

Abortion Recovery

Psalms 32:1-5 HCSB Davidic. A Maskil. How happy is the one whose transgression is forgiven, whose sin is covered! (2) How happy is the man the LORD does not charge with sin, and in whose spirit is no deceit! (3) When I kept silent, my bones became brittle from my groaning all day long. (4) For day and night Your hand was heavy on me; my strength was drained as in the summer's heat. Selah (5) Then I acknowledged my sin to You and did not conceal my iniquity. I said, "I will confess my transgressions to the LORD," and You took away the guilt of my sin. Selah

I want to be very careful in expressing my condolences for those of you who have gone through an abortion or whose lovers or spouses have gone through with one either with or without your consent. Though abortion is a sin, it is a sin like any other, and it is entirely possible to recover from it through the healing power of the Holy Spirit.

I will speak frankly but succinctly of some of the consequences of abortion so that those of us who are counseling others through this painful experience can recognize symptoms and deal with them appropriately. However, I will quickly move on to the healing process.

My goal this morning is not to condemn but to offer you hope. As it is written:

- **Psalms 34:18 HCSB** The LORD is near the brokenhearted; He saves those crushed in spirit.

One of the primary issues that a person who has gone through an abortion faces, as it is in any serious sin, is the issue of guilt. As the Psalmist expressed it,

- **Psalms 38:3-5 HCSB** There is no soundness in my body because of Your indignation; there is no health in my bones because of my sin. (4) For my sins have flooded over my head; they are a burden too heavy for me to bear. (5) My wounds are foul and festering because of my foolishness.

Different people deal with guilt in different ways, but the following points are all fairly common:

1. Worldly coping mechanisms

- Initial relief. Followed by
 - Rationalization
 - Bitterness/Reaction
- **Hebrews 12:15 HCSB** See to it that no one falls short of the grace of God and that no root of bitterness springs up, causing trouble and by it, defiling many.
 - Repression/Denial
 - **Hebrews 4:13 HCSB** No creature is hidden from Him, but all things are naked and exposed to the eyes of Him to whom we must give an account.
 - Avoidance
 - Compensation

2. Common symptoms

- Guilt
- Anxiety
- Avoidance behavior
- Emotional numbness
- Depression
- Flashbacks
- Bonding issues
- Self-abuse

i. Anniversary reaction

If you struggle with any of these I'd like you to hear what my Master Jesus has to say to you.

- **John 10:10 HCSB** A thief comes only to steal and to kill and to destroy. I have come that they may have life and have it in abundance.

The Lowlander world has offered its solutions to you and you are now having to deal with the consequences of listening to it. Why not try the solutions of the One who came that you may have life and have it in abundance?

3. The recovery process

- a. Take personal responsibility.** Stop blaming other people or your circumstances for the abortion. Realize that the decision was ultimately the adults' choice. Agree with God that abortion is wrong and that you, like many millions of others before you, have sinned.
- **2 Chronicles 6:37, 39 HCSB** and when they come to their senses in the land where they were deported and repent and petition You in their captors' land, saying: "We have sinned and done wrong; we have been wicked... (39) may You hear in heaven, in Your dwelling place, their prayer and petitions and uphold their cause. May You forgive Your people who sinned against You.
 - b. Face your painful memories.** Choose to work through the issue rather than deny it and stuffing your emotions in some deep dark hidden closet where they will fester. Allow yourself to relive the experience, but this time do so while watching through the twin lenses of God's holiness and mercy. Talk the matter over with a trusted, godly confidante. As it is written,
- **Proverbs 20:5 HCSB** Counsel in a man's heart is deep water; but a man of understanding draws it up.
 - c. Acknowledge your anger.** It's ok to feel anger but you need to determine with whom you are angry and why. Further, you need to be very careful not to allow the motivation of anger push you into sin.
- **Ephesians 4:26-27 HCSB** **Be angry and do not sin.** Don't let the sun go down on your anger, (27) and don't give the Devil an opportunity.
 - d. Allow God to forgive you.** Once you have confessed your sin and determined to repent of it, stop your self-condemning language. Stop any self-abusive behavior. Set aside your "survivor's guilt" and by faith grasp Hashem's unfathomable gift of mercy.
- **Psalms 32:5 HCSB** Then I acknowledged my sin to You and did not conceal my iniquity. I said, "I will confess my transgressions to the LORD," and You took away the guilt of my sin. Selah
 - e. Forgive the others who were involved.** Forgiveness, like love, is not primarily a feeling. They are both choices that lead to positive feelings. Carefully think through the situation and determine who was involved and to what extent. Choose to forgive those who have a degree of guilt toward you. You can only forgive those who have sinned against you. You cannot forgive a debt that is not owed to you therefore you cannot forgive the sins against the child – only against you. Consider writing a letter to God explaining that you forgive these folks. End the letter with a request that Yahweh Shaphat show you mercy as well. Then hold a burning ritual for that letter.
- **Matthew 6:14-15 HCSB** "For if you forgive people their wrongdoing, your heavenly Father will forgive you as well. (15) But if you don't forgive people, your Father will not forgive your wrongdoing.

- **Colossians 3:13 HCSB** accepting one another and forgiving one another if anyone has a complaint against another. Just as the Lord has forgiven you, so also you must *forgive*.
 - f. **Allow yourself to grieve.** Acknowledge the loss you have experienced. Write out your feelings about the child, as though you were writing to that child. Consider naming the child who, by the way, is now in heaven. Perhaps you could hold a brief memorial service at which you would commit your child into Yahweh's loving hands.
- **Ecclesiastes 3:1, 4 HCSB** There is an occasion for everything, and a time for every activity under heaven...(4) a time to weep and a time to laugh; a time to mourn and a time to dance;
 - g. **Try to help others.** You, of all people, know what it's like so why not reach out to others who have gone through an abortion. Give sound, biblical advice from the other side of the issue. Be the shining light of hope in someone else's life.
- **2 Corinthians 1:3-4 HCSB** Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort. (4) He comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God.