Caring for the Preborn and Their Mothers

Explaining Abortion and Its Effects



B and J Hamilton

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This book has been written to help save the lives of preborn children and provide women with the care and support they need.

The author would like to acknowledge that much of the information and ideas for this book came from the book *Why Pro-Life? Caring for the Unborn and Their Mothers* by Randy Alcorn. Written permission was received from the author's associates at Eternal Perspective Ministries (via *https://www.epm.org/*) to publish this work. That book and others can be freely accessed with links at the back of this book.

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Introduction

My wife and I love children. We have a big family of our own because we believe children are a gift to be received with joy. Each child is unique and special, and each mother has the privilege of forming and bringing children into the world.

Though incredible, pregnancy for some women can also be an emotional and overwhelming time especially when they first discover they are pregnant. There may be fears and concerns about what their family and friends might say, or about pregnancy and birth, or about associated body changes and being a mother, or about not having enough finances with a new child. Such fears can quickly outweigh the joy and wonder of the new life inside. *These fears can also lead some women to believe that they have no choice but abortion.*

We wrote this book to help you understand when human life begins, what abortion is and does, and what you can do to care for both mothers and their preborn babies because their lives are important.

We hope this book will help women (and their families) make good decisions for themselves and their preborn children.

How are babies created?

When a man and a woman have a sexual relationship, many tiny sperm (seed) from the man go into the woman. If one of these sperm from the man reaches the woman's egg and fertilizes it[1], a new human life begins to grow in his or her mother's uterus, for about 38 weeks — until the time that he or she is born.

- In week 1 *of pregnancy* the mother's body prepares the uterus for a baby.[2]

- Normally at the end of week 2, an egg is released into the uterus and if sperm from a man are present, and one enters the egg to fertilize it, then a human life begins.[3]

- In week 3, the baby's cells start multiplying and will implant into the uterus lining around the end of this week. At this point the baby's gender has already been determined.

- In week 4, the baby's rapidly multiplying cells are forming various body systems.

- **Week 5 is normally the first week that a woman will know she is pregnant** because she has missed her menstrual period. Even though the baby is just three weeks old, he or she is already alive and growing fast. The baby will even have beating

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1 This is called conception.

2 Pregnancy information taken from:
Babycenter: *https://www.babycenter.com/pregnancy/week-by-week*
UK National Health Service: *https://www.nhs.uk/start-for-life/pregnancy/week-by-week-guide-to-pregnancy/*
Better Health: *https://www.betterhealth.vic.gov.au/health/healthyliving/pregnancy-week-by-week* (Accessed on 10/3/2026).

3 If the egg is not fertilized before the end of the fourth week, the woman will normally have her monthly menstrual period, expelling much of the uterus lining along with the unfertilized egg, and the process will begin again from week 1.

heart cells around this time, which pump blood around his or her tiny body. **Tragically, from this point onwards, a mother may choose (or be pressured) to end both the pregnancy — and the life of the child growing inside her — with pills or by abortion.**



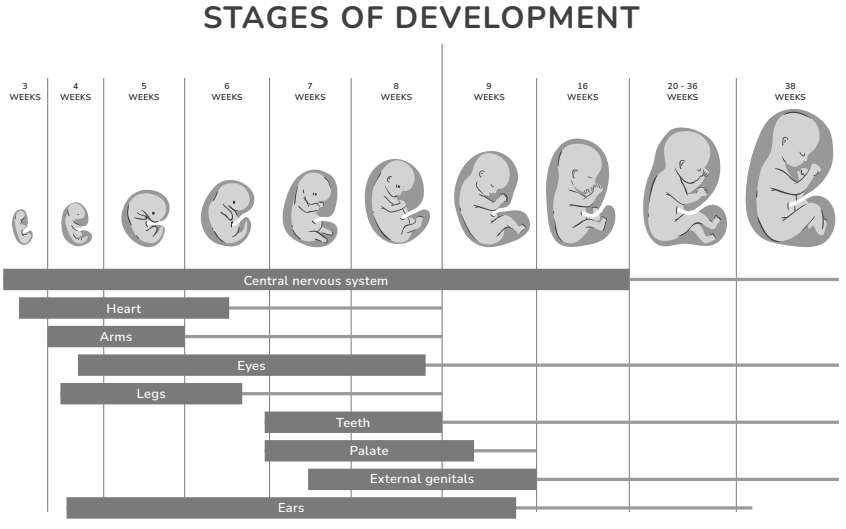
A baby at 5 weeks of pregnancy.

- In week 6, the baby is about the size of a lentil, with arms and legs starting to appear as limb buds.
- In week 7, eyes, ears, and a nose begin to develop, while the arms and legs grow longer.
- In week 8, hands and feet are forming, and the baby's brain is controlling his or her movements. The baby is now about the size of a kidney bean.
- In week 9 of pregnancy, the baby (who is now just 7 weeks old) has a little mouth, tongue, knees, elbows, fingers, and toes. The baby is moving a lot and is now about the size of a grape.
- By the end of week 10, all the baby's organs (heart, lungs, liver, kidneys…) have formed and his or her brain is active.



A baby at 7 weeks of pregnancy.

This precious baby will continue to develop over his or her lifetime both before birth and after until adulthood. The person grows through all these stages because he or she is alive.



