

UPDATED AND EXPANDED EDITION

WHERE DO BROKEN HEARTS GO?

HEALING AND HOPE
AFTER ABORTION

A person is seen from behind, sitting on a dark log or bench at the edge of a calm lake. The person's reflection is visible in the still water. The lake is surrounded by dense green trees and foliage on both sides, with the scene reflected in the water's surface.

BONUS
STUDY
JOURNAL
INCLUDED

JANE ABBATE

Where Do Broken Hearts Go Healing And Hope After Abortion

Jane Abbate



Where Do Broken Hearts Go Healing And Hope After Abortion:

Where Do Broken Hearts Go? Jane Abbate, 2010 You Can't Change Your Past You CAN Change Your Future Whether you are pro life pro choice or undecided on abortion one fact is clear There is a great emotional price paid by virtually all women who have chosen to terminate a pregnancy Following an abortion there can be a stressful soul searching period extending for years or decades *Where Do Broken Hearts Go* neither points fingers nor makes judgments It simply acknowledges reality and counsels women and men on how to move forward in their lives with purpose and fulfillment after an abortion Its approach is built on the foundation that God does not expect us to be perfect He wants to forgive us and love us as we learn and grow from our experiences With sensitivity and compassion author Jane Abbate addresses such issues as how to break free from denial and confusion about your past find relief from toxic guilt and shame release and replace anger and anxiety with peace and hope find comfort from hurtful feelings of heartbreak regret and loneliness connect profoundly and tangibly to the ultimate source of comfort and joy This is a practical guide to healing on many levels It is filled with a wealth of usable information from the author's personal hard gained experience plus inspiration from uplifting scriptural passages It shines a gentle light on the path to reclaiming a life of self respect love and happiness It is a much needed resource for anyone who has gone through an abortion and for those who love and counsel them

Stepping Out Marykay Moore, 2011-02 IMAGINE YOURSELF STEPPING OUT Facing your fears Daring to live again Are you feeling powerless insecure or fearful Do you feel that there is something MORE for your life Do you want to move forward and take hold of your dreams In this book Marykay Moore shares her courageous adventure of stepping out of a life she had known and loved for thirty years As she shares from her own storehouse of life experiences joys challenges and trials perhaps you too will be compelled to STEP OUT from where you are and dare to live again Where are you in your life journey Are you ready to embark on a new path find fresh vision for your life and pursue your God given dreams If you find yourself nodding YES then this book was handpicked just for you This is not just any ordinary book it is born of God It will speak to you of His plan His purpose His vision for your life Whatever your present circumstances in life this book will inspire encourage motivate and empower you to take a STEP and move forward to your destiny and the life you've always dreamed of Marykay Moore is a former nun of 30 years and is now serving as an associate pastor at High Mill Church of the Resurrection She is a Retreat Speaker Spiritual Director Author Life Purpose Coach and team member of Women of Passionate Purpose Her passion is to help women grow in their intimacy with God and His Word and to encourage and exhort them to live their lives to the fullest Contact information www.GrowingOnPurpose.com

Healing after Abortion David Powlison, 2008-10-31 The turmoil women experience after having an abortion is sometimes called post abortion syndrome But you don't need a technical term to describe what you are feeling The guilt regret depression and grief are the honest struggles of a woman who's had an abortion and takes to heart what happened David Powlison shares that whatever

[Where Do Broken Hearts Go? Leader Guide](#) Jane Abbate, 2014-03

Responding to requests by those involved in post abortion counseling and education Jane Abbate created this companion resource to the best selling book *Where Do Broken Hearts Go* Healing and Hope After Abortion Therapists spiritual directors pregnancy resource centers and church small group leaders will find this material invaluable as they guide women who have experienced abortion through emotional and spiritual healing The WDBHG Leader Guide provides all of the tools needed to facilitate open and caring one on one discussions and or small group meetings that promote recovery and growth Topics include Qualifications and role of support group leaders Topical outlines and exercises for group meetings Promotional material Adapting the material for one on one study The WDBHG Leader Guide is an important resource for those supporting abortion survivors to claim a life filled with self respect love and peace **Forgiven and Set Free** Linda

Cochrane,2022-09-06 No matter what influences a woman to end a pregnancy the physical psychological and spiritual side effects are real and not always anticipated Feelings of guilt shame and grief become a heavy burden and many women feel that they will never be free that no one understands that God will never forgive them But there is hope Linda Cochrane has been there With an understanding spirit and a gentle hand she guides hurting women to bring their emotional scars out of the dark past and into his holy light where true and lasting healing can take place Cochrane delves into the Scriptures to offer help with issues such as relief denial anger forgiveness depression letting go and acceptance For every woman yearning for the peace of God s forgiveness this study can be the first step to healing and wholeness **You're Not Alone** Jennifer

