



Bridget's Cradles
Cradled in Hope

with
**ASHLEY
OPLIGER**



EPISODE 25 | HOPE GUIDE

Waiting in Hope through Infertility and Loss
with Kelley Ramsey

LISTEN NOW



EPISODE 25 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 25 WITH KELLEY RAMSEY

Join us for a conversation with Kelley Ramsey about waiting in hope through infertility and pregnancy loss. Kelley is the founder of [Waiting in Hope Infertility Ministries](#) and has experienced multiple miscarriages and waiting seasons as she has tried to grow her family.

In her heartache, God revealed to her where her true hope really lies—not in a baby—but in her Savior. As she walked with Jesus in her sorrow, she surrendered her desires and trusted God's will for her life. Kelley encourages grieving moms to trust that God knows what is best for them and will use their pain for His glory.

In this episode, we discussed:

- Relying on God in moments of utter despair and sorrow
- Why you need to grieve in order to find healing
- Our identity as mothers and as Christians
- Songs of lament in the middle of the waiting season
- Intimacy with Jesus in our brokenness
- How our neediness leads us to dependence on Christ
- Desiring God's will more than having a baby
- How babies can become idols and what should our hope be in?
- The even-if mentality and coming to a place of surrender
- Heaven's perspective and how it changes us
- More information about the ministry of Waiting in Hope

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



LISTEN NOW

Show Notes



KEY VERSES FROM THE EPISODE

- Rejoice with those who rejoice; mourn with those who mourn.
-Romans 12:15 NIV
- And this hope will not lead to disappointment. For we know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love.
-Romans 5:5 NLT
- My tears have been my food day and night, while people say to me all day long, "Where is your God?" **-Psalm 42:3 NIV**
- Shadrach, Meshach, and Abednego replied to him, "King Nebuchadnezzar, we do not need to defend ourselves before you in this matter. 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 3:16-18 NIV**
- And who knows whether you have not come to the kingdom for such a time as this?" **-Esther 4:14b ESV**
- To all who mourn in Israel, He will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the LORD has planted for His own glory. **-Isaiah 61:3 NLT**
- In her deep anguish Hannah prayed to the Lord, weeping bitterly.
-1 Samuel 1:10 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 | KELLEY RAMSEY



Kelley Ramsey is a speaker, writer, and teacher of all things infertility, women, faith, and hope. She is the founder of Waiting in Hope National Infertility Ministries.

Kelley has experienced years of waiting, infertility treatments, and miscarriages. She has written faith-based curriculum for women experiencing infertility to point them toward the true source of Hope.

Connect with Kelley

these are clickable!

Web:

www.waitinginhopeinfertility.com

Facebook: [/waiting.in.hope](https://www.facebook.com/waitinginhope)

Instagram: [@waiting.in.hope](https://www.instagram.com/waitinginhope)

+ 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 1,250 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](https://www.facebook.com/ashleyoplinger)

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

Show Notes



WAITING IN HOPE MINISTRIES

WAITING *in* HOPE

About Waiting in Hope Ministries:

Waiting in Hope Ministries is a biblical (faith-based) Infertility support ministry that supports the local church, communities throughout the nation and online around the world encouraging women and couples to seek Hope through Christ in their infertility story and lives.

They aim to encourage, support and embrace those struggling through the grief of difficulty conceiving. They do this by hosting local WiH Groups located throughout the country that consist of support meetings for women, group dinners for couples, day events, and an online community for all those who do not yet have a local group in their area.

[READ MORE >>>](#)



SUPPORT GROUPS

Don't go through this journey alone, find a local support group.

Join one anytime, anyone is welcome, please click for details to find a group or start a group near you.



GIFT SHOP

Check out the beautiful gifts they have.

These are curated gifts, shirts of hope and encouragement to remind you or someone you love to keep holding on to hope.