View these videos to learn more about the development of a baby in the womb:

- *Your Life Before Birth* video in English is free to download at *www.ehd.org/your-life-before-birth-video/*.

Your Life Before Birth

- *Pregnancy: A Month-By-Month Guide | 3D Animation* video on Youtube, *www.youtube.com/watch?v=8BH7WFmRs-E*

Pregnancy: A Month-By-Month Guide | 3D Animation

Is a zygote, blastocyst, embryo, or foetus a human baby?

The words *baby*, *child*, and *teen* describe certain stages of a person's life *outside* of their mother's womb in the same way the medical words *zygote, blastocyst, embryo*, and *foetus* describe a human baby at different stages of development *inside* their mother's womb. These words all refer to humans. A person is a person through all these stages of development, from zygote to adult.

A human life begins inside the mother at conception, when one sperm from the father enters the egg from the mother. At that time, the parents' genetic information (called DNA) is joined in equal parts to create a distinct, new, living person with his or her unique set of genetic instructions (DNA). These instructions determine traits such as personality, gender, size, hair and eye colour, as well as many other features, for an entire lifetime. Before conception the person with their unique DNA did not exist; after conception they do.

From that point on the *zygote* (tiny human baby) grows because he or she is alive.

The *zygote* cell divides and multiplies quickly, becoming a *blastocyst*, and then develops further into an *embryo* and finally a *foetus* until he or she is born. After birth, the person continues to grow, from a *newborn baby* into a *toddler*, then a *child*, then a *teen*, and finally an *adult*. At every stage from conception, a person's DNA remains the same and instructs every detail of their human development. It is truly remarkable!

Even though a *zygote* is made up of just one cell, and a mature *blastocyst* a few hundred cells, they are both human and it is misleading

to describe them as "just a clump of cells". At every stage we are made up of cells. A newborn baby and an adult are also made up of cells.[4] Having fewer cells does not mean we are less human or non-human.

In the same way that a tree does not look like a tree when it is a seedling, a child at the *zygote* or *blastocyst* stage does not look human to us because we are used to seeing more-developed children after they are born. Yet they are no less human. They look just the way they should appear at this early stage of development.

A human is a human at every stage of development. He or she is valuable, alive and growing, and in need of our protection throughout their life.



A baby at 9 weeks of pregnancy.

[4] A newborn baby has around 26 billion (26,000,000,000) cells, while an adult has around 30 trillion (30,000,000,000,000) of them.



Lara and baby Noah

Lara was 12 weeks and 5 days pregnant when baby Noah died from a miscarriage (when a pregnancy ends on its own). Lara was heartbroken. Even though baby Noah was so young, when alive he could close his fingers and curl his tiny toes. Most of his body systems were fully formed. Noah just needed more time to develop and grow inside his mother.

"Even though he only lived for 12 weeks, Noah was special to me," his mother Lara said. "I am blessed that I was able to hold him, to see that he was real. …this first photo of my child will always be special to me. I am devastated that we lost Noah, but I know that his 12 weeks of life had a purpose. His body reveals the miracle of human life."

"If [Noah] could help show one mother considering abortion the beauty of her child," Lara said, "then our loss would be worth it."[5]

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[5] Live Action: *https://www.liveaction.org/news/stunning-photo-of-noah-miscarried-at-12-weeks-will-amaze-you* (Accessed on 4/6/26)

What is an abortion?

An induced abortion[6] is described as …

> *"A deliberate termination [ending] of a human pregnancy …"* [7] and
>
> *"…the termination of a pregnancy by removal or expulsion of an embryo or foetus."* [8]

Abortion is the removal of a human child from the mother's uterus, which results in the death of that child. It is the killing of a human child.

Abortion is "*the termination of a pregnancy… resulting in, or closely followed by the death of the embryo or fetus.*" [9]

Prior to abortion, the preborn baby is alive and growing. The baby would survive to be born if left inside their mother's womb during a normal pregnancy.

Therefore, abortions and emergency contraceptive pills end the life of a human baby.

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[6] An induced abortion is where a pregnancy is ended intentionally with medication or surgical methods. A spontaneous abortion (miscarriage) is where a pregnancy ends on its own. The word "abortion" when used alone normally refers to an *induced* abortion.

[7] Google dictionary online (Accessed on 10/3/2026).

[8] Wikipedia: *https://en.wikipedia.org/wiki/Abortion* (Accessed on 10/3/2026). You may have noticed that abortions are often described as ending a pregnancy. This makes abortion sound more acceptable, but it is also ending a human life, not just a pregnancy. Abortion providers and promoters often use impersonal words to take the attention off the human life that is being ended.

[9] Mirriam-Webster Dictionary: *https://www.merriam-webster.com/dictionary/abortion* (Accessed on 2/4/2026).

Is abortion "safe"?

Abortion is promoted as a safe way to end a pregnancy.

The word "safe" means "*Protected from … danger or risk*".[10]

If all abortions kill babies, then they are certainly not "safe" for the baby. And, with much research showing that abortion increases the risk of physical and mental issues for the mother, abortion can't really be described as "safe" for women either.



