

CARE RESOURCES

ABORTION

If you are considering or have had an abortion, we want you to know that we love you and, more importantly, God loves you.

We want you to understand that if you are considering an abortion you will have thoughts such as: “when I do this my life will go back to normal.” You need to understand that your life will not go back to normal after an abortion, as after an abortion you will be overwhelmed with thoughts such as: “what have I done, I am a murderer, I killed my own child, I am a bad mother.” And many times women carry these incredible guilt and heavy loads without anyone knowing.

We understand there are probably legitimate reasons you have for not wanting a child – you don’t have the financial means, the doctors have told you of medical risks, or maybe the baby was conceived through shameful circumstances. Whatever the case may be, God has an orchestrated purposes for everything, and abortion is not the answer.

If you have had an abortion, don’t let your guilt or shame overwhelm you. (Rom 8:1-3) Everyone has a past, and everyone makes mistakes. The good news is that Jesus loves us. He’s not going to punish you. He wants to give you new life and help you make the next steps toward wholeness in Him.

QUESTIONS ABOUT LIFE AND YOUR BODY

When does life begin?

This is the definition given in any respectable medical textbook. To declare a beginning of life at any point after the fusing of a mother’s egg and a father’s contribution is irrational and an exercise in sophistic chicanery. Only machines such as clocks and cars come into existence part by part. Living beings come into existence all at once and gradually unfold their world of innate potential. **A living human person begins to exist at the moment of conception**, even though only as a cell. What is important is not the accident of size or weight but the essence – which is fully human. The unborn baby has a distinct, unchanging and unrepeatable genetic code, unique in all of history, from the moment of conception till death. Nothing is added except nutrition and oxygen.

Psalm 51:5 – “I was born a sinner – yes, from the moment my mother conceived me.” (NLT)

Jeremiah 1:5 – “I knew you before I formed you in your mother’s womb.” (NLT)

To whom does your body belong?

Many people are pro-choice because they believe that they have the ultimate say over what happens to their bodies. However, the Bible says that God has the ultimate say. He is in control of your body because your body is God’s temple. Others argue that God gave us free will, thus allowing us to make a choice with our bodies. However, free will does not always mean we are free from sin. Whether you believe abortion is a sin or not, it is still Biblical to care for our bodies.

1 Corinthians 6:12-13 *“You may say ‘I am allowed to do anything.’ But I reply, ‘Not everything is good for you.’ And even though ‘I am allowed to do anything,’ I must not become a slave to anything...But our bodies were not made for sexual immorality. They were made for the Lord, and*

the Lord cares about our bodies.” (NLT) 1 Corinthians 3:16-17 “Don’t you realize that all of you together are the Temple of God and that the Spirit of God lives in You. God will bring ruin to anyone who ruins this temple. For God’s temple is holy, and you Christians are that temple.” (NLT)

REASONS WHY IT IS WRONG TO TAKE THE LIFE OF AN UNBORN CHILD

1. **Life is sacred in the eyes of God.** (Ps 139:13-15) *For You did form my inward parts; You did knit me together in my mother’s womb. I will confess and praise You for You are fearful and wonderful and for the awful wonder of my birth! Wonderful are Your works, and that my inner self knows right well. My frame was not hidden from You when I was being formed in secret [and] intricately and curiously wrought [as if embroidered with various colours] in the depths of the earth] a region of darkness and mystery].*
2. **Human life is created by God.** (Ps 100:3)
3. **Only man is created in the image of God.** (Gen 1:27)
4. **Only man is created for the glory of God.** (Isa 43:7)
5. **God does not make mistakes.** (Ex 4:11)
6. **Life is ordered in the plan of God.** (Ps 139:6)
7. **God is the Protector of life.** (Gen 9:6)
8. **God is the Redeemer of life.** (Isa 44:34) *Thus says the Lord, your Redeemer, and He Who formed you from the womb: I am the Lord, Who made all things, Who alone stretched out the heavens, Who spread out the earth by Myself [who was with Me]?*

TEN MORE BIBLICAL REASONS NOT TO HAVE AN ABORTION

(Summary of sermon notes of: John Piper)

