

A Parent's Grieving Guide to Hope After Child Loss

Your Child Was A Visiting Angel

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Table of Contents



Introduction

Your Child Was a Visiting Angel

The Complexity of Grief

What to Say?

Can I Ever Trust God Again?

The 4 Steps to Hope After Child Loss

Your Child's Mission Statement

Daily Prayer

Grief Triggers

Visiting Angel Glossary

Continuing The Journey

Take a deep breath in. Exhale.



I want you to know: your precious embryo, baby, or child's story — no matter how brief — matters deeply. And so does yours.

Your grief journey is complex. Many people around you may never fully understand what you're feeling. But you are not alone. As one parent among the “Parents of Visiting Angels,” I want you to hear this: we see you, and we care deeply for you.

Your child's life was not an accident. They were a Visiting Angel — sent by God and entrusted to you with a legacy to carry.

For all the mothers reading this, I honor your unmatched sacrifice and love for your child. As a father of a Visiting Angel myself, I know your pain deserves respect and tenderness.

I wrote this guide to accompany my memoir *A Visiting Angel* (about my son Joshua—“Jojo”—and his passing to heaven) so we can walk together slowly through your grief before you step into the full story. This little book is for both moms and dads: to help you understand your grief and to reveal how much your child's life matters — no matter how long they were with you.

Your Child Was A Visiting Angel



From the moment your child was conceived — whether naturally or through IVF — their precious spirit from God entered. Jeremiah 1:5 says:

“Before you were formed in your mother’s womb, I knew you and ordained you.”

That means God was not surprised by your child’s life — or by their passing. Job 14:5 also tells us:

“A person’s days are determined; you have decreed the number of his months and have set limits he cannot exceed.”

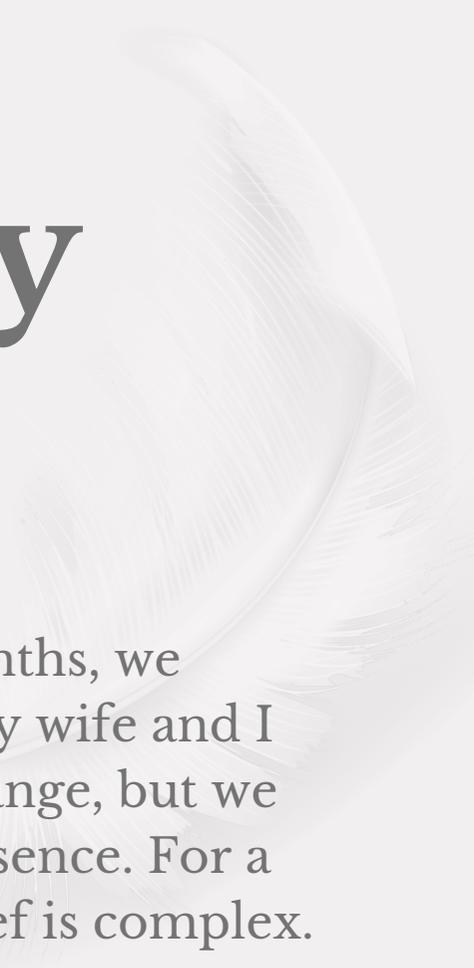
This can be painful to hear at first, but also deeply comforting. **It means your child’s life was not random** or “cut short” by mistake. God knew the exact number of their days — even if they were brief.

This is one of the scriptures that first helped me begin to understand the idea of a Visiting Angel. Our children came with a mission, fulfilled it, and then returned home to God. It’s up to us to discover that mission.

Your child — whether unborn, infant, or toddler — left something of value in your life. Perhaps it is a legacy of empathy, inner strength, a story to share, or a testimony that will uplift others. These, and so much more, are the missions of our Visiting Angels

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The Complexity of Grief



When our son Joshua passed at one year and eleven months, we faced his cremation a week later. After the ceremony, my wife and I went to a park and rowed a boat. It may have looked strange, but we were unconsciously trying to escape the reality of his absence. For a moment we smiled, then grief hit like an avalanche. Grief is complex.

This is grief: it comes in waves. One moment you're smiling, the next you collapse. Some days you can look at pictures; other days you can't. At times you feel like "two yous"—the one who appears strong in public and the one who breaks down in private. Both are real. Both are loved by God.

This grief can also create an invisible wall between you and others. People know you as who you've always been, but you've now been introduced to a new version of yourself through loss — and others can't fully understand it.

Psalm 23 ("The Lord is my shepherd") is famous for its comfort, but the previous chapter, Psalm 22, shows the rawness of grief:

"My God, my God, why have you forsaken me? Why are you so far from saving me?" (Psalm 22:1)

It's okay to feel everything you feel. It's okay to wrestle with God. He is not absent in your grief.

What To Say?



Grief leaves us searching for words especially in response to others. Their questions and comments can really hurt unknowingly. Here are some gentle responses you can hold onto in hard moments:

- **To your spouse during a breakdown:**

“I’m here.”