RESOURCES

Relevant topics on relational, emotional, spiritual and medical. **Recommended Books + Gifts**

Medical Terminology & more...

JOIN THEIR **ONLINE COMMUNITY:** [facebook.com/groups/waitinginhopechats/](https://www.facebook.com/groups/waitinginhopechats/)

Show Notes



DISCUSSION / APPLICATION QUESTIONS

- Kelley talks about how she wanted to want God's will more than her own desires (of having a baby). This is so hard. Do you feel that you can trust God with "even-if" kind of faith? Write a prayer of surrender to Him and acknowledge the obstacles in the way.

- Kelley says that God wants what is best for us and will use our pain for our good and His glory. Is it hard for you to believe that? Write about it below. Also, write down the ways you have seen Him bring good from your season of sorrow.

- In this episode, Ashley and Kelley discuss how wanting (or even having) a baby can become an idol and that being a mother shouldn't be our sole identity. Our hope can't be in a baby but needs to be in Christ. Have you struggled with this? Share about your feelings below.

Pinnable Graphics




EPISODE 25
#CRADLEDINHOPE
@BRIDGETSCRADLES

I want to want Your will because I want my will so badly and I desire so badly to have this answered and to have a healthy baby, but I want to want Your will more.

Kelley Ramsey

Bridget's Cradles





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“

Some of us are just going to have loss, or some of us are going to choose that our journey is over, even though it's not the way we pictured it to be. And maybe we're childless, but God does something different and has different plans for us that don't make sense, that aren't what we would write, but does not mean that they're not going to be more beautiful and more God-honoring and glorifying than if we had it.

Kelley Ramsey



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“

My tears have been my food day and night, while people say to me all day long, "Where is your God?"

-Psalm 42:3 NIV

Bridget's Cradles

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Father, I pray more than anything that You would heal the wounds that have been created and that You would grow beautiful skin to cover those wounds of Your new life and of Your beauty and of how You restore things.

Kelley Ramsey

Bridget's Cradles




EPISODE 25
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When everything is taken away from you and you lose a child, you lose hopes and dreams. When you have nothing left but Him and He's your comforter. The intimacy that you have with your Savior is unlike anything you can experience in any other season of life.

Ashley Opliger

Bridget's Cradles



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The songs of lament in Psalms became my cry. I didn't know what to pray or what to say. It was Psalm 42, "My tears have been my food day and night." I started pouring out what David would say, because I didn't have anything anymore.

Kelley Ramsey

Bridget's Cradles



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

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:**



More Resources



CATCH UP ON PAST EPISODES



EPISODE 1:
Welcome to Cradled in Hope
with Ashley Opliger

[LISTEN NOW](#)



EPISODE 2:
Finding Peace After Miscarriage
with Alisha Illian

[LISTEN NOW](#)



EPISODE 3:
Navigating Pregnancy Loss
with Sarah Philpott

[LISTEN NOW](#)



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

[LISTEN NOW](#)



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

[LISTEN NOW](#)



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

[LISTEN NOW](#)



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

[LISTEN NOW](#)



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

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

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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



CATCH UP ON PAST EPISODES



EPISODE 19:
**When Wishes
Change**
with Fricia Roos

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EPISODE 20:
**Holding on to Love After
You've Lost a Baby**
with Candy McVicar

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EPISODE 21:
**Grieving Differently After
Pregnancy Loss**
with Moriah Rooney

[LISTEN NOW](#)



EPISODE 22:
**Bible Prophecy for
The Grieving Mother**
with Jessica Speas

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EPISODE 23:
**Expecting Loss &
Valuing Life**
with Labor of Hope

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EPISODE 24:
**Compassionate Care & Dignified
Decisions For Grieving Families**
with Rebekah Beresford

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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

FOLLOW US

Be sure to follow us on Facebook and Instagram so you'll stay up to date on podcast and ministry updates!

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[@ashleyopliger](#)
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Bridget's Cradles

