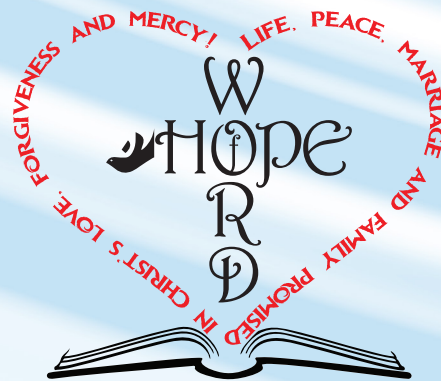


“He heals the
brokenhearted and binds
up their wounds.”
(Psalm 147:3 ESV)

“I, I am he who blots out
your transgressions for my
own sake, and I will not
remember your sins.”
(Isaiah 43:25 ESV)

As we come to Jesus, we
are in truth no longer
separated from our God.
We are completely forgiven
as if we had never sinned.
We have the privilege of
experiencing “the breadth
and length and height and
depth” (Ephesians 3:18b
ESV) of the love of Christ.

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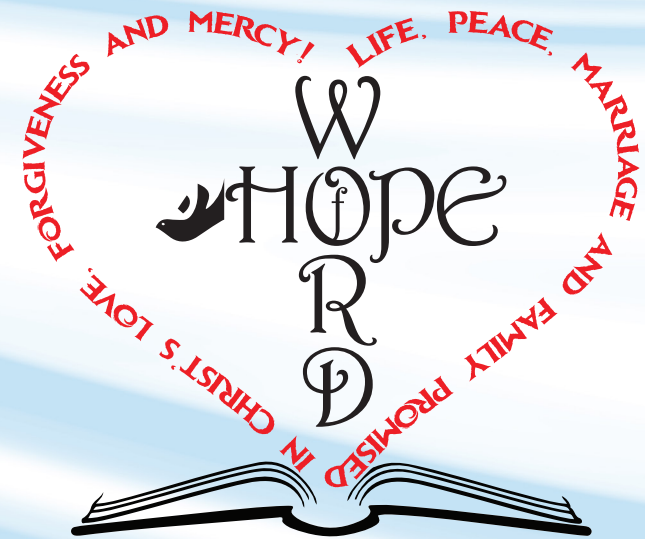
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Item LFL404T (2019)

For those who have
had an abortion ...



... there is a
Word of Hope
for broken hearts

We all have grieved the loss of someone at some point in our lives. Nothing could be more painful than the death of a child. But those who have lost a child because they had an abortion, or were part of an abortion decision, often do not allow themselves to grieve or don't know how to grieve.

If you are experiencing adverse emotional reactions following an abortion, you may have **post-abortion syndrome (PAS)** described as the inability to:

1. process the fear, anger, sadness, and guilt surrounding your abortion experience;
2. grieve the loss of your baby; and
3. come to peace with God, yourself, and others involved in the abortion decision.

How does PAS develop? A woman faced with a crisis pregnancy experiences a tremendous amount of fear and anxiety about her situation, and she seeks a fast solution to her dilemma. Since abortion is legally and socially sanctioned, it is the choice she is likely to make, even though she may be violating her own moral code.

Immediately after the procedure, she will usually feel great relief that the crisis is over. But any moral struggle she felt prior to the abortion will resurface eventually.

Since she cannot go back and "undo" the abortion, the following symptoms may occur, sometimes delayed for many years:

- preoccupation with becoming pregnant again
- depression/crying
- difficulty concentrating
- guilt
- intense grief/sadness
- anger
- emotional numbness
- sexual problems
- lowered self-esteem
- nightmares
- anorexia or other eating disorders
- drug/alcohol abuse

It's so painful. It's an experience that goes beyond our physical and emotional being. It penetrates deep into the heart of our spiritual life. The pain just doesn't go away!

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

(1 John 1:9 ESV)

How does one grieve the death of an unborn child when the decision to abort seemed to end the crisis. After all, abortion is legal, so what makes it seem wrong now?

Why would someone be unable to stop thinking about the abortion?

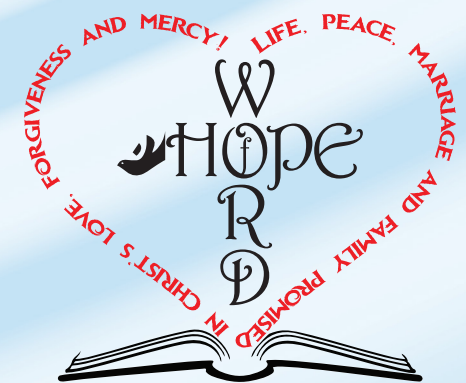
Why the feeling of emptiness?

Who can free me from this hurt and pain? Give your pain to God. It is okay to tell God how hurt you are. Be assured there is healing in forgiveness.

Being forgiven by God does not mean He wipes out our emotions and memories. It does mean we now have a way to resolve our problems—God's way. If you draw on God's power for your life, your anger and bitterness will eventually be replaced with love and peace.

There is a special ministry that can help you overcome the pain. **Word of Hope** will put you in touch with a Christian caregiver who will help you find healing and reconciliation with the Lord.

To take that first step toward recovery, call Word of Hope to arrange for a confidential referral.



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