

Pregnancy . . . Unplanned

QUICK REFERENCE COUNSELING KEYS Excerpt

The Shock of an Unplanned Pregnancy . . .

The story has been repeated a hundred different times in a hundred different ways: An unwed teenager learns she is pregnant. But, on this occasion, the stigma of being unmarried and with child looms especially heavy. The fact that she is engaged hardly deflects the eyes of accusation glaring at her . . . for her fiancé knows that he is not the father.

Rather than eagerly anticipating his wedding day, his heart is heavy—his dreams are dashed. Thoughts whirl through his mind as he tries to consider his options: What is he to do with the one who was once the “love of his life”? And what will happen to the child she is carrying?

Neither person could have fathomed God’s plan regarding this pregnancy. Never could they have known the path their lives would take or the supernatural work God would accomplish through the child of His making. Yet this baby would be named Jesus . . . Jesus the Christ, the Savior of the world!

“She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.”
(Matthew 1:21)

Just as Mary found peace in the midst of her fearful, unplanned pregnancy, you too can have inner peace. As the Prince of Peace, Jesus, wants to *be peace* for you. Regardless of your fears and problems, you can have His *inner peace* when you have His *inner presence*. Jesus said,

“In me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”
(John 16:33)

What Are All Your Options?

Your pregnancy may leave you feeling trapped, as though you have no good options. Actually, there is an option that will provide the best solution for you in the midst of your crisis. An informed decision *now* can save you much sorrow *later*. Ultimately, three options are available—*abortion*, *parenting*, and *adoption*. Prayerfully consider each option before you decide so that your decision won’t leave you with a lifetime of regret.

“The prudent see danger and take refuge, but the simple [the foolish] keep going and suffer for it.”
(Proverbs 27:12)

“In the midst of this unplanned pregnancy, will I ever have inner peace?”

With God, inner peace is always possible, even in the midst of your problems and fears. Just remember, no problem is too big for God to solve! As the Prince of Peace, Jesus wants to *be peace* for you. Regardless of your fears and problems, you can have His *inner peace* when you have His *inner presence*. Jesus said,

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What Is God’s Heart?

- God is the author of life. (Deuteronomy 32:39)
- God opens and closes the womb. (Genesis 29:31)
(1 Samuel 1:5)
- God ordains all pregnancies—regardless of the circumstances. (Isaiah 44:24)
- God creates every life. (Deuteronomy 32:6)
- God never formed a life without having plans for that life. (Jeremiah 29:11)

When Does Life Begin?

Life doesn’t begin at the point of delivery when the baby takes its first breath. Within three weeks of conception, that little life within you has developed a brain, a beating heart, and tiny limbs that are beginning to “sprout” and move about. During this time, your unborn will grow from a *zygote* to *embryo* to *fetus* . . . just as a newborn grows from *child* to *adolescent* to *adult*.

“You [God] created my inmost being; you knit me together in my mother’s womb.”
(Psalm 139:13)

- **Wrong Belief:** “I have the right to decide what to do with my own body. I’m afraid that having this baby will destroy my future happiness.”

Right Belief: “God has a plan for the child in my womb. My unborn baby is loved by the Lord and is an expression of His love for me. I’m choosing to trust the Lord to meet my deepest inner needs.”

*“My God will meet all your needs.”
(Phillipians 4:19)*

- Love: “God loves me, and He will provide healthy, loving relationships for me and for my baby.”
- Significance: The Lord will accomplish His goals and His plans for my life and for my child’s life.
- Security: Because the Lord is in control of my life, I can count on Him to walk with me and my baby each step of the way.

*“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. . . . Everyone who is called by my name . . . I created for my glory, whom I formed and made.”
(Isaiah 43:2, 7)*

How to Weigh Your Options

Before considering abortion, honestly answer the following questions and carefully consider the accompanying truths.

- Are you afraid that the response of others will be ridicule or rejection?
Realize . . . it is wiser to fear the response of God than the response of people.
- Are you being pressured, especially by your parents, the baby’s father, or abortion counselors?
Realize . . . there is no easy way out, and doing what God says is more important than doing what people say.
- Are you wanting to escape the reminder that you made a major mistake?
Realize . . . God wants your children to be a reminder of His sovereignty and His purposes, not of your mistake.
- Are you reluctant to bring an unwanted child into this world?
Realize . . . every child is wanted by God, and you can choose to want to have your child.
- Are you concerned about possible health problems of the baby?
Realize . . . the value of life is not related to the health of the baby but to the God-given value placed on this baby by the Creator of life.
- Are you viewing abortion as a form of birth control?
Realize . . . abortion kills a life, which is different from preventing the conception of a life.

- Are you wanting to get rid of a baby who is a result of a wrongful act such as rape or incest?
Realize . . . your baby is innocent of any wrongful act and is undeserving of the death penalty.

Terminating an innocent life will not end your grief but will rather compound grief with guilt.

*“There is a way that seems right to a man,
but in the end it leads to death.”
(Proverbs 14:12)*

How to Walk With Wisdom

The pressure surrounding an unplanned pregnancy can seem overwhelming. Making the best decision for both you and your unborn baby requires wisdom and foresight.

*“The advantage of knowledge is this:
that wisdom preserves the life of its possessor.”
(Ecclesiastes 7:12)*

Write down your thoughts and feelings, admitting your anxiety, confessing any guilt, and casting your cares on the Lord.

*“Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.”
(1Peter 5:6–7)*

Imagine what life would be like for you and your baby the next year and ten years from now if you followed each option (abortion, parenting, adoption).

“The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.” (Proverbs 14:8)

Sort through your options in terms of what God has revealed about your baby’s life and what is best for your child.

“Before I formed you in the womb I knew you, before you were born I set you apart.” (Jeremiah 1:5)

Develop a support structure of family and friends.
*“A friend loves at all times, and a brother is born for adversity.”
(Proverbs 17:17)*

Obtain godly counsel that lines up with what God says in His Word.

“I will instruct you and teach you in the way you should go; I will counsel you and watch over you.” (Psalm 32:8)

Make a decision to entrust your future and your baby’s future to the Lord.

“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.” (Proverbs 3:5–6)

For Family and Friends . . . Encouragement in Pain

Consider the following steps to walk through, one step at a time.

- **Call** the entire family and closest friends together, talk through the situation, share feelings, and pray for the entire family.
“Carry each other’s burdens, and in this way you will fulfill the law of Christ.” (Galatians 6:2)
- **Concentrate** on the positive by keeping an ongoing list of every valuable aspect of the situation. (Philippians 4:8)
- **Count** on various forms of rejection. Do not expect others to accept the circumstances or to support your decisions during this difficult time. (Psalm 27:10–11)
- **Cherish** God’s Word in your heart and meditate on Scripture for your source of strength and security. (Psalm 119:50)
- **Cast** every care upon God in prayer, thanking Him for what He will do in your situation. (Psalm 55:22)

- **Cultivate** consistency through a normal family routine—don’t stop functioning as a family unit. (1 Corinthians 14:33)
- **Choose** forgiveness—letting go of the past and pursuing peace. (Colossians 3:13)
- **Claim** this as an opportunity to be used for God’s glory and for the good of your family. (2 Corinthians 5:17–18)
- **Come** to accept that these changes in your life are permanent.

“The LORD will fulfill his purpose for me;
your love, O LORD, endures forever.”
(Psalm 138:8)

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