- **When someone asks if you have children, but you’ve lost your only child:** (It’s okay to answer simply, in a way that feels right for you.)

“Yes, I have a child. They’re in heaven now.”

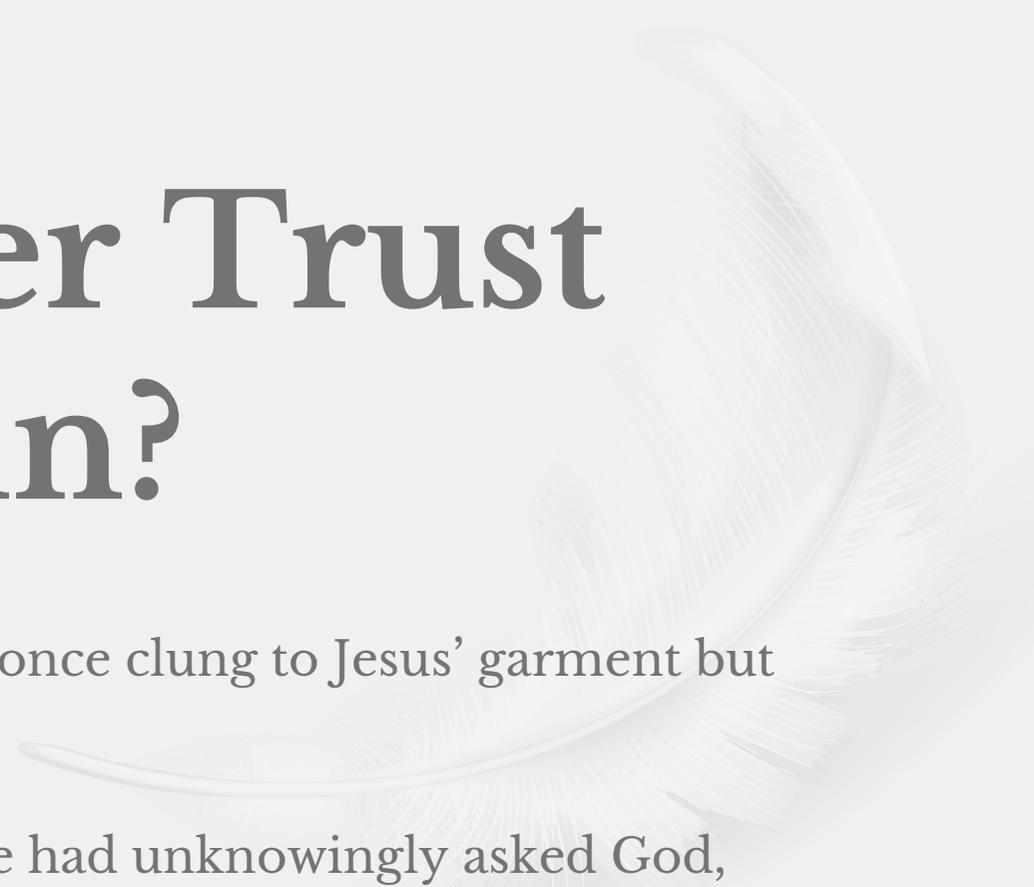
- **To yourself when despair sets in:**

*“My child was a Visiting Angel. I am loved,
and I am not alone in this grief.”*

- **When someone unknowingly triggers you:**
(You can set boundaries without guilt.)

“I’m still grieving, and that comment touched a tender place.”

Can I Ever Trust God Again?



You may feel like the woman who once clung to Jesus' garment but now feels her grip slipping.

My wife once joked that maybe she had unknowingly asked God, before birth when she was in Heaven, for a life that would resemble Job's. While there's no scriptural evidence for pre-birth conversations, we do know from Isaiah 46:10 that God knows the end from the beginning.

Your loss wasn't because God didn't love you or your child. It is painful beyond words — but not purposeless. Through these pages, I pray you'll begin to see your child as a Visiting Angel and find a glimpse of purpose in the pain. You can indeed trust God again.

[Join other parents walking this journey:](#)
[Parents of Visiting Angels Facebook Group]

The 4 Steps to Hope After Child Loss



The river of grief is deep, but God places stepping stones and sometimes even sends strangers with boats to guide you. These steps are not linear; some last longer than others. Take them slowly and gently.

Grieve It

Tears are part of love, not weakness. You have permission to be sad and upset.

Believe It

Your child was a Visiting Angel. Their life had eternal purpose designed in heaven. God knew their days before they came.

Release It

Place your pain in God's hands. You don't have to carry it alone. He will give you strength for each day.

Expect It

God still has joy ahead for you. This is not the end of your story. He wants to show you what good can come out of this.

Your Child's Mission Statement



Take a moment to reflect: What do you sense your child's mission on earth was? Write it down. For example:

“My child was sent to earth to ...”

Daily Prayer

Choose a daily prayer that you feel ready to begin praying.

