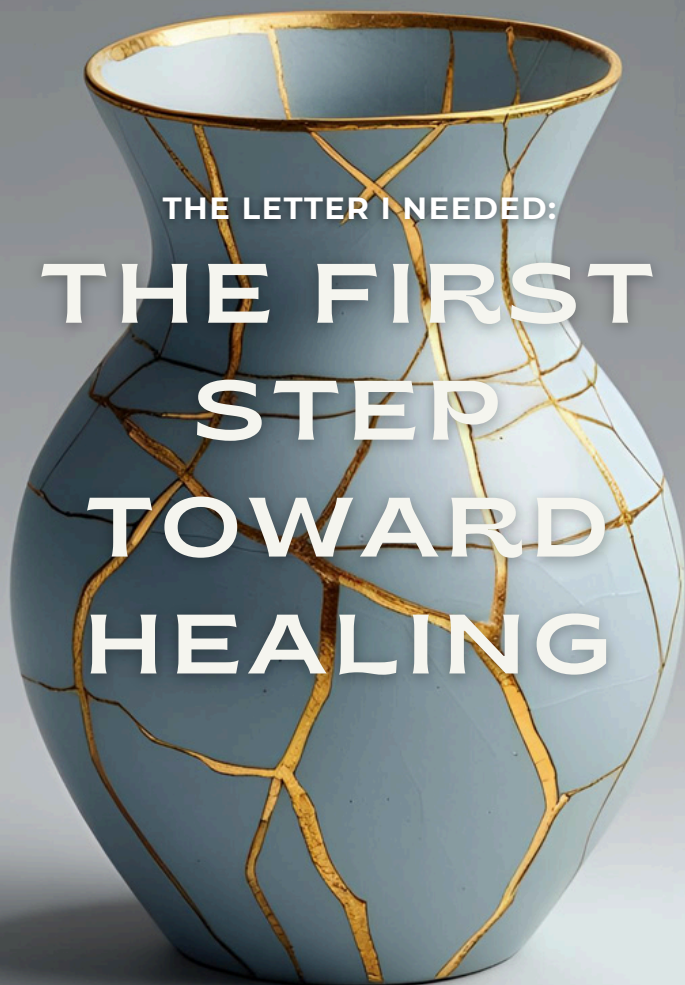


AN EXCERPT FROM  
***"BEAUTY FROM BROKENNESS"***

Post-Abortion Healing Through A Biblical Lens



THE LETTER I NEEDED:

# THE FIRST STEP TOWARD HEALING

*Brittney Mariner*

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Our Father *specializes* in creating

# “BEAUTY FROM BROKENNESS”

There are moments in life when the weight of past decisions feels unbearable—when shame and regret whisper that we are too broken to be whole again - and for many women and men who have experienced abortion, this burden can feel especially heavy.

Thankfully, Scripture tells a different story: one of restoration, grace, and beauty rising from brokenness.

## The Wound and the Whisper of Shame

Abortion is often followed by a complex mix of emotions—relief, sorrow, guilt, and silence. The world may offer quick justifications or harsh judgments, but the heart often longs for something deeper: **healing**. Shame tells us we are disqualified from God’s love. But the Bible tells us that *nothing* can separate us from the love of Christ (Romans 8:38-39). The nature of abortion often forces us into silence and secrecy, but God wants to bring us into His marvelous light. Not to expose us, but to redeem us.

## “Kintsugi”: A Picture of Redemption

In Japanese culture, there is an art form called “*kintsugi*”, where broken pottery is repaired with gold. Instead of hiding the cracks, the artist highlights them, making the object more beautiful and valuable than before. The scars become part of the story—not something to be ashamed of, but something to be honored.

This is a powerful image of what God does with our lives. I’d seen this before and always found it beautiful, but it wasn’t until I viewed myself as that broken vessel that I realized how God uses our brokenness to create something truly beautiful in us. When we bring our brokenness to Him, He doesn’t discard us. He restores us. And in His hands, our wounds become places where His grace shines the brightest

THE LETTER I NEEDED:

TO THE  
ONE  
STILL  
HIDING

**I SEE YOU.**

Not with judgment, but with the kind of *knowing* that comes from walking a road paved with silence, regret, and the ache of what-ifs.

You've carried this weight quietly, maybe for years.

You've smiled when it hurt. You've buried the memory so deep that even *you* try not to touch it.