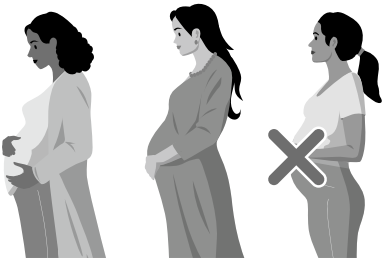
[10] Google dictionary online (Accessed on 10/3/2026).

* World health Organisation (WHO): *https://www.who.int/news-room/fact-sheets/detail/abortion* (Accessed on 4/6/26)

How many abortions are there each year?

Every year there are around 73 million induced abortions worldwide.[11] This is about 200,000 abortions per day.

Around 132 million babies are born each year.[12] So this means for every two babies born worldwide, one is killed by abortion before it is even born.[13]



One baby out of three … is killed!

In 2025, around 63 million people died (after they had been born and lived).[14] In that same year there were 73 million abortions (which killed preborn people).[15] This means that abortion kills more people than all the other causes of death *combined,* such as old age, disease, accidents, and war.

Therefore, abortion is humanity's number one killer, by far.

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[11] World Health Organization (WHO): *https://www.who.int/news-room/fact-sheets/detail/abortion* (Accessed on 6/3/26).

[12] Our World in Data: *https://ourworldindata.org/births-and-deaths* (Accessed on 6/3/26).

[13] World Health Organisation: *https://www.who.int/health-topics/abortion#tab=tab_1* (Accessed on 6/3/26). WHO rounds this number down when stating "…3 out of 10 of all pregnancies end in induced abortion."

[14] Our World in Data: *https://ourworldindata.org/births-and-deaths* (Accessed on 6/3/26).

[15] This number does not include any early-term abortions from emergency pills which would significantly increase this number.

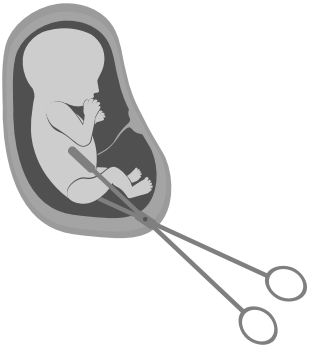
What happens during an abortion?

An abortion can be performed in a few ways.

If the baby is small, the pregnancy is often ended by taking medicine, which causes the mothers body to reject the growing baby with an early menstrual period.[16]

If the baby is larger, he or she may first be killed with a saline (salt) solution and then delivered (pushed out) vaginally or sucked out with a special vacuum.

If the baby is even larger, he or she is delivered vaginally often with the assistance of forceps or a special vacuum.[17] The preborn baby may be crushed or torn apart in the process.



An abortion cleans out the uterus by removing the human baby inside, resulting in his or her death.

Every abortion kills a human baby.

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[16] Common drugs used are Levonorgestrel which prevents implantation into the uterus lining (it also prevents ovulation and fertilization before conception). Mifepristone (RU-486) may be used, which causes the uterus lining to shed (like it does during a menstrual period) so the growing baby (embryo) comes out with it. Misoprostol can also be used after Mifepristone to soften the cervix and start uterine contractions which helps to expel (push) the baby from the mother's body. Using these drugs later in a pregnancy can be very dangerous for the mother.

[17] In some cases, the baby may still be alive after delivery and may then be left to die or given a lethal injection to end his or her life.



Baby Samuel

Samuel's mother was 16 weeks pregnant when she had an abortion to remove him and end her pregnancy in 2026. Yet Samuel was born alive. Sadly, it was reported that he received no care and was simply left alone for around 30 minutes before he died. An anonymous person took this photo of baby Samuel sucking his thumb as he was left to die.[18]

[18] Massachusetts Citizens for Life: *https://www.masscitizensforlife.org/baby_left_to_die_sucking_thumb_following_late_term_abortion_in_australia* (Accessed on 8/9/26)

Is an embryo or foetus part of the mother's body?



A woman's body parts (like her arms or feet) share her same genetic code (DNA).[19] They are part of her. But an embryo or foetus (preborn baby) is not part of a woman's body, even though he or she is growing inside her. We can scientifically prove this because …

1. The baby has his or her own unique DNA (genetic instructions).

2. The baby's fingerprints are different from their mother's, and his or her blood type can also be different.

3. Close to half the time the baby will be male, while his mother will always be female.

4. It is possible for a baby to die inside their mother, and the mother to still live. And it is also possible for a mother to die, and for the preborn child to be quickly removed from the dead mother and live.

These four points demonstrate that a preborn baby is a separate life and individual, and is not part of their mother. Therefore, the slogan "My body my choice" to justify or defend abortion has no logical basis. A preborn baby is *in* their mother's body, but is not *part* of their mother's body.

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[19] All human cells, except red blood cells and cornified cells, contain nuclear DNA, which is the set of building instructions for growth and life. Each person has their own unique DNA.

What is the difference between the preborn and born?

There are only four differences between the preborn and born. And we can quickly recognize that each difference does not make someone less human or not human, by a simple statement:

1. **Size.**
   We know shorter people are not less human than taller people.

2. **Level of development.**
   We know two-year-olds are not less human than sixteen-year-olds.

3. **Location.**
   We know being inside a building does not make a person less human than those outside a building.

