's power; it does not give us control over God's timing or explain every experience of infertility or loss. The faith of a woman who continues to wait is not inferior to the faith of a woman whose prayer is answered in the way she hoped.

Let this verse encourage you to pray without shame. Ask God for the child you desire. Ask for healing where healing is needed, for wisdom in decisions, for supportive relationships, and for strength through uncertainty. You can make these requests sincerely while remaining open about what you do not know.

If you have received medical information that frightens you, you can bring that fear to God and still ask questions of qualified professionals. Faith and careful action do not have to be enemies.

## Pause and Reflect

What would it mean for you to pray with expectation while leaving room for honesty about uncertainty?

## A Prayer for This Chapter

God, I believe that Your power is greater than my understanding. Help me bring my desire to You with courage, and give me wisdom and peace as I take the next steps. Amen.

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## 8. What Sarah's Story Can Teach the Waiting Heart

Sarah's story can inspire hope, but it should be approached with tenderness. Her experience does not mean that every woman will conceive after the same number of years, after a particular prayer, or after reaching a particular level of faith. It does remind readers that the biblical story includes moments when God's action exceeded human expectation.

One lesson is that waiting can be part of a person's story without becoming the whole of that story. Another is that human beings cannot always see how events will unfold. A third is that a person's worth should not be measured by the outcome she is longing for.

Sarah's story can also encourage us to speak carefully to other women. We should not tell a woman who is grieving that she simply needs to believe more. We should not use Sarah to silence questions or rush someone through sorrow. A compassionate faith community makes room for prayer, tears, practical assistance, and companionship.

You may choose to keep Genesis 21:1-2 as a passage for reflection. Read it, pray with it, and consider what it reveals in its original context. Let it inspire your hope without forcing your story into a pattern it was never promised to follow.

The heart of this book is not to make you responsible for controlling the outcome. It is to help you remain connected to God, supported by others, and open to hope as you navigate the desire for motherhood.

### Pause and Reflect

How can Sarah's story encourage you without becoming a burden or a comparison?

### A Prayer for This Chapter

Lord, teach me to receive the encouragement of Scripture with wisdom. Help me offer compassion to other women and receive compassion for myself. Amen.

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## 9. Isaiah 7:14 — The Revelation That Inspired This Book

Isaiah 7:14 is the foundational passage identified by the author as the inspiration for Sarah's Heart. In its original setting, the verse belongs to a prophetic message given during a time of political threat and uncertainty. In Christian interpretation, it is also associated with the birth of Jesus and the hope expressed in the Gospel of Matthew.

Because the verse has a specific biblical and theological context, it should not be presented as a direct promise that every woman who reads this book will conceive. The author's spiritual response to the passage is a call to renew hope among women who are waiting for the fruit of the womb. That devotional application can be shared honestly while respecting the passage's meaning.

A central part of Christian hope is the belief that God is present and able to act beyond human expectation. Women who are waiting can bring their desires to God, ask for intervention, and draw strength from the wider story of Scripture. They can do this without being told that a particular verse guarantees a particular medical result.

Let Isaiah 7:14 remind you that this book was born from a burden to encourage women who feel their hope slipping away. Let it invite you into deeper fellowship with God, thoughtful study, and prayer. As you reflect, keep the difference clear between the original message of the passage, the author's devotional understanding, and your own personal circumstances.

The aim is not to use Scripture to pressure you. It is to open a space where Scripture can be approached with reverence, hope, and care.

### Pause and Reflect

How does understanding the context of a Scripture passage help you receive its encouragement responsibly?

### A Prayer for This Chapter

God, guide me as I read Your Word. Give me understanding, renew my hope, and help me hold Your promises with reverence, wisdom, and trust. Amen.

# 10. The God Who Sees Beyond the Present

Isaiah 46:9–10 speaks of God's uniqueness and sovereignty. The passage belongs to a larger argument about the Lord's power and the inability of idols to compare with Him. It points readers towards God's purposes and authority.

When you are waiting, the present can feel like the only part of the story that exists. Every unanswered question may seem to occupy the whole horizon. This passage invites a broader perspective: human beings see only part of their lives, while the biblical vision of God is not limited by our immediate view.

