



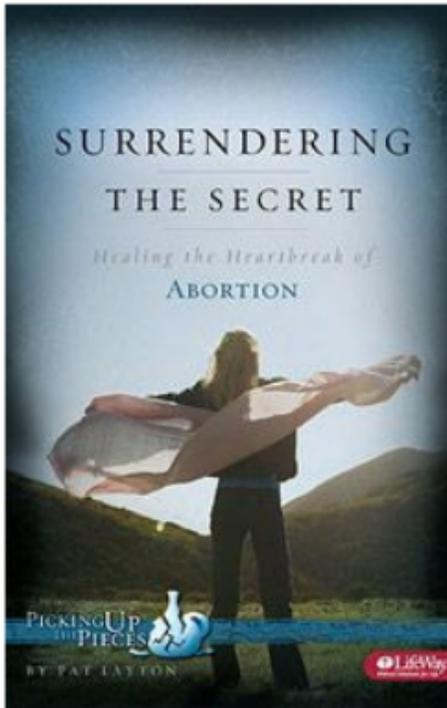
*Surrendering the Secret*

**HEALING THE HEARTBREAK OF ABORTION**

**CERTIFIED LEADER TRAINING**



*Surrendering the Secret*



THE HISTORY





# *Our Purpose*

TO OFFER TOOLS OF HOPE AND HEALING FOR POST  
ABORTION RECOVERY TO THE CHURCH, SETTING THE  
CHURCH FREE TO FULFILL ITS MISSION AND  
ULTIMATELY CHANGE THE WORLD.





## WHAT DOES ABORTION LOOK LIKE TODAY?



- 62% are religiously affiliated
- 75% are of low/to poor income
- 59% already have a family
- 60% are in their 20's
- 39% White, 28% African American, 25% Hispanic, 6% Asian
- 43 % of women of childbearing age have experienced an abortion.
- 1 in 4 women by the age of 45 will have experienced an abortion





## WHAT DOES ENGAGING THE CHURCH LOOK LIKE?



- Add post-abortion information to small groups/care groups.
- Offer the church a plan of action
- Establish care/liaison team
- Educate leaders
- Support pastors
- Share at small group





## WOULD YOU KNOW HER, IF YOU SAW HER?

- Look carefully at the women in your life.
- Can you identify which women might have had an abortion?
- Women who choose abortion are married, single, young and old.
- Abortion crosses all racial, social, and economic lines.