1. **God commanded, "Thou shalt not murder" (Exodus 20:13).**
2. **The destruction of conceived human life** — whether embryonic, fetal, or viable — **is an assault on the unique person-forming work of God.** (Psalm 139:13)
3. **Aborting unborn humans falls under the repeated Biblical ban against "shedding innocent blood."** The phrase "innocent blood" occurs about 20 times in the Bible. The context is always one of condemning those who shed this blood or warning people not to shed it. Innocent blood includes the blood of children (Psalm 106:38). Jeremiah puts it in a context with refugees and widows and orphans: "Thus says the Lord: Do justice and righteousness, and deliver from the hand of the oppressor him who has been robbed. And do no wrong or violence to the alien, the fatherless, and the widow, nor shed innocent blood in this place." Surely the blood of the unborn is as innocent as any blood that flows in the world.
4. **The Bible frequently expresses the high priority God puts on the protection and provision and vindication of the weakest and most helpless and most victimized members of the community.** Again and again we read of the sojourner and the widow and the orphan. These are the special care of God and should be the special care of his people. *"You shall not wrong a stranger or oppress him, for you were strangers in the land of Egypt. (And you were all once babes in the womb!) You shall not afflict any widow or orphan. If you do afflict them, and they cry out to me, (like the blood of Abel cried out to God from the ground, Genesis 4:10) I will surely hear their cry; and my wrath will burn." (Exodus 22:21-24). "Father of the fatherless and protector of widows is God in His holy habitation" (Psalm 68:5). "Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute. Rescue the weak and the needy; deliver them from the hand of the wicked" (Psalm 82:3-4). "They slay the widow and the sojourner, and murder the fatherless; and say,*

"The Lord does not see; the God of Jacob does not perceive. 'But the Lord will wipe them out for their wickedness" (Psalm 94:6-7,23).

5. **By judging difficult and even tragic human life as a worse evil than taking life, abortionists contradict the widespread Biblical teaching that God loves to show his gracious power through suffering and not just by helping people avoid suffering.** This does not mean we should seek suffering for ourselves or for others. But it does mean that suffering is generally portrayed in the Bible as the necessary and God-ordained, though not God-pleasing, plight of this fallen world (Romans 8:20-25, Ezekiel 18:32), and especially the necessary portion of all who would enter the kingdom (Acts 14:22; 1 Thessalonians 3:3-4) and live lives of godliness (2 Timothy 3:12). This suffering is never viewed merely as a tragedy. It is also viewed as a means of growing deep with God and becoming strong in this life (Romans 5:3-5; James 1:3-4; Hebrews 12:3-11; 2 Corinthians 1:9; 4:7-12; 12:7-10) and becoming something glorious in the life to come (2 Corinthians 4:17; Romans 8:18).
6. **When abortionists reason that taking life is less evil than the difficulties that will accompany life, they are making themselves wiser than God who teaches us that his grace is capable of stupendous feats of love through the suffering of those who live.**
7. **It is a sin of presumption to justify abortion by taking comfort in the fact that all these little children will go to heaven or even be given full adult life in the resurrection.** This is a wonderful hope when the heart is broken with penitence and seeking forgiveness. But it is evil to justify killing by the happy outcome of eternity for the one killed. This same justification could be used to justify killing one-year olds, or any heaven-bound believer for that matter. The Bible asks the question: "Shall we sin that grace may abound?" (Romans 6:1) And: "Shall we do evil that good may come?" (Romans 3:8). In both cases the answer is a resounding NO. It is presumption to step into God's place and try to make the assignments to heaven or to hell. Our duty is to obey God, not to play God.
8. **The Bible commands us to rescue our neighbor who is being unjustly led away to death.** *"Rescue those who are being taken away to death; hold back those who are stumbling to the slaughter. If you say, 'We did not know this,' does not He who weighs the heart perceive it? Does not He who keeps watch over your soul know it, and will He not requite man according to his work?"* There is no significant scientific, medical, social, moral or religious reason for putting the unborn in a class where this text does not apply to them. It is disobedience to this text to abort unborn children.
9. **Aborting unborn children falls under Jesus' rebuke of those who spurned children as inconvenient and unworthy of the Savior's attention.** *"Now they were bringing even infants to him that he might touch them; and when the disciples saw it, they rebuked them. But Jesus called them to him, saying, 'Let the children come to me, and do not hinder them; for to such belongs the kingdom of God'" (Luke 18:15-16). The word for "infant" in Luke 18:15 is the same word Luke uses for the unborn infant in Elizabeth's womb in Luke 1:41,44. "And Jesus took a child, and put him in the midst of them; and taking him in his arms, he said to them, 'Whoever receives one such child in my name receives me; and whoever receives me, receives not me but him who sent me'" (Mark 9:36-37).*
10. **It is the right of God the Maker to give and to take human life. It is not our individual right to make this choice.** When Job heard that his children had all been killed in a collapsing house, he bowed to worship the Lord and said, *"Naked I came from my mother's womb, and naked shall I return; the Lord gave, and the Lord has taken away; blessed be the name of the Lord" (Job 1:21).* When Job spoke of coming from his mother's womb, he said, *"The Lord gave."* And when Job spoke of dying, he said, *"The Lord has taken away."* Birth

and death are the prerogatives of God. He is Giver and Taker in this awesome affair of life. We have no right to make individual choices about this matter. Our duty is to care for what He gives and use it to His glory.

Finally, saving faith in Jesus Christ brings forgiveness of sins and cleansing of conscience and help through life and hope for eternity. Surrounded by such omnipotent love, every follower of Jesus is free from the greed and fear that might lure a person to forsake these truths in order to gain money or avoid reproach. My prayer is that anyone involved in the practice of abortion would consider these things very seriously and pray for the faith and the courage to stand for life and love in Jesus Christ.

