

Dear Father in heaven, I come to you now, confessing my sins. Lord, I thought I was wise in my own eyes, yet I have been foolish. I am guilty of the shed blood of my pre-born child. But I believe that your Son, Jesus Christ, died for my sins, and that He rose again and ascended into heaven to sit at your right hand to plead to you on my behalf. I accept His great sacrifice.

Forgive me now.

'O Lord have mercy on me; heal me. For I have sinned against you.' (Psalm 41:4)

I lay at your feet all my feelings of guilt, grief, and regret. Cleanse me and heal me by the blood of your precious Son. Today is the first day of my new life in Christ. Teach me to live according to your will through the work of your Holy Spirit.

In Jesus' Name, amen.



When I call on JESUS, all things are possible.

Now What?

Find a friend or an organization and a church that will further help you recover and grow spiritually closer to your Savior. Look under "Abortion Alternatives" in the Yellow Pages or on the back of this pamphlet for pro-life groups and post-abortion counselors who will love you and guide you through your journey of continued healing.

"...if any man be in Christ, he is a new creature; old things are passed away; behold, all things become new."
2 Corinthians 5:17

You will always remember the child you never knew here on earth. The memory will not be wiped away with the healing—only the tears.



There Is Help

If you need to talk, or would like more information, contact:

Bethesda—The House of Mercy
(Independence, Ohio)
1-800-482-4100

Life Issues Institute
(513) 729-3600 LifeIssues@aol.com

CareNet:
1-800-395-HELP

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Ashtabula County
Friends For Life

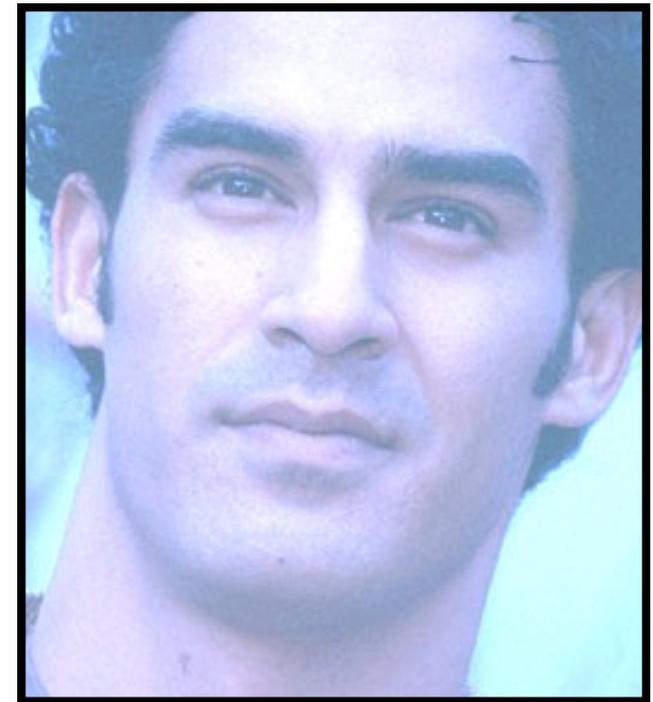
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Abortion Hurts Men,



To♂♂.

The Abortion

She had an abortion, taking the life of your pre-born child. Maybe you pressured her into it. Maybe you went along with it, even accompanying her to the clinic. Maybe you abandoned her at her most desperate and confusing time. Maybe you tried to stop her, but you had no legal authority to save the life of your baby.



What You May Be Feeling

Whatever the circumstances surrounding the loss of your pre-born child through abortion, you are left feeling empty, confused, betrayed, angry. These feelings are all normal

"I thought I'd be able to walk in here and sit down and say, 'Here's an abortion' and that would be it. But now that I'm here, I'm a wreck...I'm shaken... How about me? Do they have something for me to lay on while I die?"

for men to experience after an abortion. Sociologist Arthur Shostak observed in an article for *The Family Coordinator* that 3 out of 4 male respondents studied said they had a difficult time with the abortion experience and that a sizable minority even reported persistent day and night dreams about the child aborted and considerable guilt, remorse and sadness.

Other symptoms of the post-abortion man include anger, hostility, aggression in the form of child or spousal abuse, failing relationships, frustration, alcohol or drug abuse, becoming a workaholic, inability to hold down a job, risk-taking, sleeplessness, panic

attacks, flashbacks, suicidal tendencies, poor coping skills, and resentment and mistrust towards women.

You might not understand why these feelings surfaced or are so strong. The results of a national poll indicate that 3 out of 4 respondents still believe that the ideal man is one who will fight to protect his family. Procreation, provision and protection are all important drives in a man's instinct. Yet abortion contradicts these desires. You became indifferent or even hostile to your offspring. Or if you desired to protect, our laws stripped you of the authority to do so.

If Only You Knew

You wish someone would have told you the truth before the abortion. If only someone would have told you that your pre-born child's heart started beating only 21 days after conception; that at 6 weeks she could begin moving her head and arms; that at 8 weeks every body part was present and functioning and responded to touch; that by 12 weeks she could squint, swallow, wrinkle her forehead, smile, sleep, open her mouth, curl her toes, suck her thumb, and grasp. You wish someone would have told you that abortion often takes a devastating toll on both the mother and the father.

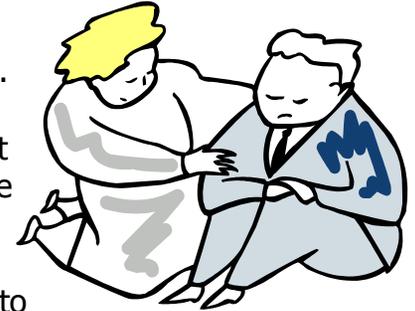


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Your Need For Healing

Without help, an abortion can leave you hurting for the rest of your life. You need to grieve over the death of your child. Find someone that you can talk to about what you're feeling. Post-abortion counselors are ready to listen to men as well as women. It's OK to cry, a child has died. Name your aborted baby. Ask her to forgive you.

Forgive your baby's mother. She, like you, probably didn't understand the choices either. Forgive yourself. And turn to



God for his forgiveness and healing. Only God can restore your life. Abortion is sin and must be confessed to Him.

"He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." (John 1:9)

God is hurting with you. He loves you and feels your pain. He knows the anguish of handing a Son over to death. He gave his only Son, Jesus Christ, to die a sacrificial death on the cross. You and your sins are the reason that Jesus suffered and died... so that you can receive forgiveness from your heavenly Father for even the worst of sins.

Are you ready to break free from this guilt, this anguish, this hurting that you are feeling? Pray to your merciful Father the prayer on the following page or one similar that fits your role in the abortion...