# Steps to Healing



SHARE THE STORY



GUILT



LOOK AND EXPOSE THE TRUTH ABOUT ABORTION



CONDUCT A RELEASE/MEMORIAL SERVICE



DEAL WITH ANGER



TRADE BONDAGE FOR FREEDOM



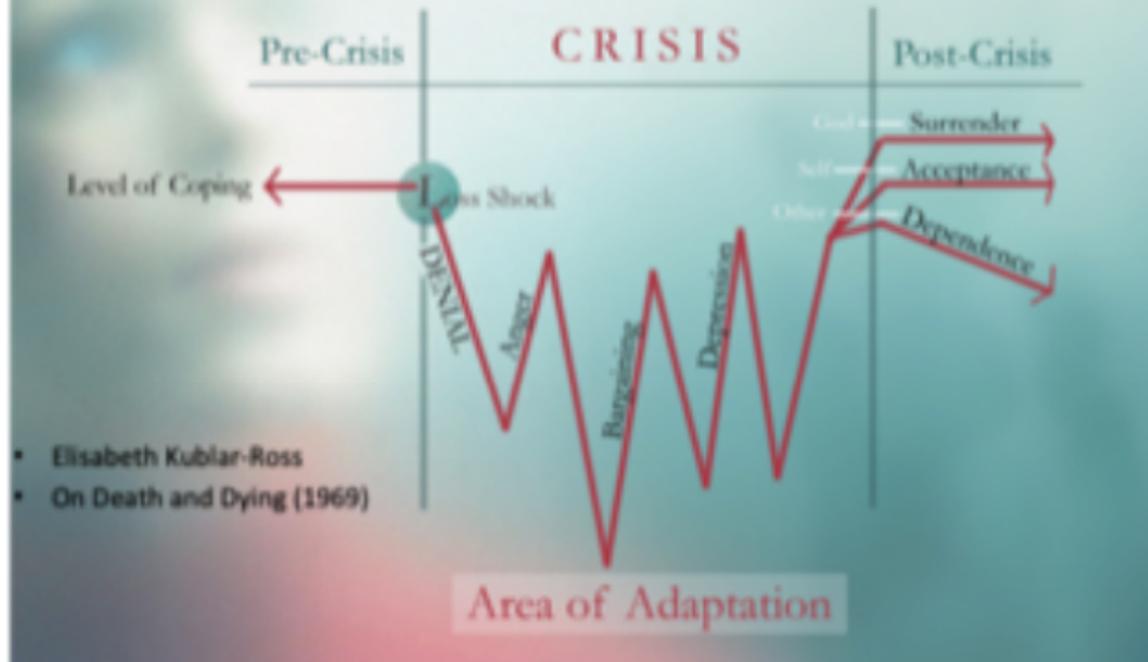
CHASE FORGIVENESS



SHARE THROUGH HEALING



## Dynamics of Crisis and Grief





# LEADER RESOURCES!



- MEMBER BOOK
- LEADER GUIDE
- MIGHTY NETWORK
- STS WEBSITE
- NATIONAL TRAINING TEAM

- MARKETING COLLATREAL
- LEADER TRAININGS
- SOCIAL MEDIA SUPPORT
- CHURCH RESOURCES





*What does it take  
to*

**LEAD?**





# GETTING READY TO LEAD YOUR GROUP



- Pray!
- Send out information bulletins to church, care ministries, women's bible study groups, and local PRC's.
- Provide contact information.
- EMPHASIZE confidentiality.
- Promote group at every opportunity.
- Compile a roster or interested participants.
- Plan a meeting place.
- Enlist prayer support.
- Call or email participants to remind them of the meeting the day before.





# Member book breakdown



## PREPARING FOR THE JOURNEY

Help her begin to prepare for the current week's healing work.

## DISCOVERING THE TRUTH

Presents the Word of God as the foundation and promise of healing

## EMBRACING THE TRUTH

Focuses on helping group members integrate what they have learned from the Bible into their own hearts and lives.

## FREEDOM ACTION STEPS

Helps participant connect study with their own heart and the hearts of their sisters in the group.

## WALKING IN FREEDOM

. Journaling is vital to the healing journey and final surrendering of the secret.





# LEADER GUIDE BREAKDOWN



*Heart to Heart*

**Objectives**

*What to do before a Session*

**Member Book Sessions**





# *Session One*

## **LEADING A GROUP**



1. Warm Welcome
2. Hook Up Carabiners
3. Read the Pledge
4. Watch the video
5. Review MB Viewer Guide

6. Complete the healing action steps
7. Assign Next Session
8. Close with Pledge and Prayer



*Session One*  
**Where Have You Come From?**



# *Session One*

Where Have You Come From?





## WHAT TO DO BEFORE YOUR GROUP COMES!



- Arrive 30 minutes before the session.
- Arrange the room to be as comfortable and welcoming as possible.
- Pray together! This is a priority!
- Have extra member books on hand just in case there is a “walk-in”.
- Make goodie bags for participants
- Play instrumental music in background during all sessions
- Have a gift bag for each woman

### *Provide Supplies*

CARABINER  
SNACKS  
TISSUES

PENS  
SMALL LAMPS/CANDLES  
LIGHT REFRESHMENTS



*Session One*

Where Have You Come From?



# *Session One*

## **ACTION STEPS**



1. Review Past Trauma Survey  
If member's haven't done a Past Trauma Survey, please give them about 10 minutes to complete one
2. Group members will share their survey results and talk about how abortion has effected their lives.
3. Discuss results and insights as a group



*Session One*  
**Where Have You Come From?**



# *Session Two*

## Sharing the Secret





# BEFORE YOU ENTER INTO

## *Session Two*



- The main need for this group is a warm, safe environment.
- Sitting on the floor on pillows or arranging the chairs in a circle sometimes makes the room more relaxed and brings the women closer together.
- The most important supply that you need for this meeting will be you—your arms, your prayers, your heart, your ears, and your anointing.
- Don't forget the tissues, you will be needing them in this session



*Session Two*  
Sharing the Secret



# *Session Two*

## **ACTION STEPS**



1. LEADERS WILL SHARE THEIR STORY
2. Ask a group member to share their story  
If they need help getting started use the thought starters provided in the Member Book.
3. Or they may use their poems, letters, prayers or songs written at home.
4. Give women permission to go at their own pace and comfort level.
5. Encourage them to share what they remember about each experience
6. Offer acceptance without condemnation.
7. The Priority of this session is to “share the secret”



*Session Two*  
Share the Secret



*Session Three*  
Walking in Truth





# *Session Three*



## **ACTION STEPS**

1. **SHARE THE RESEARCH MATERIAL**
2. Share letters written during week two.  
(Hold onto anger letters until next week)
3. Watch 4-D Ultrasound Video
4. Go through prayer and reflecting index cards
5. Pick up cards for next week



*Session Three*  
**Walking in Truth**



# *Session Four*

## Time for Anger

### TEARING DOWN ROAD BLOCKS





# BEFORE YOU ENTER INTO

## *Session Four*



- Arrive 30 minutes early to set up the room.
- Discuss group process, group concerns, and facilitator issues.
- Pray

### *Provide Supplies*

TISSUES	WOMEN'S MAGAZINES	WHITE CARD STOCK/HEAVY PAPER
SCISSORS	ZIPLOCK BAGS	
PENS	GLUE STICKS	MULTICOLORED CONSTRUCTION PAPER
MARKERS	GARDEN ROCKS	

Go Into Creating a Mask



*Session Four*  
Time for Anger



# *Session Four*



## **TIME FOR ANGER**

### **Creating A Mask**



*Session Four*  
**Time for Anger**



# *Session Four*

## **ACTION STEPS**



1. EPHESIANS 4:25-32 ANGER CHECKLIST

3. Connection Approaches

2. Angry  
Letters

4. Rock Exercises



*Session Four*  
Time for Anger



# *Session Five*

## Forgiveness

### A GIANT STEP TOWARDS FREEDOM





# BEFORE YOU ENTER INTO

## *Session Five*



- Arrive 30 minutes early to set up the room.
- Discuss any concerns related to anger issues that group members may still have trouble resolving issues.
- Assess progress of the group. Is the group moving together through each of the identified stages of healing? Does any member seem to need special attention?

