

**Trusting God during my Two-Week- Wait
Devotional
14 days**

The two week waiting period (also known as 2WW) after a pregnancy attempt, naturally or with assistance from a fertility clinic, can feel like the longest two weeks of your life when you are trying to conceive. The Sweet Dreams Infertility Awareness program provides support to those struggling with infertility and to those going through the adoption process. We pray that this 14-day devotional provides you with encouragement and scriptures to meditate on while you wait.

Day One

1 Peter 5:7

Psalms 55:22

“Cast Your Cares”

After the first few days after my own IVF transfer, I was reminded by God to not be anxious but to cast all of my anxiety onto Him because He cares for me (1 Peter 5:7). After the initial pregnancy attempt it is natural to have anxiety. You start to ask yourself: Will it work this time? If I get pregnant will I miscarry? How will I react if I'm not pregnant? The questions can go on and on.

When we handle our daily struggles, burdens, worries and fears by ourselves it shows that we do not completely trust God with our lives. To *cast* means to throw something in a specific direction. God is waiting for us to throw off the heavy burden of worry and doubt. The Lord is our strength when we are weak. He is strong enough to bear the weight of your situation.

Action: On a piece of paper make a list of all of the things that you are worried about and fear during this 2WW. Pray first, then tear up the list and put it in the trash.

Prayer:

Lord I pray for peace in my mind during this time. I pray that you will give me the strength to trust you and let go of all worry and doubt. I refuse to lean to my own understanding. I refuse to submit to my circumstances, but I choose to submit to You, the One who controls my circumstances. In Jesus name I pray, Amen.

Day Two

2 Corinthians 10:5

Hebrews 11:1

“Faith over Facts”

During this infertility journey we are provided with so many diagnoses: unexplained infertility, endometriosis, PCOS, fibroids, cervical cancer and the list goes on and on. I am assuming that your doctor has also given you a percentage for your ability to conceive. Before I began my first IVF cycle I was diagnosed with stage 4 endometriosis. After that initial diagnosis, I was informed that due to the severity of my endometriosis scar tissue had grown into my fallopian tubes and created blockages on both sides. If that wasn't enough, I was also told that I have a unicornuate uterus and that half of my uterus was closed. Only about 2% of women in the country have a unicornuate shaped uterus. Lucky me! I was told that the shape of my uterus affected my fertility and increased my chances of preterm labor. In spite of all the bad reports I decided to believe that God would bless us with a child in His perfect timing.

We can choose to focus on all of the odds that are stacked against us, compare our situation to every blog post, listen to every negative doctor's report or we can choose to believe God to do the impossible for us. Faith requires us to hope for the things that we cannot see (Hebrews 11:1). When you feel fearful or begin to worry about the outcome of the next couple weeks, remember that God is in control and He cares for you. It's not what you know that is important; it's WHO you know.

Action: During this two-week-wait, challenge yourself to stay off of the blogs! We all have a different story. Try not to compare every symptom

to others. It was one thing to do research and educate yourself but try not to compare every step in your journey to others. Especially your symptoms during your two week wait.

Prayer:

Lord I pray that you will continue to touch my mind. Give me the strength to not compare my situation to anyone else's situation. Lord I believe you will perform a miracle in my life. I believe that you are the ultimate physician and you have the final say. Thank you for being my healer. In Jesus name I pray, Amen.

Day Three

Matthew 18:19-20

Ecclesiastes 4:9

Ecclesiastes 4:12

“Two is better than one”

This infertility rollercoaster can affect your marriage. The pain can bring you and your spouse closer together or it will tear you apart. One thing that I learned from both of my IVF cycles was that our second cycle was much easier because we supported each other. During the first cycle we coped separately. When we found out that we were not pregnant both of us went into our own separate shells. We internalized the situation. I wanted to be alone. My isolation created an atmosphere for depression to manifest and I became resentful towards my husband. I assumed that Blaine did not care because he did not show how he was feeling externally. He was also hurting. We both realized that this situation is too difficult to try to cope with alone. It's better to have a partner than go it alone and if one falls down the other helps (Eccl 4:9). During our second IVF cycle we prayed together more and we talked about how we felt during each step in the process. When fear and depression try to creep in we prayed against it. The Bible says, “Though one may be overpowered, two can defend themselves (Ecclesiastes 4:12). During your 2WW, make sure that you are communicating with your spouse. Marriage is designed for companionship and intimacy not isolation and loneliness. Don't isolate yourself and try to go it alone. Pray together, support and hold each other up!