O'Neill,2005 Whether you re pro life or pro choice you probably agree on one thing abortion hurts women both mentally and physically Unfortunately both sides are guilty of ignoring the individual in favor of the higher moral ground No more This book is designed to help people heal from their abortions on an individual level and to finally be able to put guilt shame fear doubt and other negative feelings behind them forever Jennifer O Neill s approach to healing is Christ centered showing post abortive women that God still loves them and that they should therefore love themselves She should know she felt guilt and shame over her own abortion for years And she is not alone in that pain This book presents the symptoms of post abortion syndrome experienced by 80 percent of post abortive women incorporates a step by step faith based process for healing that incorporates Scripture provides true stories of women and men who have struggled with the affects of abortion includes resources for help and support Not just for the woman herself this book is the perfect comfort and guide for people with friends daughters or loved ones struggling with the after effects of abortion whether recent or long in the past Key Features Focuses on personal stories of healing from more than 25 women including Jennifer O Neill herself Takes women through a series of feeling guilt shame honesty and grieving that ultimately lead to personal and divine forgiveness The central tenet is that God always loves you no matter what happens a message many post abortive women don t get from their church communities but which they desperately need *Brick by Brick Workbook* Yadeline Franck,Barbara Newton,Jennifer

Perez,Arleen Wong,Keven C. Covert,2017-03-17 With sixty million abortions since 1973 there are equally as many wounded

hearts They are living a life filled with painful memories silently seeking to be healed but not knowing where to begin These calloused hearts need the chains of anguish unlocked so healing can finally begin This workbook offers hope for walls which have been built over a period of time to begin to crumble What is behind the walls of those who have had an abortion Where does healing begin What does walking in freedom look like In this workbook the healing study for Brick by Brick Healing His Way A Devotional and Journal for Healing a Womans Heart are a variety of exercises that address the following Beginning to deal with the issues behind your wall Healing one wound at a time and learning to surrender all the pain Surrendering all the pain for an exchange of love acceptance and forgiveness Learning how to walk in a fortress of security that God has for your new beginning Walking in victory as your heart is transformed and set free Receiving a restored and renewed heart This study is perfect for the person who wants no one else to know as well as a small group setting It may be used in womens Bible study and pregnancy center It offers healing techniques for counselors or a group of friends who share the same desire for healing Undoubtedly with one in three women having an abortion in their past this workbook will surely appeal to many especially those fearful of someone finding out their secret I invite you to walk this healing journey together one brick at a time

Cradle My Heart Kim Ketola, 2025-06-17 A timely revised and updated resource on abortion recovery Over half of the women who have abortions have some Christian religious affiliation and they have believed that abortion was the solution to their problems But now they live with shame regret and unacknowledged grief that leaves them suffering in silence While they wonder if they ve committed an unforgivable sin women are afraid to turn to the church for support After her own painful battle Kim Ketola created the book she needed in her darkest moments Through practical steps biblical retellings and personal experiences Kim weaves a narrative of empathy and compassion that encourages women to stop nurturing hurt and living in the shadows She reveals how God can heal hearts and create new identities At the end of each chapter readers will have the opportunity to reflect on God s love and providence develop a loving conversation with Jesus respond through nourishing exercises and retune their minds with handpicked songs that demonstrate God s love and purpose In this revised and updated resource Kim paves the way out of darkness and into the light of God s grace She proclaims that it s possible to find freedom in forgiveness and to experience peace in the loving arms of Jesus

When Your Doctor Has Bad News Al B. Weir, 2010-06-15 When the diagnosis is serious what makes the difference between hope and despair As a practicing oncologist Dr Al Weir works daily with patients who receive bad news A medical doctor with a pastor s heart Dr Weir knows from experience that it s the patient s focus not the diagnosis that indicates whether one will slip into despair and hopelessness or have the courage to live each day fully Resilience of spirit can powerfully influence recovery and healing and within our crisis the choices we make are important When Your Doctor Has Bad News offers no easy answers no quick outs But it does equip you to weather the storm you are facing and emerge whole again Practical tips provide questions for you to ask your doctor and choices you can make to achieve your best chances for healing Real life stories show how others have

coped with life threatening illness walked with God and won You can deepen communion with God in the midst of medical crisis When Your Doctor Has Bad News gives you proven principles that will enable you to choose a life worth living no matter what news the doctor has given you Dr Weir guides the reader especially the one who has received bad news past the soul numbing shock of a dismal medical report He reminds us of the soothing comfort available in the Word of God of the heartwarming precepts upon which we can build a new life and of the simple steps a family can take to promote hope and healing Joni Eareckson Tada from the introduction I'll Hold You In Heaven Jack W. Hayford, 2003-06-09 For those who have lost a child to death Jack Hayford provides compassionate answers to troubling questions such as What happened to my baby after it died Will I ever see my baby again and will I recognize him what happens if I've had an abortion Does God have a reason for letting my child die God's Word shines with hope in the dark night of human pain God showed his tenderness when David lost the child he had with Bathsheba shortly after its birth In his pain and grief David spoke the word of revelation reassuring word of God's truth saying I will go to my child but he will not return to me 2 Samuel 12 19 23 The freeing truth of the Word of God promises that like David you will hold your child again in heaven

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