*Lord,
I'm in grief. I'm in pain. I'm struggling.
I'm angry. My heart is broken.
Help me. In Jesus' name, Amen.*

(See also Psalm 34:18)

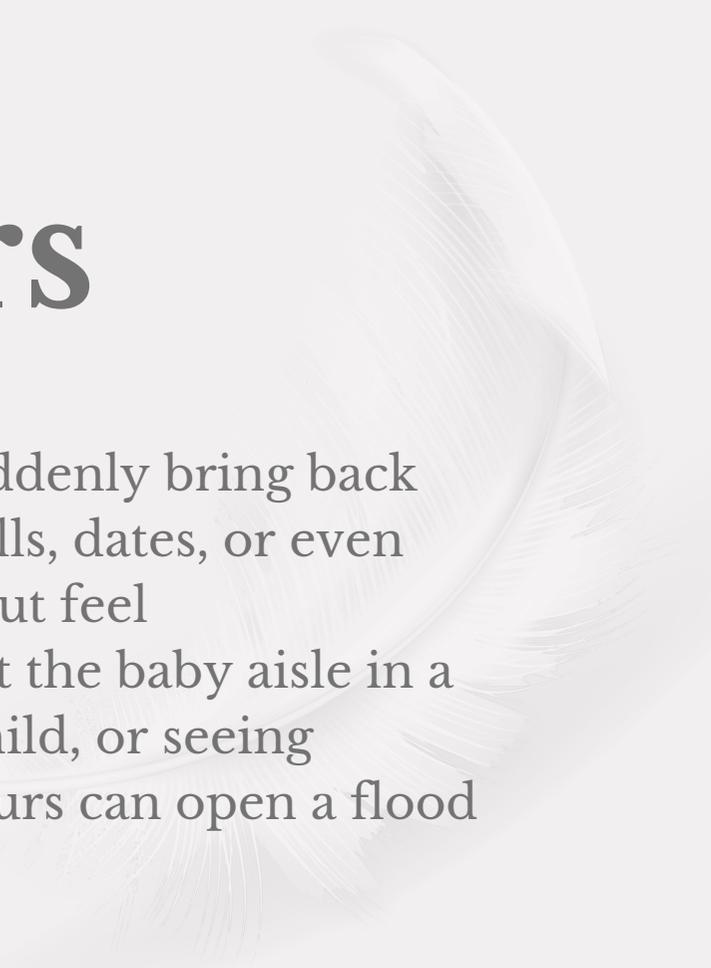
*Lord,
Today I need Your comfort more than ever.
My grief is heavy, and I cannot carry it alone.
Help me to see my child's life from Your
perspective, and hold me close in Your love.
In Jesus' name, Amen.*

(See also 2 Corinthians 1:3–4)

*Lord,
Though my heart is heavy, I choose to hope
in You. Remind me that sorrow will not
have the last word. Thank You that my
child's life was filled with purpose, and
that my story with You is not finished.
In Jesus' name, Amen.*

(See also Romans 15:13)

Grief Triggers



Grief triggers are unexpected reminders that suddenly bring back the pain of loss. They can be sights, sounds, smells, dates, or even casual comments that seem ordinary to others but feel overwhelming to you. For example, walking past the baby aisle in a store, visiting places you once went with your child, or seeing someone pregnant or a child the same age as yours can open a flood of emotions.

Ambulance sirens were one of my triggers into despair. But understanding that my child was a **Visiting Angel** gave me something bigger than the pain and the triggers: a **purpose to carry forward**. *When triggers happen, use the acrostic below to remind yourself that you are *okay*. (say, “I’m OKAY”).

O — One breath at a time.

Pause, take a deep breath, and steady yourself.

K — Keep reminding yourself.

Your child was a Visiting Angel, and their life had purpose.

A — Allow yourself to feel.

Tears, anger, or silence are all okay.

Y — Yield it to God.

Whisper a prayer: “Lord, this hurts. I need Your help.”

Visiting Angel Glossary



No matter the timing or medical term, we believe each of these lives are Visiting Angels — children with divine purpose, whose brief presence leaves an eternal mark.

Unborn babies but known by God, Visiting Angels:

Early Pregnancy Loss

When an embryo doesn't fully develop or implant. Sometimes called biochemical pregnancy. It may happen before a parent even knows they are pregnant.

Miscarriage

The loss of a baby before 20 weeks of pregnancy. A deeply painful experience, whether very early or later in pregnancy.

Footprints that never fade, a Visiting Angel

Stillbirth

When a baby passes after 20 weeks of pregnancy or during birth.

Infant Loss

The passing of a child after birth, including SIDS, premature complications, or illness.

Continuing the Journey



This short guide is just the beginning. In my memoir *A Visiting Angel*, I share the full story of my son Joshua (Jojo's) life and the supernatural confirmations that revealed he was a Visiting Angel — just as your child is. My prayer is that it brings you even greater comfort and strength.



[Continue the journey with me in A Visiting Angel](#)