



EPISODE 12 | HOPE GUIDE

Renewing Your Mind after Pregnancy Loss
with Alicia Michelle

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EPISODE 12 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 12 WITH ALICIA MICHELLE

Join us for a conversation with Alicia Michelle, host of the **Vibrant Christian Living** Podcast, about renewing our minds after pregnancy loss. Alicia is a Bible Teacher and certified NeuroCoach. She equips women with practical brain-and-Biblically based tools to overcome negative thinking and cultivate godly confidence.

After losing her son in an early miscarriage, Alicia struggled with overwhelming sadness. Through her journey, God has given her wisdom on how to cope with grief in a healthy way. She teaches us how to manage our thoughts and get out of the negative spirals that we get stuck in so that we can draw closer to God in our grief.

In this episode, we discussed:

- Giving voice and legacy to our babies in Heaven
- The nearness of Heaven and how we can talk to our babies (through Jesus!)
- What Alicia wishes she would have known when she was grieving her baby
- How to honor our grief and allow it to exist
- Sin tendencies and how our brains can trap us into negative habits
- Self-sabotaging behaviors and why we do them
- Amygdala hijack and how to stop moments of panic
- The root problems of fear and control and why they impact our grief
- How to trust in a God who allowed your baby to die
- The American dream vs. the Kingdom dream
- Going deeper in fellowship with God and being refined in our pain
- How to combat the enemy's schemes to destroy your healing work
- Surrender and the fruit of spiritual gifts and good works

Find the full episode transcript [here](#). Suicide Hotline: 800-273-8255



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Show Notes



KEY VERSES FROM THE EPISODE

- All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth. **-Hebrews 11:13 NIV**
- So that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ. **-1 Peter 1:7 ESV**
- Trust in the LORD with all your heart and lean not on your own understanding **-Proverbs 3:5 NIV**
- For by grace you have been saved through faith. And this is not your own doing; it is the gift of God. **-Ephesians 2:8 ESV**
- For as the body without the spirit is dead, so faith without works is dead also. **-James 2:26 NKJV**
- As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today. **-Genesis 50:20 ESV**
- And no wonder, for Satan himself masquerades as an angel of light. **-2 Corinthians 11:14 NIV**
- Put on the full armor of God, so that you can take your stand against the devil's schemes. **-Ephesians 6:11 NIV**
- The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. **-John 10:10 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 | ALICIA MICHELLE



Alicia Michelle is an author, Bible teacher, podcaster, and certified NeuroCoach. She equips Christian women with practical brain-and-Biblically based tools so they know how to renew their minds. She is the host of the weekly [Vibrant Christian Living](#) podcast.

Alicia is a mother to five children: four on earth and a baby boy in Heaven.

Connect with Alicia

Web: www.vibrantchristianliving.com

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

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

+ 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 1,100 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



VIBRANT CHRISTIAN LIVING



About Vibrant Christian Living

After struggling with overwhelming, negative thoughts and perfectionism for most of her adult life, God radically transformed Alicia's heart after a life-threatening medical crisis in 2017.

Since then, Alicia became a certified NeuroCoach™ and is passionate about helping Christian women learn practical, brain-based-and-biblically-accurate tools to overcome negative thoughts and transform their minds and lives through her **Vibrant Christian Living podcast**, "**Christian Mindset Makeover**" course, and "**I am Loved**" Bible study.



EP 119: FIND HEALING THROUGH GRIEF



LISTEN NOW

In episode 119 of the **Vibrant Christian Living podcast**, Alicia and Ashley discuss processing grief in healthy ways that honor both our emotions and God. Ashley shares practical tips on what to do with the grief you're experiencing and how to share God's hope despite the pain. You'll be encouraged and inspired by what God has done through her willingness to turn deep grief into ministry.



COURSES



PODCAST



BIBLE STUDY

Show Notes



DISCUSSION / APPLICATION QUESTIONS

- Alicia and Ashley discuss a quote about Jesus sitting our babies on His knee and talking to them about us. What would you want Jesus to tell them about you? Spend a few minutes talking to Jesus (His Holy Spirit in you) and reflect on the fact that He is also in the physical presence of your babies in Heaven. Does this bring you comfort knowing how near Heaven is to you?

- In this episode, Alicia says that we shouldn't beat ourselves up for the things we wish we would have known (whether that was during our pregnancy or after our loss). We need to release regrets. She reminds us that each day is an opportunity to grow closer to God and to change and learn. What are the things that you need to release? What are the things you have learned?

