

# Someone ***STRONGER***

*Helping Men Take Heart After Abortion*



**Kim Ketola**

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This e-book is a companion to Kim Ketola's *Cradle My Heart: Finding God's Love After Abortion*, which shares the hope she has found in Jesus Christ. *Cradle My Heart* is one woman's story of redemption which has helped her effectively engage and minister God's love to countless women who have also found healing and hope after abortion through embracing biblical truth. And the need for such ministry is great.

One out of every three American women has had an abortion.

And they all think they are the only one.

They may be overwhelmed with guilt and grief—or dismayed to feel nothing at all—beset by questions too difficult to face, questions that can only be answered by faith. And even though abortion breaks our hearts and takes our child, God still cares.

*Cradle My Heart* is an encouragement for the millions of women who need spiritual healing. Vivid stories and surprising statistics reframe abortion—beyond politics, medicine, or legal rights—as a spiritual issue with lifelong consequences. There is also a deep need for healing in the lives of men. *Someone Stronger* is designed for the millions of men who have also experienced the spiritual struggles of having lost children to abortion.

May it help you now take heart.

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Persons represented in this book are composite sketches of individuals whose names and identities have been changed to protect their privacy.

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*This book is lovingly dedicated  
to the men in my family,  
whose hearts have helped me know God's love*

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“I will give you a new heart and put a new spirit in you;  
I will remove from you your heart of stone and give you a heart of flesh.”  
Ezekiel 36:26 (NIV)

## *Introduction*

# Abortion A Man's Issue

I had a conversation in my kitchen recently with a fellow who had come in to do some home repairs. He noticed I was writing and asked about my work. When I mentioned my ministry to help women and men recover after abortion he told me he had accompanied two very good women friends to have abortions while they are all serving in the military together.

He added quickly, “Not my kids.”

He seemed like a really good guy as he related the convoluted rules about unmarried pregnant women in the armed forces. After a pause I said, “That must have been hard for you.”

“Not really,” he said. “I wasn’t in love with them, just friends.”

“No,” I said. “I mean, it must have been difficult being around women who had just experienced a death.”

“I don’t understand,” he said, after thinking for a minute.

“The kids,” I said. “They both had just lost a kid.”

After an even longer pause he shrugged and said, “I never even thought of that.”

Few of us do. Most of us women never stopped to consider the impact of abortion on the babies, much less on the men involved.

There has been very little research on the impact of abortion on men—in fact, no statistical data has ever been published by any United States health agency on how many men are actually affected. And yet since there have been close to 53 million abortion procedures in the last forty years, it’s safe to say that for millions of men abortion has become a personal issue too.<sup>i</sup>

*It’s a woman’s issue. It’s her body, her choice. It’s her legal right.*

Despite the rhetoric, abortion is a man’s issue, an issue of life and death, involving a man’s faith as well as his relationships with God, with others, and with himself. Every pregnancy takes a man right to the heart of what he believes. Dismissing God may make it easier to dismiss a problem pregnancy as well. Or when news comes that a baby is on the way, do we believe God? If as his Word says, God conceives us and brings us into being, do we believe that we are his? And if we chose or went along with abortion, how does God regard us now?

It’s increasingly difficult for a man to do the right thing and make the choice for life because of our prevailing opinions and attitudes. In such a climate a man’s heart may become rocky soil where the truth can hardly take root—many men aren’t even sure if abortion is a decision that’s ever theirs to make. They feel like bystanders, no more involved than the fellow in my kitchen who just thought he was helping a woman do what she wanted to do. More often, when men sponsor or pressure for abortion they are avoiding something bigger, the spiritual and emotional problems embedded in their lives.

But there is one who can help every man take heart—someone stronger who is able to help you overcome your problems and make you stronger in the process. He is Jesus Christ, who makes



God's healing love a reality in our lives. His love helps men find true hope after sponsoring abortion or simply standing by.

## I

# Helping you Take Heart

*“Take heart, son; your sins are forgiven.” Matthew 9:2 (NIV)*

The most helpful and hope-filled words I heard after my abortion were spoken to me as I listened week after week to my pastor preach the truth—that life begins before conception, in the mind of God, thus abortion is a terrible sin. I had been hurting spiritually for decades because of what I had done. But the truth gave me hope; if we know something a sin, as believers in Jesus Christ we know the remedy—and our redemption is at hand.

But how do we know what God wants from us when it comes to the question of abortion?

