



EPISODE 5 | HOPE GUIDE

Wrestling Well with God through Recurrent
Loss with Kristin Hernandez

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EPISODE 5 HOPE GUIDE

Welcome!

Hello sweet momma. Oh, how I wish you didn't need to be listening to a podcast on finding hope after pregnancy or infant loss. My heart breaks for you that you've experienced the loss of a baby.

I am so incredibly sorry for your loss.

I wish I could give you a big hug right now and tell you that you're not alone in your grief. I am here to walk this heartbreaking journey with you. I know firsthand how devastating, life-changing, and sorrowful it is to lose a baby.

My sweet daughter, Bridget Faith, was born into Heaven at 24 weeks into my first pregnancy in 2014. In my deep grief and sadness, I questioned how a good God could allow this to happen to me. As I wrestled with my faith, I came to a place of absolute surrender.

It's a long story (one you'll hear throughout our podcast episodes), but I learned to trust God and allow Him to heal my heart. In doing so, He led me to start a nonprofit ministry called Bridget's Cradles.

You can read more about what we do on our website (and in this Hope Guide), but our mission is to provide comfort, hope, and healing to families grieving the loss of a baby in Heaven. The Cradled in Hope Podcast is an extension of our ministry with the same mission.

We firmly believe that surrendering our suffering to God will allow us to find joy again. He can heal our hearts and use our grief for good. And most importantly, through faith in His son, Jesus, we have the hope to see our babies again in Heaven. Jesus has defeated death and He promises us eternal life with Him and our babies. Though we may grieve, we do not grieve without hope.

With Hope,

Ashley Opliger



Show Notes



EPISODE 5 WITH KRISTIN HERNANDEZ

Join us for a conversation with Kristin Hernandez, author of [Sunlight in December](#), about wrestling well with God through recurrent pregnancy loss. Kristin shares her story of losing five babies: a baby boy, Ethan, due to a life-limiting condition, and four precious babies to early miscarriage.

In her heartbreak, Kristin discusses with Ashley how she turned to her faith in God and embraced the suffering. She believes that God will meet moms in the storm of grief and show them His goodness.

In this episode, we discussed:

- Wrestling well with God through loss and pain
- What does wrestling with God mean and how do we wrestle in a healthy way?
- How to navigate a life-limiting diagnosis in pregnancy
- Not having answers for why miscarriage and recurrent loss happens
- How grief exposes errors in our theology
- The problem with prosperity thinking
- Why we should expect and embrace suffering
- Finding God's goodness in the messy middle of grief
- Why our hope isn't (and shouldn't be) in a rainbow baby
- Surrendering our desires for God's will
- How we can turn to God even when we doubt Him

Find the full episode transcript [here](#).



LISTEN NOW

Show Notes



KEY VERSES FROM THE EPISODE

- Whom have I in Heaven but You? And earth has nothing I desire besides You.
-Psalm 73:25 NIV
- Every good and perfect gift is from above, coming down from the Father of the Heavenly lights, who does not change like shifting shadows. **-James 1:17 NIV**
- But God demonstrates His own love for us in this: While we were still sinners, Christ died for us. **-Romans 5:8 NIV**
- But in keeping with His promise we are looking forward to a New Heaven and a New Earth, where righteousness dwells. **-1 Peter 3:13 NIV**
- "I have told you these things, so that in Me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world."
-John 16:33 NIV
- "... for all have sinned and fall short of the glory of God, and all are justified freely by His grace through the redemption that came by Christ Jesus."
-Romans 3:23-24 NIV
- For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.
-2 Corinthians 4:17-18 NIV
- And we know that in all things God works for the good of those who love Him, who have been called according to His purpose. **-Romans 8:28 NIV**



BLESS GRIEVING MOMS WITH A REVIEW

If you've been encouraged by our podcast, would you [write a quick review on iTunes](#)? Think of it as spending two minutes of your time to invite a grieving mom to listen in on the message of hope you've just heard. We would be so grateful for your review and 5-star rating. Click [here](#) for instructions/videos on how to leave a review in case you haven't left one before. Thank you so much!

