



*Spirings of Hope Virtual Retreat*  
*Growing with God: Infertility and the Cross*  
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1. Infertility is a cross that stretches us and can bring us closer to God. We see examples of this in the lives of the saints or in the examples of holy people around us.
2. Start with prayer. Look for opportunities for God to show you who He is, how much He loves you, and how much He wants to bring light to the darkness of infertility. Maybe through...
  - a. Silence, or adoration – tell him your feelings!
  - b. Scripture/Bible Studies can help us counter the darkness and lies we are tempted to believe with the light of truth. The Word of God has power!
3. Be convinced that the “real life” is not elsewhere, but God can work in you right now, right where you are!
  - a. There is more than one path to holiness.
  - b. Resist the temptation to compare yourself to others.
  - c. Don’t “forget to live”, even as you struggle with infertility.
4. Move forward with courage and trust!
  - a. God can work in us when we allow ourselves to be vulnerable, even in small ways, with other people. By sharing our story with others, we can find unexpected solidarity, friendship, and new perspective.
  - b. Think about ways you can get involved in your parish, community, neighborhood. You have something unique and beautiful to offer!
  - c. Sometimes, infertility causes us to hold off from making big changes, like putting off certain decisions or opportunities “until we have kids”, or accepting things “as they are” even though we aren’t happy with them. Do not be afraid!

## 5. Resources Mentioned

- a. Fearless and Free Bible Study, Walking with Purpose
- b. *Searching for and Maintaining Peace*, Fr. Jacques Philippe

*[There is] the temptation to believe that, in the situation which is ours (personal, family, etc.), we lack something essential and that because of this, our progress, and the possibility of blossoming spiritually is denied us... This renders me unhappy, envious and discouraged and I am unable to go forward. The real life is elsewhere, I tell myself, and I simply forget to live. **Oftentimes it would take so little for everything to be different and for me to progress with giant steps: a different outlook, a view of my situation which is one of confidence and hope** (based on the certitude that I lack nothing.) -Fr. Jacques Philippe*

## Reflection Questions

1. Do I truly believe that God is working in my life as it exists right now? Am I ever tempted to think the real life is “elsewhere” or that I will finally live when I ... (get pregnant, etc.)?
2. How has my prayer life grown or changed through my experience with infertility?
3. In what ways is God calling me to reach out to others in my community?
4. What decisions, changes, or opportunities have I been putting off, if any, because of infertility?