

After 3 Miscarriages in One Year, God Answered This Couple's Prayers for the Impossible

Episode 2 of the hit TLC reality show *Rattled* introduced viewers to Christian couple Julia and Ryan Sadler. The Sadlers work together ministering to youth at First Baptist Church of Dallas where Julia's father, Dr. Robert Jeffress, is the senior pastor.

The Sadlers, sweethearts since middle school who today have offices literally next to each other, were married for seven years before becoming pregnant. The joy of pregnancy was replaced by the searing pain of miscarriage—not once but three times in just one year. The pain and stress that even one miscarriage puts on a couple is profound. Research reveals that couples who have a miscarriage are 22 percent more likely to break up than other couples.

In that dark time, the Sadlers refused to give in to discouragement and found solace in their strong faith, holding tight to Ephesians 3:20: "Now to Him who is able to do exceedingly abundantly beyond all that we ask or imagine, according to the power that works in us." Armed with the promise of Scripture, they had the boldness to ask God for what seemed impossible: three biological children.

And God answered their prayers—dramatically and all at once, as the couple, who had sought treatment at a fertility clinic—became pregnant with triplets. Any triplet pregnancy is by definition high risk, and as the episode ends, we learn that the Sadlers have a difficult and dangerous road ahead.

Episode 3 of *Rattled* debuts July 24 at 10 p.m. Eastern on TLC.

To learn more about Julia, Ryan and *Rattled*, visit {[eo](#)}

Julia Sadler is a licensed professional counselor, girls minister, author, speaker, and new mom to triplets Blair, Barrett and Blake. She trained at the world-renowned Meier Clinics, where she specialized in treating teenagers and women struggling with self-harm, depression, eating disorders, anxiety and suicide. After struggling personally with these issues as a teen, Julia has devoted her life to encouraging teenagers and women not to give up. Her newest journey of infertility, miscarriages, and triplet motherhood has opened a new ministry for Julia of encouraging woman and couples to trust God with their prayers, plans, & dreams.

Julia has her BA in Psychology and an MA in Counseling from Dallas Baptist University. Julia developed a love for teaching people God's Word and explaining the Bible's practical application for today's culture through listening and learning from her Father, Dr. Robert Jeffress, pastor of First Baptist Dallas.

Ryan Sadler is the student pastor at First Baptist Dallas where he serves a growing ministry. He is in the process of finishing his masters at Southwestern Baptist Theological Seminary.

About *Rattled*:

Raising children is a magical experience, but it does not come easy to most. With so much to keep track of and consider, unexpected complications make building a family even harder than most new parents expect. Season three of TLC's *Rattled* will provide an in-depth look at the trials and tribulations of five couples as they learn to deal with parenting, relationships, finances and so much more.

For more information, please visit:

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