Action: Pray with your spouse daily during the 2WW. Also try not to focus on the process too much. Find ways to distract yourselves. Go on dates, share experiences together! Just focus on each other. This will help the 2WW go by quicker and the process a lot easier.

Prayer:

Lord I thank you for my spouse. I thank you for keeping us through this journey so far. I pray that you will continue to guide our steps and give us peace. I pray for his/her mind. I pray for the discernment to know what he/she needs and the wisdom to know what to do or say. I pray that you will restore our joy. I bind any attack of the enemy to create division between us. Lord you said where two of us on earth would agree about anything and ask for it, it would be done for us. We are gathered together asking for our miracle. We thank you in advance for our child(ren). In your mighty name we pray, Amen.

Day Four

Matthew 7:7-8

1 John 5:14-15

“Ask, Seek, Knock”

If it is on the “menu”, God will give us the desires of our heart. If we ask God for anything, according to His will, it will be given to us (1 John 5:14-15). It is important for us to focus on God's will not our will. When we communicate with God we should not demand what we want but discuss with Him what he wants for our lives. God would not keep anything good from us. He knows what we need and what we can handle. While you are waiting continue to seek God's face. Ask him for patience and endurance during this 2WW. Prayer is how we get what we need. The Bible says, “For everyone who asks receives, and the one who seeks finds, and the one who knocks the door will be opened” (Matthew 7:8). Someone wise once said, “While you are waiting for that door to be opened praise God in the hallway.”

Action: Take time today to thank God in advance for your unborn child.

Prayer:

Thank you Lord for your strength! Thank you for keeping us through day four of this 2WW. We will continue to seek Your face and your perfect will over our lives Lord. Thank you in advance for increasing our knowledge, patience, wisdom, understanding and love. In Jesus name I pray, Amen.

Day Five

Luke 1:37

Shout Now!

During the week before my IVF transfer, one of my favorite scriptures to meditate on was Luke 1:37. I loved this scripture so much that I compared the scripture in different translations:

NIV: For no word from God will ever fail.

KJV: For with God nothing is impossible.

ASV: For no word from God shall be void of power.

MSG (36-38): And did you know that your cousin Elizabeth conceived a son, old as she is? Everyone called her barren, and here she is six months pregnant! Nothing, you see, is impossible with God.” And Mary said, Yes, I see it all now: I’m the Lord’s maid, ready to serve. Let it be with me just as you say. Then the angel left her.

This scripture just does something to my faith! It gives you so much confidence and assurance in God. Everything that He has said and promised He is able to do. If God said it, then that settles it! Shout now because it is already done! Thank God in advance for your child. The same God that created life in you can be trusted with the details of your life.

Action: Write a faith letter to your unborn child. “Faith it” until you make it!

Prayer: Lord I thank you for being my way-maker, my burden bearer, my miracle worker! I thank you for getting us through day five of our 2WW. You are the God of the impossible and I believe that no word from you will be void of power. I thank you for everything that you have done in my life and for everything that you are going to do. Most importantly I thank you for who you are. In your son Jesus name I pray, Amen.

