

## Abortion

This topic is such a tough one with so many opinions swirling about it in our world today, so many messages being thrown around about it. Many are not delicate or sensitive enough in handling what they should say to someone who is faced with an unwanted pregnancy like I was when I was a teenager. I made the decision to have an abortion and I have had to live with the pain and heart break of that decision every day since.

The first thing I must address with this is the importance of following God's design and never getting in this situation. Seek the Lord and purity! He has ordained sex for the confines of a marriage for a reason- to protect you! Understand that we can choose to do things God's way, and experience the beauty of His plan, or we can choose to do things our way, and experience brokenness and pain.

However, when I decided to choose my own way and have premarital sex, I was faced with an unwanted pregnancy. (yeah, you never think it could happen to you). I felt backed into a corner and saw no way out and felt that my ONLY choice was abortion. I didn't feel like I could tell my parents because I was the "good" kid- great grades, always in church, pre-med major, and didn't want to disappoint them. So I made the decision that has haunted me ever since.

1 in 4 women will have an abortion at some time in their life. We feel driven into desperation when the alternatives seem too awful to contemplate. But speaking from experience (mine and many others I have talked with about this), what is promised to us to bring about relief most often brings about guilt, shame, anxiety, depression, drug and alcohol abuse, and deeper brokenness. So if you are in the middle of wrestling with such a decision I plead with you to consider not only the life of the child but also to consider your own mental, emotional and spiritual health. It is not as cut and dry as advocates of abortion like to make it. The effects on your body pail in comparison to the effects such a decision has on your life thereafter.

But if abortion is something you have already walked in and are struggling with the aftermath of I want to offer the following words of encouragement. The abortion becomes a secret you are afraid to tell anyone for fear of judgement, but that secret lives and thrives in darkness and denial and is straight from the enemy. Secrets can keep us bound to sin! We must bring this secret, or any secret, to the light and take away the power of the enemy and give it to the Lord. Psalm 32:5 says, "I acknowledge my sin to you and my iniquity I have not hidden. I said I will confess my transgressions to the Lord and you forgave the iniquity of my sin." If you have had an abortion, you feel like it is the worst sin ever and there is no way God would ever forgive you. You don't really think you deserve forgiveness. But there is NOTHING that you have done or could ever do that God doesn't see or know. Your sin may be from premarital sex, an abortion, or something else. God is ready to forgive you. 1 John 1:9 says, "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." No matter what you have done, we are all on common ground at the foot of the cross where grace abounds. 2 Corinthians 5:17 says, "Therefore if anyone is in Christ, he is a new creation. The old has passed away, behold, the new has come."

You can find healing with the Lord's help and the help of support groups. Many churches have confidential support groups that help women work through the pain of abortion and find

freedom, forgiveness, and peace. Remember, you are not alone and God's arms are open wide to receive and forgive you. You can trust God with your pain and be amazed by His grace.

*If you would like to reach out to talk with someone, please send a message to [strugglewell@allthingsministries.com](mailto:strugglewell@allthingsministries.com)*

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