

Transcript 105

Shea Houdmann

Welcome to the Got Questions podcast. One of the purposes of our podcast is to cover questions that we receive frequently at Got Questions, and this is one I wouldn't say it's all that frequent, but when we are asked it, it's always or almost always ministering to someone who's going through a very difficult time in their lives. So our topic today is the subject of miscarriage.

Shea Houdmann

Many, many couples have dealt with miscarriage sometimes multiple times and their their heart, their mind always goes to why would God allow something like this? Why would God allow me to get pregnant and get so excited about having a baby only for us to lose it?

Shea Houdmann

So we're discussing some of these topics today with two authors who have just recently written books on this topic. So our guest today. Abbey Wedgeworth, the author of Held, 31 Biblical Reflections on God's Comfort and Care and the Sorrow of Miscarriage. And then also Eric Schumacher, the author of Ours, Biblical Comfort for Men Grieving Miscarriage. So both of you and welcome to this show today.

Eric Schumacher

Thanks, Shea. It's good to be here.

Abbey Wedgeworth

Yeah, thanks for having us.

Shea Houdmann

All right, Abbey, why don't you start us off and just tell our listeners a little bit about your personal experience with miscarriage?

Abbey Wedgeworth

Uh, so my husband David and I had just celebrated the birthday of our first son when we found out unexpectedly that we were pregnant with our second child and we heard a heartbeat at our first appointment and we rejoiced. We were kind of overwhelmed initially when we found out we were pregnant just because we hadn't been expecting to be pregnant so soon. But at my next appointment so the the 2nd appointment that we had after hearing the heartbeat. They struggled to find a heartbeat and yeah, I won't bore you with the ins and outs of that day or that story. But there's a sad, sad experience of having what was called a missed miscarriage, so that baby died in my womb and did not continue to grow.

Abbey Wedgeworth

So my body held the baby for a while as a lifeless form and then we ended up using medication to induce the miscarriage after certainty that that baby was no longer living and then we had a chemical pregnancy later. So that is briefly, our experience with pregnancy loss.

Shea Houdmann

You know, Eric? It's some question to you what I'm what's your personal experience with with miscarriage?

Eric Schumacher

Yeah, my wife Jenny and I have experienced 4 miscarriages and so our first was, Jenny, suspected that she might be pregnant and had taken a pregnancy test and found out that she was pregnant and then the next day started bleeding. And but she did go. She ended up going to the doctor just to confirm that she actually had been pregnant and and to make sure. It was fairly uncomplicated. But still a shock to us and we would later have three more miscarriages, and they were spread out. And they were at different lengths of pregnancy, and so one that was far enough along that Jenny was induced to labor at the hospital. And that was the only baby out of the four that we were able to hold and to see and and so each each has been very unique. Unique set of circumstances and brought different aspects of suffering out for us.

Shea Houdmann

For sure, so this is Melissa and I as far as we know, have never experienced the miscarriage. If it was, it was very, very early, but we have them never been able to have children at all. So I was. Obviously not the same thing, but I remember some good friends of ours who thankfully praise God, were able to have three kids, but they experienced multiple miscarriages before and even in between the kids and we're just talking with them one day and they were like I think I started with, I can't imagine how painful, difficult that would be and they were kind of like, well, at least we've been able to have kids. I we can't imagine wanting 'cause not be able to have them at all.

Shea Houdmann

And really, OK, let's not get into comparing who's hurting worse. Everything related to fertility. The desire to have kids and not being able it's, It can be extremely painful and difficult, so my heart goes out to both of you and your spouses.

Abbey Wedgeworth and Eric Schumacher

Yeah yeah, yeah.

Shea Houdmann

I truly, I can't imagine how painful that would be and I I thank God that we never had that experience, because I think never been being able to have kids and then to really get our hopes up, I think that would have been borderline devastating for Melissa and I, so I thank him for that, that mercy in our infertility journey.

Shea Houdmann

But so question for both of you. I can answer. Maybe Abbey you can start again. What are some words of encouragement you'd like to give to someone who has experienced a miscarriage?

Abbey Wedgeworth

I think yeah my my first miscarriage is a really unique type of loss because of the hidden nature of what or who has been lost and and so I think there's this, there's this loneliness that accompanies that sort of grief, even within marriages when miscarriage is experienced within marriage. Then you would you would think that you had someone with whom you could share this last really intimately. It's just because it's because the baby is not yet visible, at least not beyond an ultrasound. I think it can be really easy to feel unseen, so I think the first thing I would encourage someone with is God sees. He's the he's the God who sees, and that there and then he knows.

