



IT'S OK TO **CRY**

FINDING HOPE
WHEN STRUGGLING
WITH INFERTILITY
& MISCARRIAGE



MALCOLM &
NICK CAMERON

CHRISTIAN FOCUS





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DEDICATION

There are simply too many people that I could dedicate this book to – our massive family, friends, colleagues, so many people who Malcolm and I are so thankful to – you know who you are – thank you!

The fellowship at Lansdowne who have exceeded themselves in loving us – “you’re lovely, you are.”

To those at Christian Focus who from the day we met them encouraged us to encourage others – bless you!

But really this book is dedicated to the lone couple who are heart-broken, living in disappointment, struggling to find hope, to those who sit in silence, those who weep frequently – we walk a dark pathway – be encouraged Malcolm and I have found hope in that darkness!

This book is also dedicated to those that are related to, or minister to, heart-broken childless couples – may your lives be touched by Jesus so that you can be Jesus to the hurting.

But most of all, this entire book is dedicated to my faithful Lord and my awesome God – the One who has been with us in the darkest hour, who has recorded every tear that I’ve ever shed, who has touched my broken heart. You have sustained me, met me, forgiven me, comforted me, sheltered me, guided me, saved me, walked with me, loved me unconditionally – you have given me a new song to sing – to you belongs eternal praise!



FOREWORD



I am privileged to write a foreword for this book. Seldom does a book come along nowadays from someone generally unknown to the world which still gets published. But this book deserves to be read by many, many Christians. It will be deeply treasured by all who read it. This is because so many of us have experienced the equivalent of the pain described so poignantly and graphically in the book.



Whereas the story told in this book relates to a couple's profound grief over remaining childless, which all may not relate to, we all have something in our lives that we wanted so desperately and had to be resigned to the





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fact that it would not come along. This book addresses such a matter and will bless the one who has had to live with disappointment.

Perhaps you do not have the problem of being childless. But you know what it is to say goodbye to that career you had in mind. Perhaps you have become reconciled to the fact you will not be getting married. Perhaps you have had to abandon hope of being healed. Maybe the move you longed for is not going to come. And could it be that you are locked into an unhappy marriage? Perhaps you agonize over that unanswered prayer. I myself finally conceded – only a few weeks before the retirement date came along after twenty-five years - that the revival I yearned and prayed for at Westminster Chapel was not coming after all. Hardly anybody could appreciate the pain this was for me. I preached a sermon called 'A Dream Deferred' - based on Habakkuk 3:17-18, to which the author refers in her own book:

Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Saviour.





FOREWORD

If God were not sovereign, merciful and all-powerful, one would not be in agony over something they wanted so much. It is because God can do anything - but doesn't – that allows for the pain. And perhaps there will be readers who would not be the slightest bit bothered over what Malcolm and Nick went through. Few can appreciate Hannah's pain (1 Sam. 1:4-16) as well. But when you know God is able to step in, but chooses not to, it requires an immense faith and greater devotion to God.

We used to sing back in the hills of Kentucky as I grew up, 'Some day He'll make it plain to me'. In the meantime we adopt the spirit and stance of Job who proclaimed, 'Though he slay me, yet will I hope in him' (Job 13:15).

I commend this book to you in the hope that you too will bow to a Sovereign God whose ways are higher than ours but who works all things according to the counsel of his will.

R T Kendall
Key Largo, Florida
May 2005







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WHY HAVE WE WRITTEN THIS BOOK?



That's a good question! Well firstly, it's not because we are qualified or better than anyone else. It is simply because we saw a need. When we first discovered that we had trouble conceiving I searched for a Christian book that would help. I found a handful and read them. They all had different points that helped us, but none scratched where we itched! One book was too scientific, another was helpful but didn't point us to the Lord, and one left us aching, numb and unable to find God in our situation. We wanted someone to be real with us, someone who had been where we were but who could also reassure us that God was here too! So this





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is simply our story, warts, struggles and all. If you pick this up hoping to find that everything is rosy and wonderful, you will find out that it isn't! This book will give you a taste of what we coped with during the years of infertility and how we managed. It will take you through the story of our miscarriage and the task of piecing our lives back together afterwards. It will take you to the places where we have met God in our heartache and have come out the other side stronger in Him. This book was not written on a whim. This book is our history.

Our story was written in the midst of our struggles and took an unexpected turn when we conceived naturally and then miscarried. You will see, as you read through our highs and our lows, that we have been honest and real. But hopefully you will also see that the Lord has carried us, made us stronger in Him, strengthened our marriage and has picked us up when we have fallen.

You need to understand that we are writing this book as born-again, spirit-filled Christians. If you can identify with our circumstances but do not have a relationship with the Lord, then we urge you to look into it. There's no pressure, but you've got nothing to lose. Quite the opposite – we assure you!





WHY HAVE WE WRITTEN THIS BOOK?

We pray that through the frailty of our words and the struggles of our experiences, this book will help you. You may be going through a similar situation to us or you could have a friend or family member that is facing the heartache of longing for or losing a baby.

As Christians we can sometimes be reluctant to share things with others. We have met many Christians over the years that were longing for a child, questioning and aching as we were. However, we only discovered these similarities when our friends eventually conceived or if the barriers came down and we finally felt able to share. Those couples that we shared with initially all have children now – some more than one or two! It would have been lovely to have known a couple that could have understood our situation fully and been there as we worked things through.

However, our pastors and their wives – Peter and Emma Cockrell and then Peter and Margaret Day – were a real blessing. They never had a ‘go’ at us for going over the same ground. I’m one of these people that used to feel that once you’ve had prayer for something then it’s sorted. All those years of disappointment and broken dreams have shown me that you can be at a place of hurt, be prayed for and meet with





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God, leave the room feeling positive, grateful for knowing Jesus, and in a matter of months, weeks or even days you can be right back to despair!

I was the only person that criticized me for needing repeated prayer and support. I was the only person to put me down. Neither of our pastors or their wives ever said, 'Oh no here she goes again' or 'Who pressed the repeat button this time?' They followed the example of Jesus and took us as we were! They didn't criticize. They supported, loved and prayed for us. God gave them the grace and patience to handle us in some very dark days. We were offered counselling by the hospital and GP numerous times. We never took it. God had provided us with people who loved Him and loved us. These friends would listen to us and point us to God. If you don't have support like this – pray for it!

As you read this book remember this is not what will happen if you face infertility or miscarriage. No one's story is the same. This is simply our story. This is the story of a young Christian couple. We are sharing things that we have discovered, and we pray that it will help others. We have been real and honest, which has not been easy. In writing this we have





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opened up our lives. It makes us vulnerable, as you will see our weaknesses and failings as well as the good moments. But a dear friend of ours once said to me, 'Vulnerable is a safe place to be when you are in the arms of God.'

This book does not mean that we have 'got ourselves sorted out'. We still do not have a child. We have lost a baby and to be really honest with you we are still learning. There have been times, even recently, where I have been struggling and have had to reread some of my own story to help me in the midst of the aching. Yes, we do still struggle, we still ache, we still cry and still have bad days. We don't have all the answers, but we do know a God who does!

We are praying that whether you read this in the heights or the depths, our story will encourage your heart and our Saviour will lift your gaze to Himself.

