

This is a short liturgy designed for the parents who have lost a child through miscarriage. These words can be spoken together as a couple, on your own or with those close to you. It can be helpful to have someone lead you through this service, who can pray for you and support you as you acknowledge your loss, but this person does not have to be a vicar/priest/pastor.

Feel free to simply use the parts you connect with and find helpful and do not think your pregnancy doesn't deserve to be acknowledged. or that you are making a fuss. No matter how tiny or short lived the life of your child was, your grief is legitimate and needs to be acknowledged. There is no rush to do this straightaway, sometimes it can be more helpful to wait a couple of weeks or months until you feel ready to articulate your loss but we recommend you find some way of doing this to help you grieve.

## Welcome and Gathering

We meet in the name of Jesus Christ who died and was raised to the glory of God the Father  
His grace and mercy be with you

**And also with you**

**We come, Lord in sorrow. We cry to you from the depths.**

**We wait for you, Lord, and in your word is our hope.**

They that wait upon the Lord shall renew their strength

*A moment of quiet*

## Prayers of Grief

Jesus said "Come to me all you who are weary and burdened and I will give you rest."

Give us the faith to believe

That this is the pathway through life

You, who spent time in the wilderness,

Remember with us your struggling.

You, who were tossed in the centre of storms,

Remember with us the fear of that moment.

You whose friends slept through the agony of your heart,

Remember with us the loneliness.

**God of grace, in you is life**

**We thank you that you are with us in the storms**

**As well as by the still waters**

**That you are life and in our lives**

**We come before you today to bring our grief**

**For the times of pain and tears;**

**Times of not being understood by family and friends,**

**Times of longing and struggling,**

**Ties of searching and emptiness,**

**Times of giving up hope.**

**We come before you today to bring our grief**

**For the feelings of loss.**

**For the child we could never bring to birth**

**For all that we can never share with them.**

God of compassion,

You make nothing in vain

And love all that you have created,

We comment to you our/parents' names baby  
For whom we/they pour out such great love  
For whom we/they cherished many hopes and dreams.  
Grant us/them the assurance that our/their child,  
Thought not seen by us, is seen and known by you  
And will share the risen life of your Son Jesus Christ.

Amen.

We light a candle to remember the child we dreamed about;  
Whose life is now held in love, in God's most tender care.

We light a candle to express the longing of our hearts;  
The longing for the gift of a child.

God who sees into the depths of our hearts  
And knows our words before we speak them  
We lay the burden of our grief at the foot of the cross.

Remembering the dream that was not to be  
We lay down the sadness and the emptiness  
We release then into your transforming power  
Trusting that you know us and love us.

We ask you to walk with us  
Grant us healing and strength.

*(silence)*

O God, giver of all comfort,  
Look down on me/name of mother who has known the joy of new life within  
And the desolation of losing that life;  
Do not hide your face from my/her distress,  
But hear me/her when I/she calls to you;  
Restore me/her to health in body and spirit  
And renew in me/her hope, faith and love,  
For we ask it in the name of Jesus. Amen.

## Prayer and Psalm of Thanksgiving and Healing

God of grace, in you is life.  
We thank you that you are with us in the storms  
As well as by the still waters  
That you are life and in our lives  
We come before you today to give our thanks  
That in our pain you did not leave us  
That in your mercy you tended to our wounds

## Prayer for Anointing

Holy Spirit come and be with us  
Guide and inspire us  
Let us know your power  
Power to heal  
Power to comfort  
Power to console  
Holy Spirit come and be with us

O give thanks to the Lord for he is good  
His steadfast love endures forever  
Out of my distress I called on the Lord  
The Lord answered me and set me free  
It is better to take refuge in the Lord  
Than to put confidence in princes  
I was pushed hard so that I was falling  
But the Lord helped me  
The Lord is my strength and my song  
He has become my salvation  
O give thanks to the Lord for he is good  
His steadfast love endures forever.

*From Psalm 118*

We light a candle as a sign of hope that God is always with us, that he loves us and knows our hearts and our deepest desires.

See the light for your journey.

And believe that the Spirit always moves ahead of you.

Feel the warmth of the flame,

It is the warmth of the love of God for you

That love will surround you wherever you go.

Take into yourself the power of the Holy Spirit

That you may be given courage for the next step of the journey.

*(silence)*

## Dismissal

Jesus said "Where your treasure is, there will your heart be also."

So now, go in peace

May you know the grace of God.

May your saviour, who has your treasure,

Walk with you today and every day.

**Amen.**

**Share this:**