

Approaching the Abortion-Vulnerable Woman



A woman experiencing a crisis pregnancy may initially react in a state of panic. She may despair, feeling that a pregnancy at this stage in her life would be impossible to handle. She may feel that having a child would be completely incompatible with her vision for future plans and goals. She may feel as though she is all alone without any support. Whatever the circumstances, it is likely that she feels out of control of her life and, perhaps, in need of a quick fix. In this fragile state, she may feel that turning to abortion is her only option. Nonetheless, women who have made the choice to abort have remarked that abortion does not solve problems: it creates new ones. By walking with the woman in crisis and helping her back on her feet, we can play a critical role in protecting the lives of preborn children and their mothers from the devastating effects of abortion.



Keep in mind these strategies when encountering or ministering to a woman experiencing an unplanned or difficult pregnancy:

1. Listen. When a woman facing a crisis pregnancy feels completely out of control of her life, she may feel as though she is all alone. In these circumstances, it is crucial to let her know that she is heard, supported, and cared for. Foster an

environment in which the woman feels she can open up about the thoughts and emotions she may be experiencing.

2. Understand. As you allow the woman to process her circumstances, take care to note the concerns that she shares. For some women, concerns might focus mostly on resources. She might feel that she does not

have the wherewithal to provide for herself, her preborn child, or other members of her family. Others may focus heavily on social repercussions, e.g., “My parents are going to kill me!” Whatever the case may be, knowing the challenges she foresees will guide the way you should respond to her.

Additionally, identifying the nature of her support system (or the way she perceives it) will help uncover the ways in which she might need

practical, physical, spiritual, or emotional assistance from the church. Who might a woman have by her side during this challenging time? When a woman faces a crisis pregnancy, it is critical to make sure that her immediate needs are met.

3. Counsel. Depending on how the conversation is going, gauge how open she may be to the following discussion points:

- a. Teaching on the Gospel message of mercy and hope
- b. The truth about abortion procedures and risks
- c. Christian teaching on abortion and the dignity of life
- d. The Christian response to an unplanned pregnancy

4. Assist. Help guide the woman in crisis into the hands of individuals who are trained and equipped to provide quality care. Help the woman secure an appointment at a pregnancy resource center to confirm the pregnancy and meet with a counselor to discuss the challenges before her (see left). Refer to the Her Michiana Resource Guide to help her address any other specific areas of concern she might have.

In true Christ-like fashion, commit to accompanying the woman in crisis as she navigates the difficult circumstances she may face. Remind her that she is not alone and there is support available for her, every step of the way.

Women’s Care Center
Multiple locations in Michiana
574.234.2341
WomensCareCenter.org.

Life Plan
527 E. Main St. Niles, MI 49120
269.684.2000 | lifeplan.org

RETA (Reason Enough to Act)
300 W. High St. Elkhart, IN 46516
574.522.8888 | retaforlife.com