Abortion is not simply a women’s issue. Abortion denies men, women, and children their roles in a family God made when the aborted pregnancy began. Men and women need to know God’s forgiveness, the eternal fate of the children, and more. Women need and can receive spiritual healing as mothers, worshipers, and givers of life. For men, the love of Jesus Christ provides spiritual healing as fathers, providers, and protectors of family life. I have known men hurt by abortion. I have listened to their guilt-stricken stories and their painful memories of being taken out of the decision. My purpose in writing is not to increase your guilt or sharpen your pain. Instead, I want to share what I’ve learned as I search out God’s heart to help and heal men affected by abortion.

Abortion hurts a man’s inner spirit whether he acted as a sponsor or bystander. Yet Jesus conquers even the most dominating or complacent spiritual attitudes which may be present in a man’s heart both before and after abortion; he restores a man’s valor and honor and gives him dignity and hope.

Jesus helps a man take heart.

## The Sponsor

Have you ever seen a guy so arrogant and angry that he carries intimidation with him wherever he goes? Maybe you have been that guy. You know it’s rude to break the rules of conduct in certain settings, but you just plunge ahead. You cut your way through traffic when running late, or loudly carry out conversations without regard for keeping the peace. Imagine this attitude, or spirit, on display in church.

This scenario played out once in the life of Jesus as he was about to teach in the synagogue near Capernaum. Even though the event happened thousands of years ago (Luke 4:31–37)—the attitude echoes through time as we hear this man yell, “What do you want from me? Jesus Christ! You think you’re going to destroy me!”

You don't have to believe in modern exorcism to connect the true events depicted in the deliverance of this man to spiritual problems faced by sponsors of abortion today. Such a man today may have ignored, denied, or diminished the spiritual impact of abortion, relying instead on his own wisdom and strength. But leaving God out always leaves us open to spiritual problems—despite an otherwise godly personality. In fact, the closest friend of Jesus and his hand-picked successor, Peter, once had a spirit of Satan which Jesus needed to rebuke (Matt. 16:23).

We can take heart knowing that Jesus faces the reality of our spiritual state totally apart from how much he esteems us personally.

The spirits which trouble a man's heart may even carry on the practices of Christian life—the demons Jesus cast out knew that he is God and knew to find him in God's house. Those inner spirits of despair and condemnation accused God in Christ of unfair judgment. Instead of trusting in God to rightly judge his role as a sponsor of abortion, a man who has no sorrow over his involvement with abortion is a man with a proud spirit.

The good news is that Jesus Christ is able to overpower every dominating spirit of arrogance and aggression stemming from abortion.

Jesus silenced the loud aggressive spirit and drove it away.

Just like a schoolyard bully who throws one last punch, the spirit threw the man down on his way out. But the formerly possessed man survived with no lasting injury. Don't fear lasting harm if you have yielded to a spirit of aggression. A man who now submits to Jesus finds gentle strength, even after a legacy of brutality of heart (Matt. 5:5).

### **A Heart on the Run**

Society says it's her body: legally, morally, and ethically, a woman's pregnancy is hers alone. Deep down, every man knows this is false, he knows he has an interest in each pregnancy he has helped to create. Men's ministry leader Warren Williams says the problem with abortion is that it denies men their God-given roles of fathers, protectors, and providers.<sup>ii</sup>

The urgency leading up to an abortion indicates this as a matter of life and death, and yet many men (and women) remain detached from the spiritual questions. Denying the life and mortality of a child before birth (Ps. 139:13–16) serves to relieve the anxiety men may experience over feeling pressure to suddenly become a provider. A man may sidestep his role as protector by shielding his own reputation instead of putting the interests of the woman and child first.

Williams notes that when a man fails to own up to the pain he has caused himself and others in these ways, he may take on the spirit of a fugitive, fleeing from trouble, "though no one else pursues him." (Prov. 28:1) Men may not recognize this escapism, even as emotionally they are on the run or locked into a lifestyle of hiding out.<sup>iii</sup>

After sponsoring abortion a man may find it difficult to get along with anyone in authority over him—he rebels or silently seethes. Or he may become a workaholic, always trying to earn the esteem of others based on an internal standard he can never meet. He may fear a good woman wouldn't want him, so he may choose women who are in worse shape spiritually and emotionally, or in other ways create negative relationships to avoid getting too close. He may blame others for his problems in life. Admitting mistakes may threaten his identity as a man. Seeing other men buy into these patterns makes living on the run somehow feel normal. Some men escape into ministry, hiding in plain sight and serving in church to keep up an image as a man of honor.