Abbey Wedgeworth

You know, a lot of the details of miscarriage can feel untellable because there's just so a lot of it's it's really raw. And and and it's, uh, sometimes I think what some people would, it would feel grotesque to describe and so I think the the encouragement that God sees and that he knows that he's with you in the in the details the the seemingly untellable details of your experience or your trauma, I think, is a great comfort.

Abbey Wedgeworth

Secondly, I would say that He is in control. You know when when God sees Hagar in the wilderness and she names him Elroy, the God that sees, she proclaims that he's not just a God who sees who looks upon her, that he's a God who looks after her.

Abbey Wedgeworth

And so the second thing I would I would encourage with is just that God is in control and that he is not merely a distant observer of your sorrow, but that he, especially through the person of Christ, enters into your suffering with you and is at work to glorify himself through it and to and to work for your good. If you love him and so he he sees and he knows and he's in control and and that I think I think that would be my my primary encouragement to someone who has just endured this loss. I I probably wouldn't speak very much if I was with her, probably be busy helping or doing her dishes or something, but if I were given the opportunity to speak. That's probably the two most important things I would say.

Shea Houdmann

Excellent and Eric I'm saying question to you.

Eric Schumacher

Yeah, I, I think that's a great question and I want to say thank you Shea for sharing you and MeLissa's story. You know, just giving us a little insight into your journey and infertility. Because you're right, it all these things that deal with fertility and pregnancy. And there they can be very very painful. And and I think about in the garden as the Lord is spelling out the consequences for sin. And he says, I shall increase your pain in childbearing. And you know it's easy for us to think about that in terms of the actual process of laboring and delivering a baby but really, I think these topics of of infertility and miscarriage really, I think give us a glimpse of how pervasive the curse is and and the deep pain that that the fall has brought into this world and and the, and these are and even with miscarriage you know of thinking about how common it is. I was just thinking the other day, you know we we just couldn't even fathom the number of children that have been miscarried and to think about that being an evidence of

how broken our world is and how much we need a savior to come and make everything new. It's just overwhelming what Christ has done for us.

Eric Schumacher

In terms of what I would say to someone I would echo everything that Abbey Abbey said and probably initially not speak very much other than to express my sorrow. You know, if we had time to have more conversation and they were asking questions. I, I think one thing that I would say is don't rush your grieving. Because of the unseen nature of miscarriage there may be nobody else in your life that knew about the pregnancy. Or there may be a handful of people. Maybe there's a whole community of people who know. But none of them experience this pregnancy as intimately as you did, particularly as a mother, and also as a father.

Eric Schumacher

And so you're thinking about it all the time and you're preparing for this child to arrive. The other people aren't that it's it's not their their constant, and so the loss for other people is grieved quicker than it will be for parents. And because they haven't seen and felt what we've seen and felt, and they haven't gone through all those indescribable's like like Abbey mentioned, it's easy for us to think they don't know and I'm a burden if I keep grieving longer than the initial time I tell them. Or longer than a week or whatever you know time period we set ourselves.

Eric Schumacher

But but miscarriage and I think I would think in some ways for infertility. It is a a manifold loss in the sense that it has so many facets to it. And our understanding of that grief unfolds over time. And so we think of miscarriage as this event that happened at this time, but every mother and I hope many fathers would pay attention, is going to remember the due date and and most mothers you know, Jenny and I can think back to you know we have, we have children that wouldn't exist if those pregnancies hadn't miscarried and we loved those children. We're thankful for them. But we also know if these children hadn't, you know, been miscarried they would be this age at this time and they'd be doing this at this time. And this is when high school graduation would be. And this is when college graduation be. They might be getting married around here and we'd be grandparents and, and so you can't possibly know all of those elements and how they'll impact you when you're whatever age or just having had the miscarriage that can only come with that passing of time. And it's right to mourn that miscarriage 25 years later, when you understand where your child would have been at 25. And so don't rush it at all and I think just to echo Abbey. Ah, to know that Jesus really does know our sorrows.

Eric Schumacher

I, I just think of that uh, in the last interview that I did with you, Shea that I did with Elise, we talked about that passage in Hebrews that Jesus had to become like his brothers and sisters in every respect, so that he could be a faithful, merciful high priest and the author of Hebrews points out it's not just for the atonement of our sins. But so because he was tempted in every way as we were. He can sympathize with our weaknesses he entered into the fullness of human nature except without sin, so that he would know what it was like to live as a human and experience all of that pain and sorrow, and know what temptations we faced. And he would successfully overcome them on our behalf.

