



you're braver  
than  
YOU THINK

by Amy Ford



## YOU'VE GOT THIS!

Experiencing a “bump” in life? Having an unexpected pregnancy can bring on a mix of emotions. You may have so many questions and uncertainties about finances, a home, a job, childcare, the baby's father, your future husband. You may feel pressured to make a quick decision but just take a deep breath and take things one day at a time. We understand how you feel a sense of urgency ... but you will never regret taking your time and thinking through a decision that will have a significant impact on the rest of your life.

## YOU ARE EMPOWERED!

This is your life. If you feel pressure from family or friends, stand strong. No one can force you into a decision and you owe it to yourself to get all the facts without having extreme emotions sway your choice. Fear can trick you into making a decision that you might regret later and make you believe you can't have this baby or can't place this baby for adoption, but you are stronger than you think!



## YOUR LIFE IS NOT OVER!

Take a deep breath. God already has the answer. Just trust Him and lean on Him. He will help you catch your breath and help you see that He has amazing plans for you. Sometimes it's hard to see beyond the nine months of pregnancy but God sees. The good news is, you don't have to have your life plan mapped out right now. He has already paved a way for your future even when you can't see it.

## YOUR BABY IS PLANNED!

Even though this baby might not be planned by you, your baby was planned by God. Did you know that the life you are carrying inside of you will change the world? Even if the pregnancy happened through rape or if your baby has a disability, God still has a destiny and purpose for this child. God never promised our lives would be easy, but He did promise that He would take every situation and make it into something beautiful. He promised He would never leave you or abandon you.



## YOUR THOUGHTS HAVE POWER!

Sometimes when we experience an unexpected pregnancy, our mind and thoughts seem to go out of control with worst-case-scenarios and negativity. We believe lies about ourselves and our situation — worthless, flawed, failure, alone, unloved, hopeless, incapable — take those thoughts and work on replacing them with thoughts of what is true.

Having big decisions to make that can affect the rest of your life, it's important to know the facts and truth. It really is possible to think a new way — just focus on WHAT you are thinking about and put forth effort to reprogram your mind. Put God's truth everywhere you need a reminder: your car, your bathroom mirror, in your purse, your nightstand, or anywhere your mind might start to wander.

*We have the power to intentionally take the negative thoughts and replace them based on God's truth.*

# The truth about YOUR SITUATION

LIE:            TRUTH:    GOD SAYS:

Abandoned	Rescued	I sent my Son to rescue you. <i>(1 John 4:14)</i>
Unplanned	Planned	Before I formed you in the womb, I knew you. <i>(Jer. 1:5)</i>
Victim	Overcomer	I am an overcomer. <i>(Rev. 12:11)</i>
Unwanted	Wanted	I have great plans for your future. <i>(Jer. 29:11)</i>
Powerless	Empowered	I can do all things through Christ Jesus. <i>(Phil. 4:13)</i>
Endless	Temporary	Your circumstances are brief. <i>(2 Cor. 4:18)</i>

## YOU ARE NOT ALONE.

God chose you, out of all the women in the world, to have this baby. Whether you choose to parent or place for adoption, God has equipped you with everything you need to carry this baby. You are not alone. First, you have God who will never leave you and who will always be by your side. Second, you have a local pregnancy center that will walk with you and help you through this pregnancy. Ask them to get you connected to a spiritual family and church home that will link arms with you and your child for the rest of your life if you will allow it. God is FOR you. He hasn't given up on you. You've got this!

*You are born to change the world and your  
baby will change the world too!*



## FACTS ABOUT YOUR BABY

- Did you know that babies in the womb know their mother's voice? They smile and even get hiccups.
- A baby's heart starts beating at approximately 21 days after conception.
- The baby's brain starts forming at just 3 weeks after conception.
- At 8 weeks pregnant, your baby's fingers and toes are forming.
- At 10 weeks pregnant, your baby already has a unique fingerprint unlike anyone else in the world.





## YOU HAVE OPTIONS

If you're feeling like you're not ready to be a mom yet, we understand. Having an unexpected pregnancy usually does not happen at a time in our life where it makes the most sense. You have options and each option will change your life so make sure you take your time in making your decision.

As you share the news with loved ones, don't be surprised if some people have a hard time processing your unintended pregnancy. Many people might be uncomfortable and unsure of how to respond. Some of your friends may end up not being a good friend during this season. If you are a teenager or living at home, you might even have family members be disappointed and treat you poorly. Sister, we have advice for you: ***Do not let the negativity of others influence your decision! This is your life, your baby, and your future, not theirs.***

## ABORTION:

Abortion is not just a simple medical procedure. It's a life-changing event and most women who struggle with past abortions say they wish they had been told all of the facts before they made their decision. You may be thinking that having an abortion might just let you get on with your life, but the reality is that your life will never be the same no matter what you choose: abortion, adoption, or parenting. Each choice has an impact on you. Abortion takes a life and is something a mother lives with for the rest of her life. Abortion also has physical and emotional risks and complications involved like the possibility of damaging reproductive organs that could affect your future. Abortion can even cause a broken heart. 20-30% of women report psychological difficulties after an abortion, including anxiety, post-traumatic stress, depression, sleep disturbances, and substance use or abuse.

