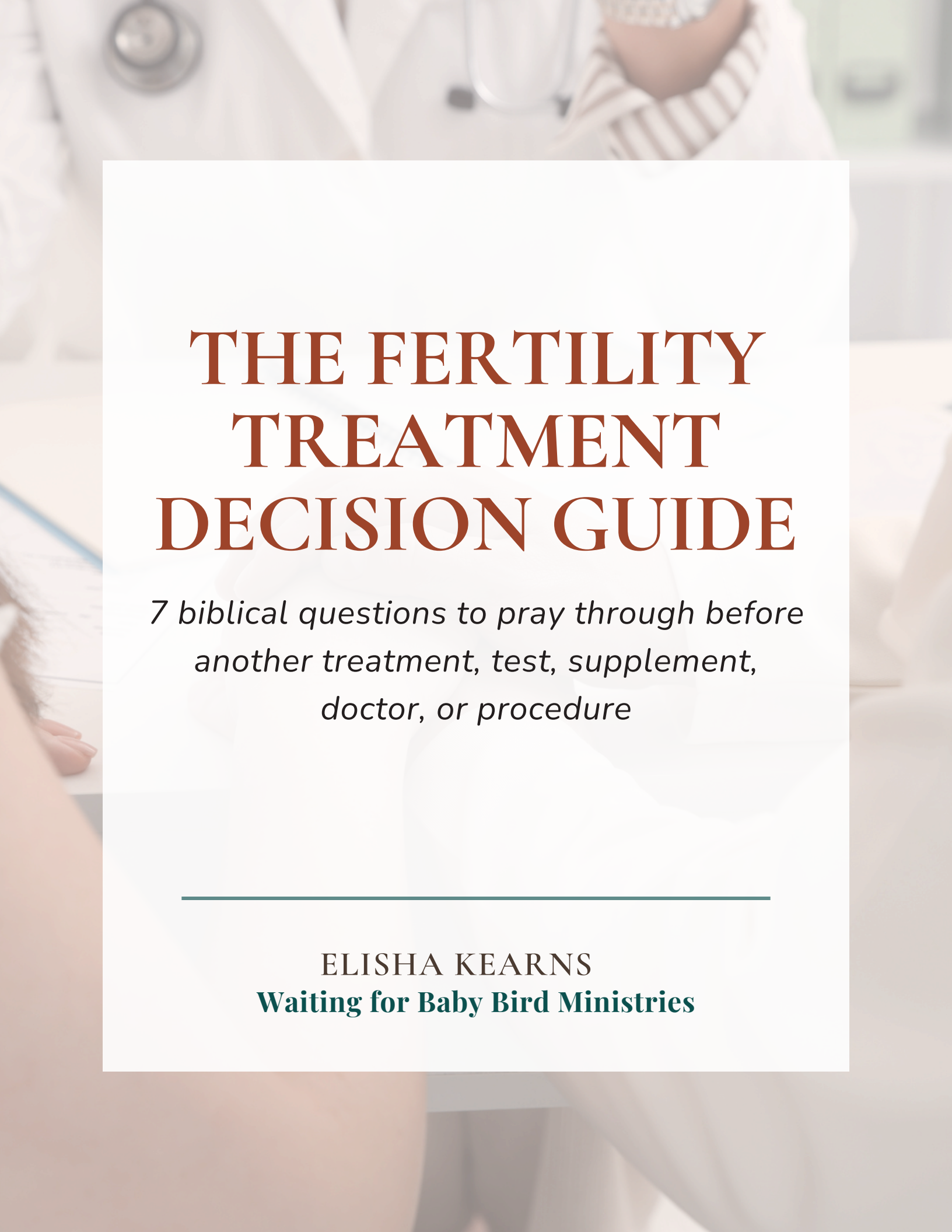




THE FERTILITY TREATMENT DECISION GUIDE

*7 biblical questions to pray through before
another treatment, test, supplement,
doctor, or procedure*

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Waiting for Baby Bird Ministries



When your heart yearns deeply for a baby, every new fertility treatment option can feel urgent and even necessary.

What if this is the thing that finally works?

What if I say no and regret it?

What if I'm supposed to keep going?

The Bible won't tell you whether to schedule another IUI, order a particular supplement, change doctors, or pursue another round of IVF. But God does promise to give wisdom when we ask.