With unresolved guilt, it's tough to trust your ability at home, at work, or in your faith life with Jesus. So you end up even running from yourself, trapped by what you're trying so hard to escape. You get locked into a script that says:

- *Why bring up the past?* What's done is done and nothing can change it. Avoidance becomes acceptance. But life on the surface offers little or no satisfaction. So then it's back to poor coping by drinking, gambling, sporting, pornography or even maintaining an upright religious reputation—whatever sets you up for another episode of running away.
- *Never let 'em see you sweat.* Ignoring pain may be a great strategy for winning football games and saving face when you've lost an argument with your boss at work. But in the long run a man on the run knows that avoiding pain always prolongs it, even leading to permanent injury. But you think you can handle it.
- *What pain?* You may not notice any painful emotions. You experience no anguish over an inability or failure to protect and provide for the family you created. You tell yourself there was no family—she knew you weren't interested in marriage. Even if you were married, you think, it was *her decision*, and she's the one who actually did it.

These attitudes echo back the ancient words of the impure spirit overheard in the temple that day, as we cry out in our relationships with God and others, “*What do you want from us, Jesus?*” (Luke 4:33). By his rebuke, Jesus' authority silenced the rancor, leaving the man uninjured and restored. Choosing the light of Jesus Christ can do the same for you.

Joe was a man with a plan poised to launch a new phase of his career as a salesman when he found out that his sweetheart was pregnant. There was never any doubt in his mind that he was the father. But he wasn't about to *be* a father, and he told her so. Why couldn't she understand that? If she would just go along with his plan, they could look forward to a good future—with kids when the time was right.

It all seemed unreal looking back. Had any of it really happened? He gambled that abortion would guarantee a good future. And he lost. Joe joined the ranks of men whose relationships crumble after abortion—sixty percent of all couples experience sexual difficulties and a significant number suffer breakup.<sup>iv</sup> Even worse than losing his lover, Joe felt crushed by the weight of what he had done. When he finally accepted the truth of abortion after fathering two healthy kids, he broke down in tears. “I sacrificed my child for the sake of the false god of convenience. I just didn't want a child at that time.”

God's grace had opened Joe's eyes and heart so that he could accept the truth of his former spiritual state.

Perhaps you're still angry that the woman in your life didn't listen to your warnings about commitments. You may even be angry with God for letting it all happen. You just want it all to go away, so you harden your heart and act as if it never happened. In all these ways and more, abortion both weakens and hardens the heart. Jesus said of hardened hearts in Matthew 13:15, “they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, *understand with their hearts* and turn, and I would heal them” [emphasis added].

A man with a heart like Jesus senses with his eyes, ears, and heart that women are vulnerable and in need of protection when they are carrying a child, your child.

And when the love and forgiveness of Jesus Christ cover a man's heart, that man is empowered with emotional courage to offer his loved ones protection against spiritual harm—even if that harm happened in the past. It begins when you admit that pressing a woman to abortion means you have not been the man that God intended you to be.

Jesus Christ can purify and restore you as father, provider, and protector, just as he has done for Joe. “Now that I see the truth,” Joe says, “I know how wrong my choices were, but I leave the past in God's hands. And I treat the present as a gift so I can build a truly good future for the family I have now. My first job is to be God's man in my family. And I will with the grace he provides.”

Such grace is no cheap gift. Jesus laid down his life to purchase our pardon. It takes real strength of spirit for that to matter; it costs a man a totally surrendered heart. Even good intentions will not help you here unless you back it up with belief in God's power to change you from the inside through the Holy Spirit's power and the love of Jesus Christ.

I hope the man who sponsored my abortion has found this holy relief. I have forgiven him completely. God helped me by showing me that he was not only a sponsor, but in some important ways a bystander to it all. Abortion makes every man a bystander on some level.

## The Bystander

A man's honor is harmed when he has been overpowered and abortion takes place against his will. Bystanders are men one step removed from the violence of abortion, likely not allowed to be present in the room where the loss of life occurred. Such men likely tried to help but had their help rejected.<sup>v</sup> So abortion became a waiting room experience, or simply 'a procedure' after she exercised a 'right to choose.' Perhaps abortion closed a sad chapter which was nothing more than a few tense conversations and the writing of a check. A man trapped in the role of bystander may be angry that his bid for true intimacy didn't pay off—you were never supposed to be in this position if she cared for you the way you thought (and maybe she said) she did.

