

Jesus changes lives - will you let Him change yours?

Admitting your involvement in the death of a baby is never easy but it is the first step to healing. Forgiveness from Jesus is immediate but you have to ask Him for yourself. Have you taken that first step to freedom from the hold the abortion has had on your life?

If so, now the healing can begin.

The healing often takes longer as the Lord knows that we would not normally be able to cope if He dealt with every aspect of our healing in one go. Forgiving ourselves is often the hardest thing to do as we generally still feel the need to be punished for our actions.

But with the help of caring people who are aware of the pain after abortion, and the need to grieve the death of a child, forgiving yourself and healing can and does happen.

The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbour his anger for ever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who fear him.

Psalm 103: 8-13

What Now?

If after reading this leaflet you would like to talk over some of the issues, or would like someone to pray with you or support you, then please contact your local church. Often Churches have their own prayer ministry or counselling team where you can confide freely and confidentially.

Show them this leaflet so they will understand a little more about your situation. Often it is very hard to start speaking out, but the leaflet will be a good point at which to begin. For many people this may be the first time you have been allowed to speak out, and initially just being able to speak is the first step on the long road to healing.

Please do not be ashamed if you cry or become angry. Your emotions may have been denied for a number of years. Please also do not be upset if the person you are talking to doesn't have answers to your many questions. There are no easy answers.

The pain of remembering can be very real, but when on your own, read again the promises of God to you in this leaflet and let them dwell in your heart. Remember, the Lord Jesus is just a prayer away - you only have to talk to Him.

United for Life

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United for Life
Fearfully and wonderfully made

Help!!

Can God Forgive Me???

God Me

Abortion

**Separation
from
God**

**Is the chasm
too deep and wide
for me to cross?**



Abortion

How often have you thought that you could never be forgiven for the abortion you once had or encouraged someone else to have?

Do you associate any of the following words with abortion?

| | | | |
|--------|------------|--------|-----------|
| Choice | Pain | Hurt | Sadness |
| Anger | Tears | Secret | Shame |
| Guilt | Punishment | | Judgement |

Have you ever considered the following words with abortion?

| | | | |
|------------|-------|-------|-------------|
| Compassion | | God | Forgiveness |
| Healing | Peace | Life | Happiness |
| Love | Joy | Jesus | Laughter |

You may have considered them but discounted them.

But why?

Do you see abortion as ‘the unforgivable sin’? Jesus doesn’t. **“If we confess our sins He is faithful and just to forgive us our sins and purify us from all unrighteousness.”**
1 John 1: 9

Do you think it was your ‘choice’ so you have to live with it? We all make mistakes. **“All have sinned and fall short of the glory of God.”**
Romans 3:23

Do you feel the need to be punished? Jesus took our punishment when He died on the cross. **“(All) are justified freely by his grace through the redemption that came by Christ Jesus.”** Romans 3:24

Is your abortion so secret that it is never to be discussed? Jesus knows everything about us. **“For God is greater than our hearts, and He knows everything.”** 1 John 3:20

Do you still feel the pain and the hurt? Jesus is waiting to heal you. **“I am the Lord who heals you.”** Exodus 15:26

Do you still feel the sadness or the anger? Jesus is wanting to give you His peace. **“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”** John 14: 27

Do you feel ashamed or guilty about your decision? Jesus is wanting to forgive you. **“For I will forgive their wickedness and will remember their sins no more.”** Hebrews 8:12

Do you think that Christians or ‘the Church’ will judge you? Jesus was full of compassion for those hurting and we should all be like Him. **“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.”**
2 Corinthians 1:3-4