“If any of you lacks wisdom, let him ask of God...” — James 1:5

Before you immediately say yes because you're afraid of missing your chance—or no because you're afraid of another disappointment—bring the decision before God.

Here are seven questions to help you slow down, pray, and seek His wisdom.

QUESTION 1

Have I actually prayed about this?



It's easy to research, Google, read reviews, ask other women what they would do, and run the numbers before realizing:

I haven't actually prayed about this.

Before looking for another opinion, bring the decision to the One who sees what you cannot. But don't stop there. Listen for His whisper.

“If any of you lacks wisdom, let him ask of God...”

— James 1:5

PRAY:

Father, You see what I cannot see and know what I cannot know. Give me wisdom and help me hear Your voice above all the other voices competing for my attention. Lead me in the way I should go. Amen.

QUESTION 2

Am I making this decision from wisdom—or desperation?

Infertility can make every decision feel urgent.

*I can't waste another month.
What if this is my last chance?
I have to do something.*

But **urgency isn't always direction.**

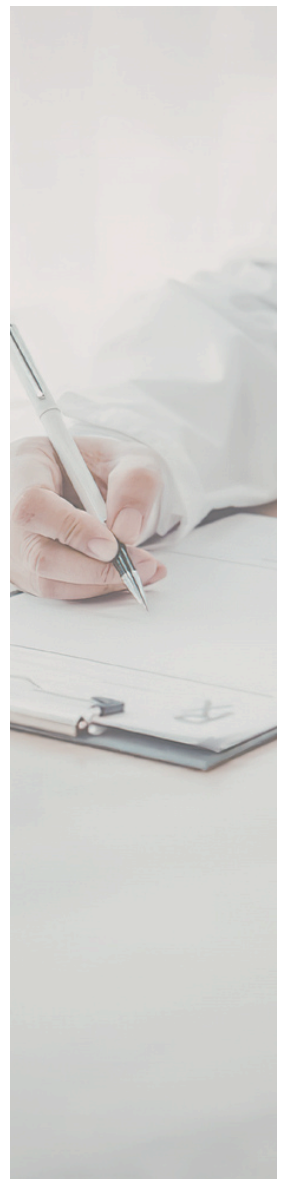
Ask yourself whether you're moving forward because you believe it's wise—or because you're afraid of what might happen if you don't.

“The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty.”

— Proverbs 21:5

PRAY:

Lord, show me if fear or desperation is driving this decision. Quiet the pressure to figure everything out right now. Help me move with wisdom instead of panic. In Your Name I pray, Amen.



QUESTION 3

Have I counted the full cost?



The cost of another fertility decision isn't always just the number on the bill.

What will this require financially?

Physically?

Emotionally?

What might it require from your marriage, family, time, or responsibilities?

“For which of you, desiring to build a tower, does not first sit down and count the cost...?” — Luke 14:28

Counting the cost isn't a lack of faith.

It's wisdom.

PRAY:

Father, help me see the whole picture. Show me anything I'm overlooking because I want this so badly. Teach me to steward my finances, body, marriage, time, and heart wisely. In Jesus' Name I pray, Amen.

QUESTION 4

Is this an opportunity—or has it become my only hope?

There's nothing wrong with hoping a treatment works or feeling excited about a new doctor, supplement, or possibility.

But pay attention when your heart begins saying:

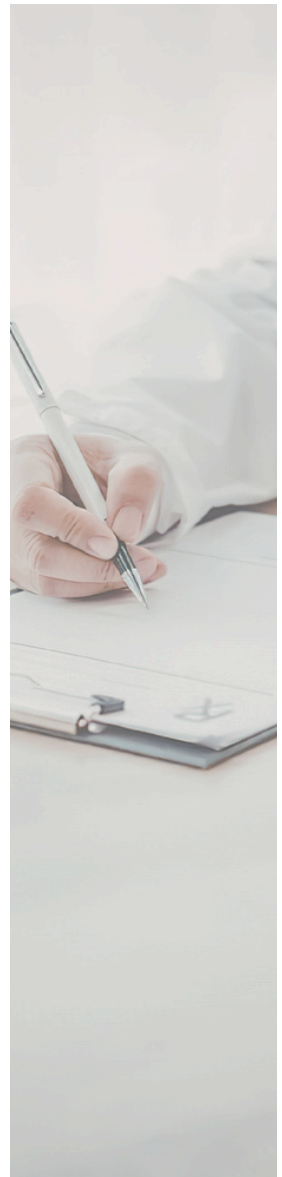
This HAS to work.

