



A Gentle Guided Letter

to Process Fertility or Infant Loss With El Roi
"The God Who Sees Me"

One passage that brings comfort says...
He will wipe away every tear from their eyes, and death shall be no
more, neither shall there be mourning, nor crying, nor pain anymore,
for the former things have passed away. ~Revelation 21:4

Welcome!

Where Grace Meets Every Detail.

This isn't just a guided letter, lovely.

It's an invitation.

An invitation to sit with the God who sees you, as you are.

To process pain without pressure.

To write without perfection.

To rediscover hope gently,

And to trust that your healing can be beautiful in its time.



ABOUT ME

Hi there, my name is Angelique, and I created this guided letter from a place of deep faith and personal healing. My belief in El Roi has shown me that writing our thoughts honestly onto paper can draw us closer to the Truth that sets us free. In creating space for stillness and reflection, we open our hearts to connect more deeply with our Creator. I believe He meets us most tenderly in our hardest chapters. My prayer is that through this guide, you feel seen, held, and gently reminded that even here, healing is possible and you do not have to walk this journey alone.

JOURNALING

YOU DON'T HAVE TO HOLD IT ALL IN ANYMORE.
THIS GUIDED LETTER IS HERE TO HELP YOU
PROCESS GRIEF HONESTLY, MAKE SPACE FOR
STILLNESS, AND RECONNECT WITH THE
GENTLE PRESENCE OF EL ROI.



This experience is best printed, so you can fully slow down, reflect, and write without distraction. Release what you've been holding inside, and experience His nearness in the middle of your pain, without pressure to "be strong" or pretending to be okay.

Can I Be Honest?

A Gentle Space to Process Your Grief in Stillness

You've been holding a lot inside.

The grief.

The questions.

The silent conversations inside that never quite leave your heart.

Maybe you've tried to stay strong.

Maybe you've told yourself to "trust" while quietly wondering why this happened to you.

This space isn't here to fix your pain or rush your healing. It's here to give you something you may not have had yet: a safe, gentle place to be honest with the God who sees and cares about what you're feeling.

Through simple reflection, journaling, and quiet moments, you'll be guided to:

- release what's been weighing on your heart
- connect or reconnect with the gentle presence of El Roi ~ the God who sees me
- and begin finding moments of peace within the pain

You don't need to have it all together to start.

You just need to be willing to show up as you are.

Angelique

Step 1: Permission

You're Allowed to Be Honest Here
You don't have to be strong here.
Not for El Roi ~ the God who sees me.
Not for anyone else.

You don't have to hold it together, search for the right words, or try to make your pain sound faithful.
If your thoughts feel messy...
If your emotions come in waves...
If part of you feels confused, distant, or even disappointed, you are still allowed to bring all of that here.

The God who sees is not afraid of your honesty.
He is not waiting for you to say the "right" thing.
He is not turning away from your questions.
He is not disappointed in your grief.
He is near, even in the parts you do not understand.

This space is not about fixing your pain.
It is about finally giving it somewhere to go.
So take a deep breath.

You do not have to filter anything on the next page.
You do not have to be polished or composed.

Just come as you are.

Step 2: El Roi. Can I Be Honest?

You can be honest here.

Not the version of you that sounds strong.

Not the version that knows what to say.

The real you.

The part that is grieving...

that feels confused...

that is tired of carrying this quietly.

This is your space to speak freely with the God who sees
~ openly, honestly, and without holding back.

You can tell Him:

- what broke your heart
- what you do not understand
- what you have been afraid to say out loud

Nothing is too much.

Nothing is too messy.

He already sees it all,

and He is still here with you.

So instead of trying to find the "right" words...

just begin.

You can start here, or write your own:

- This is what has been sitting heavy on my heart...
- I am struggling with...
- I do not understand why...

Step 3: The heart of the God who sees me.

He Is Near to You

You've been honest.

You've allowed some of what has been sitting heavy on your heart to rise to the surface.

And even here...

God has not stepped away.

He is still near.

Not because everything makes sense.

Not because the pain is gone.

But because His presence does not depend on our understanding.

SIT WITH THIS

"THE LORD IS CLOSE TO THE BROKENHEARTED
AND SAVES THOSE WHO ARE CRUSHED IN SPIRIT."

- PSALM 34:18

He is not distant from your grief.

He is not waiting for you to "move on."

He is not asking you to carry this quietly.

He draws near to you,

right here, in the middle of your pain.

