



Christian Voices for Life

Weekly Pro-Life

Education

Prayer

Action

Forgiveness and Healing After Abortion



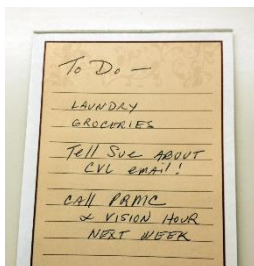
Education: “I know God has forgiven this sin I have committed but it is so hard to forgive myself. ... I live with this shame, guilt and disgust every day of my life.”(1) In the midst of an apparent lack of alternative solutions, pressure from others, and misinformation, the voice of a woman’s conscience is drowned out and she makes the decision to abort her pregnancy.

After the immediate problems of the pregnancy are gone, others may tell her to forget about it and go on with her life. But she can’t forget. She knows what she did was wrong. She knows that she was entrusted with a child. But instead of loving and nurturing her son or daughter, as mothers are supposed to do, she consented to the killing of her own baby. She may have nightmares for many years; she may turn to alcohol or drugs to ease her pain. She may believe that God could never forgive her terrible sin, and feel too ashamed to confide in anyone in order to seek help. She may consider or attempt suicide. She needs help to experience God’s forgiveness and healing, and be able to forgive herself. Such help is available through post-abortion healing ministries, such as [Rachel’s Vineyard](#), [Project Rachel](#), and other programs, many of which are available at pregnancy help centers. “The retreat allowed me ... to experience God’s love and forgiveness – something I had decided I was not worthy of. ... The power of forgiveness is life-altering. I am happy again...” (2)

1. From a message sent to the website of Project Rachel, the post-abortion ministry of the Catholic Church. Quoted in the brochure “[Life Matters: Forgiveness and Healing after Abortion](#)” from the U.S. Conference of Catholic Bishops.
2. Quote from a woman who had completed a Project Rachel retreat, from the same brochure.



Prayer: Dear Father God, please help all women who have made the terrible mistake of choosing abortion to know that no sin is too big for you to forgive. Please also help the fathers or others involved in pressuring to abort to acknowledge and repent of their sin as well. Help them to find a post-abortion healing ministry that will help them to experience your love and forgiveness and empower them to forgive themselves. Bless these ministries with the resources and volunteers they need to continue to offer their healing services.



Action: Be prepared to refer anyone you know who has an abortion in their past to a post-abortion healing ministry. In addition to the two websites above, [Abortion Recovery International](#) also has a network of approved programs. Even if you are not sure that a past abortion is source of your friend’s problem, you could mention that you have just read about post-abortion ministries and how much they can help women who are hurting after abortion. Perhaps you could say how glad you are that women who were pressured into the decision have that resource to heal from it.