### *Provide Supplies*

TISSUES

WASHABLE MARKERS

BABY OIL

SCRAPS OF WHITE CLOTH

WATER BOWL

HANDKERCHIEFS



*Session Five*  
Forgiveness



# *Session Five*

## **ACTION STEPS**



1. This time will be very much Holy Spirit and leader led.

2. Listening prayer

\*GIVE MEMBERS A HANDKERCHIEF AND WASHABLE MARKER. HAVE EVERYONE WRITE DOWN ISSUES, FAILURES, SINS, OR FALSE BELIEFS THAT THEY CONFESSED TO GOD DURING THE LISTENING PRAYER EXERCISE. AFTER THEY HAVE WRITTEN THEM DOWN, DROP CLOTH INTO THE BOWL OF WATER. HAVE EACH MEMBER WATCH THE RESULTS AND PREPARE TO ACCEPT GOD'S MERCY AND FORGIVENESS. ALLOW THE BURDEN OF GUILT AND SHAME TO LIFT. GOD DOESN'T WANT THEM TO CARRY IT ANYMORE!\*

3. Exchange of woman to woman letters

4. Optional: burn angry letters



*Session Five*  
**Forgiveness**



# *Session Six*

From Grief

**TO THE GREAT EXCHANGE**





# BEFORE YOU ENTER INTO

## *Session Six*



- Discuss group member concerns.
- Prepare for the session with prayer asking God for wisdom and discernment for each woman's redemptive healing.
- Write out blessings and Scriptures on a batch of cards. These will be given to the ladies in exchange for the cards filled with "losses" in the "Connecting" session. Use the "Who am I?" Scripture list found in the appendix (pg. 135)

### *Provide Supplies*

TISSUES  
IPOD, LAPTOP, BLUETOOTH  
SPEAKERS  
(SOURCE FOR MUSIC)

INDEX CARDS FROM WEEK 3 AND  
MASKS FROM WEEK 4

LARGE INDEX CARDS



*Session Six*  
From Grief to the Great Exchange



*Session Six*  
**ACTION STEPS**



The Great Exchange

Extra attention to room set-up

Isaiah 61 prepare for each woman

Communion



*Session Six*  
From Grief to the Great Exchange



# *Session Seven*

The Peace of  
**RELEASE**





# BEFORE YOU ENTER INTO

## *Session Seven*

- Arrive 30 minutes early to set up the room.
- Arrange the chairs in a circle or have pillows on the floor for the women to sit upon.
- Have soft background music playing in the background.

*Provide Supplies*

BABY DOLL, WRAPPED IN SOFT BLANKET (OPTIONAL)

FLOWER VASE

CANDLES AND MATCHES



*Session Seven*  
The Peace of Release



# *Session Seven*



## **ACTION STEPS**

1. Flower ceremony: Discuss the reason for choosing the flowers or flower to represent their child. Place the flowers in the vase provided.
2. This session and time of reflection is very much led by the Holy Spirit.

3. Special Memorial Service



*Session seven*  
The Peace of Release



# *Session Eight*

Share

**THE JOURNEY**





# BEFORE YOU ENTER INTO

## *Session Eight*



- Arrive 30 minutes early to set up the room.
- Have information available regarding other Bible studies or care groups that are available at your church.

*Provide Supplies*

TISSUES, FOR TEARS OF JOY! 😊

SCRAPBOOK

FOOD, IF YOU WANT TO HAVE  
A CLOSING PARTY

RIBBONS FOR THE JOURNALS



*Session Eight*  
Share the Journey



# *Session Eight*



## **ACTION STEPS**

1. Use this final “connecting” to encourage members to join Jesus in His work of setting captives free.
2. Make yourself and other group leaders available for ongoing support.
3. Celebrate each woman’s progress.
4. FREE gift! Text STSFREE TO 42828



*Session seven*  
The Peace of Release



*Before We Leave*

Training Evaluations

Certified Leader/Map Information

[www.surrenderingthesecret.com](http://www.surrenderingthesecret.com)

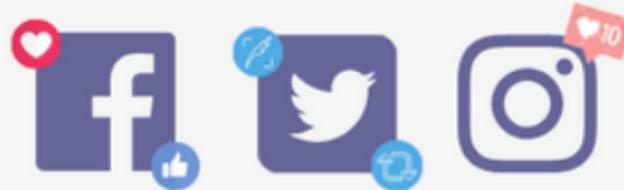




# Get Social.

If you aren't happy with what we are doing, tell us!

If you LOVE what we are doing, tell everyone!



Find. Like. Share.