Eric Schumacher

And so it, you know, the author of Hebrews says, so that he can know how to help us in time of need, we can go boldly to his throne. Obviously Jesus was never pregnant. He was a male human being and is a male human being and, but I think I think that passage can teach us that he definitely experienced situations that were in some ways essentially the same as what we've walked through in terms of loss and heartbreak. And so he doesn't just know it in the sense that he's omniscient and he has this intellectual awareness. He has a very real experiential awareness of what we're feeling and going through to the to the extent that he can know how to help us. And so even though he's unseen just like most of the loss his, he's very much present and ready and able to help us.

Abbey Wedgeworth

I left that to Eric your your words of it's right to grieve and you set it in the context of 25 years later but I think that's such an important thing to say to someone, especially that in this day and age where life in the womb is so often invalidated or dismissed as invaluable or expendable, I think it's so important and my doctor did this, praise the Lord when I was weeping uncontrollably in the ultrasound room he placed a hand on me and said, don't apologize. The loss of life is always worth grieving, and I think it seems so elementary because we value life in the womb. But I think that women, especially this day and age need to hear this is a loss and it is right to grieve. You're not being overdramatic, you're not being attention seeking. Like this is really sad. And and that's why that those words you said if I'm sad with you, are so important to say.

Eric Schumacher

No, yeah to Abbey's point about living in a day and age where life in the womb is sometimes not considered life or is negated and dismissed, thought lightly of, treated lightly. One of our experiences after I brought Jenny home from the doctor's office, I was running the the pharmacy to pick up a prescription and got in my car. Turned on the radio and it was Iowa Public Radio and they had a state Legislator on and he was discussing abortion legislation. And he was he was not pro-life and and he was expressing his frustration that pro-life persons would be against this legislation. And he said, I said I don't know why this is such a big deal. It's only you know it's only allowing or maintaining the right to get an abortion for up to so many weeks. So you know it's not a big deal 'cause the child is not that far along.

Eric Schumacher

Well, the week he named was the week that our pregnancy was at when Jenny miscarried. And so here's you know a a state lawmaker, basically saying what what just happened to you is not a big deal. And that's a really hard thing. And we're in an age right now, especially at at the very present where these conversations about what point of pregnancy is that in the context of abortion legislation is very very front and center in our news cycle and and that can be very traumatizing to hear.

Shea Houdmann

No doubt, well, Eric, thanks for sharing that. That's I'm even trying to guess what my emotions would be if I was in the situation. I'm not sure if I'd be tremendously sad or angry or hearing something like that,

but you know, so Abbey kind of going back to what you were sharing earlier, what do husbands and other friends and family need to know about helping a woman who has experienced a miscarriage?

Abbey Wedgeworth

Me on every experience of miscarriages so unique, you know, as unique as every miscarried baby is. Every marriage is unique, so this is sort of an interesting question. I think for husbands in particular, I would just encourage them that they can't be all things to their wives. It's it's a very personal decision to share or not to share. I think that you know as the church we are commanded to weep with those who weep and rejoice with those who rejoice, and so if we make the decision to withhold our tears from the body of Christ, it's difficult for them to fulfill that command with us.

Abbey Wedgeworth

And so I would encourage people if they're able, if they're able to welcome community into that experience. And for husbands in the areas where they feel weak, you know, maybe and they're they're probably also grieving. Even if it's at a different pace or in a different way than their wife. But I would encourage them to employ their community to be what they cannot be for their wife. So if that's serving her, or if that's talking with her when we feel all talked out or giving her a break while they're at work and can't be home with the kids or whatever if they're living children. Yeah, I think I would encourage them to acknowledge their humanity and then also I think the other counsel I would give is to grieve with them.

Abbey Wedgeworth

Eric, Eric and I have talked about this some, but there seems to be an attitude among men and this is not every man. This is not every every family but my experience and what I have observed, and it seems like he has to, is that men didn't seem to generally feel as if they should be the strong one, and it feels a lot better, I think as a spouse, at least for me, when someone is in the ditch with me, and so I would also say don't be afraid to climb into the ditch and cry with her or be sad with her or need with her. Yeah, and then I'd also just say to be honest, if you don't know what you're thinking, just say I don't know. And and if you don't know what you're feeling, just say I don't know. I think the the honest presence is more important than than feigning any sort of strength. Or I think it's important to just be authentic. That's the best thing we can bring to our marriage is authenticity and presence. Did you say others or just spouses?

