

## Healthy Grief After Abortion

### Psalm 119:25-32

In abortion, a child's life is taken. Fear, shame and pure horror often keep people from grieving the child's life. Refusal to grieve and "locking the skeleton in the closet," also locks us in a life of unhealed grief.

Praise God, many post abortive Christians have followed the precept of Psalm 119:26: *"I have told of my ways and You have answered me."* They have confessed and are flooded with peace and know they are forgiven.

Like the Psalmist, they have told God and God answered them. They knew God was gracious to forgive. Yet still, the Psalmist says in verses 28, 29, *"My soul weeps because of grief...Remove the false way from me and graciously grant me Your Law."*

What is that false way? T And what is the law?

Healthy grieving is open, not secretive. God made us that way; it is His law of nature. Grieving cries, it mourns, it values the individual life that was lost and often makes a permanent memorial. A memorial is a way of saying, "This life mattered."

Grief after abortion becomes complicated. It involves trauma, denial, anger, forgiveness of others and self, issues that led to the abortion and anxiety about the child. Most, if not all of this is done in a secretive way, sometimes even unrecognizable to the person. For example, a woman may hate all men because one man insisted on abortion. Or a man may not trust women because his child was aborted. And the two may never realize this hatred stems from unresolved grief.

When we can grieve the child's life in a healthy way, it removes the "false way," the secret way. Psalm 119:32 ends with, "I shall run the way of your commandments for You will enlarge my heart." Sounds like the "abundant life," doesn't it?