

# *Prescriptions for the Heart*

## **Coping with an unexpected pregnancy**

---

An unplanned pregnancy can introduce fear and uncertainty into the life of a young mother like nothing else. Experiencing the realities of having and raising a newborn can be frightening to anyone and terrifying when it is an unexpected pregnancy. This prescription for the heart was written to help young expecting mothers cope with their anxieties regarding an unexpected pregnancy and help them to make the best decisions possible for themselves and their child. Your doctor cares about your health and the health and well being of your baby. We hope that patient information sheet will help you plan for your future and the future of your newborn.

---

### **A prescription for an unplanned pregnancy**

When a woman becomes aware of an unplanned pregnancy it is natural for fear and doubt to enter into her thoughts about what to do and how to cope with this life-changing situation. The Bible offers sound advice and counsel for a woman that is struggling with an unplanned pregnancy. It is our hope that this biblically based information will help you cope with your pregnancy and find hope and purpose in this major life-changing event in your life.

The Bible frequently refers to Christians as God's children. As a Christian, you are a child of God and your unborn child is too. Your unborn child deserves the same love and protection that God affords you. The challenge of an unplanned pregnancy is learning to cope with the burden of responsibility for the well being of the child. This may result in a decision to raise this child within your family or it may mean allowing another family to adopt your child. Both are honorable options before God because each choice is focused upon what is in the best interest of the child. Abortion should not be considered an acceptable biblically based choice since it will result in the death of the child. As God's children, we are called to honor the sanctity of life.

The struggle to decide what to do next should begin with prayer. 1 Corinthians, chapter 7, is a good place to look for instruction on the question of marriage. In this chapter the apostle Paul looks at marriages between Christians and non-Christians and discusses the impact of marriage on the children of these families. It is important to note that the focus of these verses is what is in the best interest of the children.

As a medical professional, your doctor is committed to do whatever is in the best interest of you and your baby and will support you and your decision to either raise your child within your family or to help you get connected with an adoption agency that will assist in the placement of your child with a loving family. This decision is between you, the father of your child and God.

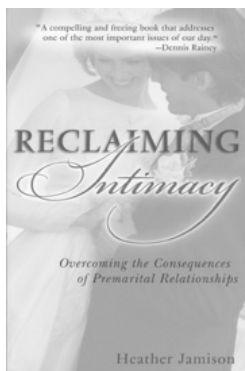
If you would like additional information on raising a child as a single parent or on adoption we have listed several good books written from a Christian perspective for you to consider reading. If you would like your doctor to refer you to a Christian adoption agency this information is also readily available from your doctor.

We are praying for you and your child because you are God's children and His blessing.

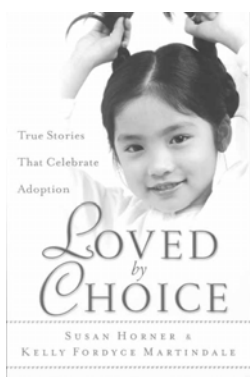
---

### **Additional Resources that can help you cope with an unexpected pregnancy.**

The following resources have been reviewed by the Christian Medical Association and have been found to contain sound Biblical and medical advice that can help you through the grieving process. These books can be found at your local Christian bookstore or you can order them directly from the Christian Medical Association at **888-231-2637**.



**Reclaiming Intimacy**, by Heather Jamison. Nearly 80% of Americans, including Christians, weren't virgins at their wedding. Our culture says that's no big deal. The reality is, however, sex outside of marriage results in guilt and resentment. Even couples who eventually marry start off with a relationship built on weakened trust. Heather Jamison knows this reality. She lived it. She addresses this issue in a compassionate, godly way to offer the hope she has found. Her personal story includes a step-by-step model of repentance, forgiveness, and ultimately, the joy of reclaiming intimacy. Paperback. 176 pages.



**Loved by Choice**, by Horner & Martindale. Whether it's the joy-filled decision to welcome a child into your home or the difficult decision to place your child into another's arms – adoption is making the choice to love unselfishly and unconditionally. *Loved by Choice* offers a clear and uplifting look at adoption through true stories told from virtually every perspective. Birth parents, adoptive parents, grandparents, adopted children and families enhanced by special needs, interracial, and foreign adoptions are among those who share their joys and difficulties. Paperback. 288 pages.