LEAVE A REVIEW

Show Notes



+ OUR GUEST | KRISTIN HERNANDEZ



Kristin Hernandez is a writer, podcaster, wife, and mother to six children—one in her arms and five with Jesus.

Kristin blogs at sunlightindecember.com and is the co-host of the [Through the Lens](#) Podcast. Her first book "[Sunlight in December](#): A mother's story of finding the goodness of God in the storm of grief" released this year on Amazon.

Connect with Kristin

Web: www.sunlightindecember.com

Facebook: [/sunlightindecemberblog](https://www.facebook.com/sunlightindecemberblog)

Instagram: [@sunlightindecember](https://www.instagram.com/sunlightindecember)
[@throughthelenspodcast](https://www.instagram.com/throughthelenspodcast)

+ OUR HOST | ASHLEY OPLIGER



Ashley is the Executive Director of Bridget's Cradles, a nonprofit organization based in Wichita, Kansas that donates cradles to over 1,090 hospitals in all 50 states and comforts over 26,000 bereaved families a year.

Ashley is married to Matt and they have three children: Bridget (in Heaven), and two sons. She is a follower of Christ who desires to share the hope of Heaven with families grieving the loss of a baby.

Connect with Ashley

Web: www.ashleyopliger.com
www.bridgetscradles.com

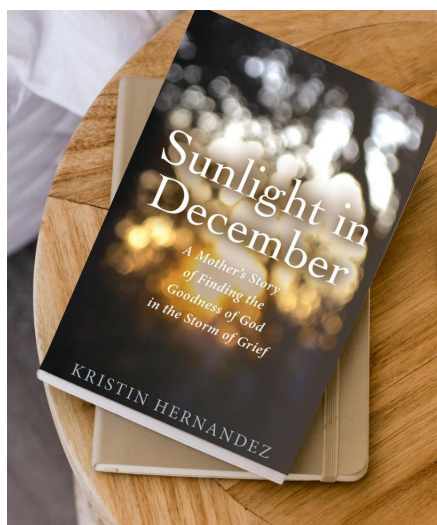
Facebook: [/ashleyopliger](https://www.facebook.com/ashleyopliger)

Instagram: [@ashleyopliger](https://www.instagram.com/ashleyopliger)

Show Notes



SUNLIGHT IN DECEMBER BOOK



Purchase Sunlight in December: A Mother's Story of Finding the Goodness of God in the Storm of Grief

Simply click the button below to purchase your copy of Sunlight in December on Amazon.

PURCHASE BOOK

**If God is good, why is there so much suffering in the world?
If God is good, why did my babies die?**

Kristin Hernandez found herself asking these questions countless times as she walked through the bitter storm of grief and loss.

After years of unexplained infertility, Kristin and her husband Chris were thrilled to discover they were expecting their first child. Their elation came crashing down when a routine anatomy scan revealed their miracle child would be born with a terminal condition. In the wake of their newborn son's death, Kristin began to wrestle with God's goodness and the purpose of suffering. As she and her husband walked through the loss of four more babies, Kristin discovered the unshakeable truth we can cling to when physical storms linger and all seems hopeless.

In Sunlight in December, Kristin Hernandez authentically expresses the raw emotions that come with grief and invites readers to journey with her as she wrestles with God and discovers His goodness in unexpected places. This powerful memoir dives headfirst into difficult topics such as death, doubt, and seemingly unanswered prayer, all while leaving the reader with encouragement and hope.