4. **Degree of dependency.**
   We know a three-year-old that needs help going to the toilet, and an elderly man who needs daily medication are not less human because they rely on somebody or something for life.

Therefore, our human identity does not change with size, development, location, or our level of dependency. We are all human. A baby girl does not magically become human when she moves a few centimetres out of her mother and into the outside world. She was already human.

Some people believe that killing a preborn child is justified because they are less valuable than those who are already born. By that reasoning, we could say that a five-year-old has less value than a

ten-year-old. Or that killing a 16-year-old is not as bad as killing a 30-year-old. Clearly this is not true.

Preborn babies are just as valuable as children, teens, and adults. Each is human, and human life is infinitely precious at every stage of development.



Should women have the right to choose an abortion?

We all believe that humans should have rights: The right to life, the right to express opinions freely, and the right to choose our religion are examples. Giving people the freedom to choose is generally a good thing, but not if they are choosing to do something that is wrong. For example, men should never be given the choice to rape women, beat their wives, or kidnap children. It *is never* acceptable to allow people the choice to harm others.

We must work to protect the most vulnerable people in our world by creating laws and by doing all we can to stand in the way of those who hurt others.



A baby at around the 16th week of pregnancy.

Abortions kill babies. Killing is harming others. Abortions, therefore, are wrong.

By opposing abortion we are not opposing choice, we are opposing just one choice: killing human babies.[20] No one has the right to harm another person. An embryo or foetus is another person in an early stage of development. By this reasoning, no one should be permitted to choose abortion.

[20] The "pro-choice" movement is really a "pro-abortion" movement. Otherwise, they would rally for other free choice issues too, which they do not.

And what about the rights of the baby? Are babies given the option to object when their family chooses abortion? Tragically, babies, who are the most vulnerable people in every abortion, are given no rights. These babies lose all their rights because they lose their life.

No baby has ever chosen abortion.

Once a woman becomes pregnant, she and her family have a very important choice to make. Will they actively work to embrace the child growing inside and give him or her the best life they can? Or will they instead deliberately end the child's life through abortion?

No one should be given the right to choose to harm their baby.



Is abortion good for women's health?

Every woman is important and deserves to know what could cause her harm. Many recent studies show a link between abortion and negative effects on a woman's health and well-being. Abortion is associated with increased risk of …[21]

- Breast cancer
- Cervical cancer[22]
- Pelvic Inflammatory Disease[23]
- Chronic pelvic pain[24]
- Dyspareunia (genital pain)[25]
- Nervous disorders, disturbed sleep, and regrets
- Sexual dysfunction[26]
- A dislike of sex or a lack of desire for sex
- Drug and alcohol abuse
- Suicide.



Abortion also has a negative effect on future pregnancies for a woman, increasing the risk of …

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21 Randy Alcorn, *Why Pro-Life? Caring for the Unborn and Their Mothers*. (EPM, 2004), 68–75. For further information: *Women's Health After Abortion https://www.deveber.org/womens-health-after-abortion/*contains hundreds of studies and information showing how abortion has a negative effect on woman's health.

22 The cervix is the lower, narrow end of the uterus (womb).

23 Pelvic inflammatory disease (PID) is an infection in the upper reproductive organs which can cause infertility.

24 Chronic pelvic pain is lasting pain in the area below the belly button and between the hips.

25 Dyspareunia is a lasting or recurrent genital pain that occurs just before, during or after sex.

26 Sexual dysfunction is anything that prevents you from feeling pleasure from sexual activity.

- Infertility[27]
- Miscarriage (spontaneous abortion)[28]
- Preterm (premature) births[29]
- Placenta praevia[30]
- Ectopic pregnancies.[31]

Clearly abortion is not good for mothers or preborn babies. All women and children deserve something better than abortion.



[27] Infertility is defined as the inability to conceive or carry a baby to term.

[28] Miscarriage is the unexpected loss of pregnancy before the 20th week of pregnancy.

[29] A preterm birth is when a baby is born alive before 37 weeks of pregnancy are completed.

[30] Placenta praevia is a problem during pregnancy where the placenta grows in the lower part of the womb (uterus) and covers all or part of the exit opening to the cervix.

[31] An ectopic pregnancy is when a fertilized egg implants itself outside of the womb, usually in one of the fallopian tubes. The baby must be removed, or both the mother and baby will die.

What if the mother will be stressed by having a child?

As parents, we know that all children (babies, toddlers, teens) cause their mothers (and fathers) stress, inconvenience, or financial hardship at times. It is not easy to be a parent, but we would never consider killing our children to relieve ourselves. Just as it is wrong to kill a person who causes us tension, it is also wrong to kill a preborn child to increase our comfort or happiness.

It is never okay to take a human life to make another person's life easier.

We simply cannot disregard the rights of another person to get what we want.[32] Yet this is exactly what abortion does. Those seeking to improve their life take an innocent life through abortion.

"Regardless of the challenges, one person's right to a preferred lifestyle is not greater than another person's right to life."[33]



Not surprisingly, many women discover that becoming a mother does not ruin their life as they may have first thought. Despite being physically and financially challenging, raising children is also a joyful, satisfying, and fulfilling experience.

[32] This same attitude of self-centeredness can lead to theft, slavery, rape, human trafficking, and murder.

