

# Steps to Healing After an Abortion

By Sydna A. Masse

As a woman who made the choice to abort my first child in 1981, I understand the feelings millions of individuals — both men and women — can experience. If you are one of us, you know that the memories can be painful and that true peace seems impossible to find.

For most, the abortion is a closely held secret. Rarely do we talk about this pain with family or friends. Many feel fearful that they will judge us if they know we made an abortion choice. There is good news - God can heal abortion pain and bring new joy to your heart!

## **How do you know you need post-abortion healing?**

See if you recognize yourself in some of the following questions:

- Do you feel reluctant to talk about the subject of abortion, or do you feel guilt, anger, or sorrow when discussing your own abortion?
- Do you tend to think of your life in terms of “before” and “after” the abortion?
- Do you have lingering feelings of resentment or anger toward people involved in your abortion, such as the baby’s father, friends, or your parents?
- Have you found yourself either avoiding relationships or becoming overly dependent in them since the abortion? Are you overly protective of any children you have now?
- Have you begun or increased use of drugs or alcohol since the abortion, or do you have an eating disorder?
- Have you felt a vague sort of emptiness, a deep sense of loss, or had prolonged periods of depression?
- Do you sometimes have nightmares, flashbacks, or hallucinations relating to the abortion?

If so, it is likely you are experiencing pain related to your abortion, many times referred to as “post-abortion syndrome.”

## **You Are Not Alone**

The research arm of Planned Parenthood, the world's largest abortion provider, states that "at current rates, 43% of all women will experience abortion at least once by the time they are 45 years of age" If abortion is such a common experience, why do post-abortive individuals rarely speak about their abortions?

After my abortion I found myself fighting hard to forget the experience. For eleven years I was able to control my emotions. After my sons were born, I recognized that my pre-born child, Jesse, was not a "blob of tissue" as the abortion nurse had told me. Facing the love that I had for my living children left me with unresolved emotions about my lost child. I never realized that my mother's heart would be unable to forget the child I had aborted.

## **Joy Comes in the Mourning**

Eleven years passed before my calm reserve evaporated and my heart finally broke apart. Suddenly I found myself crying at the drop of a hat remembering the abortion. My anger now shifted towards myself. Why didn't I stand up for the life of my child? In realizing my role in the abortion, I was overwhelmed with guilt. Day and night my heart ached as I finally allowed myself to mourn my lost child.

I finally discovered a post-abortion Bible study and found peace in understanding that other women shared my emotions. My pain wasn't unique but typical. What a relief to know I wasn't going crazy! I began to learn how much the Lord loved me. He died on the cross for all my sins - including the abortion! He wanted to heal my heart and bring me closer to Him.

## **The Hope of Healing**

To find complete peace from your abortion experience, seek a personal relationship and forgiveness from God. His love is available to everyone - even someone who has chosen abortion. Open your heart and ask God to help you heal. If you are a Christian and still struggle with memories of your abortion, pray and ask the Lord to help you deal with this pain.

After you have prayed, seek out fellowship with those who minister to post-abortive individuals. Look in your yellow pages phone directory under Abortion Alternatives or visit Ramah International's web site at [www.ramahinternational.org](http://www.ramahinternational.org) for a state-by-state listing of crisis pregnancy centers. Most of these Christian crisis pregnancy centers offer some sort of post-abortion ministry and often have a post-abortion staff member. You may also want to contact Meier Clinics at **888-725-4642** to speak with a Christian counselor.

Take a step of faith today and seek the help that God has for you!

Sydna A. Masse is the co-author of [Her Choice to Heal: Finding Spiritual and Emotional Peace After Abortion](#) published by Cook Communications Ministries. Sydna is the President and Founder of Ramah International, Inc., an outreach/training ministry dedicated to helping the worlds' post-abortive individuals find God's healing.

**For more information about Meier Clinics, call toll free 888-7CLINIC (888-725-4642)  
or visit us at [www.meierclinics.org](http://www.meierclinics.org).**

