



# Resource List: Grieving the Loss of a Child

The resources listed below align with Focus on the Family's philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at [store.focusonthefamily.com](http://store.focusonthefamily.com). (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at [focusonthefamily.com](http://focusonthefamily.com).

## Included

[Books](#)

[Broadcasts](#)

[Websites, Q&As, and Resource Lists](#)

[Referrals](#)

## Books

**[Choosing to See: A Journey of Struggle and Hope](#)** by Mary Beth Chapman with Ellen Vaughn (2011) • 9780800720858 •

Chapman shares her struggles with the tragic loss of her daughter, Maria Sue; her journey to healing; and the unexpected path God has placed before her of choosing to see with faith and hope.

**[Grieving the Child I Never Knew](#)** by Kathe Wunnenberg (2001) • 9780310350651 •

"A Devotional for Comfort in the Loss of Your Unborn or Newly Born Child"

**[Healing Hearts: The Journey From Grief to Life](#)** by Hisashi Nikaidho (2013) • 9781620201282 •

This book shares the stories of eight mothers who lost their children. They vulnerably share their pain while also pointing to healing and hope.

**[Holding on to Hope: A Pathway Through Suffering to the Heart of God](#)** by Nancy Guthrie (2006) • 9781414312965 •

Sharing Scripture and personal experience after the death of her infant daughter, Guthrie compassionately addresses the emotions and questions that come from loss—and she guides readers to the heart of God.

**[Hope for Today, Promises for Tomorrow: Finding Light Beyond the Shadow of Miscarriage or Infant Loss](#)** by Teske Drake (2012) • 9780825442186 •

Sharing stories of women who have experienced loss, and offering biblical reminders of God's promises, this ten-week study provides comfort and hope to hurting moms.

**[I Will Carry You: The Sacred Dance of Grief and Joy](#)** by Angie Smith (2010) • 9780805464283 •

Angie was 18 weeks pregnant with her fourth daughter when doctors discovered conditions that would leave baby Audrey "incompatible with life"—but the Smiths chose to carry Audrey as long as she lived. Angie weaves the story of Audrey's brief life outside the womb with biblical hope to illustrate God's sustaining grace during loss and disappointment.

**[I'll Hold You in Heaven](#)** by Jack Hayford (2003) • 9780800796617 •

For those who've lost a child through abortion, miscarriage, stillbirth, or early infant death, Hayford offers compassionate insights from Scripture to help answer your most troubling questions.

**[Life After the Death of My Son: What I'm Learning](#)** by Dennis Apple (2008) • 9780834123656 •

With understanding and compassion, Apple offers grieving parents insight from lessons he's learned—and continues to learn—after the death of his son. His gentle and honest words will guide and give hope to those who are grieving.

**[Safe in the Arms of Jesus: God's Provision for the Death of Those Who Cannot Believe](#)** by Robert P. Lightner • 9780825431562 •

For parents who have lost pre-born children—or those too young or mentally unable to believe in Christ—Lightner explains God's provision and offers sympathy, solace, and strength for the journey toward healing.

**Silent Grief** by Clara Hinton • 9780892213719 •

Writing primarily to those who have suffered miscarriage, Hinton also provides hope and encouragement for those who have given birth to a stillborn child, lost an adult child to accident or illness, or whose child is missing.

**Surviving the Loss of a Child: Support for Grieving Parents** by Elizabeth B. Brown (2010) • 9780800733568 •

Written after Brown lost her own child, this book offers compassionate encouragement born from deep sorrow. Its short chapters don't offer pat answers—just words of healing and proven, practical tools.

**A Symphony in the Dark: Hearing God's Voice in Seasons of Grief** by Rebecca Rainey-Mutz and Barbara Rainey (2009) • 9781602003040 •

A mother and grandmother share their emotional and spiritual journeys through the birth, brief life, and death of their little one to speak to the unique grief that accompanies the passing of an infant—and to encourage others with the ultimate hope we embrace in Christ's victory over death.