[33] Randy Alcorn, *Pro-Choice or Pro-Life?* (EPM, 2020), 40.

What if a baby is unwanted, disabled, or going to grow up in a challenging situation?

Some people believe that children who are unwanted, handicapped, or born into challenging situations should not be born at all.[34] They reason that because the child's quality of life will be low, it is best for the child to be killed as soon as possible. If, in their opinion, the child will not have a good life, they want to take away their life completely.[35]

Yet, how could killing a baby ever be the best thing for that baby?

Sadly, in our world today it is the strong people who decide if weaker people have meaningful lives; the influential people with a voice decide for the voiceless. The rich and powerful decide for the poor and vulnerable. The able decide for the disabled. Adults decide for tiny helpless babies.

We must be careful which voices we listen to. We must be sure to speak up for the vulnerable.

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[34] Difficult situations could include children being born into poor families, or into nations experiencing famine or war, or into communities with little humanitarian development. It's also worth noting that our situation can quickly change personally and nationally and that medical tests on preborn children can be (and have been) incorrect.

[35] Killing preborn children with disabilities endangers all disabled people. If it is acceptable to kill disabled people inside the womb, then why not kill disabled people outside the womb? Conversely, welcoming and valuing children and adults with disabilities affirms their value.

A person's value is not based on what they have or do not have, what the person can or can't do, or what others think about them. It is based simply on the fact they are human and of incredible value to God: their maker and loving Father.

Every human life is important, even if others do not recognize it.[36]

We're sure you would not kill your four-year-old son if he became blind, or your nine-year-old daughter if you became poor and it was hard to buy food for your family even if it were legal. So why would anyone consider killing their preborn child who has a disability or who will be born into a challenging situation?

People are people, regardless of their physical or environmental limitations. We do not kill people because of their disabilities or family situations. A challenging life is still a life worth living.[37]

Even a child with a disability, condition, or situation that would cause them to die at a young age should not be aborted. We are all going to die one day. Long or short, life is life. A short life is no less valuable than a long life.

There may be unwanted pregnancies, but every child is wanted by someone. Many couples would love to adopt a child, even a child with disabilities. Instead of killing unwanted children by abortion, we should teach parents to want and keep their children, or instead, help place their children in families where they are wanted.

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[36] Only people are created by God in His "image" (Genesis 1:27). This means we can reflect God's creative, loving, compassionate, gracious, forgiving, merciful, just, and sacrificial characteristics to name a few. Therefore, we are fundamentally different from animals and plants who cannot choose to behave in this way.

[37] It should be noted that because of disabilities and challenging situations people have inspired and impacted many lives for good. For example, Nick Vujicic was born without arms and legs, and because of that is now an inspirational international speaker. Fanny Crosby became blind soon after birth, and believed this was the reason she could write many songs that continue to inspire and give hope to millions. Harriet Tubman was born as a Black slave and suffered greatly. Through this situation, she found her freedom and then worked to save hundreds of other slaves. Great people often arise from challenging circumstances.

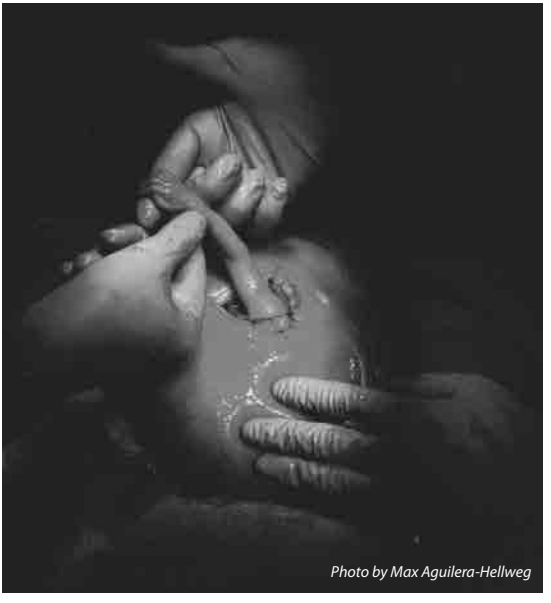


Photo by Max Aguilera-Hellweg

Trish and baby Sarah

Trish was 24 weeks pregnant when doctors opened her up and operated on little Sarah's spinal cord in 1999. Sarah had a condition called Spina Bifida which meant her spine and spinal cord did not form properly. Doctors temporarily removed Sarah from her mother Trish's womb, performed the corrective procedure, and returned her to be born a second time 7 weeks later.

This incredible photo was taken as baby Sarah's hand rested on Dr. Bruner's finger during the operation.

Despite having Spina Bifida and needing support walking, Sarah has become a record-holding adaptive water skier![38]

[38] Al.com: *https://www.al.com/sports/2017/02/the_girl_born_twice_blossoms_i.html* (Accessed on 26/6/26)

Is abortion acceptable after rape, incest, or when the mother is young?

There are some horrible ways that a woman may become pregnant, for example, through rape or incest.[39] Our hearts break for any woman that have been violated through abuse.

A woman could also become pregnant in less-than-ideal circumstances, for example, when she is very young, before she is married, or after sex with a stranger.

These are challenging situations for the woman and her family, and much counselling is often needed. Yet the way a baby is conceived is of less importance than the fact that they *have* been conceived and now must be protected and cared for.