Legally, a man in America today has no say in whether his unborn child will live or die. For a man who loves his child yet loses that child anyway, the pain becomes unspeakable—a tragedy he cannot even voice.

## Missing in Action

Shock and outrage overtake a community as dozens of witnesses fail to help an elderly woman, a homeless man, or a hapless tourist in distress. Cameras catch the action—as a beating unfolds in plain sight. Someone gets kicked and beaten in front of multiple witnesses who somehow do not become involved. Imagine being one of the witnesses and later recognizing your face in the shadows of the security camera footage as the crime gets replayed on the evening news. You're sitting in the bar with your buddies, who have no idea you were there.

You listen as they yell at the big screen, "Don't just stand there! Do something!"

As a man who's been through abortion, you can easily understand being overpowered by forces that left you voiceless in the face of violence. If a man yields to a spirit of silence in the face of evil, as bystanders to abortion do, eventually you may be unable to even speak out all. You lose everything in a robbery going on right before your eyes.

Both your hearts get trapped in a double-bind. Society says a man should defer, even though doing so will make you less of a man. A woman may want you to honor and protect her and the family you helped to create, but she wants that to be your idea.

- You said, "*I will leave it up to you,*" but she heard, "*I will leave . . . you.*"
- And when you said, "*It's your decision,*" she heard, "*It's your [child, not mine].*"
- "*I never wanted you to get pregnant,*" resonates as, "*I never wanted you.*"

Doug knows the trouble a double bind can bring. "She came home one day and said that she had bad news," he recalls. "She looked like she'd been hit by a truck. Her face was all swollen from crying. And she was angry." Doug had never seen her so distraught. "I had no idea that the idea of having a child with me was something she thought would ruin her life."

Doug was like a lot of men who make assumptions instead of having delicate or difficult conversations. He assumed his girlfriend and he would eventually get married one day. He assumed that if she somehow got pregnant first that he would do the right thing and everything would work out. But she clearly had other plans. “The truth hit me like a ton of bricks. She not only had never loved me, now she hated me for putting her in a bad position with her family and friends. She said I was to pay and she didn’t even let me go with her. After I gave her the money I think I maybe saw her two or three times again, and that was it.”

Women also trick men into impregnating them when they profess to using birth control and do not actually do so. Some women can have a hard heart and insist on abortion against a man’s will. And women, of course, are responsible for their own choices. Only you can know how much accountability you bear—how much pressure you applied, or whether you were missing in action when it was time to take responsibility for the pregnancy. Perhaps you were outnumbered when she arrayed family and friends against you—even the government was on her side as she threatened to slap you with a paternity suit and a lifetime obligation of child support payments.

### Someone Stronger

Jesus once drove out a demon that made a man mute with a spirit of complacency. In this tough love encounter (Luke 11:14–26) Jesus expounded on his miracle of healing saying, “*When a strong man, fully armed, guards his own house, his possessions are safe. But when someone stronger attacks and overpowers him, he takes away the armor in which the man trusted and divides up the spoils*” (Luke 11:21–22).

The house in Jesus’ illustration is the demon-possessed man. The strong man guarding the house is Satan. The devil uses silence to prevent the owner from even protesting against the armed enemy occupation of his spirit and soul. Jesus Christ is the *someone stronger* who attacks this enemy occupation, dismantling the enemy’s destructive silence, even when it has become an instrument of torture the man had come to trust, like a kidnap victim who has lost all hope of freedom.

As *someone stronger*, Jesus Christ has all authority to make our bodies a place of honor in this life now and to bring our spirit to his glory forever. We each become *someone stronger* as Jesus lives within—mankind replacing the temple as the dwelling place of God in the Holy Spirit (1 Cor. 6:19).

Perhaps your heart was blind, and only now are you coming to grips with knowing this pregnancy meant you had become a father. But whether you have sacrificed your valor to a spirit of loud aggression which rejected the loving judgment and mercy of Jesus Christ, or sacrificed your honor to an overpowering silence which put your spirit on mute, what matters most is where you stand today.

Are you willing to draw close enough to Jesus to see yourself reflected in his eyes?

He knows how confusion and guilt can turn any man’s spirit to arrogance or passivity, even a king once known as a man after God’s own heart.