Shea Houdmann

Spouses and or just maybe say something briefly about non spouses like friends and families of a woman who's experienced miscarriage. What are some words of advice on what to say and maybe what not to say?

Abbey Wedgeworth

I love this question for friends and family. Also, I think in the same way we were just talking about, valuing and extending dignity to the unborn. And one of the things I would urge friends and family is to refrain from any comforting statement that would begin with at least, particularly at least it was early. We have got to validate life in the womb at every stage, and if we're going to do that to protect life in the womb, we've got to do it to grieve life in the womb. And so I think to say it was. I don't know if that

you know, we we we imply things with our statements without meaning to right? So at least it was early is it less of a baby? I guess that less sad. Or if we say you know this is probably for the best, because you know if the child had disabilities, well, then what are we saying about people with varying mental and physical abilities? That they're not valued? That they wouldn't be loved children?

Abbey Wedgeworth

So I think we've got to be careful to hold it to hold out hope that it's concrete. To not offer empty hope through lucky falsehoods, like of course there'll be another baby. Well, that's not a guarantee, you know, so I think I would encourage friends and family, one to validate loss at every turn, to validate grief at every turn. This is sad. God is with you on your path out. To not rush their grief, as Eric mentioned. I think you know we're so well intentioned we don't want people to be sad and so sometimes from a place of compassion we push them when really we need to lament with them. And and just say this is sad and and God's willing to be with them in their sorrow. And so we as the people have got to be also. Yeah.

Abbey Wedgeworth

So I, I think those are things to be careful not to say and and to say I would encourage very little. Maybe I'm sad with you and in the places where they where they ask or or leave space to encourage. I think also you know if you're going to share Scripture or truth about God, which is important. We do need to hear it. I think the written word can be a really sweet way to do that in cards. Or because in the same way we need to be careful not to offer fluffy falsehoods, I think we also need to be careful not to offer trite platitudes, so heartfelt communication of biblical truths is better than dismissal. So yeah, I think it's it's, it's always a good practice to imagine how someone else might be feeling. But also as you did earlier, Shea to say I can't imagine, you know, to not pretend that we are on mission as God is or their are experiences exactly the same 'cause we don't know exactly what another person is going through, but when we say I can't imagine it's such a gift 'cause it sort of opens the door. It's hospitable, it allows people to sit down and express what they're feeling, so, so I think asking questions it's always like a good idea, yeah?

Shea Houdmann

Yeah, I I really resonate with what you said there and that even with our journey and infertility, some of the very well meaning things that were said to us to at that time were hurtful and thankfully now MeLissa and I can look back and even laugh at some of them that like wow. But this this is something you want to be really careful about, because you don't want to miss communicate and you don't want to sound trite or even share a scripture that is absolutely true and applies to the situation but it's not what the person really needs to hear. A lesson on God's sovereignty is often not the best timing.

Abbey Wedgeworth

Yeah.

Shea Houdmann

Go in conjunction with someone who's experienced a miscarriage and that that comes later. So Eric. Same question to you. And what do wives and or other friends and family need to know about helping a husband or a father who's just recently experienced a miscarriage?

Eric Schumacher

Yeah, I love that question and I'm glad you asked it. I, I think the very first thing I would say is to encourage them to remember that every child has a mother and a father. Which means that both a mother and a father lost a child in a miscarriage, and obviously the mother experiences both pregnancies. She is pregnant, you know he's he's not pregnant. And technically her pregnancy has miscarried, he hasn't, but he still experiences it. And and obviously there's there's much, much more, it's it's not just more obvious, but she experiences it in physical ways that he he cannot, he cannot understand, but it's still his loss. And it's their loss together.

Eric Schumacher

And that means that he is he's he's experienced, a loss, and he's suffering. He will grieve this. I would add to that some fathers will grieve miscarriage. They may grieve it differently and at a different timetable. You know, for the mother, she learns the babies no longer alive. She's experiencing things physically now. You know her body has gone through changes to become pregnant, and now it's going through changes to rid itself of the baby and and it's going through these changes, transitioning back to not being pregnant, and she's also aware immediately that this child inside of her is no longer living or has exited her body and that brings an immediate grief. An immediate sense of loss and a profound understanding, I think of what's what's occurred.