Killing a baby for the wrongdoing of the father or mother is not the solution. The old saying remains true: Two wrongs don't make a right. It is the rapist or abuser who should be punished, not the innocent child. The child has done nothing deserving of punishment.[40]

We believe that having and holding a newborn baby can help to bring healing for a victimized woman much more than an abortion will.

Children are good and precious gifts from God, no matter how they are conceived.

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[39] Incest is when a person has sex with a close relative such as their parent, child, sibling, or grandchild.

[40] In the case of incest child deformities are possible but rare. Yet even a child with deformities has the right to live.

Is abortion right if the pregnancy will take the mother's life?

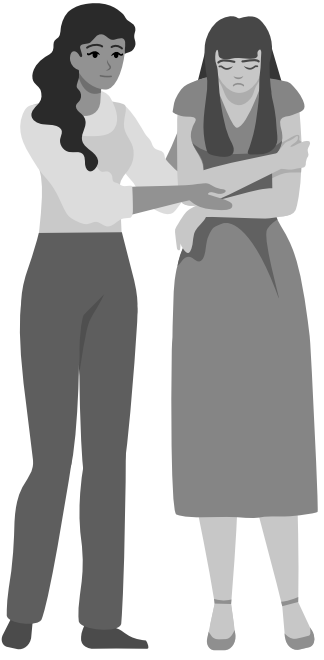
It should always be our aim to protect and save the lives of both the mother and her baby. Yet sadly, there are rare cases where both the mother and preborn baby will die if the baby is not removed, for example, fast-spreading cancer in the uterus, or ectopic pregnancy. In these cases, if the child has no chance of survival, then it is right to abort the child to save the life of the mother. This surgery will save a life, not take a life, because the child had no chance of survival anyway, but the mother could be saved.

These are tragic situations, yet saving one life is always better than saving no lives. We should always save the lives that can be saved.

The sad reality

Women and their families choosing abortion sadly believe abortion is a better alternative to having and raising a child or giving him or her up for adoption. While all these options have challenges, abortion is the only choice that kills an innocent person. Thus, choosing abortion has a negative impact on the mother's life, and a life-ending effect on the baby.

Some women choose abortion without fully understanding the implications of what they are doing. Other women know what an abortion does but feel forced to choose abortion by their family, culture, or situation. Regardless, many women feel it's their only choice, so they make the heartbreaking decision to kill their baby through abortion.



The solution

If abortion really does kill babies and harm mothers, then we must offer a better way. We must help mothers to see the alternatives to abortion.

Firstly, we must love and care for any pregnant woman who feels pressured to have an abortion. We must not judge her but rather extend grace and compassion. We should offer help throughout her pregnancy, providing guidance for her to raise the child herself, or helping her to give her child up for adoption. Whichever option the mother chooses, we should support her.

Many women would not have had an abortion if they received the support and care they needed from their husband, boyfriend, family, or other important people in their time of need.



Therefore, we must support pregnant women by offering love and practical help and by gently helping them to reject abortion as a solution.

Adoption — a better option.

Adoption is a wonderful alternative to abortion. Adoption is the act of receiving another couple's child and raising them as one's own.[41] Adoption frees the birth mother of long-term responsibility when she is not ready or able, and places the child in a loving home, giving the adoptive parents the opportunity and joy of raising a child. Adoption also helps the birth mother to mature, as she grows and nurtures the precious life inside her. After birth, she may even choose to keep and raise her child herself.

Many women think they would not be a good mother if they were to give their child up for adoption. But if the alternative is ending your child's life by abortion, then adoption is surely a better choice for a mother to make.

Adoption is a healthy choice for the mother and saves the life of her child. Giving your baby up for adoption is a loving thing to do if you feel unable to care adequately for him or her yourself.

Abortion is a life-taking choice. Adoption is a life-giving choice.



[41] Adoption is a key theme in the Bible and is always seen as something positive. Moses was adopted by Pharaoh's daughter (Exodus 2:10), Samuel was raised by Eli the priest (1 Samuel 2:20), Esther was adopted by her older cousin Mordecai (Esther 2:7), and Jesus was adopted by Joseph (Luke 3:23). In fact, all those who believe in Jesus are adopted by God into his family as "sons" (Galatians 4:4–7, Ephesians 1:5). This means we all receive a full inheritance from God.

Your choice

Women facing an unplanned pregnancy have no easy options, but they can still make the brave choice to protect the life of their preborn child.

It is commendable when a woman gives birth to her baby in a culture that may pressure her to have an abortion, even if she is young or unmarried. We should affirm and celebrate her courageous choice to nurture the life growing inside her.

