



Flourishing Hope

— BIRTH MOM EDITION —

a 30-day devotional for birth moms
growing in unexpected places

Leah Outten and Katie McCoy

KW
KingdomWinds
PUBLISHING

Copyright © 2025 by Leah Outten and Katie McCoy

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher at publishing@kingdomwinds.com.

All Scriptures marked NIV are taken from the Holy Bible, New International Version®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

All Scriptures marked CSB are taken from The Christian Standard Bible. Copyright © 2017 by Holman Bible Publishers. Used by permission. Christian Standard Bible®, and CSB® are federally registered trademarks of Holman Bible Publishers. All rights reserved.

Scripture quotations marked ESV are taken from The ESV® Bible (The Holy Bible, English Standard Version®). ESV® Text Edition: 2016. Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. The ESV® text has been reproduced in cooperation with and by permission of Good News Publishers. Unauthorized reproduction of this publication is prohibited. All rights reserved.

Scripture quotations marked HCSB are taken from the Holman Christian Standard Bible®, Copyright © 1999, 2000, 2002, 2003, 2009 by Holman Bible Publishers. Used by permission. Holman Christian Standard Bible®, Holman CSB®, and HCSB® are federally registered trademarks of Holman Bible Publishers. All rights reserved.

Scripture quotations marked LSB are taken from the Legacy Standard Bible, Copyright ©2021 by The Lockman Foundation. All rights reserved.

Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked MSG are taken from THE MESSAGE, copyright © 1993, 2002, 2018 by Eugene H. Peterson. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc. All rights reserved.

First Edition, 2025

ISBN: 978-1-64590-074-0

Published by Kingdom Winds Publishing.

www.kingdomwinds.com

publishing@kingdomwinds.com

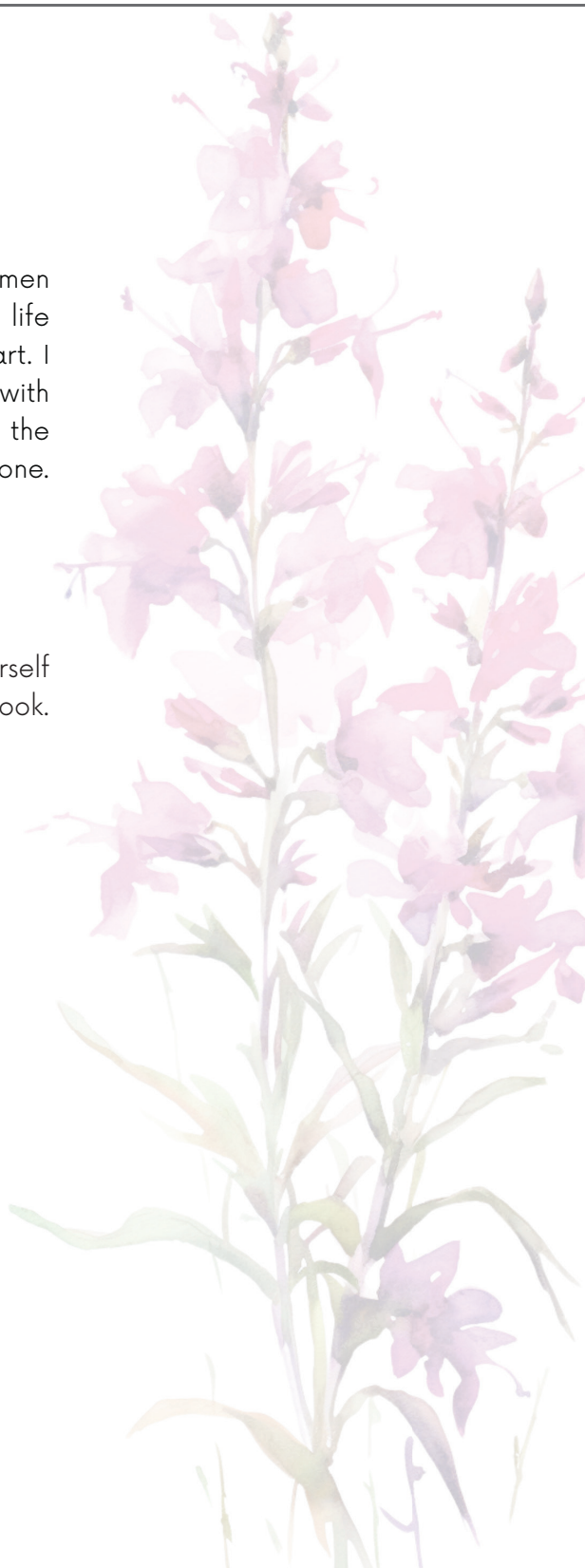
Printed in the United States of America.