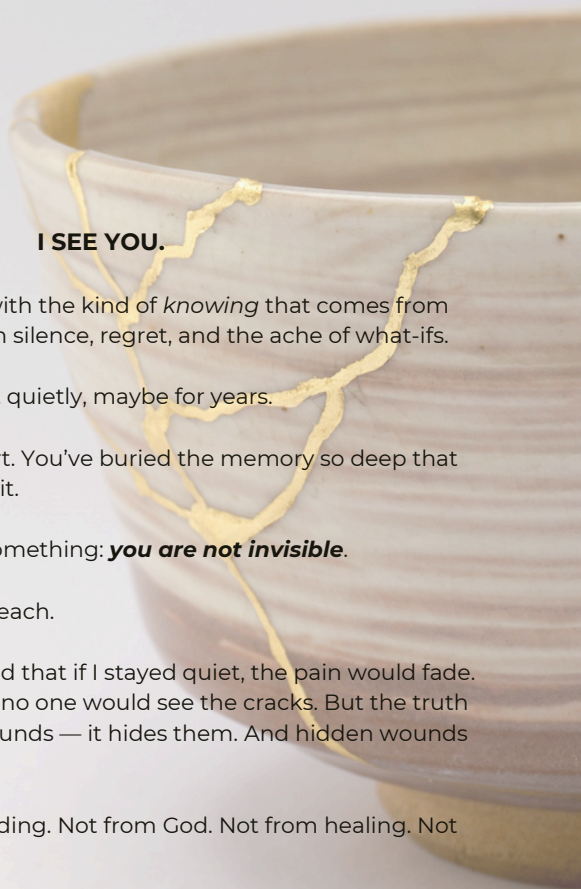
But I want you to know something: ***you are not invisible.***

And you are not beyond reach.

There was a time I believed that if I stayed quiet, the pain would fade. That if I just kept moving, no one would see the cracks. But the truth is, silence doesn't heal wounds — it hides them. And hidden wounds still bleed.

You don't have to keep hiding. Not from God. Not from healing. Not from hope.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." — Psalm 34:18





# THE LETTER I NEEDED: NAMING THE LIES

*I kept my secret for nearly 20 years.*

I didn't realize how deeply it had shaped me — how it quietly crept into my relationships, how it made me shrink back in motherhood, how it whispered that I wasn't worthy of joy or connection.

Shame doesn't always shout. Sometimes it just settles in like fog, clouding everything.

Maybe you've heard the same lies I did:

*"You're too far gone."*

*"You don't deserve to be a mother."*

*"If people knew, they'd never look at you the same."*

*"God can forgive anything... but not this."*

But here's the truth: **those are lies.**

The enemy is a master of distortion. He twists pain into identity and regret into destiny. But Jesus came to untangle those lies — to speak truth where shame has silenced us.

*"There is now no condemnation for those who are in Christ Jesus."*

— Romans 8:1

*"We take captive every thought to make it obedient to Christ."*

— 2 Corinthians 10:5

"IF WE CONFESS OUR SINS, HE IS FAITHFUL AND JUST AND WILL  
FORGIVE US OUR SINS AND PURIFY US FROM ALL  
UNRIGHTEOUSNESS." — 1 JOHN 1:9

Here's what I wish someone had told me sooner:  
Shame is not your identity. Regret is not your name.  
And what happened is not the end of your story.  
Yes, abortion leaves a wound — a deep one. But God  
is not afraid of your pain. He's not shocked by your  
past. He doesn't flinch at your brokenness. In fact, He  
draws near to it.

"INSTEAD OF YOUR SHAME, YOU WILL  
RECEIVE A DOUBLE PORTION..." — ISAIAH 61:7

Healing begins when we stop hiding and start  
listening to the voice of truth. The truth that says:  
You are still loved.  
You are still redeemable.  
You are still called.

"AS FAR AS THE EAST IS FROM THE WEST, SO  
FAR HAS HE REMOVED OUR TRANSGRESSIONS  
FROM US." — PSALM 103:12

You don't have to earn your way back to  
God. You just have to come to Him.

# EMBRACING THE TRUTH

# THE INVITATION

I was young. I was scared. And I turned to the adults in my life to help me “fix” it.

What I didn’t realize then — and what still aches now — is how much I needed someone to speak up. To tell me the truth. To say, *“This will leave a mark.”*

To fight for the life inside me when I didn’t know how to. And maybe even more than that... to check in afterward. To ask how I was doing. To help me carry the weight.

## **But no one did.**

And for years, I carried not only the pain of my decision, but the resentment of feeling abandoned in it. That resentment became another layer of shame — one I didn’t even know I was wearing.

But here’s what I’ve learned: healing begins when we stop blaming and start surrendering. When we stop running and start returning.

Repentance isn’t about punishment. It’s about **freedom**. It’s about letting God into the places we’ve sealed off — the ones we’re sure are too dark, too broken, too far gone. But nothing is too far for grace.

*“Return to the Lord your God, for He is gracious and compassionate, slow to anger and abounding in love.” — Joel 2:13*

*“Godly sorrow brings repentance that leads to salvation and leaves no regret...” — 2 Corinthians 7:10*

# SELAH

(סֵלָה)

Hebrew

I encourage you to pause and reflect here for just a moment – and read this prayer aloud before asking yourself a few questions and journaling your responses.