If you are pregnant, it is too late to decide if you want to become a mother because you are *already* a mother with a child inside you. If your wife or girlfriend is pregnant, you are already a father with a preborn child. You now have three options …

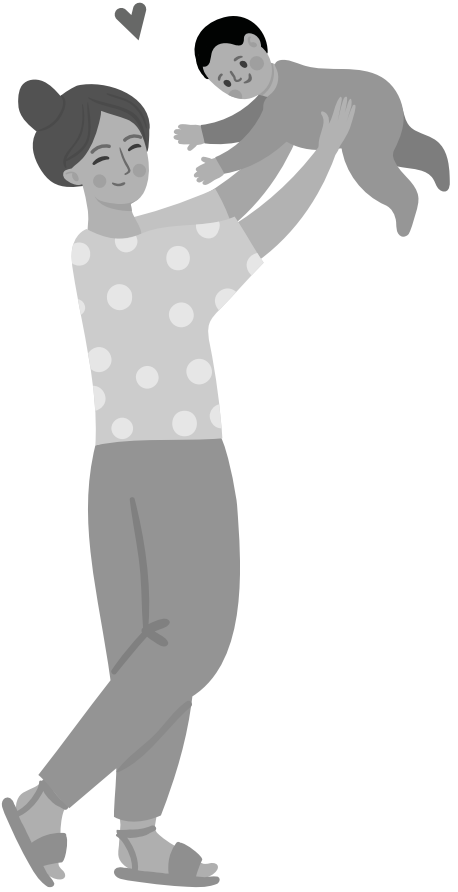
- ☑ Work to birth your child and raise him or her.
- ☑ Work to birth your child and choose adoption, to allow another family to raise him or her.
- ☒ Kill your little baby with emergency contraceptive pills or abortion.

We should present the first *two* options as courageous choices. These are good options that give life and foster hope. Both should be celebrated!

We should commend parents who choose to raise children in challenging situations, or those who choose to give their child up for adoption instead of aborting them.

We should praise people who are willing to adopt children, or who have already adopted children.

We should strongly oppose the choice to end a pregnancy with emergency pills or abortion.[42]



[42] It does not make logical sense to think, "I am personally against abortion, but everyone can choose for themselves." That is like saying, "I am personally against wife-beating, but my neighbour can beat his wife if he wants to." We should never be content with others choosing abortion or wife beating! Both cause great harm.

Forgiveness for you

Have you had an abortion or encouraged someone to have one?

Millions of women and men around the world suffer from the guilt of abortion. Billions of others feel shame for their past mistakes whatever they may be. We have all done wrong. The good news is that God still loves us and offers us forgiveness and everlasting peace.

The Bible tells us,

> *The LORD [God] is compassionate and gracious,*
> *slow to anger, abounding in love.*
> *He will not always accuse,*
> *nor will he harbour his anger forever;*
> *he does not treat us as our sins deserve*
> *or repay us according to our iniquities.*
> *For as high as the heavens are above the earth,*
> *so great is his love for those who fear him;*
> *as far as the east is from the west,*
> *so far has he removed our transgressions from us.*
> *As a father has compassion on his children,*
> *so the LORD has compassion on those who fear him;*[43]

God, the Creator of the universe, offers you a life of freedom from guilt and sin. The Bible says:

> *For God so loved the world that he gave his one and only Son [Jesus],*
> *that whoever believes in him shall not perish but have eternal life.*
> *For God did not send his Son into the world to condemn the world,*
> *but to save the world through him.*[44]

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43 Psalm 103: 8–13.
44 John 3:16–17.

No matter what you have done in the past, you can be fully and freely forgiven by believing in Jesus. You can experience God's love and peace through Jesus. The Bible tells us that:

> *If we confess our sins, he [God] is faithful and just and will forgive us our sins and purify us from all unrighteousness.*[45]

Therefore, if you turn from your sin and believe in Jesus for forgiveness, then all your sins will be paid for in full by Him. Jesus' death on the cross many years ago saved all those who believe in Him from eternal punishment in hell. There will be no longer any judgement from God toward you if you accept Jesus. You will be completely forgiven through your faith in Jesus, and God will accept you into His family. The Bible makes this clear:

> *…there is… no condemnation for those who are in Christ Jesus …*[46]

You can learn more about what God has done for you at *www.bible.is.*



[45] 1 John 1:9.
[46] Romans 8:1.

What can you do?

Pregnant women and their babies need your love and support. Many are in challenging situations, and you can help by loving them in practical ways. Here are some examples:

- Learn more about abortion and share what you know with others. Talk to your family, friends, and church, about abortion. Organise abortion awareness trainings.

- Share pro-life resources:
  - *Pro-Choice or Pro-Life?: Examining 15 Pro-Choice Claims — What Do Facts & Common Sense Tell Us?*, Randy Alcorn. Free English PDF download at *www.epm.org*
  - *Why Pro-Life?: Caring for the Unborn and Their Mothers*, Randy Alcorn. Free English PDF download at *www.epm.org*
  - The 180 Movie in English (33 minutes) free at *livingwaters.com/movie/180movie/*

- Promote pro-life with social media. Share pro-life posts and videos. Help share a positive message about children and the need to care and protect both mothers and their children. Share the truth with love, but always be kind when sharing, not aggressive.

- Listen to pregnant women. Work to understand and sympathize with their fears and concerns.

Pro-Choice or Pro-life?

Why Pro-Life?

180 Movie

- Practically support pregnant women with the needs they have (babysitting, finances, baby clothes, adoption options …). Open your home to a pregnant mother to stay if she is in need.

- Adopt or temporarily take care of children without a home.

- Counsel those considering abortions to reconsider with love and gentleness, not condemnation.

- Help women who have had abortions with counselling, support, and care.