Doctors, medicine, treatments, and resources can be gifts from God. But they were never meant to carry the weight of being your source of hope.

“My hope is from him.” — Psalm 62:5

PRAY:

Jesus, search my heart. If I've placed the weight of my hope on this treatment, doctor, supplement, or plan, redirect my heart back to You. I can be hopeful about an opportunity without making it my source. In Your Name I pray, Amen.



QUESTION 5

Have I sought wise counsel—or just confirmation?



Sometimes we aren't really looking for counsel.

We're looking for someone to tell us what we already want to hear.

Scripture reminds us that there is safety in wise counsel.

“Where there is no guidance, a people falls, but in an abundance of counselors there is safety.”

— Proverbs 11:14

Consider talking with trusted medical professionals, your spouse, financially wise people, or mature believers who know you well and will tell you the truth with love.

PRAY:

Lord, surround me with wise counsel. Give me humility to listen, even when the answer isn't what I hoped to hear. Give me discernment to recognize wisdom when You place it in front of me. In Your Name I Pray, Amen.

QUESTION 6

Are we moving forward in unity?

If you're married, fertility decisions affect both of you.

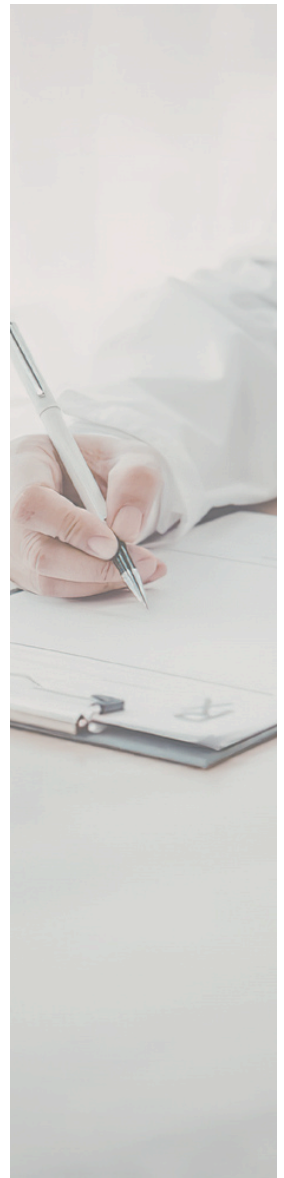
If one of you is ready to move forward while the other is deeply hesitant, don't automatically treat that hesitation as an obstacle.

It may be an invitation to slow down, listen, pray, and seek unity.

“With all humility and gentleness, with patience, bearing with one another in love...” — Ephesians 4:2

PRAY:

Father, protect our marriage in this process. Help us listen to one another with compassion and patience. Give us unity and wisdom as we decide what comes next. In Jesus' Name I pray, Amen.



QUESTION 7

Can I surrender the outcome?



This may be the hardest question.

Sometimes we quietly believe that if we make the right decision, we'll receive the outcome we want.

But wisdom isn't a formula.

You can prayerfully make a wise decision and still experience disappointment.

Your responsibility is to seek God, walk in wisdom, and faithfully steward what's in your hands.

The outcome isn't yours to control.

“Trust in the LORD with all your heart, and do not lean on your own understanding.” — Proverbs 3:5

PRAY:

Father, after I've prayed, sought wisdom, and made the best decision I know to make, help me release the outcome to You. Lead me, correct me when necessary, and keep my heart anchored in You. Amen.

CHECK LIST

Before You Decide

- ☐ Have I prayed about this?
- ☐ Am I responding from wisdom rather than fear or desperation?
- ☐ Have I counted the financial, physical, emotional, and relational cost?



- ☐ Is my hope resting in God rather than this particular option?
- ☐ Have I sought trustworthy counsel?
- ☐ If I'm married, are we moving toward unity?
- ☐ Can I surrender the outcome to God?

Reflection Questions

Take a moment to slow down, get honest with yourself and God, and prayerfully consider what may be influencing your decision.

1. What am I most afraid will happen if I make the “wrong” decision?

2. Am I choosing this because I believe it's wise—or because doing something feels better than doing nothing?

3. Is there anything I would need to sacrifice, delay, borrow, or give up in order to move forward?

Reflection Questions

Take a moment to slow down, get honest with yourself and God, and prayerfully consider what may be influencing your decision.