Show Notes



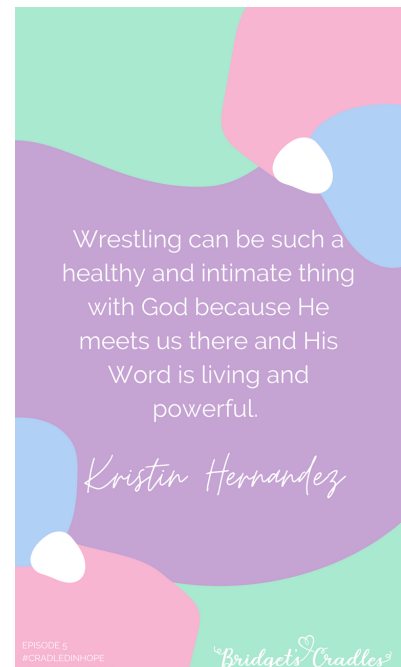
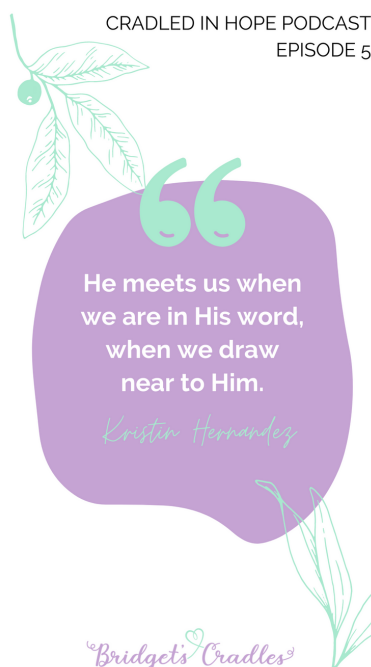
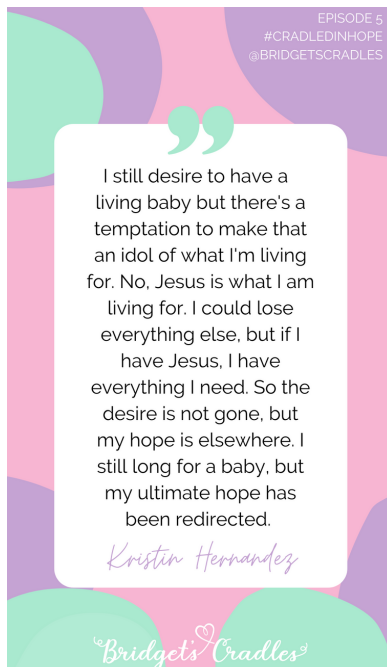
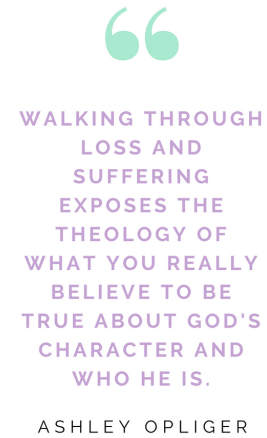
DISCUSSION / APPLICATION QUESTIONS

- Kristin talks a lot about "wrestling well" with God (instead of turning away from Him). She shares ideas on how to do that in a positive, healthy way. Do you feel that you need to wrestle with God? What advice or wisdom that Kristin shared was most helpful to you that you can use in walking this out in your daily walk with Him?

- In this episode, Ashley shared that grief has a way of exposing errors in our theology (i.e., areas in which we are wrong in our beliefs about God). Have you discovered this in your own walk? If so, what beliefs are you wrongly believing? Find Scripture to support the truth your heart needs to hear.

- We talk about how as Christians, we should expect and embrace suffering because there is eternal glory that awaits us. How does this perspective shift change your outlook on your loss? In what ways can you choose to surrender your pain?

Pinnable Graphics



View and pin episode graphics from our Pinterest board [here](#).

More Resources



EXPECTING LOSS

It is absolutely devastating and heartbreaking to find out that there is something wrong with your baby and that they will not be able to live with you here on earth. In these situations, it's normal to begin to anticipate loss and experience something called **anticipatory grieving**.

Please visit our [website](https://www.bridgetscradles.com/podcast) where Ashley shares ways to help cope with grieving before the loss of your baby and ways to cherish the time you have with your baby while he or she is still living inside of your womb:



Daily Love



Getting to
Know Mommy



Making
Memories



Be Prepared

Though we all grieve and process differently, we pray that you find something that will be helpful in your journey and allow you to make precious memories with your sweet baby during the time you have together.