That does not mean you must dismiss the facts of your situation or silence your concerns. It means you can acknowledge what is happening without assuming that you understand every possibility ahead. You can seek medical assessment, ask difficult questions, and make thoughtful decisions while continuing to pray.

The future remains unknown to us. Instead of trying to force certainty, you can ask for wisdom for the decisions in front of you. You can build a support system, nurture your relationship, and make room for joy in the present even as you hope for pregnancy.

Trust is not the same as having every answer. Sometimes trust means taking one honest step while acknowledging that you cannot see the entire road.

## Pause and Reflect

What part of your future are you trying hardest to control? What is one decision you can approach with wisdom today?

## A Prayer for This Chapter

Sovereign God, I cannot see the whole road ahead. Help me trust You with what I do not know and act wisely with what is in front of me. Amen.

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# 11. When the Situation Looks Impossible

Isaiah 7:7 and Isaiah 43:13 must be read within their respective contexts. Isaiah 7 describes a particular threat to Judah, while Isaiah 43 speaks of God's sovereignty and power. These passages can encourage reflection on God's authority, but they should not be detached from their settings and converted into automatic guarantees about every personal circumstance.

A difficult fertility journey can make a woman feel powerless. There may be medical questions without simple answers, decisions that require time, or circumstances outside her control. It is understandable to wish for a clear explanation and a clear path forward.

Faith can help you face those realities without surrendering to despair. You can ask God for intervention. You can ask for wise healthcare professionals, financial provision for appropriate care, emotional strength, and a supportive partner or community. You can also ask for courage to receive information that may be difficult to hear.

You do not have to label every uncertain outcome as a spiritual battle you have failed to win. Your body is not a measure of your spiritual performance. You deserve care and dignity while you navigate whatever information or decisions arise.

Let these passages remind you of the biblical witness to God's sovereignty. Let them encourage prayer and courage, not pressure to predict exactly what will happen.

## Pause and Reflect

Where do you feel powerless right now? What is one form of help you could ask for?

## A Prayer for This Chapter

God, meet me where I feel powerless. Give me courage to face what is true, wisdom to choose my next steps, and people who can support me with compassion. Amen.

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# 12. When Your Heart Needs Strength to Continue

Isaiah 40:5 speaks of the revelation of the glory of the Lord in its larger prophetic context. The chapter offers comfort to a people who need reassurance of God's greatness and sustaining power. Psalm 13, by contrast, gives voice to the question of how long suffering will continue. Together, these passages remind us that Scripture contains both the language of hope and the language of lament.

You may need both. There may be days when a verse fills you with courage, and other days when all you can do is tell God that you are tired. You do not need to pretend that every devotional moment feels uplifting. A sincere relationship with God can include questions, silence, sorrow, and renewed trust.

When your heart feels depleted, begin with small practices. Read a short passage rather than setting an unrealistic goal. Contact someone who listens well. Eat, rest, and move your body in ways that are appropriate for you. If you feel persistently overwhelmed, seek professional support.

Strength does not always arrive as a dramatic feeling. Sometimes it appears as the ability to make an appointment, ask for help, have an honest conversation, or get through a difficult day without turning your pain into self-blame.

You are not required to be endlessly strong. You are allowed to receive care.

## Pause and Reflect

What would receiving care look like for you this week? Who is one person you can safely contact?

## A Prayer for This Chapter

God of comfort, strengthen me when I am tired. Help me speak honestly, receive care, and find enough light for the next step. Amen.

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## 13. How to Pray When You Have Run Out of Words

Prayer can feel difficult when you have prayed about the same desire for a long time. You may wonder what else to say. You may repeat the same request or sit quietly because your emotions have left you without words. This does not mean you have failed at prayer.

Try beginning with honesty. You might say, “God, I want a child. I feel tired and afraid. Please guide me and help me today.” A prayer does not have to be elaborate to be sincere. The Psalms offer examples of people bringing distress, gratitude, anger, and hope before God.