Day Six

Job 1:20

“Waiting for the Answers”

Throughout our lives we will go through things that we don’t understand. During our first IVF cycle, I often wondered why God allowed my husband and I to struggle to conceive. In the Bible, Job was a righteous and upright man. He was blameless in the eyes of God. The scripture Job 1:20 discusses Job’s response to his children being killed. Job was facing a traumatic situation. Job had seven sons and three daughters. All of his children were killed. Although Job was upset he fell down and worshipped God. This response was an awesome display of faith and it showed how much Job trusted God. Our response determines our result. At times you may want to ask God why: why did He select you to go through this infertility journey? Instead of asking God why, ask yourself why not? Jesus overcame death, hell and the grave. God created you to be not just a survivor but an overcomer. God will equip you with the strength that you need to overcome. You were built for this!

Action: Your press and perseverance can encourage someone else through their infertility journey. Someone is always watching. Share your story with someone today.

Prayer: God I simply say thank you! Thank you for giving me the strength to press! Although I cannot always see the plan that you have for my life, I trust you to order my steps. I believe that you will never leave me or forsake me. I will praise you while I wait. Amen

Day Seven

James 1:2-12

Hebrews 5:8

“Withstand the Trial”

God works through trials. He uses trials to bring us closer to Him and mold us. God wants us to trust Him. When we lean on God during our trials we

grow spiritually. In James 1:12 the scripture says “Blessed is the one who perseveres under trial because having stood the test, that person will receive the crown of life that the Lord has promised to those who love Him”. I can honestly say that my faith went to a new level after my first IVF cycle. God had revealed to me after my first failed cycle that I was on this road for a reason. I learned that God wanted my husband and me to start a program that would help couples / individuals dealing with infertility. This will be the third year that we award a couple with the \$10,000 Dream Grant for fertility treatments or adoption expenses. God was trying to teach me how to find the purpose in my pain. I learned how to shift my attention off of my problems and back onto God. During this process God is trying to teach us something. It could be trust, love, selflessness, self-control, humility, etc. Just like Jesus learned from His suffering lets learn from this journey! This trial is a set up for show and tell. God will “show out” in the midst of your situation and it’s your job to tell the world how you overcame adversity!

Action: Write down what God is trying to teach you during this 2WW. What have you learned about yourself?

Prayer: Lord I thank you for my trial. I thank you in advance for the wisdom that I will learn from this process. Help me to focus on You and not me. I will not be consumed with fear and worry. I embrace this season of results and I trust you with my outcome. I believe that this 2WW is a set up and that you will get the glory. Have your way Lord. Amen

Day Eight

2 Kings 4:14-17

2 Thessalonians 3:3-4

“It’s a Promise”

Thank God the process is more than half way completed! Thank God for day 8! Day 8 can be pretty frustrating. You may or may not be feeling more symptoms. At this point I was driving myself crazy reading every blog and analyzing every twitch in my body. I promised myself (and my husband)

that I would not take a home pregnancy test. I was so confident in my symptoms and the comments that I was reading on the blogs. Well needless to say I got a BFN! I was devastated. I knew that it was too early to take a HPT and get an accurate result. I began to put my trust in what I felt and what I was hearing instead of God. God is so faithful. He will keep His promises. God made a promise to the Shunammite woman through the prophet Elisha. Elisha said, “About this time next year, you will hold a son in your arms”. That promise came to pass! Coincidentally my story has a similar moment. On Christmas day 2016, God spoke to me through my Aunt. She looked at me and said,” this is the last Christmas that you will spend without a child.” I received it! My daughter was born in October 2017! Just like God did it for the Shunammite woman and me, He will keep His promise to you.

Action: Do not take a HPT too early LOL

Prayer: Lord I pray that you will continue to keep me! I am confident that you will protect me and give me strength. I believe that you will keep your promise to me! I trust Your perfect will and timing for my life. Regardless if I get a BFP or a BFN I will love you and give you praise. Have your way Lord. Amen.

Day Nine

Numbers 20:3-4

“No mistakes”

As the days wind down naturally anxiety sets in. You may be asking yourself: Am I pregnant or what if I’m not pregnant? Is my life going to change forever? Should I start planning my pregnancy announcement? Random thoughts are probably popping into your head. The Bible tells us not to be anxious or worry about anything. Moses brought the Israelites out of Egypt. Instead of focusing on their blessing, their miraculous escape, the Israelites began to complain. They complained about their situation but they completely forgot that God saved them from bondage! Even after God parted the Red Sea, the Israelites doubted God’s ability to provide.

