

# Why So Sad, My Soul?

## The Aftermath of Abortion

■ by Lynne B. Scherschel, MS, LMFT



### A Problem Pregnancy

For a woman or a man, a problem pregnancy is often a major crisis. Usually, they see the baby as the “problem” and think if they just get rid of the baby all will be well, so they decide on abortion. Most couples who seek abortion are unmarried. Often there are concerns about affording a child, housing, their reputations, lack of support, thinking they are too young to parent, or the ending of their future dreams. Some are threatened, coerced (illegal) or forced. Some have addictions and don’t want to have a damaged/ addicted child. To these, the issues seem insurmountable, so they choose abortion. They have the choice because abortion is legal, but their little son or daughter has no choice, no protection, and finally, no life. The problem is

that they exchange what they consider to be one problem for what may potentially be a host of other problems. The aftermath of that supposed “quick fix” is often much more than they bargained for; the baby is gone, and all is NOT well.

### Exchanging One Problem for Potentially a Host of Others

Although researchers disagree as to whether or not Post-Abortion Syndrome exists, many men and women are adversely affected by abortion. Below is a list of some of the after effects that are experienced by many following an abortion.

- Shame, hopelessness
- Intense guilt
- Anxiety, panic attacks
- Low self-esteem
- Depression, suicide
- Difficulty conceiving and carrying subsequent children
- Drug, alcohol addiction, sometimes leading to incarceration
- Sexual promiscuity
- Greater vulnerability to future abortions
- Relationship disruption, difficulty bonding with future children
- Difficulty completing things, abortion of the very dreams they hoped to save
- Fear of rejection by God
- Post-traumatic stress, including flash backs of the abortion experience
- Eating disorders
- Anger/rage at others involved and/or at themselves
- Increased potential to develop breast cancer

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### Replacing Shame and Guilt With Truth

God has genetically “wired” parents to protect their children, so when a person chooses abortion they betray God’s destiny for them. As a result, shame and guilt frequently ensue when, instead, they choose for their child to be destroyed. What most fail to realize is that, “...all have sinned and fall short of the glory of God.” Romans 3:23 We all stand on even ground at the foot of the cross in need of the saving and healing that Jesus purchased through His death and resurrection on the cross. God is passionately in love with all human beings, loves us no matter what we do, and stands waiting for us to come to Him through faith in Jesus. Jesus is the Healer. There is healing in no other Name.

As with all mankind, post-abortive men and women must learn that God still loves them and reach out to Him for His forgiveness. This is often difficult because many go into denial, even refusing to admit the abortion to themselves, thus needlessly postponing healing for years or decades. The Truth is that God was not taken by surprise by anyone’s decision to abort their child. He loves the child AND the child’s parents and family.

*And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.*

Romans 8: 38-39 NIV

### Men and Women Impacted

I have intentionally mentioned men in this discussion. Some fathers don’t want their child aborted but are given no rights and no choice, no matter how much they want to parent the child, support the mother, or no matter how much they beg and plead. For these men, the abortion of their child can be devastating, and salvaging the relationship thereafter is difficult to unlikely. At the other end of the spectrum are fathers who want no part of being a father, refuse to be involved, or even force the mother to have the abortion. At some point even fathers in this latter category may have a revelation of their responsibility in killing their child and be negatively impacted by it.

### Pursue Healing

Thankfully, there is healing available for women **and** men. Following are important ways to pursue healing:

- Admit to yourself that you may have been harmed by abortion.
- Seek counseling from a therapist/counselor/pastor who has specialized training and/or experience in counseling post-abortive men and women.
- Seek out a support group for post-abortive people. Chicago Christian Counseling Center is offering **Into My Arms**, a healing group for men and women that uses Julie Woodley’s curriculum. [Email us](#) if you’d like notification of dates/locations of the group.
- Confide in a loving, non-judgmental friend who will accept and support you. Secret sins seem to be where the enemy likes to attack us.
- Participate in a Bible study, such as Forgiven and Set Free.
- Find a loving, pro-life church where all are welcomed but encouraged to be forgiven and healed.

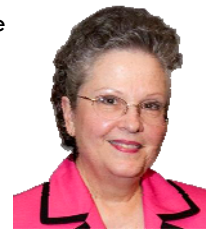
### Online resources for healing:

<http://www.ChicagoChristianCounseling.org/groups.html#abortion>

<http://www.healingafterabortion.org>

<http://silentnomoreawareness.org/resources/support-and-recovery-groups.aspx#usa>

The National Helpline for Abortion Recovery | 866 482-LIFE | [www.NationalHelpline.org](http://www.NationalHelpline.org)



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