**When Your Family's Lost a Loved One: Finding Hope Together** by David Guthrie and Nancy Guthrie (2008)

• 9781604829686 •

When your family's lost a loved one, reminders are everywhere—a silent crib, an unused pillow... There's no avoiding the pain, and each family member will grieve in his or her own way. But it *is* possible to find hope, joy, and unity together again. Sharing from their personal journey through loss, the Guthries offer practical, compassionate help.

## Broadcasts

**Choosing Life in the Midst of an Adverse Pregnancy – Part I, Part II** (Todd and Angie Smith)

Advised to terminate the pregnancy of their fourth daughter because she likely wouldn't survive outside the womb, the Smiths chose life instead—and were blessed to love on Audrey Caroline during the few hours she lived after birth. They share their story and faith to encourage others who face difficult pregnancies, or who have suffered the heartrending loss of a child.

**Coping With the Loss of a Loved One – I, II** (David and Nancy Guthrie) • 9781624710919 •

Losing two infants to the same genetic disorder, the Guthries share candidly about their journey through grief—and about the importance of faith in God's sovereignty.

**Seeing God in the Wake of Loss – I, II** (Steven Curtis and Mary Beth Chapman) • 9781624717437 •

In 2008, singer-songwriter Steven Curtis Chapman and his wife, Mary Beth, lost their five-year-old daughter, Maria Sue, in a tragic accident. Together, they share their heartrending story and describe how God has sustained and comforted them in the wake of their loss.

## Focus on the Family Websites, Q&As, and Resource Lists

**Life Challenges—Coping With Death and Grief**

- [focusonthefamily.com/lifechallenges/emotional\\_health/coping\\_with\\_death\\_and\\_grief](http://focusonthefamily.com/lifechallenges/emotional_health/coping_with_death_and_grief)

This series of articles describes the grieving process and how to help yourself and your loved ones.

**Q&As**

- [focusonthefamily.com/family-q-and-a](http://focusonthefamily.com/family-q-and-a)

Browse our Q&As for advice and encouragement.

**Resource Lists**

- [focusonthefamily.com/family-q-and-a/resources-and-referrals](http://focusonthefamily.com/family-q-and-a/resources-and-referrals)

Find recommended resources and referrals listed by topic, including:

**Comfort & Encouragement** • RL003 •

**Grief & Loss** • RL045 •

**Miscarriage & Pregnancy Loss** • RL053 •

## Referrals

### Focus on the Family Counseling Consultation Line

If you are working through grief and need someone to talk to, [Focus on the Family offers a free phone consultation with a licensed counselor](#). Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they'd love to speak with you. You can also [search our directory for a licensed Christian counselor in your area](#) [<https://ccn.thedirectorywidget.com>].

### BASIS and C2H2

Handi\*Vangelism Ministries International

P.O. Box 122

Akron, PA 17501

717/859-4777

[hvmi.org/grief-basis-c2h2](http://hvmi.org/grief-basis-c2h2)

- These programs minister to parents who have lost a child to death, as well as to children and teens grieving the loss of a loved one. They offer individual contacts, grief support groups, retreats, newsletters, and other resources.

### The Compassionate Friends, Inc.

P.O. Box 3696

Oak Brook, IL 60522

877/969-0010

[compassionatefriends.org](http://compassionatefriends.org)

- Compassionate Friends assists families in processing grief following the death of a child of any age, and they provide information to help others know how best to support a hurting family.

### A Quiet Refuge

14786 Air Garden Lane

Colorado Springs, CO 80921

[russ@quietrefuge.com](mailto:russ@quietrefuge.com)

[quietrefuge.com](http://quietrefuge.com)

- This ministry helps families who have experienced pregnancy loss or early infant death to preserve memories and mementos in an illustrated photo-journal album.

### SHARE

National Share Office

402 Jackson Street

Saint Charles, MO 63301

800/821-6819

[nationalshare.org](http://nationalshare.org)

- This organization provides support through events, resources, and support groups to come alongside those who have lost a baby to miscarriage, stillbirth, or early infant death.

### Umbrella Ministries

P.O. Box 4906

Palm Springs, CA 92263

888/568-5550

[umbrellaministries.com](http://umbrellaministries.com)

- Umbrella Ministries offers comfort, hope, and encouragement to mothers who have suffered the loss of a child.