



If you are reading this and have experienced the pain of a past abortion, you are not alone. Over 60 million abortions have been performed in the United States since its legalization in 1973. Statistics estimate that close to 43% (more than 1 in 3) of women of childbearing age have experienced an abortion.

Abortion is often one of the most traumatic events a woman ever experiences. It can negatively impact her physical, spiritual, and emotional health for the rest of her life. Often women who have experienced an abortion try to forget the haunting details, suppressing those memories deep inside. Many carry an overwhelming burden of guilt and shame. The fear of judgement or abandonment by friends and loved ones keeps many women silent about their experience. It's common for women to hide the secret of their abortion for decades, even from those closest to them. Most women will share their abortion story with fewer than five people over their entire lifetime!

It may surprise you to know that 70% of women surveyed after an abortion characterize themselves as Christian at the time of their abortion, and that 43% of women who decide to abort their babies report they attend church on a regular basis. These women may be your sisters, mothers, wives, or friends...or perhaps they are you. Because of the intense shame many women feel, they often choose to endure the grief, depression, guilt, anger, unforgiveness, trauma and other long-term effects of their abortion in silence and isolation. They sit mutely in the pews of our churches, wordlessly baring emotional and spiritual pain, afraid to reveal the truth.

Men involved in an abortion decision often also carry their own unique pain. Some bare feelings of guilt, shame, and responsibility for their partner's abortion. Others feel helpless, marginalized, and victimized by not having been allowed a voice in the decision. Sadly, men are often forgotten in conversations concerning the painful aftereffects of abortion. In our current political climate, many men are confronted with the topic of abortion. This can often trigger long buried pain from past involvement in an abortion decision.

It is possible to find hope and healing from the pain of a past abortion. Tragically, however, feelings of guilt and shame prevent many from turning to the one source able to provide them with healing and restoration. Many women and men don't feel they can approach God and confess their abortion decision. They feel undeserving to receive His love, mercy, and forgiveness, which is the one thing that can heal their hearts.

If you have experienced an abortion and feel you have not healed or recovered completely from the experience, or you know someone whose past abortion is affecting their current life, help is available. Post Abortion Recovery utilizes God's word to support women and men in finding forgiveness and freedom from their guilt, shame, and pain. The Bible provides a clear plan of reconciliation and hope. Through applying truths outlined in scripture, women and men can find forgiveness, healing, and wholeness.

Liz Keeton is a volunteer at Oasis of Hope who knows first-hand the incredible power of God's ability to heal the wound left by abortion. She participated in a Post Abortion Recovery counseling program using the Bible study "Forgiven and Set Free" and has been courageous enough to share a part of her story and the healing she received. Her desire is that God will work through her story to provide hope to others suffering the aftereffects of a past abortion. Listen to Liz's testimony of healing below, and please share it with anyone you know who needs to hear about the hope of healing that God alone can provide.

Healing from a past abortion is not about who you are or even what you have done, rather, it is about what God has done for you through his son, Jesus. Remember, there is no sin greater than his mercy nor pain deeper than His love. If you need support in finding healing, you can confidentially talk with someone at Oasis of Hope. Contact Tracy at (330) 723-3600 or tracy@oasisofmedina.com. All inquiries will be kept confidential.

"Then you will know the truth, and the truth will set you free."

John 8:32