Eric Schumacher

And I think, like Abbey mentioned, many men and husbands, and this is, you know, a perennial issue in the counseling office, is you know my husband doesn't understand me, you know, just for normal marital things you know and and he's like, you know I'm I'm trying to help but she you know she brings up what she's sad about and he goes and tries to find a way to fix it. And what she really wants is for him to to listen. And I think it's often he, and sometimes because he has to he he switches into the helper mode. In terms of she needs to get to the hospital. He needs to make sure she's comfortable at home. Pick up prescriptions, make sure the kids are fed if there's other children. All these decisions, and that's good because someone needs to do those things. But his mind isn't necessarily immediately on that loss. It's on taking care of his wife and his household. And so for wives that can be, that can be hard because she's wondering, am I alone in my sadness now? Does my husband not care? Did he not value this this pregnancy?

Eric Schumacher

And then I think for husbands, uhm, you know they want to be honest and so the wife asks how are you doing? I don't know. I'm not feeling anything right now, you know, or I'm fine and. And he might answer that. He's fine because he feels like to admit his own sorrow would be to detract from hers. Or or he might not be feeling anything. And then when things are taken care of and things are settled a bit, he begins to think about what's happened and what he's lost, and maybe his mind returns to the daydreams he was having of playing football in the front yard with a kid. And all of a sudden he's grieving and but his wife seems to be doing better, and so he's wondering, can I even bring it up now? Do you know. Is it too late? So I don't want to make her sad again.

Eric Schumacher

And I think also, what goes along with that is because of the reasons already mentioned, how apparent and obvious miscarriages as something that a woman experiences we don't hear many men talking about miscarriage, and in fact this book, Ours is the only Christian resource that we've been able to find for men that are walking through miscarriage, and so it's just simply not talked about.

Eric Schumacher

In my own experience, you know, you know, I want to apologize to anyone that I've forgotten, but even in returning to church, you know Jenny had a group of women around her that were weeping with her and hugging her and sympathizing with her and when I walked into church the first Sunday after one of our miscarriages, I had one man who walked up to me and hugged me and he had lost a child within its first year after being born. Born with a genetic disorder and he wanted to make sure to meet me at the door and give me a hug, but really I can't recall being hugged by anyone else. And I can't recall, there may have been a few, but I can't, I can't really recall people asking me how I was doing. If I if the miscarriage was mentioned to me it was in the context of how is Jenny doing? And and and so a lot of men just have never seen a man talk about it, and they don't know how. And they don't know if they're allowed to, so I think what Abbey said about drawing them out with questions I loved what you said earlier Shea about, you know in that conversation with that other couple you know, saying they let's not get into comparing, you know, suffering isn't a contest and every suffering is valid because it's all part of living in a world under a curse as we wait for our Redeemer to make all things new.

Eric Schumacher

And I, I think, just just to remember that that it's it's not a it's not a contest. And to say those words like you said, Shea, I, I can't imagine. You know the the father can't imagine what the mother is experiencing and the mother can't imagine what the father is experiencing. And to just say something as simple as can you tell me what it's like what you're feeling right now? What you're thinking? Sometimes those questions might be, what makes you sad? What were you looking forward to that you're you're sad about now that because it won't be there? Those are those are ways to get men talking and I think I said this when Abbey and I were talking about the book on a different podcast.

Eric Schumacher

I've just noticed in my, well my own personal life with Jenny and I, and then also with many men that I've counseled, men seem really reluctant to, you know, sit down at a table across the table with a cup of coffee and look each other and they I face to face and pour their hearts out about how they're feeling. But you get them side by side, you know even riding next to his wife in a car, we looking out the window and not at another person kind of looking into your soul. Well, all of a sudden they're they're talking. You know you're you're, you're on a walk hunting or you're on a drive or you're in the fishing boat you're not looking at each other and all of a sudden you're starting to pour yourself out and so even to just as much as I think a a mother should set up a should have a environment that's comfortable for her to share. Find an environment that's comfortable for him to share and make it as non awkward as possible. I mean talking about miscarriage is awkward. It's always going to be. But just just giving consideration to how he communicates and in what environments he communicates best, I think will go a long way.

Shea Houdmann

Excellent points, both of you. Maybe before we jump into the closing question this when I asked both of you so Abbey first some what led you to write Held and what's the main? What's the main? We could summarize it. What's the main message you're trying to communicate to women who have gone through this?