Father, I come to You with the pieces I've tried to hide. I've carried regret, resentment, and silence for so long — but I don't want to carry them anymore. I confess what I've done, and I ask You to meet me here, in the truth. I believe You are gracious and compassionate, slow to anger and abounding in love. Help me to surrender, to trust, and to begin again. Heal what I've buried. Restore what I've lost. And lead me into the freedom only

You can give.

In Jesus' name, amen.

## *Pause Reflect Praise*

- What have you been carrying in silence?
- Who or what have you blamed — and how might God be inviting you to release that today?
- What would it look like to take one step toward healing right now?



# GARMENT OF Praise

Sometimes the heaviness feels too thick to lift.

But Scripture reminds us that God offers us *“a garment of praise instead of a spirit of despair.”* (Isaiah 61:3)

Worship may not erase the pain, but it shifts the atmosphere.

It reminds our hearts of what is true — that God is still good, still near, and still able to heal.

These songs have helped me lift my eyes when I couldn't lift my head. I pray they do the same for you.

## **“Come Out of Hiding” by Steffany Gretzinger**

Lyrics that echo the heart of the Father calling us back with gentleness and truth.

## **“Nothing More Than You” by Cody Carnes**

A powerful anthem of surrender, repentance, and the open arms of God.

## **“Pieces” by Amanda Cook**

Speaks to the kind of love God gives — not broken or reserved, but whole and healing.

## **“Manasseh” by Anna Golden**

A beautiful reminder that God trades all of our traumas for “vantages of grace”, when we surrender it all to Him.



Scan the QR code to listen to these songs & more that have meant so much to me & helped me to hide His Word in my heart, especially on the days when worship feels impossible.

# HOPE + PURPOSE

Healing doesn't *erase* the past — but it ***transforms it.***

There came a moment in my journey when I realized God wasn't just healing me ***for me*** — He was healing me so I could help ***others.***

The pain I once hid became the very place He began to speak *purpose*. And the silence I once lived in? He turned it into a voice of compassion, truth, and hope.

***“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.” —***

Romans 8:28

You may not feel it yet, but there is purpose in your story. There is beauty waiting to rise from the ashes. There are women who will one day find courage because you chose to heal.

“...to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.” — Isaiah 61:3

**You are not disqualified. You are not forgotten. You are not too late.  
You are being restored — and your story is not over.**



# OUT OF HIDING

***I'll never forget the first time I shared my story out loud.***

It was during a virtual Bible study — just me, the study leader, and one other woman. We were asked to share a bit of our stories, and I knew God was nudging me to speak. My hands were shaking. My voice was barely above a whisper. I didn't even want the people in my house to hear me. I hadn't told anyone before. Not even my husband.

But as I spoke, something shifted. The two women on the screen didn't look away. They didn't flinch. They listened — *really listened* — and held space for me with compassion. For the first time, I felt seen.

***Not judged. Not dismissed. Just... seen.***

And in that moment, God whispered to my heart: *"You are not alone. I will hold you through this."* That first step of obedience opened the door to *healing* — and eventually, to *purpose*. I didn't know it then, but God was already beginning to use my story to help others find their way back to Him.

As I write this today, I've personally walked alongside **30 women and men within my own church**, who came to me in private, with a familiar fear in their eyes, as they opened their hearts just enough to share a glimpse of the shame they carried. There's no grand announcement. No celebrations or recognition, just a shared smile or a soft hand squeeze in the coffee shop line to say, *"Thank you for bringing me out of the darkness and laying me at the feet of Jesus to be healed."* And that's more than enough.

***That's why this book exists.***

For you. For me. For those in hiding..

If you haven't taken that step toward healing yet, I encourage you to reach out to a friend or one of the resources provided in the back of this book.

That first step — *whispering your story into a safe space* — might feel terrifying.

But it could also be the moment God begins to turn your pain into purpose. Healing doesn't always start with a shout. Sometimes, it begins with a whisper of obedience.

# MAKING SPACE

Use this space to answer these journal prompts as you pray over your next steps. Listen closely to what God is saying to you through this & then take the next step in faith.

## *Surrender to Him*

- What would it look like for you to take one small step toward sharing your story — even if it's just with God?
- What fears come up when you think about being seen? What truths can you speak over those fears?

# Sisterhood + **COURAGE**

***You were never meant to walk this road alone.***

One of the enemy's greatest tactics is *isolation* — convincing us that no one else could possibly understand, that our story is too messy, too shameful, too far gone. But the truth is, there's a sisterhood of women who have walked through the fire and found healing on the other side.

***You are not the only one.***

It takes courage to step out of hiding. But you don't have to do it all at once. Maybe your first step is whispering your story in prayer. Maybe it's reaching out to a trusted friend. Maybe it's joining a support group or reading someone else's testimony. Whatever your next step is — take it.

