

Journal Prompts for the Grieving Heart

A gentle space to process your pregnancy loss with God.

Take your time with each prompt. There are no right or wrong answers. Simply write what's on your heart. God welcomes your tears, your questions, and every honest word.

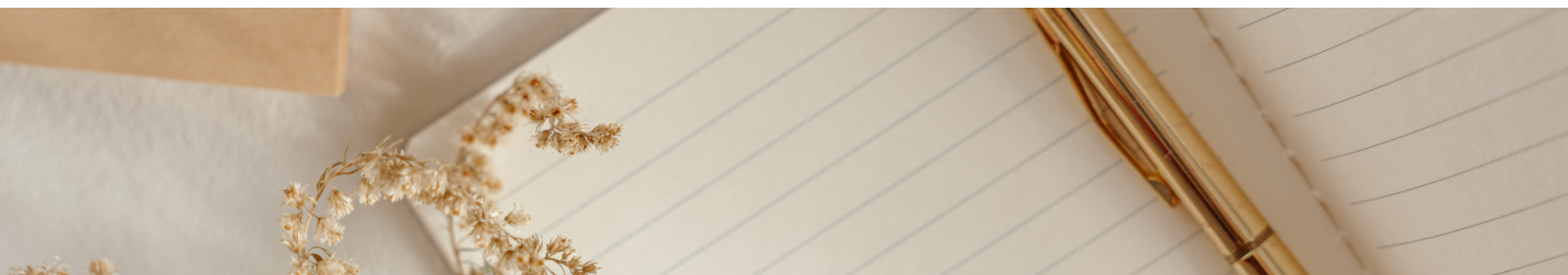
1. What do I miss most about my baby today?
2. What part of this loss has been the hardest for me to put into words?
3. What have I been afraid to say out loud—to God, to others, or even to myself?
4. What dreams did I lose along with my baby, and how has that affected me?
5. How has this loss changed the way I see myself?
6. What have I been believing about God since my loss? Are those beliefs rooted in Scripture or in my pain?
7. If Jesus were sitting across from me today, what would I want Him to know about my heart?
8. What truth from God's Word do I need to cling to today, even if my emotions don't agree?
9. What is one way I have seen God's faithfulness since my loss, no matter how small?
10. What is one prayer I want to place into God's hands before I close this journal today?

Remember:

Sweet friend, grief is not a sign of weak faith. Even Jesus wept. If your heart feels heavy today, you don't have to hide your pain or search for the "right" words before coming to God. He already knows your heart, and He welcomes you just as you are. As you work through these journal prompts, I pray you'll be reminded that He is near to the brokenhearted and will faithfully walk with you through every step of your grief.

"The Lord is near to the brokenhearted and saves those who are crushed in spirit." — Psalm 34:18 (NASB)

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Inviting God Into Your Grief

A gentle space to process your pregnancy loss with God.

Whether your loss was recent or many years ago, I pray these prompts create space for you to process your grief, remember your baby, and draw near to the Lord.

1. Today, I'm grieving...
2. The anniversary or milestone I'm dreading is...
3. One thing that surprised me about grief is...
4. One act of kindness I'll never forget is...
5. One way I've changed since losing my baby is...
6. One question I'm still wrestling with is...
7. One thing I wish I could tell my baby is...
8. One thing I'm learning about God through this season is...
9. One thing that brings me comfort on difficult days is...
10. One way I can care for my heart today is...
11. The emotion that's been hardest for me to navigate is...
12. One thing I'm thankful for today, even in my grief, is...
13. One prayer I hope God will answer in His perfect timing is...

Remember:

Sweet friend, God sees every tear you've cried and every ache you've carried. While healing often comes one day at a time, you can trust that He is tender with your broken heart and faithful to walk with you through every season of grief.

"He heals the brokenhearted and binds up their wounds." — Psalm 147:3 (NASB)