It is easy to forget how God has blessed us in the past when we are expecting Him to give us the present blessing that we are praying for. After everything that He has done, we still doubt His infinite power. God has blessed so many women with the gift of child. Prayerfully you will not be the exception to the rule! He has the ability to do exceedingly and abundantly more than we can ever ask or think. No matter what happens God has a plan for your life and He makes no mistakes.

Action: Make a list of some answered prayers that have impacted your life.

Prayer: Thank you Lord for what you have done in the past for me, what you plan to do and most importantly I thank you for who you are. I thank you for being by provider, my way-maker, my burden bearer and my mind regulator. Forgive me for the times that I forget how faithful you have been to me. I believe that you make no mistakes and I trust your plan for my life. Lord I pray that I am not the exception to the rule. In your son Jesus name I pray, Amen.

Day 10

Genesis 1:28
Psalm 127:3

“Not the Exception to the Rule”

God established the idea of family in the Garden of Eden. He commanded Adam and Eve to be fruitful and multiply. In the Bible infertility was the exception not the rule. Here are some examples of women in the Bible that were barren then conceived: Sarah, Rebekah, Leah, Rachel, Hannah, the Shunammite woman, and Elizabeth. If God did it for these women, He can bless your womb! Sometimes it is easier to believe that God will perform a miracle for someone else before we believe that He will perform that same miracle for us. Do not allow yourself to believe that you do not deserve a child. We all have made mistakes and fall short of His glory. We are not worthy, but He is. Thank God for grace! You will not be the exception to the rule. A wise man once said, God didn't stop performing miracles, we just stopped believing.”

Action: read and meditate on the stories in the bible about the women that overcame barrenness.

Prayer: Lord we are thankful that children are a blessing from You. I believe in your miracle working power and I pray that you will allow us to be fruitful and multiply. I pray that you bless me with the same grace as the women that conceived in the bible. Amen.

Day Eleven

Psalm 18:30
1 Corinthians 10:13
Proverbs 18:21

“Great Expectation”

According to the dictionary, an expectation is a strong belief that something will happen or that it will happen in the future. An expectation is an assumption, a prediction, a hope in something. When we have an expectation we have an anticipation and eagerness to see that thing come to pass. When you are expecting God to do something how do you wait? Do you wait with excitement or do you wait in a restless state of anxiety? It is important to check your spiritual posture while you wait. Are you that person that is constantly thinking and saying “I don't think it's going to work this time” or “Good things never happen to me”? So many women unconsciously speak death over their situations, outcomes and their bodies. Instead of saying “I'm never going to get pregnant”, speak life to your situation and begin to speak as if you already are. I believe God admires crazy faith. Let's believe it before we see it! The tongue has the power of life and death in it. Words are powerful. Speak life. The Bible tells us that no test or temptation that comes your way is beyond the course of what others have faced. Just remember that God will never let you down and He will not put more on you that you can bear (1 Cor. 10:13). You can rest assured that every GOD direction is road-tested. (Psalm 18:30) Everyone who runs towards Him makes it. We can expect victory when we follow God. God's word is proven!

Action: Watch what you say today. Make an effort to eliminate negative comments from your vocabulary. Speak life today!

Prayer: Father, I believe that you will never leave me or put more on me than I can bear. I am expecting you to do amazing things in my life and I am embracing my season of results. I am ready for my overflow! I will give you all the glory, honor and praise while I wait. In your mighty name I pray, Amen.

