

A Healing Hearts Prayer Guide

Praying for the “Walking Wounded” of Abortion



1. Acknowledge Hidden Pain

“The Lord is near to the brokenhearted and saves the crushed in spirit.” — Psalm 34:18

Many people who have experienced abortion hide their pain and fear rejection, even within the church. The church should be a safe place where wounded hearts can find truth and mercy.

- Pray for those who carry the secret pain of past abortion decisions — that their hearts would be opened to God’s healing and mercy.
- Ask the Lord to reveal His presence to those living in shame, fear, and isolation.
- Pray for courage for individuals to step out of silence and receive gospel truth.

3. Healing for the Wounded

“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3

There is a great need for compassionate discipleship that will bring hurting people to true Gospel healing.

- Pray for deep spiritual and emotional healing for women and men affected by abortion — that Jesus would bind their wounds and restore joy.
- Pray that God would send compassionate believers who can share the gospel with humility and love.
- Ask the Holy Spirit to renew minds and bring the peace that surpasses understanding.

2. Pray for Grace, Not Condemnation

“There is therefore now no condemnation for those who are in Christ Jesus.” — Romans 8:1

Just as Jesus didn’t condemn the woman in John 8, believers are called to minister mercy that leads to repentance and healing.

- Pray that the church would extend grace, not judgment, echoing Christ’s response to the woman in John 8 — *“Neither do I condemn you.”*
- Ask God to help believers speak truth with compassion — truth that leads to repentance and healing.
- Pray for church leaders to cultivate welcoming environments of restoration.

4. Community and Support within the Church

“Bear one another’s burdens, and so fulfill the law of Christ.” — Galatians 6:2

The church is described as the safest place for wounded people — but often fear of judgment keeps them silent.

- Pray that church communities would recognize and support those in their congregations affected by post-abortion pain.
- Ask for wisdom for pastors and ministry leaders to create ministries of grace and restoration.
- Pray for ongoing discipleship and counseling resources that reflect Christ’s mercy and truth.

5. Pray for a Gospel-Centered Response to the Abortion Debate

“Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.” — Colossians 4:6

The abortion debate often creates “warring messages” that can hurt wounded individuals; believers are called to minister grace in that crossfire.

- Pray that Christians would respond to the abortion issue with deep grief for lost life and with compassion for the broken.
- Pray for humility and prayerful witness in conversations about abortion, especially amid cultural polarizations.
- Ask God to empower His people to honor life and offer hope through Christ.

7. Confession and Release

“If we confess our sins, He is faithful and just to forgive us our sins.” — 1 John 1:9

- Lead a prayer of confession for personal and collective sin — asking for God’s forgiveness and peace.
- Pray for the freedom that comes from confessing sin to the Lord and receiving His mercy.
- Invite participants to pray privately for specific hurts and hurts in their communities.

6. Pray for the Fathers of Aborted Children

“And he will turn the hearts of fathers to their children, and the hearts of children to their fathers...” — Malachi 4:6

For every abortion, there is a father. We must not forget the devastating wounds abortion causes to the countless men who often go overlooked.

- Lift up men who have also been affected by abortion decisions — for healing, forgiveness, and restoration.
- Pray that the church would recognize and support male survivors, whose pain is often unseen.
- Pray that God would restore broken identities, helping men understand themselves not through past loss or failure, but through Christ’s grace.

Optional Call & Response Prayer

Leader:

Lord, we come before You with hearts that ache for the unborn, the wounded, and the ashamed.

All:

We pray for healing, comfort, and Your saving grace.

Leader:

Lord, bring mercy where there has been judgment, truth where there has been silence.

All:

Transform our hearts, O God, and make us agents of Your mercy.

If you know of someone who is suffering from having had an abortion, please consider referring them to one of Healing Hearts' post-abortion studies at healinghearts.org/get-help-now. Trained, compassionate biblical counselors are waiting, ready to walk with them through God’s Word to find the fullness of hope and healing that God offers.

For further resources on ministering with compassion and love to the post-abortive women and men around you, please visit healinghearts.org/sanctity-of-life.