



EPISODE 19 | HOPE GUIDE

When Wishes Change
with Tricia Roos

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EPISODE 19 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 19 WITH TRICIA ROOS

Join us for a conversation with Tricia Roos on pursuing and accepting God's will when your motherhood journey looks nothing like what you had hoped or expected it to be. After her daughter, Annabelle, was diagnosed with Trisomy 18, Tricia was advised to get an abortion. Tricia chose life and watched God perform a miracle: allowing Annabelle to live for six days and defy all medical odds.

Tricia shares Annabelle's story in her new book, [When Wishes Change](#), which describes how God walked her through her grief and showed her how to embrace His will for her life. She is passionate about encouraging grieving moms to find purpose in their pain and use their God-given gifts for good.

In this episode, we discussed:

- Choosing life despite a fatal diagnosis in pregnancy
- Finding healing in embracing God's will
- How to find purpose in your pain (and why)
- Discovering and using your gifts for good
- Grief presenting itself years later and how that can be normal
- Life milestones and how they can trigger grief
- Experiencing joy again (when you don't think you ever will)
- What you can learn from friends who are further along in their grief
- Gender "disappointment" with rainbow babies and complicated feelings in grief
- The value of time and viewing each day as a gift
- All about her book, *When Wishes Change*

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



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Show Notes



KEY VERSES FROM THE EPISODE

- As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts. **-Isaiah 55:9 NIV**
- Your eyes saw my unformed body; all the days ordained for me were written in Your book before one of them came to be. **-Psalm 139:16 NIV**
- Rejoice always, pray constantly, give thanks in everything; for this is God's will for you in Christ Jesus. **-1 Thessalonians 5:16-18 CSB**
- In His grace, God has given us different gifts for doing certain things well. **-Romans 12:6a NLT**
- There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work. Now to each one the manifestation of the Spirit is given for the common good. **-1 Corinthians 12:4-7 NIV**
- Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. **-1 Corinthians 12:12 NIV**
- Then He told all of them, "If anyone wants to come with Me, he must deny himself, pick up his cross every day, and follow Me continuously, **-Luke 9:23 NIV**
- For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. **-2 Corinthians 4:17 NIV**
- And He said, "Abba, Father, all things are possible for You. Remove this cup from me. Yet not what I will, but what You will." **-Mark 14:36 ESV**



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 | TRICIA ROOS



Tricia Roos is a Dallas wife and mom who lost her daughter, Annabelle, to Trisomy 18. Against the advice of medical experts, Tricia chose life for her daughter and ended up experiencing a miracle: Annabelle lived for six days defying all medical odds.

Tricia's story captured the attention of the large high school she worked in and the media in her city. She is the author of [When Wishes Change](#).

Connect with Tricia

these are clickable!

Web: www.whenwisheschange.com

Facebook: [/whenwisheschange](#)
Instagram: [@whenwisheschange](#)

+ 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 1,200 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.ashleyoplinger.com
www.bridgetscradles.com

Facebook: [/ashleyoplinger](#)
Instagram: [@ashleyoplinger](#)

Show Notes



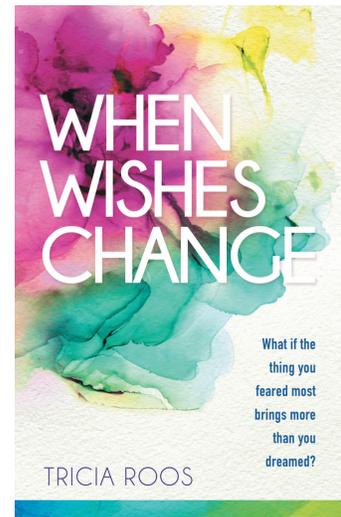
WHEN WISHES CHANGE BOOK

When Wishes Change is about how Tricia's wish for a healthy baby girl changed into something more beautiful than she could have ever dreamed.

Three months into her pregnancy, Tricia Roos learns that her unborn daughter will die of a rare condition. Against the expert's advice, however, she resolves to have her child.

