

HEALING
Psalm 32

Have you ever noticed the silence that surrounds abortion? Nobody brings that up around the dinner table. Oh, people may talk about their religious, moral or political views on the subject, but very few talk about their own experience with abortion. Why not? Because instinctively abortion is viewed with shame. Well, whatever the reactions or emotions you may have experienced, the living God is committed to entering your struggle. And He does more than just offer you sympathy. God, in the Bible, brings hope and healing to every aspect of the turmoil you are experiencing. David Powlison

GUILT & SHAME

“my bones wasted away”

- Deceit— _____
- Silence— _____
- Misery— _____
- Alienation— _____
- Depression— _____

Carolyn: The abortion changed me in every way—from an outgoing person who loved friends to a hermit not wanting to be close to anyone. I became a heavy drinker. I hated myself. I felt numb and empty like a zombie. I accepted my husband’s physical abuse because I thought I deserved it. I just wanted to die.

HONEST CONFESSION

“I acknowledged my sin to you”

- agreeing with God about the sin vs. replacing God by punishing the sinner

Carolyn: I was finally able to get over myself and really think about my baby. I asked God to forgive me for my abortion.”

FULL FORGIVENESS

“You forgave the iniquity [guiltiness] of my sin”

- Exchange— _____
- Relief— _____
- Happiness— _____

Carolyn: I was really able to understand God’s forgiveness—that all my self-punishment and misery could not atone for my abortion, that there was nothing I could do to pay for it, that Jesus died on the cross for my abortion and all my others sins, and paid for my sins in full. God not only forgave my sins, he brought me peace and joy. Real joy!

FULL FORGIVENESS

“You forgave the iniquity [guiltiness] of my sin”

Exchange—guiltiness gone
Relief—shame lifted away
Happiness—relationship restored

Carolyn: I named my baby Grace, so now when the accuser attacks, even my baby’s name reminds me of God’s forgiveness.

INTIMACY & SECURITY

“You are a hiding place for me”

Protection—_____ by God
Instruction—_____ by God (step-by-step)
Affection—_____ by God

Carolyn: I found God’s promise to give me a living heart of flesh and He did that for me! I joined a support group and went through a post-abortion Bible study. Doing the Bible study was the best thing I ever did and I thank God every day for it.

REAL HEALING

“You surround me with shouts of deliverance”

Freedom—living in _____ of God’s victory

Carolyn: Now that I have found forgiveness and healing, I am once more developing friends, and I am able to serve God with joy however He chooses to use me. I have experienced what it means for Him to empower me to help others!

This is my comfort in my affliction, that Your promise gives me *life*.
Psalm 119:50