Even if you do not feel it yet...

Even if part of you struggles to believe it...

He is still here.

Gentle Reflection:

Take a moment to sit with what you just read.

What part speaks most deeply to your heart right now?

JOURNALING PROMPTS

What part of this feel comforting to you right now?

What part feels hard to believe?

Where do you still feel distant from the God who sees?

JOURNALING PROMPTS

If you want, you can respond to the God who sees you, here:

God, I want to believe that You are near, but...

Right now, I feel closest to You when...

Right now, I feel far from You because...

You don't have to force peace in this moment.
Just being here... just opening your heart... that already matters.

Step 4: Creative Release

Let What Is Inside You Breathe

Not everything you're feeling can be put into words. Some parts of grief sit deeper in the quiet, in the tension, in the spaces you can't quite explain.

This is your invitation to release it... differently.

There is no right way to do this.

No expectation. No outcome to reach.
Just space.

Choose What Feels Gentle

You can begin wherever you feel drawn:

Draw what your grief feels like.

It doesn't have to make sense. Let your hand move freely.

Choose a word that reflects how you feel.

Write it slowly. Repeat it. Fill the page with it if you need to.


Sit in stillness for a moment.

Then write whatever comes up, without thinking, without editing.

GENTLE REMINDER

THIS ISN'T ABOUT BEING CREATIVE. IT'S ABOUT LETTING WHAT'S INSIDE YOU. COME OUT. EVEN THE SMALLEST EXPRESSION MATTERS.

YOU'RE ALLOWED TO TAKE UP SPACE HERE. EVEN IN YOUR GRIEF.



No pressure, Creative Expression

Step 5: Gentle Closing

You Are Not Alone in This

You showed up.

Even if it felt hard...

Even if the words did not come easily...

Even if all you could do was sit quietly with what you are feeling...

that still matters.

You did not ignore your pain.

You did not push it down.

You made space for it.

And you brought it to the God who sees you.

That is not small.

Grief does not disappear in a moment.

It moves slowly. Gently. In layers.

And you do not have to rush any part of that process.

El Roi is not asking you to be "okay."

He is simply inviting you to stay close, right here, as you are.

And He will meet you in every part of it.

YOU'RE INVITED
TO SIT WITH THIS PRAYER

God,

You see what I've been carrying,
the grief, the questions, the parts I don't understand.

Thank You for meeting me here,
even when I don't have the right words.

Help me to release what I've been holding so tightly.
Help me to trust that You are near,
even when I don't feel it.

Give me peace in the places that still ache.
And remind me that I don't have to walk through this alone.
You are the God who sees me. Amen.

You can read these words quietly, pause with them,
or make them your own.

*Lovely. whether your faith feels
strong or fragile right now*

Come back to these pages whenever you need to.

There is no timeline here.

No pressure to move forward faster than your heart is ready.

Just one gentle step at a time.

And if this space gave you even a moment to breathe...

a moment to feel seen...

or a moment to release what has been weighing heavily on
your heart...

I would love to invite you deeper.

There is more space waiting for you to continue processing
your grief with the God who sees, through guided
reflections, comforting passages, creative expression, and
gentle moments of honesty and healing.

You do not have to walk this journey perfectly.

You only have to come as you are.



WANT TO LEARN MORE

You Don't Have to Stop Here. If these pages helped you slow down, reflect, or feel a little less alone in your grief... there is more waiting for you.



I created a deeper guided journaling experience, a gentle, faith-centered space designed to walk beside you through the layers of grief, one page at a time. Not to rush your healing. Not to force answers. But to help you process what feels heavy, reconnect with hope, and draw closer to the God who sees you with compassion and care. Through guided reflections, creative expression, and quiet moments with God, you'll be reminded that even in grief, you do not have to journey alone.

[GIVE YOUR PAIN SOMEWHERE TO GO](#)

[CLICK HERE](#) 

INK AND GRACE

RESOURCE LIBRARY



GUIDED GRIEF JOURNALING FOR PREGNANCY, MISCARRIAGE & INFANT LOSS

A gentle space for Christian women navigating miscarriage, infertility, infant loss... or the quiet ache of unanswered prayers. A place where you don't have to hide your grief, rush your healing, or carry it alone.

[MORE INFO](#)



INK & GRACE

A gentle space for women walking through fertility grief or infant loss. Faith-led journaling, reflection, and quiet moments of healing.

[MORE INFO](#)

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