TRAUMA INVOLVED DUE TO ABORTION

For many, the memory of the abortion lies hidden within, like an infection, weakening and impairing us in ways we never realize. Trauma often encompasses an abortion experience from beginning to end. Common responses after abortion include, but are not limited to:

- A reluctance to talk about the subject of abortion.
- Enduring emotions like guilt, anger, or sorrow when discussing/thinking about a past abortion.
- Thinking of life in terms of “before” and “after” the abortion.
- Lingering feelings of resentment or anger toward people involved in the abortion, such as the baby’s father, friends, or parents.
- Avoidance of relationships or becoming overly dependent on others after the abortion.
- Experiencing a vague sort of emptiness, a deep sense of loss, or prolonged periods of depression.
- Ongoing nightmares, flashbacks, or hallucinations relating to the abortion experience.

STEPS TOWARD HEALING AFTER AN ABORTION

1. **Recognize that *you are not alone*.** Others have been through the same experience and the same trials. Their experiences and understanding can help you. They *want* to help you, just as you may want to help others after you have finished going through the healing process.
2. **Recognize that the road to full recovery will take time and effort.** God’s forgiveness can be had instantly. But sorting out your feelings and overcoming the ever-present temptation to give in to despair and doubt—these take time. (John 14:1; James 1:2-4; Phil 4:6-7; Rom 8:28; Matt 7:7-8; Jer 29:11)
3. **Recognize that it is normal and good to mourn the loss of a loved one.** Just as mourning the loss of a parent or spouse takes time, so does mourning the loss of an aborted child. In the case of abortion, the mourning process is often cut short and never completed because of denial or feelings of guilt. Courageously allow the mourning process to get back on track. Accept your grief as normal rather than something which must be covered up or pushed away. Recognize that the pain of your loss will fade as your healing progresses.
4. **Admit your personal responsibility but also recognize that others, too, were involved.** Pray for the strength to forgive both yourself and everyone else who either encouraged or pressured you to have the abortion or failed to help you avoid it.

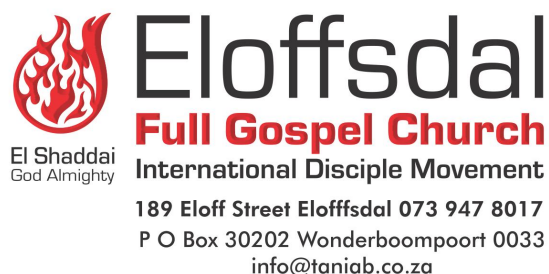
5. **Give your child over to the care and mercy of God.** Do not try to hold onto your child by prolonging your grief. While it can be very difficult to release your child to God, you can pray for God's help to do so.
6. **Forgive others.** Recognize that they, too, acted out of ignorance, fear, or petty human selfishness. If possible, let them know that you forgive them.
7. **Forgive yourself.** Remember that God *wants* you to be healed and restored to the fullness of joy and happiness. Whether you have had an abortion or know someone struggling with the possibility of having an abortion, there is room for forgiveness. The Bible is clear that God will forgive sin, and He sent His Son, Jesus Christ, to die for that sin. *1 John 1-9 "If we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong." (NLT) Isaiah 1:18 "No matter how deep the stain of your sins, I can remove it. I can make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you as white as sand." (NLT)*

PRAYER FOR HEALING FROM ABORTION

Dear Heavenly Father, I come to You today in the Name of Jesus as I repent my sin of murder to You and ask for You to forgive me. I confess and repent from the sin of lust. I pray for the healing of any guilt, shame, fear, and confusion that may have existed at the time of the abortion.

I pray, Jesus, that You will come and give me spiritual and emotional closure from my experience. Lord, in my spirit of my mind I see my child sitting with Jesus in heaven. I release my child to You Jesus. I also release my soul ties from the child and commit my baby to You for whatever good purpose You may have for my child. I pray that You will bring peace between me and my child (*name your child*) and healing from my feelings of guilt, blame and fear that seeks to bring tension in my marital relationship. I thank You that what is released on earth is also released in heaven (Matthew 16:19). Thank You for bringing healing in my body, soul and emotions and for turning this experience into good memories, knowing that my child is safe in the loving arms of my Lord Jesus.

Today, I forgive myself also for this sin I have committed. I pray that You will cleanse me from all unrighteousness and heal my emotions and my soul. I command the spirit of abortion, murder and death to leave my soul and that every evil spirit of lust and sexual vice will flee in the Name of Jesus. Thank You Lord now for also healing my body, that there will be no hormonal interruption and that all my organs will function as You have created it to be, for by Your wounds I have been healed in Jesus' Name. Amen.



If you would like to speak to someone about your situation, we would love to help you and pray with you. Please contact the El Shaddai FGC Offices or you can email us at info@taniab.co.za