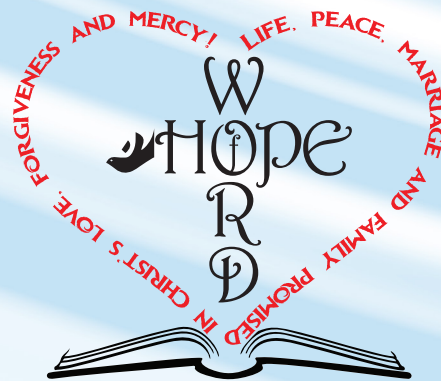


“He heals the  
brokenhearted and binds  
up their wounds.”  
(Psalm 147:3 ESV)

“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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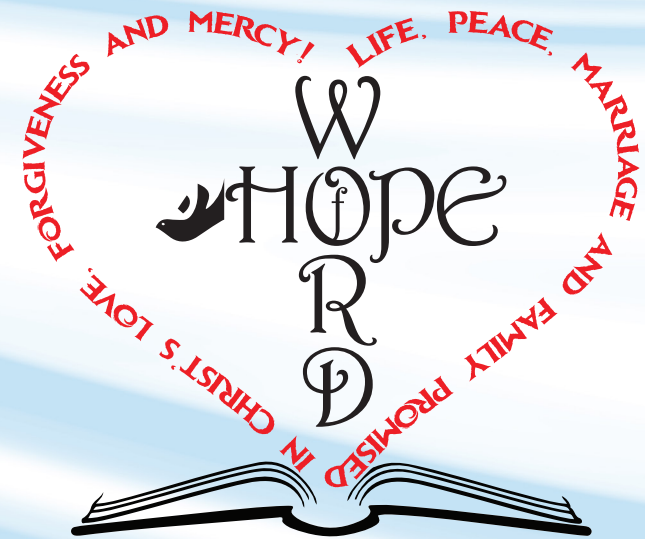
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Item LFL404T (2019)

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?

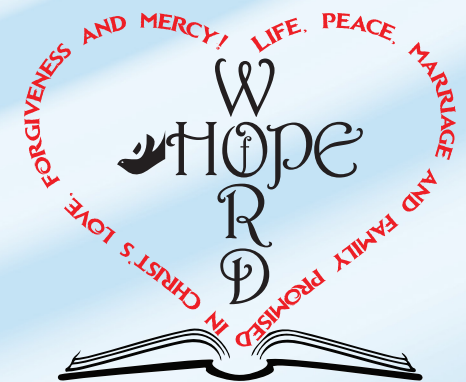
**Why** the feeling of emptiness?

**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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