From Katie—

Dedicated to all of the women who are walking through life without a piece of their heart. I hope this book blesses you with hope, encouragement, and the reminder that you are not alone.

From Leah—

For every mom who finds herself within the pages of this book. This is for you, my friend.





A Note from Us

As we have been praying over this devotional, we have been praying over you. We have been right there in the depths of the heartache after placement, just like you are right now. Whether it's been a day or fifty years, we know that ache doesn't completely go away. We are praying for comfort and healing as you make steps moving forward. We pray for courage as you walk forward with the purpose that God has for your life. Yes, even in this pain. We pray you know each time you look in the mirror you see Who created you and who He says you are—redeemed and made new, more precious than gems, and a beloved child of God.

Throughout this book, you'll see a Fireweed flower. We chose this not only because of beauty but for the message it represents. The USDA Forest Service explains it this way, "The name fireweed stems from its ability to colonize areas burned by fire rapidly. It was one of the first plants to appear after the eruption of Mt. St. Helens in 1980. Known as rosebay willowherb in Great Britain, fireweed quickly colonized burned ground after the bombing of London in World War II, bringing color to an otherwise grim landscape."¹

You see, though it feels like your world may feel shaken and burned right now, know that there will be beauty that flourishes amongst the ashes. You will see beauty again soon in your life. The Lord will bring good from this pain. The Fireweed flower is a reminder to cling to God as you wade through the rubble and prepare for this new chapter of your life. There's no going back, only forward.

We pray this devotional will speak hope to your heart in this unexpected place.

Love,

Katie and Leah

¹Vizgirdas, Edna. "Plant of the Week: Fireweed (*Chamerion angustifolium*)."
US Forest Service.
https://www.fs.usda.gov/wildflowers/plant-of-the-week/chamerion_angustifolium.shtml



Table of Contents

A Note from Us	5
DAY 1: Lament	8
DAY 2: Do You Really Trust Him?	12
DAY 3: When the Road Ahead Seems Terrifying	16
DAY 4: Wait on the Lord	20
DAY 5: Birth Moms are Mothers	24
DAY 6: Sacrificial Love	28
DAY 7: A Prayer for Birth Moms	32
DAY 8: Surviving the Waves	36
DAY 9: Rejoice Always	40
DAY 10: Dumping the Baggage	44
DAY 11: Made Complete	48
DAY 12: Alabaster Jars	52
DAY 13: Peace in the Nuance	56
DAY 14: Seen and Valued	58
DAY 15: He Takes Care of Us	62
DAY 16: Seeing the Big Picture	66
DAY 17: Wonderfully Made	70
DAY 18: From Broken to Special	72
DAY 19: Where Does Help Come From?	76
DAY 20: The Root of Bitterness	80
DAY 21: Sound Mind	84
DAY 22: Patience in the Process	88
DAY 23: Refining Fires	92
DAY 24: Heart of Worship	96
DAY 25: New	100
DAY 26: Steppingstones to God	104
DAY 27: Arise	108
DAY 28: Bloom Where You Are Planted	112
DAY 29: He Rewrote My Story	116
DAY 30: Receiving Blessings	118
They Weren't on the Plane	120
Closing letter	123
Acknowledgments	124
Resources	126
About Us	128

DAY 1

Lament

—Katie—

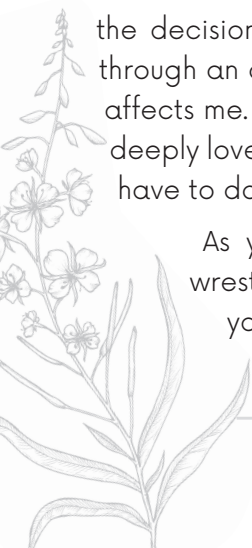
"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Matthew 11:28–30, ESV

I remember sitting in church one Sunday and crying silently during a sermon on Mary, mother of Jesus. It suddenly dawned on me the shame and grief Mary was facing as a pregnant woman in an unconventional situation. I felt validated by Mary, but even further, if Mary, the mother of my Savior, understood my pain, then I also have to acknowledge that Jesus knew Mary's pain. Therefore, He knows mine, too, a woman who has had two unplanned pregnancies and who has experienced the heartache of adoption. He is capable of sitting in grief with us because He is familiar with it. He knows it deeply and cares for us.

