

## **Abortion Resources and Tools:**

### **Online Resources for information and Biblical Answers:**

“What does the Bible say about Abortion?” at [GotQuestions.org](http://GotQuestions.org)

“Why should I not have an abortion?” at [GotQuestions.org](http://GotQuestions.org)

“How can I experience healing after an abortion?” at [GotQuestions.org](http://GotQuestions.org)

### **Testimonies of Rape Women who chose life:**

“Conceived in Rape” at [thelifeinstitute.net](http://thelifeinstitute.net) (written and video testimonies)

### **Life of the Mother issues:**

What about “the life of the mother?” at [Feministsforlife.org](http://Feministsforlife.org)

“Pro-woman answers to pro-choice questions” at [Feministsforlife.org](http://Feministsforlife.org)

“Abortion and ‘Health of the Mother’” at [Focusonthefamily.org](http://Focusonthefamily.org)

### **Post abortion care and ministry:**

God’s forgiveness, your eternal security, and proper place in God’s family were guaranteed by Jesus, our Lord and Savior at the moment one becomes a born-again child of God. However, just as it is with any sin, relief from the mental and spiritual after effects of an abortion experience may not be so easily dealt with as we continue to live in this world of sin and shame.

Here is a list of Online Resources available to anyone who has an abortion experience in their past and is seeking help. Remember, God has a plan for each and every person, regardless of their pre-salvation life or their post salvation sin. We serve an amazing God who is very much interested in the restoration of any sinner, in any category of sin, including abortion.

**Focus on the Family:** [focusonthefamily.ca/content/post-abortion-healing](http://focusonthefamily.ca/content/post-abortion-healing)

**Overcoming the Shame of Abortion** [focusonthefamily.ca/content/overcoming-the-shame-of-abortion](http://focusonthefamily.ca/content/overcoming-the-shame-of-abortion)

**If not for Grace Ministries:** [infg.org](http://infg.org)

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## **Forgiven and Set Free by Linda Cochrane**

A Post Abortion Bible Study for Women

Disheartening numbers of women have undergone an abortion--and they need help to heal emotionally and spiritually. This study was developed out of Linda Cochrane's own experience of being freed from the bondage of guilt and grief that followed her abortion. Forgiven and Set Free guides suffering and hurting women to bring their emotional scars from abortion "out of the dark past and into his holy light," where true and lasting healing can take place. Appropriate Scriptures help women deal with issues such as relief, denial, anger, forgiveness, depression, letting go, and acceptance.

<https://shop.focusonthefamily.ca/s.nl?search=forgiven+and+set+free+revised+and+updated+edition>

## **Healing a Father's Heart by Linda Cochrane and Kathy Jones**

Too often, the focus on the tragedy of abortion ignores another victim: the father. In this insightful Bible study the focal point shifts to the post-abortion father, who may feel the same guilt, shame and grief as the mother. Designed for use in a personal or group setting, "Healing a Father's Heart" provides comfort and encouragement along the way to freedom from the emotions that impact their relationships with others — and with God.

<https://shop.focusonthefamily.ca/Healing-a-Fathers-Heart.html>

## **Finding Healing and Hope After an Abortion Part 1 PODCAST**

<https://radio.focusonthefamily.ca/broadcasts/finding-healing-and-hope-after-an-abortion-part-1-of-2>

## **Finding Healing and Hope After an Abortion Part 2 PODCAST**

<https://radio.focusonthefamily.ca/broadcasts/finding-healing-and-hope-after-an-abortion-part-2-of-2>

## **Healing Conversations Booklet**

Nobody likes to talk about abortion. Abortion is a tragedy and the conversation is emotionally charged. Yet, the reality of abortion and its effects cannot be ignored. The church needs to face a difficult reality: we need to preach the truth of God's Word about the intrinsic value of all human life while extending love to many women in our congregations who may have chosen to end a pregnancy. This booklet will help churches learn to speak mercy, forgiveness, healing, and grace to the post-abortive woman, so she can embrace the freedom and love promised to all who trust in Jesus Christ.

<https://shop.focusonthefamily.ca/Life-Challenges/All-Life-Challenges/Healing-Conversations-Booklet.html>

**Silent No More Awareness Campaign:**

[silentnomoreawareness.org](http://silentnomoreawareness.org)

**Hope After Abortion:**

[hopeafterabortion.com](http://hopeafterabortion.com)