Abbey Wedgeworth

Yeah, to be honest Shea, what led me to write Held was, when I experienced pregnancy loss, it was way more sad than I ever imagined it would be. 'cause I feel like mostly I'd heard of miscarriage in a sentence where women, yeah, oh I lost a baby at this age. Oh, that's sad. You know it, and I it never occurred to me all that is wrapped up in that experience. It is a trauma. It's truly a trauma and I doubted things that I never thought I would doubt. My physical experience was so difficult. Again, without going into detail, I was anemic for a long time after our miscarriage. I was physically weak and you know Eric, I love you meant that you mentioned that the woman going through the physiological experience of pregnancy and pregnancy loss there's I mean you go through after birth. There's postpartum. Hormones and my experience after miscarriage was similar to my postpartum experience after birthing living babies, there were all those difficult mental health things.

Abbey Wedgeworth

And so what led me to write Held was after I started blogging about our experience of pregnancy loss publicly, the women that I was hearing from who felt so lonely. who felt like no one else had been through what they were going through. Who felt like anything they were receiving or reading was really fluffy or untrue or unhelpful. And so I thought how can we? How can we think about miscarriage biblically? I wish that I could hold these women's hands through their journey through grief and so that's what Held is. Held is a companion. The book is designed to be a companion on a woman's journey through grieving pregnancy loss. And it does that through tethering her to Scripture, inviting her to pray and really taking head on her questions, without minimizing the difficulty of what she is experiencing by validating her sadness. And that is, you know, the the number one way that I'm like just pumped up when I hear of people using the book is without a doubt when people give it to other people to care for them. But the other thing I love to hear is I just nodded as if you had read my mind and and that's what I love to hear because obviously I didn't. But just for women to feel seen and not by me primarily, but by God in their suffering for them to to feel seen and to not feel alone. And to clearly perceive his promises and his goodness to them, even in the valley of the shadow of death. And it walks through Psalm 139 verse by verse and those other thing I love to hear is that women close that book and open up their Bibles because they learn to treasure God's word as they were reading.

Shea Houdmann

And Eric what are you on? What was the main motivation for you in writing Ours? What's the maybe the one take away that you really want men to take from going through the book?

Eric Schumacher

You know, I, I felt like the experience of miscarriage was, was bewildering and lonely. Like I said, I'd never really heard many men talk about it or many women talk about it. And so there was a lot of time at doctors offices, at home, being alone, and you know, even you know, Jenny sleeping or Jenny rushed out of the room for emergency surgery or these things where you're left alone and you don't know who

you can talk to about these things. And so I took a similar approach as as Abbey did. It's a 31 day resource that tethers men to scripture, and I picked the gospel of Luke. And I did that because I wanted the men who read the book. Each chapter is based around a different question and I tried to address as many as the questions many as I could of the questions that I experienced or that I heard other men experience and we try to answer those questions from the life of Jesus and and what I want really most of all is for men who read it to see who Jesus is and and how he suffered and how he viewed and treated sufferers, and to know that they're not alone in their suffering. That the suffering servant who died for their sins and rose from the dead and ascended to the right hand of God to prepare a place for them. He he is with them, and he suffers with them and he loves them deeply. And he knows what it is to suffer, and he's not ashamed to call them brother. And that's what I hope comes out of this is that long after they finish reading my words, they would stay in God's word. And you know, I'm walking through a miscarriage with them from afar on the pages of a book, but I pray that when they put it down they'll keep walking with Jesus.

Shea Houdmann

I want to thank both of you that were listening to God and going through the process of writing these books, these are topics that a lot of people have dealt with. And there's not a whole lot of resources out there, as both of you have said so, so thank you both for going through the difficult journeys of producing these books. I've had the opportunity to recommend them to several friends and acquaintances already and will look forward to continuing to do so.

Shea Houdmann

So this has been the Got Questions podcast with Abbey Wedgeworth, the author of Held, 31 Biblical Reflections on God's Comfort and Care in the Sorrow of Miscarriage. And with Eric Schumacher, author of Ours, Biblical Comfort for Men Grieving Miscarriage. So again, Abbey, Eric, I'm thank you for being on the Got Questions Podcast today.

Eric Schumacher

Yeah, thanks for having us.

Abbey Wedgeworth

And enjoy, thanks. Thanks for the work you guys are doing at Got Questions.

Speaker 2

Got questions? The Bible has answers. We'll help you find them.