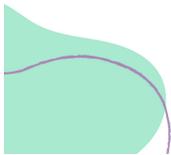
- We talked a lot about sin tendencies and negative thinking/behaviors that we do in grief. What earthly coping mechanisms are you turning to that are not healthy? What areas do we need to expose and bring into the light? How can we choose to turn to God in our grief instead of the need to control or escape our emotions?

Pinnable Graphics



For as the body without the spirit is dead, so faith without works is dead also.

- JAMES 2:26 NKJV



Alicia Michelle
@vibrantchristianliving

I feel like looking back on it now, I wish I had known some of the things that I learned through all this time, of course you learn so much, that would have helped me then, but what God allowed me to see and experience was a true gift.



Fear is the root, and then that self-sabotaging behavior is the fruit that comes from it.

Alicia Michelle



Episode 12

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It's so helpful to be real with yourself about what you're feeling and to let God do the healing in His time and not be afraid to sit in the emotion and to understand that it's reasonable to feel this way.



Alicia Michelle

CRADLED IN HOPE PODCAST 



Maybe this is the way that He's allowing there to be more fellowship with Him, more honest, authentic connection with God.

Alicia Michelle



Even though my child never lived outside of my womb, he still has a legacy.

Alicia Michelle



EPISODE 12
#CRADLEDINHOPE
@BRIDGETSCRADLES



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

More Resources

Bridget's Cradles
Cradled in Hope



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.

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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.

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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.

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EPISODE 4:

Grieving a Life-Limiting Diagnosis

with Amy Valentine

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.

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More Resources

Bridget's Cradles
Cradled in Hope

with
ASHLEY
OPLIGER



CATCH UP ON PAST EPISODES



EPISODE 5:

Wrestling Well with God through Recurrent Loss

with Kristin Hernandez

Kristin shares her story of losing five babies and how she turned to her faith in God and embraced the suffering.

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EPISODE 6:

Raising a Rainbow Baby to Remember Their Sibling in Heaven

with Ashley & Branton Opliger

Ashley shares four practical ways you can help your living children honor their sibling in Heaven.

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EPISODE 7:

Improving Hospital Experiences for Grieving Families

with Lori Beth Blaney

Lori Beth shares her story of losing her daughter, Rachel, choosing forgiveness, and why she started a nonprofit to support grieving families and train hospital staff on bereavement care.

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EPISODE 8:

How to Nurture a Grieving Mother's Heart

Johanna Mutz & Denise Wolfe

Johanna and Denise share their story of starting a company to offer beautiful gifts for women who have experienced loss.

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More Resources

"Bridget's Cradles"
Cradled in Hope

with
**ASHLEY
OPLIGER**



CATCH UP ON PAST EPISODES



EPISODE 9:

Anchored by the Gospel after Losing My Baby to Cancer

with Jess McClenahan

Jess shares how the Gospel anchored her to hope after the loss of her 11-month-old daughter, Cora.

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EPISODE 10:

Walking through the Valley of the Shadow of Death

with Anesha Stanley

Anesha, shares about walking through anxiety and depression after recurrent pregnancy loss.

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EPISODE 11:

Pressing into the Pain after Infant Loss

with Lindsay Johnson

Lindsay, founder of Aspyn Arrows, shares about pressing into the pain after tragically finding her one-month-old daughter, Aspyn, unresponsive in her crib.

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EPISODE 12:

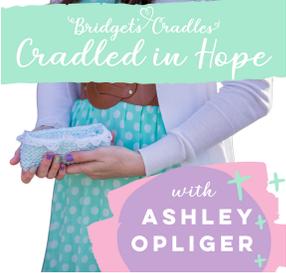
Renewing Your Mind after Pregnancy Loss

with Alicia Michelle

Alicia shares her journey after losing her son in an early miscarriage. She teaches us how to manage our thoughts and get out of the negative spirals that we get stuck in so that we can draw closer to God in our grief.

**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.

✝ ✝ ✝
[CLICK HERE TO READ MORE](#) ✝ ✝



Grieving & Healing

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

✝ ✝ ✝
[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



Quotes & Bible Verses

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



Helpful Resources

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



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

SIGN UP NOW

More Resources

Bridget's Cradles
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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 1,100 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

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Bridget's Cradles

