

*He heals the brokenhearted  
and binds up their wounds.*

**Psalm 147**

*I am He who blots out your  
transgressions for My own sake  
and remembers your sin no more.*

**Isaiah 43:25**

*As we come to Jesus we are in truth  
no longer separated from our God.  
We are completely forgiven as if we  
never sinned. We have the privilege  
of experiencing how wide and long  
and high and deep is the love of  
Christ.*

**Ephesians 3:18**

**Word of Hope<sup>TM</sup>**

*Grace Kern, National Director*

**Toll Free: 888-217-8679**

*or if in Illinois call:*

**(630) 990-0909**

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, or 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*

- † How does one grieve the death of an unborn child when the decision to abort seemed to be so right at the time? After all it is legal, it must be right.
- † 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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