



Catholic Miscarriage Ministry
Prayers for the Journey

First, a note regarding the first prayer listed, Miscarriage Prayer by Mother Angelica: Some families find this prayer edifying right away and some find it difficult at first. Rather than pray with this as a prayer, we encourage you to look to the truth written here regarding your precious child, as this truth was gifted to Mother Angelica by the Holy Spirit as she ministered to a woman experiencing miscarriage. May this truth, in time (take all the time you need), bring you peace and comfort.

Utilize the prayers here as is best for your healing journey

Miscarriage Prayer
by Mother Angelica

Why, my Lord— dare I ask why? He/she will not hear the whisper of the wind or see the beauty of its parents' face— he/she will not see the beauty of Your creation or the flame of a sunrise. Why, my Lord?

“Why, My child— do you ask ‘why’? Well, I will tell you why.

You see, the child lives. Instead of the wind he hears the sound of angels singing before My throne. Instead of the beauty that passes he sees everlasting Beauty— he sees My face. He was created and lived a short time so the image of his parents imprinted on his face may stand before Me as their personal intercessor. He knows secrets of heaven unknown to men on earth. He laughs with a special joy that only the innocent possess. My ways are not the ways of man. I create for My Kingdom and each creature fills a place in that Kingdom that could not be filled by another. He was created for My joy and his parents' merits. He has never seen pain or sin. He has never felt hunger or pain. I breathed a soul into a seed, made it grow and called it forth. ”

I am humbled before you, my Lord, for questioning Your wisdom, goodness, and love. I speak as a fool— forgive me. I acknowledge Your sovereign rights over life and death. I thank You for the life that began for so short a time to enjoy so long an Eternity.

Prayer to St. Catherine

Dear St. Catherine, patron of those who have suffered a miscarriage, you know the dangers that await unborn infants. Please intercede for me that I may receive healing from the loss I have suffered. My soul has been deprived of peace and I have forgotten what true happiness is. As I mourn the loss of my child, I place myself in the hands of God and ask for strength to accept His will in all things, for consolation in my grief, and for peace in my sorrow. Glorious St. Catherine, hear my prayers and ask that God, in good time, grant me a healthy baby who will become a true child of God. Amen.

Christian Miscarriage Prayer

by Patty Larson

Father, in the name of Jesus I come to you with a broken heart because of the loss of my baby. I know that your ears are open to my prayers. I am hurting and restless and feel overwhelmed. Please rescue me out of this pit of hopelessness and fear. You know the tears that I cry and my sleepless nights. Father, I give you all my hurts, worries, and cares. I thank you that you are not finished with me yet. I will choose not to be held down by a spirit of discouragement and grief. By your grace I will stand firm and trust you. Help me to remember that others are going through the same pain as me, help me to get strong, so that with the same comfort that you comfort me with, I will be able to comfort others.

Source: <https://www.catholicmiscarriagesupport.com/spiritual/prayers-and-liturgics/>