



“I was 21 years old and I knew I was as good as dead, and it began with the choices I made”.

Denise S., Phone Consultant Texas

As a senior in High School, I chose to become sexually active. On prom night I decided to go all the way. When I thought I might be pregnant I told my boyfriend and he came up with an option for me. With that option I could keep my secret and not have to tell my parents or others. I chose that option, I chose abortion.

Because I chose to disregard the life that was in me I began to disregard my life and that is when my self destruction began. I became more sexually active. I began to use drugs and live recklessly. I had no idea I was on a self destructive path. One night while tripping on 2-3 lids of LSD I had a vision. Some may try to explain it away but I knew that vision was from the Lord. In the vision I saw a newspaper. The headline read: *Youth killed in a car crash*. I saw a picture of my car driving off the same mountain my friends and I were on doing drugs. It scared me back to reality. *I knew I was as good as dead*. I went to my car and started banging on my car and yelling, “I want to go home, I need to go home, I want to go home now”. I don’t know who had my car keys or how I got home that night but I did.

That vision changed my life. I stopped doing drugs and sleeping around. Within 2-3 months I was able to move away from my old friends and start over. I began to go to church and got married. My husband and I had problems from the beginning. Years later I started hearing about a post-abortion healing retreat called Rachel’s Vineyard. I knew I was suffering shame and guilt from my abortion but I was too afraid to look at it.

One day a friend took me to an Operation Outcry event in Dallas, TX. At this event I heard for the first time women share about how abortion had hurt them and the healing that they had received. I wanted that same healing and decided then to deal with my abortion. Shortly afterwards I participated in a Rachel’s Vineyard

retreat. That is when my healing journey began. I learned to forgive myself and those involved with my abortion. But, most important of all I recognized my aborted daughter as a person and named her. When doing a timeline as part of the abortion healing exercise I realized that my sinful choices of sexual immorality and abortion started me down a path of self destruction which almost killed me at the age of twenty-one. I know to this day that I would have never lived past the age of twenty-one if God had not intervened.

Denise is a volunteer with the Oil of Joy for Mourning prison ministry. Denise also is a staff member for the National Helpline for Abortion Recovery coordinated by Concepts of Truth Inc. Through these services Denise has heard many, many painful stories of how abortion devastated the lives of women and men.

Denise is married and has two sons. She and her husband live in Central Texas.