

Post- Abortion Healing

Grades 10-12

Theme: We Cannot Separate from God's Mercy

Topic: Post-abortion healing

Discipline: Religion

Overview: Students will learn about the grief and pain following an abortion. They will confront personal testimonies to hear what prompted women to choose abortion and hear from women who regretted their decisions. They will learn about the hope that comes from post abortion healing.

Day 2 Student Handout.pdf |  **Post Abortion Community Resources**

Have the students read the handout on Post-Abortion Healing and discuss it with them.

Below are additional resources for teachers and students

Videos

Stories

- **"The Story of Jessica and Meghan"** Heartwarming story of one college girl who helped a friend through a pregnancy. Students for Life of America. 6.5 minutes.
- **"Abortion Survivor Meets Her Mother"** Woman who survived a saline abortion shares her own story of healing and how she eventually met her birth mother. EWTN Pro-Life Weekly. 4.5 minutes.
- **Debby's Story** of how God's forgiveness was waiting for her while she suffered guilt from her abortion, she just had to reach out and accept it. 3 minutes.
- **Lovette's Story** of having two abortions but eventually finding healing in God and her family. 4.5 minutes.
- **Abby Johnson's Story** A former Planned Parenthood clinic director shares her story of her own abortion and the healing she has had since. 2.75 minutes.
- **What "Choice" Actually Does** Abby Johnson's story of the day she watched an abortion on the ultrasound and finally realized what was actually taking place. Non-graphic but compelling testimony. 5.5 minutes.
- **Imaging Life if I Had Chosen Abortion** Darby's story of becoming a 16 year old mom who reflects on what life would be like now had she chosen abortion instead. Positive and powerful. LifeNews. 3 minutes.
- **"Metamorphosis"** This is a powerful video of a young woman who had an abortion in high school (her parents took her to the clinic), suffered from serious post abortion

grief/depression, and has come full circle through healing, having a child, and becoming Catholic. There is some alcohol/ drinking and are two seconds of images of blood and verbal description of the abortion. 30 minutes.

Short Films

- ["The Appointment- A Mother's Choice"](#) Short film that highlights the reality of abortion in a creative way. Live Action. 6.5 minutes.
- ["All Things New"](#) Short film about a woman who experiences the hope God offers after abortion. Live Action 5.5 minutes.

Other

- ["When Does Human Life Begin?"](#) Excellent apologetics video from Catholic Answers explaining when a human life begins. 6.5 minutes.
- ["This is the Generation that's Going to End It"](#) Chris Stefanick talks about the effects of abortion and the great groundswell of support from today's young people to stop abortion in their lifetimes. 4 minutes.

Articles

Stories

- ["Father of Grace"](#) One father's story of post-abortion healing and advice for others to heal. LifeTeen.
- ["Three Amazing Stories of Post-Abortion Healing"](#) Brief article shares stories of post-abortion healing from attendees of the Church's post-abortion healing retreat program, Rachel's Vineyard. National Catholic Register.
- ["Pro-Life Leaders Who Used to be Pro-Abortion"](#) Inspiring article shares how former pro-abortion advocates experienced conversion and are now passionate, effective pro-life leaders. National Catholic Register.
- ["From Planned Parenthood to Catholicism"](#) A woman shares her experiences working at Planned Parenthood and how an introduction to the Catholic faith brought about her conversion. National Catholic Register.
- ["I Know Because I Had an Abortion"](#) Star Tucker shares her story of keeping her abortion a secret and then finally experiencing healing. Made in His Image Blog.
- ["I'm that girl who chose life"](#) Article by Raquel Kato about choosing life and practical suggestions for ways people can help other women choose life and affirm their choice once they do. Focus.
-  [My Abortion.pdf](#) Downloadable article from New York Magazine offering the abortion stories of 26 women, in their own words. Powerful resource for a mature group

of students. Does not reflect Catholic teaching on life issues, but can be an excellent basis for a debate or guided discussion.

Pastoral and Apologetic

- **Rape and Post-Abortion Healing** Rape is nearly always argued as a circumstance in which abortion should be allowed unconditionally. This article tackles this myth and explains how healing from an abortion after rape is more difficult than healing from the rape itself. Chastity Project.
- **Pastoral article for abortion survivors** Fr. Frank Pavone shares how healing can be brought about for all different types of people who are affected by abortion. National Catholic Register.
- **"The Question Every Pro-Lifer Needs to Ask Themselves"** Sr. Mary Gabriel shares how reverence for self and the dignity of all human life leads to reverence for others. Focus.
- **"Bridges of Mercy for Post-Abortion Healing"** List of ways that people in different circumstances can help women who have suffered an abortion. USCCB.

Websites

USCCB Resources for Post-Abortion Healing webpage

How to Talk to a Friend Who's Had an Abortion webpage

Abortion Changes You Website featuring testimonials written by women who have been through abortion. Personal accounts of their experiences.

Know someone making a **pregnancy decision**? Connect with prolife pregnancy centers and clinics throughout Southern CA for free pregnancy tests, ultrasounds, and counseling.

Resources for women and men hurting from a past abortion:

By Your Side LA Initiative of the LA Archdiocese to help post-abortive women.

And Then There Were None Healing for former abortion industry workers.

Rachel's Vineyard Post-abortion healing retreats.

Scripture and Church Teaching

"A Special Word to Women Who Have Had an Abortion" Beautiful article from the USCCB that demonstrates the healing power of the Catholic Church for women who have had abortions through the lens of Pope John Paul II's encyclical *Evangelium Vitae*.

Prayer Opportunities

"Intercessory Prayers: Post-Abortion Healing" Pre-written intercessory prayers from the USCCB for use at Mass.

Pray for Former and Current Abortion Workers Join the prayer chain or use pre-written prayers.

Spiritual Adoption Spiritually adopt a baby to pray for nine months.

Prayers from Project Rachel A variety of prayers, scripture references, and intercessions.