The ending is the same but the story changes everything. This is a mother's version of scaling Mt. Everest, an account of the handles that grow out of sheer rock once we commit to a climb.

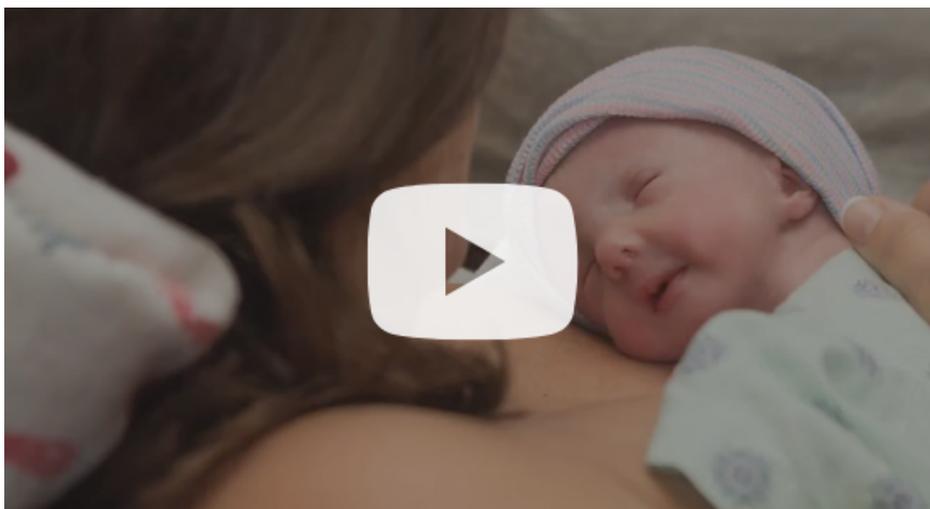
When Wishes Change is an open-eyed look at blind trust, a lesson for all ages that hardship can end in hope. This is the story we never get tired of reading.



**Purchase Your Copy of
When Wishes Change
on Amazon**

PURCHASE BOOK

 **Watch Tricia's Story:**



WATCH VIDEO

Show Notes



DISCUSSION / APPLICATION QUESTIONS

- Tricia's book is called *When Wishes Change* because she learned that by pursuing God's will and embracing it, that her wishes became His wishes. How have you found that God has changed your perspective and your desires? Has it been hard to accept His will for your life? Journal below.

- In this episode, Tricia and Ashley talk about how grief can surface years later at unexpected times. Has this been the case for you? If so, did something trigger it? If not, is this something you worry about in the future? In what ways has your grief changed over time?

- Tricia and Ashley talk a lot about finding purpose in pain and why that's been healing in their grief journeys. Tricia mentions that it's important to use your God-given gifts and talents to bless others. Write down your strengths and passions as well as any promptings God has put on your heart then spend some time in prayer asking Him to provide clarity and direction.

Pinnable Graphics



EPISODE 19
#CRADLEDINHOPE
@BRIDGETSCRADLES

“

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

*Bridget's Cradles**

EPISODE 19
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“

We are not choosing abortion. We believe that her life has value and that we're going to love her no matter what.

Tricia Roos

*Bridget's Cradles**

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“

After she died, I literally remember telling myself, "There's no way I'll ever be happy again." I thought that every day for the rest of my life may just be really sad and that I might just cry every day, the rest of my life. But that's not true. I've found joy and happiness in my life.

TRICIA ROOS

*Bridget's Cradles**

EPISODE 19
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“

My prayers, my petition, everything had to be in constant pursual of God's will.

TRICIA ROOS

*Bridget's Cradles**

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“

You can't yell at God and then forget it. You keep asking why and you keep pursuing answers. When the Bible says, "Just keep knocking, keep praying and you'll get answers," I found that to be true. I found that the more I prayed and prayed and asked, I did get answers. And they weren't always the answers I expected or the ones that I wanted.