Day Twelve

Psalm 139:14

Jeremiah 29:11

“You Are Enough”

Guilt and low self-esteem will try to creep in during this infertility process. You may be wondering why your body is not doing what it was made to do. You may feel guilty because you wish you could give your spouse a child. Our family/friends can put extra pressure on us. If I had a dollar for every time someone asked me when Blaine and I were going to have children, I would be rich! Our spouses can even put pressure of us to conceive. We can put pressure on ourselves. You may be thinking, “I should have a child by now, or “My clock is ticking”. We put pressure on ourselves when we map out the plan for our lives. Sometimes we make plans and God laughs. His timing is always perfect. God knows the plans that He has for you. Those plans are to prosper you and not to harm you. He wants to give you a hope and a future. (Jeremiah 29:11). Remember no matter what that you are enough! Your worth is NOT defined by your ability to have children. When I first announced that I was pregnant a woman came up to me and said welcome to womanhood! I politely reminded her that my womanhood was not defined by my ability to have a baby. Societal expectations should not determine your worth. You are wonderfully and fearfully made! In the Message Bible it says that you are marvelously made! You are MARVELOUS! You are Beautiful! You are

enough because you serve a God who is more than enough.

Action: Treat yourself like the queen that you are! Pamper yourself today. Also make a love list of all the awesome things that you love about yourself. When you have negative thoughts or feel guilt/ low self-esteem trying to creep in, refer to your love list. Tell your thoughts to be STILL.

Prayer: I thank you Father that I am wonderfully and fearfully made! I thank you for reminding me that I am enough because you are enough. Your grace is sufficient and your power is made perfect in my weakness. Amen.

Day Thirteen

Romans 4:16

Genesis 30:22-23

“He Will Supply”

One concept that I have been stressing throughout this 2WW is that God will supply. He will fulfill every desire if it lines up with His will. It doesn't matter how impossible the promise seems, God is able to fulfill it. Do you believe that He can and He will? The promise is received by faith (Romans 4:16). My pastor preached a message about the cycle and challenge of receiving our promises. He said when God speaks a word over our lives; we must come into agreement with that word/promise. We have to actually believe that God is going to make good on His promises! Not only do we have to receive that the promise will come to pass, we also must be prepared for the enemy to plant thoughts of unbelief in our mind about the promise! God remembered Rachel. He opened her womb and she bore a son. Just like God remembered Rachel, He will remember you.

Action: When you think negative thoughts or start to worry/doubt. Focus on God's promises.

Prayer: Father I thank you for your provision and love. I believe in and receive my promise. I come in agreement with your will over my life. Amen.

I will continue to pray for you and hope for much success and happiness on your journey!

Thanks for reading!

Day Fourteen

Lamentations 5:21

“Restored Joy”

You may or may not know the outcome of your 2WW. If you are pregnant congratulations! If your test was negative take time to grieve but keep pressing. I think after every attempted pregnancy, especially those using IVF, each couple needs to go for a mandatory emotional “debriefing” to discuss how the process has affected you.

I pray that your joy is restored. Think back to when you first started dating your spouse. Love was effortless. Most likely you were not focused on pregnancy tests, shots, medication, doctors’ appointments, ultrasounds, failed cycles, surgeries, miscarriages, etc. The two of you just focused on each other. Although we are praying/thanking God for children, let’s get that former joy back. Let’s be happy while we wait. Let’s focus on love. Let’s choose joy. Happiness is a choice. If your test was negative remember to watch your spiritual posture. It is normal to grieve, cry and be sad. Remember that God will be your strength when you are weak. This too shall pass. You have survived 100% of your worst days and you will survive this.

If this applies to you, take some time out to restore not only your joy but your marriage. Infertility can put a major strain on a marriage. Take some time out to just enjoy one another. Go out to dinner, to the movies, for a walk, or just snuggle on the couch and watch movies all day! Let’s get back to those joyful days!

If you are pregnant take time to soak up the fact that you are a walking miracle. Enjoy being pregnant don’t allow the enemy to plant seeds of unworthiness in your mind. Don’t get so consumed with preparation and worry. I often think about the story of Martha and Mary and how Martha was so busy cleaning and preparing dinner for Jesus that she missed the opportunity to just sit at His feet and listening to Jesus!

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Sweet Dreams Infertility Awareness

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