More Resources



CATCH UP ON PAST EPISODES



EPISODE 1:

Welcome to Cradled in Hope

with Ashley Opliger

Ashley shares her heart behind starting the Cradled in Hope podcast and reads the first chapter of her book.

**LISTEN
NOW**



EPISODE 2:

Finding Peace After Miscarriage

with Alisha Illian

Alisha discusses how she learned to rely on God, surrender her plans for her life, and find peace after miscarriage.

**LISTEN
NOW**



EPISODE 3:

Navigating Pregnancy Loss

with Sarah Philpott

Sarah shares how she grieved with hope and found joy in the perfection of Heaven, even after experiencing multiple miscarriages.

**LISTEN
NOW**



EPISODE 4:

Grieving a Life-Limiting Diagnosis

with Amy Balentine

Amy shares her journey of receiving a life-limiting diagnosis for her son, Simon. She discusses how grieving Simon and her other three babies shaped her faith journey.

**LISTEN
NOW**

More Resources



✚ FIND HOPE + HEALING

Please visit www.bridgetscradles.com to find resources for hope and healing after the loss of a baby. We pray that something there will be helpful to you and provide hope as you grieve and remember your precious baby in Heaven.



Memorial Ideas

Ways to honor your baby in Heaven by remembering them in your home and daily life.

✚ ✚ ✚
CLICK HERE
TO READ
MORE ✚ ✚



Important Dates & Holidays

How to face difficult milestones and holidays in ways that bring peace and remembrance.

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CLICK HERE
TO READ
MORE ✚ ✚



Grieving & Healing

Ashley shares practical ideas that she found helpful in her grieving and healing journey.

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CLICK HERE
TO READ
MORE ✚ ✚

More Resources



✝ FIND HOPE + HEALING



Recommended Books

Christ-centered books that provide hope and healing after the loss of a baby

CLICK HERE TO READ MORE



Quotes & Bible Verses

A list of quotes and Bible verses to offer hope and healing for families who have experienced pregnancy or infant loss

CLICK HERE TO READ MORE



Helpful Resources

A list of organizations and websites focused on providing healing to families grieving the loss of a baby

CLICK HERE TO READ MORE

SIGN UP TO RECEIVE HOPE-FILLED EMAILS + PODCAST UPDATES + FREE RESOURCES

SIGN UP NOW

More Resources



HOPE GATHERINGS ONLINE



Ashley Opliger
BRIDGET'S CRADLES

Join our Christ-centered monthly online support group led by Ashley Opliger, Bridget's mom and Executive Director of Bridget's Cradles. The group is focused on finding hope and healing through God in community with each other and is open to any mom in the United States who has lost a baby due to miscarriage, stillbirth, or infant loss. For upcoming dates, please visit

www.bridgetscradles.com/hopeonline.



JOIN OUR FACEBOOK GROUP

Join our Cradled in Hope community of Grieving Moms:



Our Organization



ABOUT BRIDGET'S CRADLES



Bridget's Cradles is a 501c3 nonprofit organization based in Wichita, Kansas. It was founded after Matt and Ashley Opliger's daughter, Bridget Faith, was born into Heaven on October 22, 2014. Ashley's mom, Teresa, had knit a small cradle for Bridget, and it allowed them to hold her in a special and dignified way.

Since then, Ashley and a team of amazing volunteers have been passionate about comforting bereaved families across the country. Bridget's Cradles now donates cradles to over 1,090 hospitals in all 50 states, hosts support groups & remembrance events, and provides hope-filled resources online.



WHAT WE DO



**DONATE CRADLES
TO HOSPITALS**



**PROVIDE SUPPORT
& RAISE AWARENESS**



**HOPE GATHERINGS
SUPPORT GROUPS**



**WAVE OF LIGHT
OCTOBER 15TH EVENT**



GIVE HOPE

Together, we can provide comfort and hope to more grieving families. Your support will allow us to carry out critical program services so that together we can comfort bereaved families now and in the future. Visit www.bridgetscradles.com/givehope.



Let's Connect

CONTACT

If you'd like to be in touch, please email us directly at:

info@bridgetscradles.com

FOLLOW US

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Bridget's Cradles