[[pullout quote]]

TIMELESS TRUTH

Jesus can purify and restore you as father, provider, and protector.

[[end pullout quote]]

Jesus drives out a mute spirit, acting as *someone stronger* to fortify your house, fully arming your spirit with God’s truth. If you are in a stable relationship now, use your voice to pray for the wife God has given you and any children God helped you create. Pray also for the salvation and forgiveness of the woman with whom you fathered any child or children lost to abortion. Don’t trust in the armor of

the enemy spirit of silent or passive complacency. Allow Jesus Christ to purify your past and receive your healing.

### **Find your voice**

Like King David, even after a spectacular spiritual failure, you can use your voice to turn men from the evil and teach them God's ways. Learn and teach how abortion destroys a man's God-given place, leading men where the Lord did not design for them to go. Teach men to repent of putting women in charge of family matters and be healed of being displaced as provider and protector. Teach other men to repent of allowing women the right to choose when children live or die, and be healed of being displaced in the role of procreation of a new life. Help them repent of coercing or forcing abortion and abandoning their place in God's design by exploiting or abusing women. Pray that men and women would reserve sex for committed married relationships, and yield to the Lord in all their decisions.

Read Psalm 51 and overhear David say, I knew better, God. You could have helped me to avoid all of this but I've lived my life as though you don't matter. And now I must live with the pain I've caused others and myself. Lord, you alone can help me, since it is you alone I failed. David's humility yields God's fruit of repentance, confession, and joy. He suffered many painful consequences of his unfaithfulness to his kingly duties as national provider and protector, including family turmoil that almost claimed the next generation of his family (2 Sam. 11–20). Yet David accepted the full responsibility for the circumstances his life. He never blamed God, nor did he become bitter over the difficulties which would have broken him had he not exercised his faith in God to change him.

He bore it all, sought God's grace, and purposed in his heart to start a new life now. Psalm 51 tracks the progress of a godly man's heart after becoming arrogant and aggressive in sin. David's towering tribute to the faithfulness of God was set in motion by the man who brought him low, Nathan, the prophet who dared to reproach the king (2 Sam. 12:7). Perhaps it is time to find your Nathan.

The act of confessing to one another is part of God's powerful plan to break the grip of the past so it no longer limits your future (James 4:10; 5:16). Confession brings the blessing of relief as we lay down the burden of what we have done and honestly face who we have been.

### **Find your Nathan**

Surround yourself with men who will help you somehow get to where you need to be with God. Take your cue from a man whose spirit was so debilitated by sin, his friends had to carry him out to meet Jesus in the crowd (Luke 5:17-26). Let others help carry you in faith. Just like that man, may you hear Jesus say in faith, "Friend, your sins are forgiven" (Luke 5:20).

Once you have fully confessed your sin against God, locate a pastor or other godly man who is mature in Christ to hear the nature of your wrong. Such a man will listen, hold your story in confidence and then, as God does, remember it no more. (Heb. 8:10–12)

What good news for a fugitive.

Amnesty!

Your pardon comes in the form of voluntary amnesia from God who chooses to remove from his memory the thing you confess (Ps. 103:12). Jesus Christ is faithful to forgive us and grant us a new life free from the sins of the past (1 John 1:8–9). His love transforms our hearts and our relationships, making you the man that you've always longed to be.

Sponsoring abortion damages a man's valor or strength, leaving him aimless and hopeless of heart. A bystander of abortion suffers damage to his honor or worth, leaving him shamed or emasculated. Between and beyond these two extremes, every abortion diminishes a man's future and devalues his purpose. Mankind was made to glorify God (Isa. 43:7). This glory-drive makes every man strive for greatness, but abortion destroys a portion of his legacy, even though no one else knows his loss. Every abortion defiles a man's body via the destruction of his seed.

The defiling of his body may represent a man's greatest need for healing, even though the need remains largely hidden. Men cannot undergo the physical, bodily experience of abortion, yet their bodies are involved, having seeded new life. By sacrificing his seed, and by extension his child, a man always sacrifices a part of himself. This may open a man to his own physical destruction (1 Cor. 3:17). Let the Holy Spirit lead you into all fulfillment of the purpose of your life—glorifying God by becoming his man—a man of valor and honor in your family and your world.

Rejoice in the gift of a new life now, “born again, not of perishable seed, but of imperishable, through the living and enduring word of God. For ‘all people are like grass, and all their glory is like the flowers of the field; the grass withers and the flowers fall, but the word of the Lord stands forever’” (1 Peter 1:23-25).