You can also pray with Scripture. Read a passage slowly, notice a phrase that speaks to you, and tell God what it brings to mind. If journaling helps, write your prayer without editing it. If prayer with another person is comforting, ask someone trustworthy to pray with you.

Avoid turning prayer into a transaction. No particular number of prayers, hours of fasting, offerings, or repeated declarations can be presented as a requirement that guarantees conception. Prayer is a relationship with God, not a technique for controlling a medical outcome.

Pray expectantly for the child you desire. Pray for wisdom and appropriate care. Pray for your relationship, emotional wellbeing, and strength. And when you cannot find words, allow a quiet moment to be enough.

### Pause and Reflect

What kind of prayer feels most honest for you at this stage: speaking, writing, reading Scripture, praying with someone, or sitting quietly?

### A Prayer for This Chapter

Father, I bring You my desire for a child and every feeling surrounding it. When I have no words, receive my heart. Guide me towards hope, wisdom, and the support I need. Amen.

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# 14. Building a Personal Fellowship With God

Fellowship with God does not have to become another burden on an already tired heart. A simple, sustainable rhythm can help you make space for Scripture, prayer, and reflection without feeling that you must perform perfectly.

You might set aside ten quiet minutes in the morning or evening. Begin with a short passage. Read it twice. Ask what it says in context, what it reveals about God, and what question it raises for you. Write a few lines in a journal or speak honestly in prayer. On some days, that may be enough.

Choose practices that support connection rather than fear. If you miss a day, begin again without condemning yourself. If a particular teaching makes you feel blamed or frightened, consider discussing it with a trusted, thoughtful spiritual leader.

Fellowship can also happen in community. A mature friend, a supportive church group, or a prayer partner may help you feel less alone. Choose people who respect your privacy and do not treat your reproductive circumstances as public information.

Your spiritual life is not a fertility formula. It is a relationship that can sustain you in many seasons. Make room for it because you desire closeness with God, not because you believe you must earn the answer to your prayer.

## Pause and Reflect

What is one small, realistic rhythm of fellowship you could sustain for the next seven days?

## A Prayer for This Chapter

Lord, draw me into a sincere and life-giving fellowship with You. Help me build simple practices that nourish my faith without turning them into a burden. Amen.

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# 15. Protecting Your Heart in a World Full of Questions

Questions about when you will have a child can feel intrusive, especially when they come repeatedly or in public. You may be unsure how much to explain. You may want to protect your privacy without damaging important relationships.

Prepare a few responses that feel natural to you. You might say, “We appreciate your concern, but we are keeping this private.” Or, “When there is news we are ready to share, we will let you know.” If you prefer a warmer answer, try, “Please keep us in your prayers, and please understand that we may not want to discuss the details.”

You are not responsible for managing everyone's curiosity. You can decide who receives information and when. If a conversation becomes hurtful, it is reasonable to change the subject or leave it.

It may also help to tell close family members what kind of support is useful. For example, you might ask them not to make comments about your age, not to compare you with relatives, and not to share your situation without permission.

Boundaries are not a rejection of love. They are a way to create conditions in which honest relationships can survive a difficult season. A person who cares for you may need guidance about how to support you well.

## Pause and Reflect

What question or comment has been difficult to hear? Write one response that protects your privacy and feels true to you.

## A Prayer for This Chapter

God, give me calm and clear words. Help me establish healthy boundaries and recognise the people who can support me with kindness. Amen.

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# 16. Your Marriage, Your Support System, and Your Emotional Wellbeing

A fertility journey can affect each partner differently. One person may want to talk often, while the other becomes quiet. One may seek immediate medical information, while the other needs time to process. These differences can lead to misunderstanding if each partner assumes that the other should respond in the same way.

Try to speak from your own experience rather than assigning blame. “I feel frightened and I need us to talk” may open a different conversation from “You never understand.” Ask your partner what the journey has been like for them too. Neither person should be treated as the problem simply because conception has not happened.

Fertility concerns can involve either partner or both. If assessment is appropriate, consider approaching it as a shared process rather than a search for someone to blame. A qualified healthcare professional can advise on suitable investigations and next steps.