- Encourage women who have had an abortion, and regret it, to counsel others not to have abortions. This can bring some healing to a woman because through her testimony she is saving lives and helping other women to make good choices.

- Pray regularly for pregnant mothers and their preborn babies and for those working to protect them. Organize a prayer meeting to help others pray too.

- Financially support or volunteer your time to help a pro-life organization. You can search for them on the Internet.

- Encourage people to get married before having sex and to only have sex with their husband or wife. Promote (abstinence) programs that encourage this.

- Encourage men to act responsibly by protecting and caring for any woman they have made pregnant and for any children they have, whether preborn or born.

- Affirm and celebrate all human life. Celebrate birthdays and recognize the gift each person is. Thank God for them. Affirm families, especially large families, because in doing so, you help others to see that all children are a gift rather than an interruption to be avoided.

- Encourage governments to keep or create policy and laws to protect preborn babies and their mothers. Share your views with your local member of parliament. Consider the abortion views of a political candidate or party before voting for them.

- Where possible, do not buy or use products from organizations that support abortion.[47]

If someone does not like you doing these things, listen to them respectfully, and then remember that only God's opinion matters. Do what you believe is right. Lives are at stake.



A baby at 8 weeks of pregnancy.

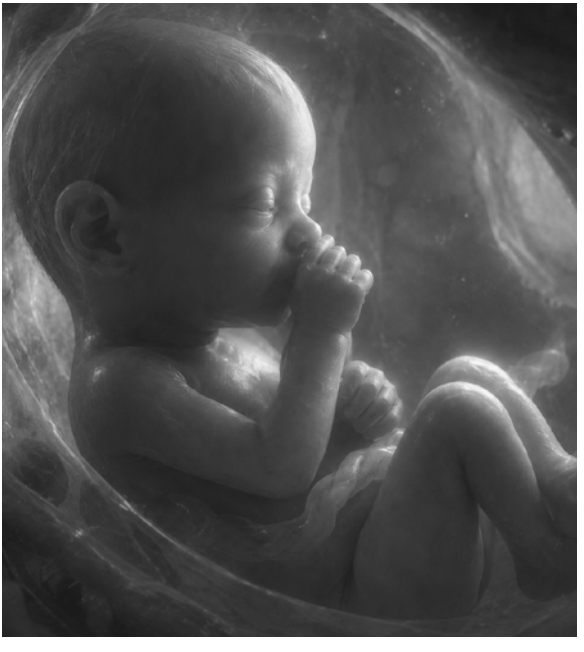
[47] The following companies support mothers wanting to abort their babies, often financially, and some even directly promote and financially support abortion providers: Adidas, Amazon, Amnesty International, Apple, CNN, Discovery, Estée Lauder, Hewlett Packard (HP), Huggies, IKEA, Levi Strauss & Co., Mastercard, Meta (who own Facebook and WhatsApp), Microsoft, Netflix, New York Times, Nike, Paramount, Patagonia, PayPal, Procter & Gamble (Ambi Pur, Ariel, Braun, Gillette, Head & Shoulders, Luvs, Olay, Oral-B, Pampers, Pantene, Vicks), Ralph Lauren, Reddit, Starbucks, Tesla, Target, Uber, Vox Media, Disney, Warner Bros., Yahoo, and many others.

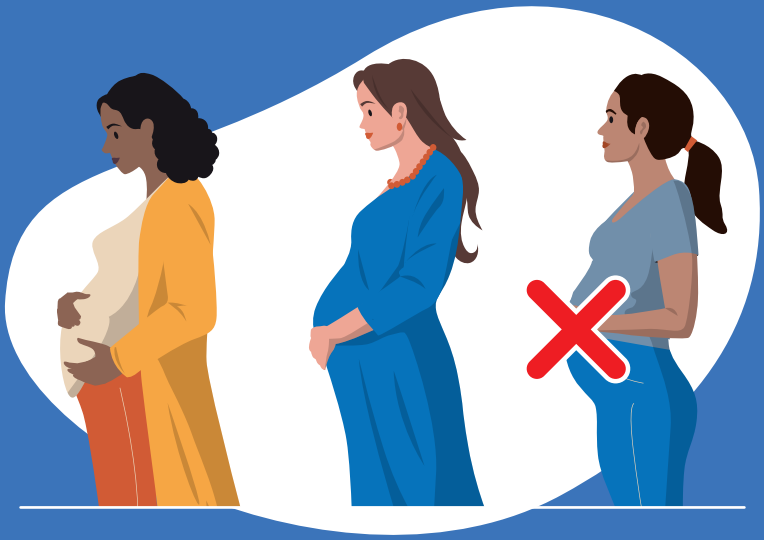
Closing

Every day, about 200,000 women enter a clinic to get an abortion, many not really understanding what they are doing to their babies and their own bodies. Every day about 200,000 preborn babies are aborted and die. Countless others are killed with medication.

People must know the truth about abortion. Pregnant women and their preborn babies need our love, care, and support.

Your efforts could save lives. **So what will you do?**





One out of three pregnancies are ended with an abortion. But what is abortion, and what effect does it have on a mother and the baby inside her?

In this book the authors explain about abortion, answer some common questions, and guide the reader toward good choices that result in care for both women and their preborn babies.

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