

Healing After Abortion – Course Curriculum

Course Overview

A 7-week healing program designed to help women find hope, healing, and freedom after abortion. Participants can choose between a group format with live weekly gatherings or an individual, self-paced option.

Program Structure

- **Time Commitment:** Approximately 10-15 minutes per day, 5 days per week
- **Daily Structure:**
 - Watch a 10-minute video teaching, testimonies and time with the Holy Spirit
 - Write out scripture notecards to be used daily
 - Complete journal prompts for reflection
 - Spend time in prayer
 - Memorize three scriptures per week to create a power packed scripture notecard set
- **Weekend Reflection:** Time to pause, review materials, and prepare for the next week
- **Access to a private online community** for daily prayer, support, and accountability
- **Group Participants Only:** Weekly live gathering (2 hours) that includes a large group teaching and small group discussions

Individual Participants: Encouraged to set aside intentional reflection time, revisit video teachings, and engage in the online community for support and discussion

Weekly Curriculum

Week 1: "Breaking the Silence: My Story, Your Story, You're Not Alone"

Your journey to healing begins here. In a safe and loving space, you'll be gently guided to take your first steps toward peace and restoration. You are deeply seen and never alone.

What to Expect:

- Experience Jesus' love and restoration.
- Engage in meaningful conversations within your group for support and encouragement.
- Engage in scripture, journaling, and prayer.

Week 2: The Father's heart You are Chosen and Loved

God's love is unwavering, and His arms are always open to you. This week, you'll experience the depth of His love and step into the truth of your identity as His cherished daughter.

What to Expect:

- Recognize how God sees you.
- Heal wounds related to doubting God's love.
- Reflect through scripture and guided exercises.

Week 3: Replacing the Lies: Tearing Down Faulty Beliefs

The enemy whispers lies to keep us bound in shame, but God's truth brings freedom. This week, you'll learn to recognize and replace those lies with His unwavering promises.

What to Expect:

- Expose false beliefs and embrace biblical truth.
- Learn how to renew your mind.
- Memorize scripture for strength.

Week 4: The Power of Forgiveness – Breaking Chains & Finding Freedom

Forgiveness is not forgetting—it's freedom. This week, you'll experience the life-changing power of receiving God's forgiveness and extending it to yourself and those who have hurt you.

What to Expect:

- Release guilt and condemnation.
- Learn how forgiveness brings healing.
- Walk in the freedom of a renewed spirit.

Week 5: "Releasing Anger: Freedom from Bitterness and Resentment

Holding on to anger weighs down the soul. This week, you'll learn to release bitterness and resentment, allowing God's peace to fill those places with healing and hope.

What to Expect:

- Identify anger and its roots.
- Process relational wounds.
- Invite God's peace into painful areas.

Week 6: Mourning the Loss – Honoring Your Baby

Grieving is a sacred process, and you are not alone in it. This week, you'll be guided through a tender time of remembrance, honoring your baby's life in a space of love and healing.

What to Expect:

- Participate in a guided memorial exercise.
- Reflect, grieve, and find peace.
- Receive support from your small group.

Week 7: Redemption – Stepping Into Your New Story

God is rewriting your story with love, grace, and purpose. This final week is about stepping fully into your redeemed identity and walking forward in freedom.

What to Expect:

- Embrace God's healing and redemption.
 - Walk forward in confidence and wholeness.
 - Celebrate your transformation.
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Group Participants

- Weekly live online gathering (2 hours total):
 - Large group teaching (30 minutes)
 - Small group discussion (90 minutes)
- Small groups remain together throughout the program to build connection and encouragement
- Access to a private online community for prayer, support, and accountability

Individual Participants

- Self-paced with the same curriculum structure
- No weekly live gatherings
- Full access to the private online community for daily encouragement and prayer

Program Format – Group vs. Individual

Group Participants

- **Weekly live online gathering (2 hours total)**
 - Large group teaching (30 minutes)
 - Small group discussion (90 minutes)

- **Small groups remain together throughout the program** for deeper connection and encouragement
- **Access to a private online community** for daily prayer, support, and accountability

Individual Participants

- **Self-paced with the same curriculum structure**
- **No weekly live gatherings**
- **Encouraged to set aside intentional reflection time**, revisit video teachings, and engage in the online community for support and discussion
- **Full access to the private online community** for daily encouragement and prayer

If you have any questions, please don't hesitate to contact us! Email us at Info@lovedbtw.org