4. Finish this sentence honestly: "If this doesn't work, I fear that..."

5. Have I started thinking, "*This HAS to work*"?

6. Am I listening only to people who agree with what I already want to do?

Reflection Questions

Take a moment to slow down, get honest with yourself and God, and prayerfully consider what may be influencing your decision.

7. What does my spouse honestly think about this decision?

8. Is my spouse and I both at peace moving forward, or is one of us feeling pressured?

9. What outcome am I trying hardest to control?

Reflection Questions

Take a moment to slow down, get honest with yourself and God, and prayerfully consider what may be influencing your decision.

Am I believing that making the “right” decision guarantees the result I want?

I O.

Where is my hope resting right now? Is it in treatments, supplements, etc.? Or in God?

I I.

If I say YES to this, what will it cost me... Financially, Physically, Emotionally, Marriage, Responsibilities?

I 2.

My Fertility Decision

*You've prayed. You've reflected.
Now take a moment to put it all together.*

My decision I'm currently facing:

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My options are:

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The option I'm currently leaning toward:

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Why am I leaning toward it?

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My Fertility Decision

*You've prayed. You've reflected.
Now take a moment to put it all together.*

The biggest fear influencing me right now is:

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The biggest question I still need answered is:

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The wise counsel I've received is:

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.....

What I'm releasing to God:

.....

.....



A Word Before You Decide

You may finish this guide and still wish God would simply write the answer in the sky:

Do it. Don't do it. Wait.

But discernment doesn't always come with an immediate answer. Sometimes God gives clear direction. Other times, He gives us biblical wisdom, wise counsel, sound information, and the ability to make a responsible decision with what we know.

As you decide, remember:

Fear is not a trustworthy leader. Fear says, *Do something now or you'll miss your chance.* Wisdom is willing to slow down long enough to pray, ask questions, and count the cost.

God does not need to rush you into obedience.

Pressure may come from timelines, statistics, doctors, finances, or even your own desperation—but you do not have to make a decision simply because you feel pressured to make one.

Peace does not always mean you won't feel nervous.

A wise decision can still feel scary when the stakes are high. Don't mistake discomfort for God saying no—or excitement for God saying yes.



A Word Before You Decide continued...

An available opportunity is not automatically an assignment. Just because you can pursue another treatment, test, doctor, or supplement doesn't necessarily mean you should.

And wisdom is not a guarantee of the outcome you want. You can make a prayerful, responsible decision and still experience disappointment. The outcome does not determine whether you heard God correctly.

So pray. Seek wisdom. Ask questions. Count the cost. Listen to wise counsel. Pay attention to what is driving you.

Then make the wisest decision you can and entrust the outcome to God.

Your future does not rest on your ability to make one perfect decision. God is still able to lead you—even when you cannot see what comes next.



Final Prayer:

Father, I pray for the woman reading this and the decision she is carrying. You know how deeply she longs for a child, and You see every question, fear, cost, and uncertainty surrounding what comes next.

I ask You to give her **wisdom and discernment that are not driven by fear, desperation, pressure, or urgency**. Quiet the voice that tells her she has to figure everything out right now or she might miss her chance. **Remind her that You are not rushing her.**

Give her courage to move forward when it is wise, patience to wait when she needs more clarity, and confidence to say no when something is not right for this season. Surround her with wise counsel and help her recognize what is influencing her decisions.

Protect her marriage, finances, body, heart, and faith throughout this journey. And after she has prayed, asked questions, counted the cost, and sought wisdom, **help her release the outcome into Your hands.**

Remind her that **her future does not depend on her making one perfect decision**. You are still able to lead her, redirect her, provide for her, and make a way where she cannot yet see one.

Above all, **keep her hope anchored** not in a treatment, doctor, supplement, test result, or timeline, but in You.

Lead her one faithful step at a time, and give her grace to trust You with everything she cannot see.

In Jesus' name, amen.

NEED MORE HELP?

You don't have to sort through every fertility decision alone. If you're facing a treatment, test, supplement, doctor change, or another decision and you're feeling overwhelmed, I'd love to hear from you.

Whether you need prayer, encouragement, or simply a safe place to share what you're wrestling with, you're welcome to reach out.

Email Me

waitingforbabybird@gmail.com

I'd be honored to pray with you and remind you of truth as you navigate what comes next.