Build a support system that respects your privacy. This may include a trusted friend, a faith leader who understands the need for sensitivity, a counsellor, or a support group. You do not have to share your story with everyone to receive support.

Protect ordinary moments of connection where possible. Your relationship can contain conversation, laughter, companionship, and rest as well as discussions about conception. You deserve a life that is not reduced to appointments, waiting, or uncertainty.

## Pause and Reflect

What kind of support do you need from your partner or trusted people? What is one specific request you could make?

## A Prayer for This Chapter

God, help us speak with tenderness and listen with patience. Remove blame from our conversations, guide us towards wise support, and strengthen our relationships through this season. Amen.

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# 17. Faith and Responsible Medical Care Can Coexist

Prayer and medical care do not have to compete. Many people of faith pray while also consulting qualified healthcare professionals, asking questions, and considering appropriate treatment options. Seeking assessment is not a declaration that God cannot act; it is one way of caring responsibly for your health.

If you have concerns about conception, menstrual health, reproductive health, or a history of pregnancy loss, a qualified clinician can help you understand what evaluation may be appropriate. Fertility guidance depends on individual circumstances, including age, health history, and how long you have been trying to conceive. Your clinician can advise you about timing and options.

Be cautious about unverified remedies, expensive promises, or anyone who claims to guarantee pregnancy through a product, ritual, or payment. Do not stop prescribed care because someone tells you that medical treatment proves a lack of faith. Seek a second professional opinion when you need clarification.

If a diagnosis or treatment plan feels overwhelming, ask questions, bring a trusted person if you wish, and take time to understand your options. You deserve clear information and respectful care.

This chapter is not a diagnosis or treatment plan. Its purpose is to remind you that your body deserves care, your questions deserve informed answers, and your faith can accompany you as you make decisions.

## Pause and Reflect

Is there a health question you have been postponing? What would help you take a safe, informed next step?

## A Prayer for This Chapter

God, guide me towards trustworthy care and wise decisions. Help me ask questions without fear, receive support without shame, and care for the body and life entrusted to me. Amen.

## 18. Isaiah 60:1 — Arise, Even While You Are Waiting

Isaiah 60:1 opens with the call to arise and shine, because the light and glory of the Lord have come. In its original context, the passage speaks to restoration and the hope of God's people. It is not a direct prediction about an individual's fertility, but its language can invite reflection on renewed courage and the possibility of rising from discouragement.

Arising does not mean pretending that you are no longer hurting. It may mean deciding that pain will not be the only voice in your life. It may mean reaching out for support, returning to a meaningful activity, asking for help, or making room for a small moment of joy.

You do not have to put your life on hold until you become pregnant. You can continue to learn, serve, rest, create, love, and nurture relationships while keeping your desire for motherhood alive. These things do not replace the child you long for; they are part of the life you are living now.

Consider what helps you feel connected to hope. It might be time outdoors, worship, a conversation with someone who understands, or a simple routine that gives shape to your day. Choose one small action rather than demanding a complete transformation overnight.

Let the language of Isaiah 60:1 remind you that renewal can begin in a small way. You can arise again, even if you are still waiting.

### Pause and Reflect

What is one part of your life you want to re-enter or nurture, even while you continue hoping for a child?

### A Prayer for This Chapter

God, let Your light meet me in this season. Help me rise from discouragement one step at a time and make room for hope, connection, and renewed strength. Amen.

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# 19. Hope Without Shame, Faith Without Pretending

There is a kind of pressure that can gather around faith: the idea that a believer should always sound certain, never grieve, and never admit fear. But the Bible contains lament as well as praise, questions as well as declarations, and stories whose endings are not all the same.

You can hope for pregnancy and still be honest about uncertainty. You can pray boldly and still attend a medical appointment. You can celebrate someone else's good news and still need space to process your own feelings. You can trust God and still ask for help.

Hope becomes burdensome when it is used to accuse you. If someone tells you that you have not conceived because you are too anxious, insufficiently faithful, or spiritually defective, remember that such claims are not a compassionate or reliable explanation of your circumstances. You deserve support, not blame.