‡ *Each choice has an impact on you.*

## ADOPTION:

Choosing adoption does not mean “putting up” your child or “giving up” your baby for adoption. Adoption is a selfless decision. Adoption is a loving choice that involves the personal sacrifice of being pregnant for 9 months to give them the best possible life and future. This decision will give your child a chance at life. You get to choose the parents and family that your child will be nurtured and thrive in. You get to choose everything about the family that’s important to you like their religious views, if your child will have siblings, and even whether they have pets or not. There are two main kinds of adoptions: closed adoptions and open adoptions. In a closed adoption, birth parents and adoptive parents do not share identifying information or have contact with each other. In an open adoption, birth parents and adoptive parents share information freely, communicate with each other, and may schedule periodic visits between the adoptive family and birth mother. There are many adoption agencies that will walk with you through the entire process and even afterwards, so all of your questions and concerns are covered.



## PARENT:

Parenting a child is the most common choice following an unexpected pregnancy and a gratifying experience for millions of women across the country. Motherhood isn't easy, even when you plan to start a family, but there is support out there to help you along the way. If you are single and pregnant, you might be concerned about possibly parenting as a one-parent family. But have hope. As a single mom, invite God into your parenting. He empowers you. He equips you with everything you need to provide for your child's physical and emotional needs. This is not God's plan B for your life — this is plan A. You didn't mess up all the great plans God has for your life. You can still have your baby and your dreams too. Yes, it may be hard at times. It may take a little longer. But this baby can fuel your dreams even more.

## 1 PARENT + GOD = SUCCESS.

It's okay to feel excited to meet your baby and, in the same breath, grieve the life you have before his or her arrival. Both truths can remain close to your heart as you let go of how you think your life should be, and instead embrace how it actually is. Life is full of ups and downs but God promises to turn ALL THINGS (and not just some things, or just nice things, or just all things for other people) — ALL THINGS for good for ALL PEOPLE that love Him. (Rom. 8:28) Fall in love with Jesus — He will turn your seemingly upside-down world right-side-up. Allow the pendulum in your heart to swing from YOUR LIFE IS NOW OVER to YOUR LIFE IS NOW BEGINNING. Get ready — God has GREAT plans for you and your child!



## NEXT STEPS

- **Tell someone.** It's time to tell your family and friends. You might feel nervous about this, and if so, bring someone with you that you love and trust. It probably took you some time for the reality to sink in, so give them time, too. If they react and say things they might regret later because of hurt, just remember the truth of who God says you are. If you are concerned for your safety, or think someone might try to harm you, seek a safe environment and get wise counsel. Surround yourself with people that believe in you and care about your well-being.
- **Take good care of yourself.** You and your baby are valuable and important. Make an appointment with a doctor right away to begin prenatal care.
- **Start making a plan.** You have plenty of time to make a decision, but you can start praying through a plan. You are empowered to either be an amazing momma for this child, or choose a family that has prayed their whole life for a baby. Either way, God will help and support you through it.
- **Fall in love with Jesus.** When you first fall in love with someone, it usually starts by spending time with that person. The more you spend quiet time with God, talking and listening and reading His Word, the more you fall in love with Him. He changes you from the inside out and He fills your heart with unexplainable peace, joy, and hope. Find a church and get connected to a spiritual family. Raise your child in the church. Start a new legacy for your family.

- **Find community.** Build a support system of women who believe in you and believe in the God that lives in you. Possibly plug into parenting classes that your local pregnancy center may have, and find a local church that offers support groups for women with unexpected pregnancies such as Embrace Grace (single and pregnant) or MOPS (married and pregnant).
- **Get outside counsel.** Sometimes getting outside godly guidance from someone can help you see your circumstances from a different perspective and shed light on an issue you maybe haven't thought of regarding your current situation or your future. Whether it's talking through topics like relationships, school, job, or the father of the baby, having godly mentors in your life can help you process your thoughts and pray through your circumstances.

# The truth about WHO YOU ARE

LIE:            TRUTH:            GOD SAYS:

Alone	Never alone	God will never leave me. <i>(Psalm 139:7-11, Heb. 13:5)</i>
Unlovable	So very loved	I am greatly loved by God. <i>(Rom. 1:7, Eph. 2:4, Col. 3:12)</i>
Worthless	Priceless	You are fearfully and wonderfully made. <i>(Psalm 139:13)</i>
Damaged	Beautiful	I am God's workmanship. <i>(Eph. 2:10)</i>
Failure	Victory	You are a conqueror. <i>(Rom. 8:37)</i>
Ashamed	Freed	You are forgiven. <i>(1 John 1:9)</i>

## Additional Helpful Information:

- *To hear what other women say about their decision to have an abortion: **AbortionChangesYou.com***
- *To learn more about your pregnancy: **AmericanPregnancy.org***
- *To learn more about your baby's development: **www.EHD.org***
- *For resources that can help you learn to be a good parent: **FocusOnTheFamily.com***
- *To find an Embrace Grace support group near you: **EmbraceGrace.com***



# Benevolent Resources

PROGRAM

FOCUS ON THE FAMILY®



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Physicians Resource Council

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