These words point to the promise God gives that all is not lost, even after abortion. The merciful love of Christ means we have the hope our children live on with him in heaven. And we have the Spirit of God himself as witness to our transformed hearts. Never allow an anguished spirit to cause you to grieve without hope. Allow God's love to heal your past and help you take heart.

### ***Read and Reflect***

- Some men brought to him a paralytic, lying on a mat. When Jesus saw their faith, he said to the paralytic, “Take heart, son; your sins are forgiven” (Matt. 9:2).
- [The Lord] said to me, “My grace is sufficient for you, for My strength is made perfect in weakness” (2 Cor. 12:9 NKJV).
- “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world” (John 16:33).
- “The one who is in you is greater than the one who is in the world” (1 John 4:4).
- “I thank Christ Jesus our Lord, who has given me strength, that he considered me faithful, appointing me to his service. Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus. Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe on him and receive eternal life. Now to the King eternal, immortal, invisible, the only God, be honor and glory forever and ever. Amen” (1 Tim. 1:12–17).
- “If you love me, you will obey what I command. And I will ask the Father, and he will give you another Counselor to be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you” (John 14:15–17).
- “It is for freedom that Christ has set us free” (Gal. 5:1).



- “In all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord” (Rom. 8:37–39).

### ***Request***

**Prayer For Sponsors** Lord, I accept your judgment of abortion as the loss of life of an innocent child, my child. I admit I don’t fully understand your mercy, but I am ready to listen and grateful to follow you now. Please help me look to you as you give me a new spirit—of love and courage and grace. Thank you, Lord, for giving me this new life now.

### ***Request***

**Prayer For Bystanders** Lord, if I am ever tempted to feel inadequate and insecure, I know such a lack of confidence can be as deadly to my faith as it has been to my child. Help me to replace self-confidence with God-confidence. I desire to do what you've led me to do and I'm grateful that you love me despite the fact that I simply cannot make these changes on my own. I need your strength and your wisdom. Please lead me, Lord and I will follow with the help of your Holy Spirit.

### ***Respond***

- “Demon-possession” in our time may be broadly defined as any spiritual attitude within our mind or heart that is not of the Holy Spirit. The simplest remedy is to pray asking the Lord to reveal your attitude to you according to Psalm 26:2: “Test me, O Lord and try me, examine my heart and my mind.” Confess as needed in Jesus’ Name. And confess that Jesus Christ is Lord—at his Name the demons must flee (James 2:19).
- Pray seeking the daily indwelling of the Holy Spirit (Eph. 5:17).
- Read Psalm 51 aloud and then in your own words praise the Lord for his faithful love, his mercy, and for granting a full pardon to wipe the slate clean. Commit to pursue truth and do whatever it takes to stay in God’s grace. Agree to minister God’s truth to others in need. Accept God’s judgment of the abortion, receive his mercy and in grateful joy follow every opportunity he provides for you to make his mercy famous. Thank the Lord for giving you this new life now.
- Find a spiritual mentor and share the story of abortion in your life. (See the Appendix for resources.) Choose a listener who will not have a stake in your loss, but who can help you put on your spiritual oxygen mask so you may then assist others. Be mindful as you share the truth about your participation in abortion with a parent, grandparent, your children, or your spouse; confessing abortion may trigger a grief reaction of their own. As you heal, your mentor can help you with those family relationships as well.
- Pray God will show you appropriate ways to give honor and dignity to the children God has given, including your child(ren) in heaven.

## Appendix

### *Study and Discussion Questions*

*How can I fulfill my God-given role?*

*Write down your reaction to the Scripture below as you compare and contrast God's plan with life in our world today:*

1. God gives men a special role in their family (Gen. 2:22; 1 Tim. 2:13).
2. The first man was formed after God's own image and heart (Gen. 1:26); the first man came second, after God's first likeness (Gen. 2:7); God put the man in charge of his surroundings—to work and care for the world around him (Gen. 2:15).
3. God then designed woman to help (Gen. 2:18); this design pattern shows God designed men to love their family and strive to meet their material needs, and for women to benefit as a helper to the one in authority.
4. God also gave the man special instructions for his conduct before the man ever met the woman God would give him (Gen. 2:16-17); this design pattern shows God entrusts a leadership role to men, by giving them knowledge which they are responsible to impart and uphold as they lead and persuade others to follow.
5. God made men to be fathers, fruitfully multiplying and blessing their children (Gen. 1:28); God commands us to choose life (Deut. 31:19); God multiplies the next generation thus securing the future of each nation (Gen. 1:28). The next generation of children comes from God, they belong to God, and they are built for the praise of His glory (Ps. 8:2, 5).