This book encourages you to keep bringing your desire to God. Ask for the child you hope to welcome. Ask for courage and wisdom. Remain open to appropriate care and support. And allow yourself to be a person, not a performance of perfect faith.

You do not have to pretend that waiting is easy in order to keep believing. Honest hope is allowed to breathe.

## Pause and Reflect

Where have you felt pressure to appear stronger or more certain than you are? What would a more honest, compassionate faith look like?

## A Prayer for This Chapter

God, free me from shame and from the need to perform. Help me hold hope with honesty, seek help with courage, and remember that I am worthy of compassion in every season. Amen.

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## 20. A New Way to Walk Through the Waiting

You may finish this book with the same desire you brought to its first page: you want to become pregnant and welcome a child. That desire matters. The purpose of these pages has been to encourage you, strengthen your spiritual reflection, and help you consider the support and choices available to you.

You do not need to solve every question today. Begin with a few practical commitments. Choose one Scripture passage to revisit. Identify one person who can listen without judging. Consider whether a conversation with a healthcare professional would be useful. Talk with your partner about what each of you needs. Make one small space for rest or joy this week.

If you experience another difficult moment, return to the tools that help you: prayer, honest journaling, supportive relationships, professional guidance, and boundaries around conversations that cause harm. These practices do not guarantee conception; they can help you navigate the journey with greater support and care.

Continue to pray for the child you desire. Continue to seek wisdom. Continue to make room for the possibility of good news. And remember that the value of your life is not suspended until you receive the answer you long for.

Sarah's Heart is intended to be the beginning of a larger book and a continuing conversation with women who are waiting. May this first edition remind you that you are not alone and that there are compassionate ways to keep walking forward.

### Pause and Reflect

What are three next steps you want to take after reading this book: one spiritual, one relational, and one practical?

### A Prayer for This Chapter

God, walk with me into the days ahead. Renew my hope, guide my choices, surround me with compassionate people, and help me keep believing without blaming myself for what I cannot control. Amen.

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# Prayers for Different Seasons

Use these prayers as starting points. Change the words so they reflect your own heart. You do not have to pray them perfectly.

## **For the woman who feels forgotten**

God, when I feel unseen, remind me that I can bring my whole heart before You. I long for a child, and I need comfort in the uncertainty. Help me find people who will walk with me kindly. Amen.

## **For the woman who has waited for years**

Lord, the passage of time has been difficult. Renew my strength for today. Help me hold hope without forcing myself to know the future, and guide me towards wise support and care. Amen.

## **For the woman grieving a pregnancy loss**

God of compassion, meet me in my grief. I may carry sadness, questions, anger, or numbness. Please surround me with tenderness and help me receive the support I need. Amen.

## **For the woman facing difficult medical news**

Lord, help me understand the information before me. Give me courage to ask questions, wisdom to consider my options, and support as I process what I am learning. Amen.

## **For the woman under family pressure**

God, give me calm and clear words. Help me protect my privacy, communicate my boundaries, and remember that I do not owe everyone an explanation. Amen.

## **For a couple experiencing strain**

God, help us listen without blame. Teach us to share our fears and needs honestly, to respect our different ways of coping, and to seek support when we need it. Amen.

## **For the woman afraid to hope again**

Lord, I am afraid of disappointment. Help me open my heart to hope at a pace I can bear. Give me courage for the next step and remind me that I do not have to walk alone. Amen.

## **For the woman who wants to reconnect with God**

Father, meet me as I am. I do not want to pretend. Help me return to Your Word and to prayer in a way that brings honesty, wisdom, and peace. Amen.

# Seven Days of Renewed Hope

Take one day at a time. Read the suggested passage in your own Bible, reflect on the question, and pray in your own words. This is not a programme that earns an answer; it is an invitation to make space for God and for honest reflection.