After choosing to place my children for adoption, I have learned, even seventeen years down the road, that healing is not linear and that I am still lamenting not being their parent. While I don't regret the decision I made, I miss my kids a lot. I get to see them often through an open adoption plan, but I still experienced a loss, and it affects me. When I'm lost in the depths of grief, I remember that I'm deeply loved and known by the One who holds it all together. I don't have to do anything but lean on Him.

As you continue to navigate your grief and loss journey, wrestling with the specifics of your adoption plan, I invite you to write down your expectations and hopes for your adoption plan. Maybe you are hopeful for more visits, or





for some better communication with the adoptive parents, or maybe you want to start working through your thoughts in therapy. Then write down the things that you are lamenting. Lamenting is a way to process grief with God out loud. We can be totally transparent with Him about our anger, frustration, sorrow, and confusion. He wants to hold it, so the burden is lighter for us to carry. He wants us to know we are not alone.

Whatever you are holding onto or working towards, write it down and then pray over it. Ask God to help you have courage to advocate for the things you'd like to add, or for the boldness to be vulnerable, and for the gentleness to be kind to yourself in the waiting and uncontrollable. May whatever this season of life hold, be an opportunity to grow and to find His goodness as you lament and hope.

Reflect and Respond

Do you believe that your shame and grief are known by God?

Do you trust you can lean on God during grief?

What do you do when you find yourself in moments of grief? How do you cope?

What would be some new coping skills to try next time you are feeling sad?



DAY 2

Do You Really Trust Him?

—Leah—

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

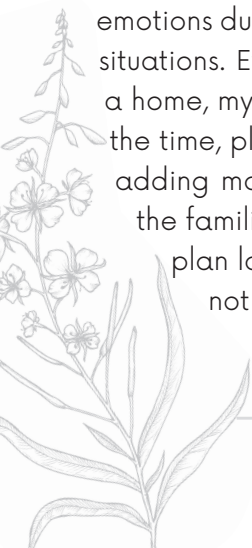
Proverbs 3:5–6, NIV

"Leah, do you trust Me?"

Yes, Lord.

"But do you **really** trust me?"

We all tend to grab control of the reins of life, trusting in our plan instead of His. This particular prayerful conversation happened when I discovered I was pregnant for the seventh time. Yes, you read that right. Between having an open adoption, a miscarriage, and parenting children, I'm a mom in many different roles. I've experienced two teen pregnancies that were unintended, but the emotions during my seventh pregnancy felt very similar to those crisis situations. Even though I was years into a healthy marriage, owned a home, my career was growing, and had four children at home at the time, plus an open adoption with my oldest—I was panicked at adding more to my proverbial plate. I was honestly triggered by the familiar emotions of fear and "what if's." I questioned why. My plan looked different than this new plot twist, and I felt fear in not feeling equipped or how I would overcome yet again.





I bet you had a plan for your life, too, and being a birth mom wasn't on that list. No birth mom I know has set out to become a birth mom—it happens out of necessity for a variety of reasons. It's a plot twist we often don't see coming or feel prepared for, but yet God is still there through the questions. I do believe He allows hardships in our lives to strengthen us and grow us closer to Him, if we allow it, in whatever form that may come. But first, God wants us to trust Him. He can see the big picture. He sees the way through the pain. Take your questions to Him; He can handle it!

The truth is that God knows the best path and purpose for our lives. He will open doors, open hearts, and guide you along the way. He is asking you, too, "Do you really trust Me? Do you trust My plan?" Think of all the ways He has been faithful in the past. He will not fail you now.

Reflect and Respond

Can you trust and surrender to God's best plan to make your path straight?

What are you clinging to in your own plan?

Is there anything you feel you need to let go of, even if it's difficult?