

THE EFFECTS OF PREGNANCY CHOICES ON INDIVIDUALS AND THE WORLD

GRADES 7-9 - Lesson I (Year III, Day 1)

Goal: Students will learn about the difficult choices facing a woman in an unintended pregnancy and how the effects of her choice change her and the entire world.

Lesson: Today's lesson explores how abortion denies the intrinsic dignity of unborn children and hurts women. Abortion is often promoted as a quick and easy decision to a difficult problem, particularly for teens. And, from the outside, it can definitely appear that way. But hundreds of thousands of women have shared stories of incredible pain and grief following abortion—grief and pain they cannot get rid of no matter what they do. Thankfully, we know that God can forgive anything we do, including abortion. While God's healing will not take away many of the terrible effects of abortion, it can mend the relationship with God and allow the woman to find spiritual strength while she rebuilds the rest of her life.

Watch: [Abortion Survivor Story](#)

Discussion:

What struck you about Melissa Ohden's story?

How did Melissa's mom suffer as a result of having an abortion?

Melissa's mom was pressured by those around her to have an abortion. Why is it important that we surround women in unexpected pregnancies with love and support?

Watch: ["Hannah's Story"](#)

Discussion:

- What were some of the challenges Hannah faced when she found out she was pregnant?
- What kind of support did she receive?

- How did she feel about the choice she made?
- God is always trying to reach us with His love and mercy. No matter what we have been through, we can always turn back to Him. He has a beautiful plan for every life: yours, mine, every woman who is pregnant and every child in the womb!

Activity:

Have the students choose one of the situations below to write about. They are to write how they would respond to the person in this situation in truth and love.

- **Your friend has learned she is pregnant and is unsure of what to do.**
 - What types of resources could you share with your friend?
 - How do you think your friend might be feeling?
 - How could you demonstrate compassion for your friend? How might you show her she can trust you?
 - Who might be able to assist your friend in making a rational decision rather than a rash, emotional choice?
 - Who could offer guidance if your friend is considering making an adoption plan?
 - If you learn that your friend is seriously considering abortion, how could you share your beliefs about the value of life?
 - Who might be able to educate your friend about the long-term emotional and physical effects of abortion?
- **You encounter someone who has had an abortion in the past.**
 - What can you say to this person that might be of help to them?
 - What emotions might she be experiencing now? How can you show compassion to her?
 - What Scripture passages might be comforting to her (examples: Ephesians 1:7, Psalm 32:5, Hebrews 8:12, 1 John 1:9)?
 - Who could you direct her to for additional support?
 - What support might a professional counselor offer that you may be unable to provide?
- **You encounter abortion activists at school or among friends.**
 - What could you say if they asked why you are pro-life?
 - What could you say about the impact of abortion?
 - What could you say if someone says that abortion is not wrong because a fetus is not a human being? How do you know that a fetus is fully human?

- How could you respond to someone who says a woman's right to choose is more important than a fetus' right to live?
- How could you communicate a pro-life message without being angry or disrespectful?
- **You encounter a boyfriend or family member of a pregnant woman who is pressuring her to have an abortion.**
 - What can you say to this person that might be of help to them?
 - Who could you direct this person to for support?
 - Do you know what you believe about the abortion issue? Explain. If not, consider going through the following Scriptures together: Jeremiah 1:5, Galatians 1:15, Psalm 127:3, Psalm 139:15-16. Then, discuss what God is telling us about the life of a preborn child.
 - What information sources does your friend trust (examples: TV, Internet, friends, parents)? What information available through the sources your friend trusts could you share with him?
 - What information could you share about the impact an abortion has on those involved?

Prayer:

Heavenly Father, You show your great love to the world by sending children to reflect your glory. We pray that every child will be welcomed with love and joy as a gift from you. We ask for strength and hope for every woman experiencing an unintended pregnancy. Allow her to see your face in her unborn baby. Send her the support she needs to make the choice for life so that she and her baby will live happily in your love. Allow us to be instruments of your love, to encourage life by offering support in any way that we can to all mothers and fathers and their children. We ask You to bring Your healing and grace to all those who have been affected by abortion. We trust that You can make all things new. Amen.

Lesson adapted from the plans on the Archdiocese of Los Angeles Office of Life, Justice and Peace website