## Resources

This is a sample of resources available and is not meant as a comprehensive listing, nor does inclusion on this list imply an endorsement. Please use discernment as you seek counsel and care. Articles and resources are also available at [www.cradlemyheart.org](http://www.cradlemyheart.org).

**Abortion Recovery InterNational** [www.abortionrecoveryinternational.org](http://www.abortionrecoveryinternational.org) 866-469-7326

**Fatherhood Forever** helps men find healing after abortion [www.fatherhoodforever.org](http://www.fatherhoodforever.org)

**Guys for Life** is ministry by and for men after abortion at [www.guysforlife.org](http://www.guysforlife.org)

**Life Issues** Missing Arrows Bible study download [www.lifeissues.org/men/missingarrows.pdf](http://www.lifeissues.org/men/missingarrows.pdf)

**National Helpline for Abortion Recovery** [www.nationalhelpline.org](http://www.nationalhelpline.org) 866-482-LIFE

**Men and Abortion** [www.menandabortion.info](http://www.menandabortion.info)

**Rachel's Vineyard** [www.rachelsvineyard.org](http://www.rachelsvineyard.org)

## Notes

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<sup>i</sup> Richard Stith, “Her Choice, Her Problem: How Legalized Abortion Empowers Men Over Women,” last modified September 18, 2009. Accessed January 13, 2012 <http://www.lifenews.com/2009/09/18/nat-5485/>.

<sup>ii</sup> Warren Williams, interview by Kim Jeffries (Ketola), *Life Redeemed*, KTIS-FM, October, 2004.

<sup>iii</sup> Ibid. (Additional Note: Missing Arrows, A Bible Study about Lost Fatherhood, Warren Williams, free download link: <http://www.lifeissues.org/men/missingarrows.pdf>.)

<sup>iv</sup> Priscilla K. Coleman, Ph.D., “The Decline of Partner Relationships in the Aftermath of Abortion,” *Association for Interdisciplinary Research in Values and Social Change* 20, no. 1 (Winter 2007), [http://www.lifeissues.net/writers/air/air\\_vol20no1\\_20071.html](http://www.lifeissues.net/writers/air/air_vol20no1_20071.html), accessed January 13, 2012.

<sup>v</sup>For research on the involvement of men at the abortion procedure see: Catherine T. Coyle, “An Online Pilot Study to Investigate the Effects of Abortion on Men,” Reclaiming Fatherhood, National Office of Post-Abortion Reconciliation and Healing Web site, 2007. Accessed March 22, 2011, <http://www.menandabortion.info/10-research.html>.



### *About the Author*

Kim Ketola is a broadcaster (“Kim Jeffries”) with over thirty years of experience hosting daily live programs on CBS’ WCCO Radio and TV, KTIS and Faith Radio Network, KSTP-FM and others. Her book, CRADLE MY HEART, *Finding God’s Love after Abortion* (Kregel, 2012) was awarded First Place in the Sonfire Media contest at the 2010 Blue Ridge Mountains Christian Writers Conference and features a Foreword by Ruth Graham. Kim’s speaking and media ministry has reached millions with a message of encouragement and hope after abortion as she tells her story and the stories of others through the lens of God’s truth. She has served as national and international conference faculty for Heartbeat International, Ruth Graham and Friends, Lutherans for Life and others, and she is a frequent keynoter for pregnancy center fundraising banquets. Contact the author and learn more at [www.kimketola.com](http://www.kimketola.com).

Kim also serves as host and executive producer of *Cradle My Heart Radio*, sharing a message of hope for healing the many spiritual problems stemming from abortion. This live interactive weekly program is broadcast in Atlanta on WMVV 90.7 New Life FM, Minneapolis/St. Paul on AM 900 KTIS/Faith Radio and on select stations nationally, along with online streaming and podcasts. Each Sunday evening at 8 pm CDT/9 pm EDT listeners are invited to call and share their questions with Kim and a featured guest in the field of post-abortion ministry. For complete station listings and information for *Cradle My Heart Radio* see [www.cradlemyheart.org](http://www.cradlemyheart.org).