Tricia Roos

“

*Bridget's Cradles**

EPISODE 19
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“

And will not God bring about justice for His chosen ones, who cry out to Him day and night? Will He keep putting them off? I tell you, He will see that they get justice, and quickly. However, when the Son of Man comes, will He find faith on the earth?

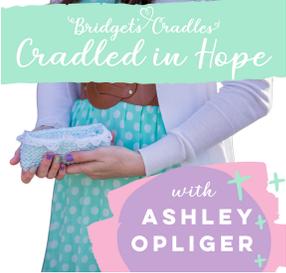
- LUKE 18:7-8 NIV

*Bridget's Cradles**



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

More Resources



HOPE GATHERINGS ONLINE



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.

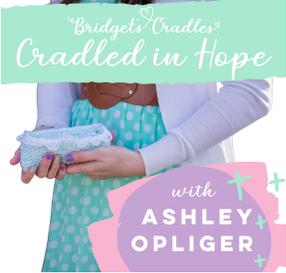


JOIN OUR FACEBOOK GROUP

Join our **Cradled in Hope community of Grieving Moms:**



More Resources



CATCH UP ON PAST EPISODES



EPISODE 1:
Welcome to Cradled in Hope
with Ashley Opliger

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EPISODE 2:
Finding Peace After Miscarriage
with Alisha Illian

[LISTEN NOW](#)



EPISODE 3:
Navigating Pregnancy Loss
with Sarah Philpott

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EPISODE 4:
Grieving a Life-Limiting Diagnosis
with Amy Balentine

[LISTEN NOW](#)



EPISODE 5:
Wrestling Well with God
through Recurrent Loss
with Kristin Hernandez

[LISTEN NOW](#)



EPISODE 6:
Raising a Rainbow Baby to
Remember Their Sibling in Heaven
with Ashley & Branton Opliger

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EPISODE 7:
Improving Hospital Experiences
for Grieving Families
with Lori Beth Blaney

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EPISODE 8:
How to Nurture a Grieving
Mother's Heart
with Johanna Mutz & Denise Wolfe

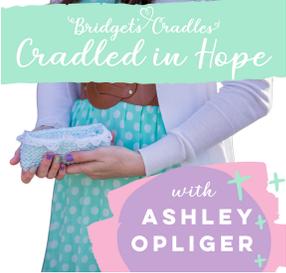
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EPISODE 9:
Anchored by the Gospel after
Losing My Baby to Cancer
with Jess McClenahan

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More Resources



CATCH UP ON PAST EPISODES



EPISODE 10:
Walking through the Valley of
the Shadow of Death
with Avesha Stanley

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EPISODE 11:
Pressing into the Pain
after Infant Loss
with Lindsay Johnson

[LISTEN NOW](#)



EPISODE 12:
Renewing Your Mind after
Pregnancy Loss
with Alicia Michelle

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EPISODE 13:
Coping with Hope
Through the Holidays
with Ashley Opliger

[LISTEN NOW](#)



EPISODE 14:
The Power of Community
for Grieving Mothers
with foreknown Ministries

[LISTEN NOW](#)



EPISODE 15:
Grieving with the
Gospel
with Casey Nestor

[LISTEN NOW](#)



EPISODE 16:
Courageously Expecting
After Loss
with Jenny Albers

[LISTEN NOW](#)



EPISODE 17:
Real Talk on
Pregnancy Loss
with Rachel Lewis

[LISTEN NOW](#)



EPISODE 18:
Strengthening Your Marriage
after Pregnancy Loss
with Matt & Ashley Opliger

[LISTEN NOW](#)

More Resources

"Bridget's Cradles"
Cradled in Hope



with
**ASHLEY
OPLIGER**

✝ 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

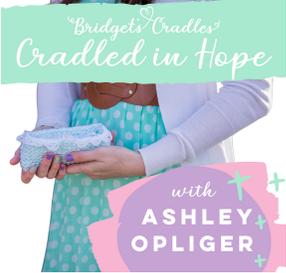
A list of organizations and websites focused on providing healing to families grieving the loss of a baby



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

SIGN UP NOW

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

