

Romans 5:8 says that God loved us '...while we were still sinners.' This shows us that even though God hates sin, He loves people and desires to forgive them of sin. He is standing with open arms to receive you and forgive you. He wants to give you the power to live a clean life, free from guilt and shame, but you need to turn to Him.

If you have aborted a baby, or encouraged someone to do so, you can know that there is forgiveness in Jesus Christ. The Bible says, 'If we confess our sins, He is faithful and just to forgive our sins and to cleanse us from all unrighteousness.' 1 John 1:9

Through God's Son, you can experience true forgiveness and freedom from whatever is troubling you. By receiving God's forgiveness in your own life, you can turn around and extend that forgiveness to whomever you may feel anger or resentment toward for helping to cause your problems.

Let God take you through this healing process. You can feel good about yourself and a brand new life of peace and fulfillment can be yours.

We realize that sometimes in working through your feelings you may need to talk to someone. On the back of this brochure there are numbers you can call to talk to people who understand what you are going through and can help you with the healing process.

Healing after an Abortion

Rachel's Vineyard

1-877-HOPE-4-ME
(1-877-467-3463)
www.rachelsvineyard.org

Elliot Institute

www.afterabortion.org

National Helpline for Abortion Recovery

1-866-482-LIFE (5433)
www.operationoutcry.org

Pregnancy Help

OptionLine

1-800-395-4357
(English and Spanish)
www.optionline.org

Birthright

1-800-550-4900
(English and Spanish)
www.birthright.org

National Life Center

1-800-848-LOVE (5683)
www.nationallifecenter.com

Overcoming

An

Abortion



"I wish I had understood

then as much about

abortion as I do today."

Dear Ladies

A few years ago, I wish I had understood then as much about abortion as I do today. When I was eighteen years old I became pregnant. Like many other girls, I went to Planned Parenthood for a pregnancy test. The father, who is now my husband, insisted on abortion. I wanted to have the baby, but was too scared to even tell my parents. Planned Parenthood's counselor also steered me to abortion. I felt alone and helpless. In a pre-abortion group counseling session at the abortion facility, I felt odd because I wanted to have my baby.

Unable to withstand the pressure, I went through with the abortion. My husband later realized what he had done, and we have both regretted it ever since. I asked myself, "What kind of child did I destroy?" "What would he have grown up to be?" I realize now that I killed a child, a child that had been moving inside me since conception, with a heartbeat and developed internal organs.

As a Christian, I came to see that abortion is wrong in God's eyes and I had to take responsibility for my actions. I realized that God was with me at the time, wanting to give me strength to help me make it through my pregnancy. I was too scared to reach out for His hand. My husband and I asked for God's forgiveness and He has forgiven us. If you have had an abortion, He cares about, loves, and will forgive you.

Love, Jerri

Are you hurting because of an abortion? You know more than you did when it happened. You may feel a burdensome guilt from the experience. Maybe it's even worse. Perhaps you are to the point of feeling emotionally drained. You may feel terrible about yourself for what you did or you may feel angry, depressed, or even bitter toward doctors, counselors, your boyfriend or parents who pushed you into getting an abortion. Whatever pain you are experiencing, you are not alone. Many women are struggling with the same fear. Some, like Jerri, have worked through the difficulties and have found hope to turn a desperate situation around.

The grief you feel is a healthy sign that you are facing reality and not suppressing feelings that will only get worse, the longer they fester inside you. The first step to being healed from emotional wounds is to admit the wounds exist and realize the cause of the wounds. You may have been told by doctors, abortion facility counselors or other 'family planning' personnel that the grief you are feeling is abnormal. You may have been made to feel foolish, selfish, or simply confused about the whole thing.

The grief you feel is not odd or abnormal. It is indeed, normal. When you become pregnant, your body prepares for the baby, biologically and emotionally. When the baby is taken away, the processes to prepare are interrupted and the loss is felt.

Life is a gift from God. God is the Creator of Life. An unborn baby is a unique expression of God's creative ability, possessing just as much life in the womb as in adulthood. Since God tells us not to destroy life that He has created, abortion is a sin. Exodus 21:13 But wait!

Sin separates us from God, not allowing us to receive what God has for us in life. But there is good news! Jesus died on the cross so that we would have a way to be freed from the power of sin and be reunited with God. Jesus said, "I am the Way, the Truth and the Life." John 14:6

By putting our trust in the fact that Jesus is the 'Way', we can make Him the Lord, the ruler of our life. It is after we give over the control of our life to Him that He can do something with it. Jesus said, 'If anyone wishes to come after Me, let him deny himself, and take up his cross and follow Me. For whosoever wishes to save his life shall lose it, but whoever loses his life for my sake shall find it.' Matthew 16:24-25