



The Grace of Confession and a New Perspective after Abortion

As with baseball, history often repeats itself. Many great saints have changed after living lives without Christ. God likewise offers the same conversion and new direction to all those who have had an abortion. The healing, the rediscovery of the sacredness of human life and the new perspective of God's love all begin when distractions are cast aside and a humble heart is offered to Christ. God uses this wondrous sacrament to change the heart, soul, and perspective so as to give true healing and life: **“As far as the east is from the west, so far has he removed our sins from us.” (Ps. 103:12)**

“The Father of mercies is ready to give you his forgiveness and his peace in the Sacrament of Reconciliation”
(*Evangelium Vitae*, Paragraph 99, Pope John Paul II)



project rachel

Contact Project Rachel
888-456-HOPE (4673)
703-841-2504 or email
info@helpafterabortion.org

200 N. Glebe Road, Suite 814
Arlington, VA 22203
www.helpafterabortion.org



Come back to God who is love and mercy in the Sacrament of Reconciliation



While I was growing up, my family made an annual pilgrimage to Baltimore to see one of the Orioles' baseball games. Usually late in the game, after people had begun to leave, my brother and I would slip down into the empty front row seats to watch the game. This gave everything a new perspective. There were no longer the loud and flashy distractions of fans yelling, vendors selling, or mascots running around to block our view of the game. At last, we could see the baseball game unfold before our very eyes, free of distractions, as it was intended to be seen and enjoyed.

Something similar happens in the sacrament of Confession. Individuals now aware of sorrow and the effects of the sin in their life, seek healing. To do this, they freely choose to leave the world behind for a few moments and come into the healing presence of God. The distractions of the world, temptations, pride, or outside pressures are no longer in sight. Alone with Christ, they sense their heavy hearts opening up to healing and grace. Here the mystery of divine love can be seen and experienced as it unfolds before us. Even the angels in Heaven are not eloquent enough to express this mystery, where the humble sinner enters the confessional to rediscover divine mercy and new life. Once the old chains and way of life have been broken, **this sacrament offers us the grace of hope, conversion, and a new perspective on ourselves and on our relationship with God.**

For those who have had an abortion, this sacrament is a unique conversion and restoration of perspective. Although they may have received this sacrament frequently in the past, this time it will be different. Abortion requires painful honesty and searching, even before entering the confessional. Often the aftermath of this tragedy can be the clouded perspective of believing that God will never forgive this sin. In their own eyes they may lose hope of ever being with God and their loved ones forever. The peace and joy of going to Mass, prayers, and any discussion of God now may lead to a sense of inner emptiness and a running away from God. Sin always distorts one's view of God, self, and the world. Confession is the sacrament where God brings about the greatest and first step of healing—to regain an understanding of Our Lord's true and unconditional love.

“Truly, in this sacrament those individuals who have suffered from abortion leave behind a world of pain and sin, and then re-enter the world changed by grace, holding God's perspective of the present and of the future.”

The truth of God's love now enables one to see the world in a different light. The post-abortive often live a life of secret mourning without the blessing of family and friends for consolation. Such a world turned upside down leads one to ponder who can really be trusted.

There may even be a refusal to admit the sin to one's self, hoping instead that it will just go away. Try as one may, denial never removes the fears and memories that come back in new ways and at unwanted times. Confession is the sacred moment when one rediscovers the truth that has been hidden by sin and by distractions: **That, with God, healing is possible, sins can be avoided in the future, and lives can be changed for the better.**

Christ understood these deep wounds and loss of perspective when He promised: **“Come to me all who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble of heart, and you will find rest for your souls” (Mt 11: 28).**

The love of God is so perfect that He not only forgives sins, but also gives us the grace to do better. Confession becomes the new beginning, where the blindness of sin is removed and we see ourselves as God sees us. **In this sacrament the truth of God's love, our self-worth, and the assured grace to change the obstacles in our life become a clear reality.** Truly, in this sacrament those individuals who have suffered from abortion leave behind a world of pain and sin, and then re-enter the world changed by grace, holding God's perspective of the present and of the future.

By Reverend Andrew J. Fisher