***Even trembling steps are still steps forward.***

At the end of this book, you'll find a page of resources — ministries, support groups, books, and tools that have helped me and many others begin the journey of healing. You don't have to figure it out alone. We're in this together.

***You're reading this - & that's not nothing.***

*"They triumphed over him by the blood of the Lamb and by the word of their testimony..." — Revelation 12:11*

*"Carry each other's burdens, and in this way you will fulfill the law of Christ."  
— Galatians 6:2*



# Declaration + Prayer

**Speak this over yourself — even if your voice trembles.**

I am not my past.

I am not my shame.

I am seen, known, and loved by God.

I am forgiven — fully, freely, forever.

I am being healed, day by day,  
by the One who restores all things.

My story matters.

My voice matters.

And I will not stay silent.

I will walk in freedom, in purpose, and in grace.

In Jesus' name, amen.

## **My Prayer for You**

Father, thank You for the woman reading this letter. Thank You for her courage — even if it's quiet. Thank You for her story — even if it's still unfolding. I ask that You meet her right where she is. Wrap her in Your mercy. Speak truth to every lie. Bring light to every hidden place. And begin — or continue — the healing only You can do.

Bless her with peace that passes understanding.

Surround her with people who will walk with her.

And remind her, again and again, that she is never alone.

In Jesus' name, amen.

# Recommended Resources

## 1. DEEPER STILL

A ministry offering confidential, compassionate support for women and men wounded by abortion. They provide:

- Confidential weekend healing retreats
- One-on-one spiritual accompaniment
- Visit [www.GoDeeperStill.org](http://www.GoDeeperStill.org)

## 2. SUPPORT AFTER ABORTION

A non-profit that connects individuals with personalized healing options, in-person or virtual. They offer:

- A 24/7 helpline
- Peer-led and clinical support
- Online resources and webinars
- Healing programs for both women and men
- Call or text 844-289-HOPE (4673)
- Visit [www.SupportAfterAbortion.com](http://www.SupportAfterAbortion.com)

## 3. POST-ABORTION HEALING BIBLE STUDIES

- SaveOne – [www.SaveOne.org](http://www.SaveOne.org)
- Surrendering the Secret – [www.Surrenderingthesecret.com](http://www.Surrenderingthesecret.com)

## 4. LOCAL PREGNANCY RESOURCE CENTERS

Search online for centers near you or check out Heartbeat International to get connected.

- [www.HeartbeatInternational.org](http://www.HeartbeatInternational.org)

## 5. CONNECT WITH THE MINISTRY & INDIVIDUAL WHO GAVE YOU THIS.

NAME:

PHONE:

EMAIL:

This is not an exhaustive list & there are so many others I could share, but connecting with one of these, especially your local pregnancy center, is the best way to connect with a local ministry that will be able to walk alongside you every step of the way!

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BY *Brittney Mariner*

There are moments in life when the weight of past decisions feels unbearable—when shame and regret whisper that we are too broken to be whole again. For many women and men who have experienced abortion, this burden can feel especially heavy and often leads to a lifetime of crushing silence that hinders them from walking in the promises God has for them. Thankfully, Scripture tells a different story: one of restoration, grace, and beauty rising from brokenness.

**To Those Who Have Healed**

This booklet was created as a tool for sharing this beautiful, redemptive truth with others who are trapped in the darkness of abortion regret. You have probably recognized how difficult it is to have these discussions aloud because the fear of others overhearing is all too real. As you share your own testimony, may this simple tool empower you to empower others, even in the quiet moments where a hand squeeze or a tear-filled exchange of glances speaks volumes of secret shame screaming to be released. Your voice is so needed.

**To Those Ready for Healing**

You’ve not received this booklet on accident. Not only is there a friend who sees you & wants to walk alongside you through this, there’s a Father who has been right there all along, waiting for you to come home. He never left. He never looked away. He’s been holding you the whole time. Are you ready?



**Brittney Mariner** is a wife, mom of two, and proud Central Arkansas native who somehow manages to juggle ministry, motherhood, and marriage without (completely) losing her mind. She serves on staff at her local pregnancy resource center, where she offers hope, support, and the occasional snack to women navigating unplanned pregnancies—because healing is hard work, and snacks help.

“**The Letter I Needed**” is a heartfelt excerpt from her debut book, “*Beauty from Brokenness*”, a deeply personal journey of post-abortion healing through a biblical lens. Written with honesty, grace, and just enough humor to keep the tears from smudging your mascara, Brittney shares the words she once needed to hear herself.

To request copies of this booklet, connect to share your story, or to discuss speaking or training opportunities, email Brittney at  
**[BrittMariner@gmail.com](mailto:BrittMariner@gmail.com)**