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## **EPISODE 11 | HOPE GUIDE**

Pressing into the Pain after Infant Loss  
with Lindsay Johnson

**LISTEN NOW**



## EPISODE 11 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 11 WITH LINDSAY JOHNSON

Join us for a conversation with Lindsay Johnson, founder of [Aspyn Arrows](#), about pressing into the pain after infant loss. Lindsay shares the tragic story of finding her one-month-old daughter, Aspyn, unresponsive in her crib.

Following her daughter's death, she struggled with suicidal thoughts. She leaned into her faith and God brought beauty from ashes. In this episode, Lindsay shares her story and more about [Aspyn Arrows](#) (the nonprofit organization she started to educate families on safe sleep practices and empower them to sleep with peace of mind by providing them with Owlet Baby Care monitors).

### In this episode, we discussed:

- Praying hard prayers and trusting God's will
- What to do with baby items in your home after you've lost an infant
- How death still hurts even when you have the hope of Heaven
- Seeing God work in the middle of grief and why it's a blessing
- Books that Lindsay found helpful in her healing journey
- How to redirect your thoughts when the pain is too heavy to carry
- The difference between longing for Heaven and being suicidal
- The benefits of being in community and staying physically active
- Talking about your baby and special family traditions in their memory
- Parenting living children after the loss of a baby
- Why guilt is not from God and how to forgive yourself
- Postpartum anxiety with subsequent pregnancies after loss
- SIDs and other sleep-related deaths and about Owlet monitors

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



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# Show Notes



## KEY VERSES FROM THE EPISODE

- If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and He will deliver us from Your Majesty's hand. But even if He does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up. **-Daniel 3:17-18 NIV**
- Though He slay me, yet will I hope in Him; I will surely defend my ways to His face. Indeed, this will turn out for my deliverance, for no godless person would dare come before Him! **-Job 13:15-16 NIV**
- To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that He may be glorified. **-Isaiah 63:3 NKJV**
- Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **-Philippians 4:8 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**
- Like arrows in the hands of a warrior are children born in one's youth.  
**-Psalm 127:4 NIV**
- ... for God gave us a spirit not of fear but of power and love and self-control.  
**-2 Timothy 1:7 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 | LINDSAY JOHNSON



Lindsay Johnson is the founder of [Aspyn Arrows](#), a nonprofit dedicated to educating families on safe sleep practices and empowering them to sleep with peace of mind by providing them with Owlet Baby Care Monitors.

Lindsay is married to John and they have four children: Aspyn, Phoenix, Memphis, and Waverly. Aspyn passed away at one-month-old due to SIDS in 2015.

### Connect with Lindsay

**Web:** [www.aspynarrows.com](http://www.aspynarrows.com)

**Facebook:** [/aspynarrows](#)

**Instagram:** [@aspynarrows](#)

## + 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](http://www.ashleyopliger.com)  
[www.bridgetscradles.com](http://www.bridgetscradles.com)

**Facebook:** [/ashleyopliger](#)

**Instagram:** [@ashleyopliger](#)

# Show Notes



## ASPYN ARROWS



### About Aspyn Arrows

**Aspyn Arrows** was founded by Lindsay Johnson after tragically losing her one-month-old daughter, Aspyn, to Sudden Infant Death Syndrome (SIDS) in 2015.

The mission of Aspyn Arrows is threefold: they seek to **share** their story, **educate** families on safe sleep practices, and **empower** families to sleep with peace

of mind by providing them with the **Owlet Baby Care Monitor**. It is their goal to use their heartbreaking tragedy to help spare others from the pain that they have walked through.



## APPLY FOR AN OWLET MONITOR

Aspyn Arrows empowers parents by helping them have peace of mind while they sleep. **The Owlet Baby Care Monitor** is a small device that tracks the pulse rate and oxygen levels of your child while they wear it via a sock on their foot while they sleep. **Click the button below to learn more and apply for a free monitor from Aspyn Arrows.**

**APPLY NOW**

**Please Note:** Some terms apply. Additionally, due to the large number of applications they receive, Aspyn Arrows is only able to respond to the applicants who will be awarded a monitor.



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# Show Notes



## DISCUSSION / APPLICATION QUESTIONS

- Lindsay talks about the prayer she prayed the night of Aspyn's death: "But even if You don't (save her), I still believe." It's hard to trust God's will. Is there a part of your story where it's still hard to surrender the "even if You don't" parts? What would your life look like (and your heart feel like) if you prayed this prayer and could trust God with your pain?

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- In this episode, Lindsay says that even with the hope of Jesus, grief still hurts so bad. In what ways can you resonate with her words? Write a list of the ways that you experience HOPE and also the ways you experience the HURT. It's okay to feel both. We are human and it's necessary to grieve even when we have hope (Remember 1 Thessalonians 4:13-14).

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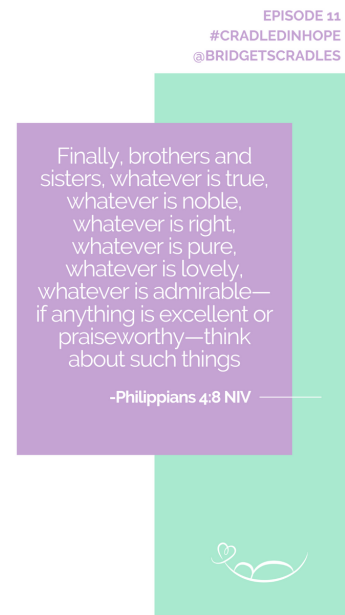
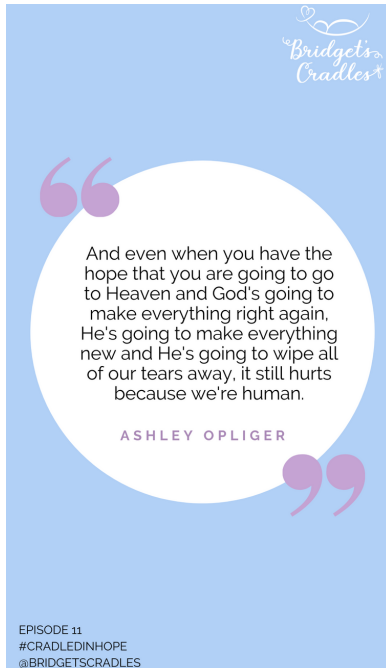
- Lindsay says that she sees each day as one day closer to Aspyn, not one more day without her. This perspective has given her hope as she looks forward to Heaven. How would this perspective shift breathe new hope into your grief? Is this hard for you? In what ways can you turn places of sadness (like Lindsay mentioned - her daughter's grave) into places of rejoicing?

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# ✦ Pinnable Graphics



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

# 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



## 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.

LISTEN  
NOW



### 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.

LISTEN  
NOW



### 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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NOW



### 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.

LISTEN  
NOW



# More Resources



## ✚ FIND HOPE + HEALING

Please visit [www.bridgetscradles.com](http://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.

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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

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# 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](http://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](http://www.bridgetscradles.com/givehope).





# Let's Connect

## CONTACT

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

[info@bridgetscradles.com](mailto:info@bridgetscradles.com)

## FOLLOW US

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*Bridget's Cradles*