## Day 1 — Bring Your Whole Heart

Read: Psalm 13

**Reflect:** What have you been afraid to say honestly to God?

**Practice:** Today, write a short, honest prayer without editing your feelings.

## Day 2 — Remember Sarah's Story

Read: Genesis 21:1-2; read the surrounding context

**Reflect:** What does Sarah's story invite you to consider, and what should you avoid assuming about your own timeline?

**Practice:** Read the passage slowly and write down one observation and one question.

## Day 3 — Hope and God's Power

Read: Genesis 18:14

**Reflect:** How can this verse encourage you without becoming pressure to predict an outcome?

**Practice:** Pray for the desire you carry and for wisdom in the steps ahead.

## Day 4 — Seek Strength

Read: Isaiah 40:28-31

**Reflect:** Where do you need support rather than more pressure to be strong?

**Practice:** Reach out to one safe person or choose one restorative activity.

## Day 5 — Protect Your Peace

Read: Proverbs 4:23

**Reflect:** What boundary would help protect your emotional wellbeing?

**Practice:** Practise one respectful sentence that communicates your boundary.

## Day 6 — Take a Wise Step

Read: Proverbs 15:22

<b>Reflect:</b> What conversation, appointment, or request for support might be useful?

<b>Practice:</b> Identify one practical step and decide when you will take it.

## **Day 7 — Arise Again**

Read: Isaiah 60:1, read in context

<b>Reflect:</b> What is one part of your life you want to nurture while you continue hoping?

<b>Practice:</b> Write a simple intention for the coming week.

# Journal Pages for the Waiting Heart

Use these prompts privately. You may write a few words or several pages. You do not need to share what you write unless you choose to.

1. What do I most wish someone understood about my journey?

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2. What emotions have been most present for me lately?

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3. What helps me feel supported, and what tends to make me feel more alone?

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4. What do I want to ask God today?

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5. What kind of conversation or boundary do I need to establish?

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6. What practical or medical question would I like to discuss with a qualified professional?

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7. What gives me a sense of connection, purpose, or rest outside this waiting?

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8. What would compassionate self-talk sound like on a difficult day?

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9. What do I hope for, and what uncertainty am I learning to carry?

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10. What is one next step I can take without needing to solve everything?

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# Words to Carry With You

These are reminders to return to, not formulas that control an outcome.

*“My worth is not measured by my reproductive circumstances.”*

*“I can grieve and still have faith.”*

*“I can pray expectantly and seek appropriate care.”*

*“I do not have to compare my journey with another woman's story.”*

*“I am allowed to establish boundaries and ask for support.”*

*“I can keep hoping for motherhood without blaming myself for what I cannot control.”*

*“I can take one wise step at a time.”*

## A closing prayer

God, You know the desire I carry and the future I hope for. I ask You for the gift of pregnancy and the joy of motherhood. Please guide me, strengthen me, and help me find the support and care I need. Keep me from shame and comparison. Help me remain honest in prayer, wise in my decisions, and gentle with myself. Whatever tomorrow brings, help me take the next step with courage and not walk alone. Amen.

# The Journey Continues

## *A note about the future full book*

*Sarah's Heart (Mothers in Waiting)* is envisioned as the beginning of a larger book project. This first edition introduces the spiritual inspiration, core biblical reflections, prayers, and practical encouragement at the heart of the message.

The future full book is intended to explore these themes in greater depth, with expanded Scripture studies, additional devotional practices, and, where appropriate, carefully gathered testimonies shared with permission. It may also include contributions from qualified professionals to help readers navigate emotional wellbeing and reproductive health with trustworthy information.

Until then, may this first edition be a companion you can return to. Read a chapter again when you need it. Write in the journal prompts. Share the book with someone who may find comfort in it, while respecting her privacy and personal circumstances.

*“May hope find room in your heart again—not as pressure to predict tomorrow, but as courage to keep walking today.”*

With care,  
Nelly Braide Anene  
Dear Woman Foundation

For future updates, insert the official Dear Woman Foundation contact details and social media handles here before publication.

# SARAH'S HEART

## MOTHERS IN WAITING

For the woman who longs to become a mother,  
who has carried questions in silence,  
and who needs room to hope again.

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A compassionate, Scripture-rooted companion  
for prayer, reflection, wise support, and renewed hope.

NELLY BRAIDE ANENE

DEAR WOMAN FOUNDATION