



UNTOLD SECRETS

And How to Heal From Them

Linda D Moore



Also by Linda D Moore

Write Your Story and Launch Your Legacy
Powerfully Share Your Influence of Faith for Generations to Come

Write Your Story and Launch Your Legacy Journal

UNTOLD SECRETS AND HOW TO HEAL FROM THEM

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Thank You!



*Dedicated to all those who carry secrets
Around inside them with no idea
of the ramifications on their lives.*



Introduction

We've heard it said, "We are only as sick as our secrets."

Funny how we don't hear this, or can't hear it until our secrets are revealed.
It's in the looking back that we see how sick and damaged we were.

Whether it's alcoholism, addiction, abuse, crime, lying, or all the other shame-inducing behaviors,
I believe once we can admit our secrets to ourselves and others, we can be healed.

My story is all about abortion.

You can substitute any other shameful word here and heal from those affects as well.

With resilience, strength, and perseverance, it's when we are ready that the Teacher appears.
I was ready at fifty-two.

God showed up. I accepted Jesus. The Holy Spirit moved in.

This was the beginning of my secrets being revealed.

I had kept myself in prison for thirty-four years.

And on that day, February 2, 2000, my secrets came out into the light of day.

CHAPTER ONE

Can you say the Word "Abortion" Out Loud?

While abortion is a commonly mentioned word in the news, it is still rarely spoken aloud without some sense of heaviness or shame. This is especially true for those of us who have experienced abortion firsthand.

"I am Linda D. Moore. I am post-abortive, and I've been healed."

But trust me, I haven't always been able to say those words.

Abortion can be a deeply painful and difficult experience to deal with, and many women and men and families left feeling ashamed as a result.

I used to be one of those women.

For thirty-four years, I denied I even had an abortion. And I certainly never considered I needed healing.



"Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood."

Isaiah 54:4

CHAPTER TWO

What About Hope?

How has your abortion secret impacted you? You may or may not have an answer to this question. For many, abortion has likely caused immense pain and struggle, but we know it does not define you. And it certainly is not the end of your story. In fact, it could be the one factor God will use to launch you into a new ministry.

Could it be that God wants to use you to help others?

I am living proof—and I am 75!

I wholeheartedly believe you have the access to the transformative healing you need and the freedom you deserve in Christ.



“Now faith is confidence in what we hope for and assurance about what we do not see.”

Hebrews 11:1

CHAPTER THREE

Who is This Book For?

With its powerful combination of scripture-based wisdom and confirming affirmations, this short book can equip you with insight, tools, and confidence needed to move forward, heal from your abortion/s, and step into God's will for your life...your wholly abundant life.

If you are still reading this, it is likely you are seeking healing from abortion.

But I must warn you, while abortion may be an experience many of us go through, recovery is deeply personal and unique.

For this reason, I want to make it clear this guide is NOT for everyone. If you are not yet ready to acknowledge and come to terms with your abortion, this is probably not the right time for you to begin working through your feelings and experiences.

Only read on if you are committed to healing from abortion and if you believe now is the time to start feeling better about what happened in your past. With dedication, patience, and hope, I believe we can all find our way back to wholeness!

But you have to be willing to do the work!





Are you ready to:

- Get your life back on track?
- Stop feeling like you're alone and struggling with this issue?
- Start living the life you know you are meant to live?
- Gain support from a Christian perspective?
- Find freedom and healing for yourself?
- Have more energy and vitality?
- Live with less stress and worry?
- Enjoy clarity of mind and uncover your purpose?
- Experience peaceful sleep and rest?
- Gain confidence and joy in your day-to-day life?

If your answer is yes to any of these questions, let's get started today.



*"I sought the LORD, and He answered me; He delivered me from all my fears.
Those who look to Him are radiant; their faces are never covered with shame."*

Psalm 34:4-5

CHAPTER FOUR

Why Should You Listen to Me?

Our stories are different, but our pain is the same.

I made a short video for you.

[CLICK HERE TO VIEW...](#)

I've come to love my story, my family, my life and my purpose...

... all through the grace of God through His son, Jesus, by the power of the Holy Spirit.



"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh."

Ezekiel 36:26

CHAPTER FIVE

What's Your Story?

This book is to support you on your pathway toward healing and connect you with God's power and grace. With practical advice and spiritual insight, this book can be an invaluable resource for you as you move toward healing from abortion and finding faith through grace, and writing your story the way God always intended your story to be written.

So, if you're ready to start moving forward...

...let the information in this book be your compass as you navigate toward freedom, forgiveness, and fulfillment!



"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."

Romans 15:13

CHAPTER SIX

Make Healing Your Goal

When you made the courageous decision to request this book, you began a new walk of faith. Whether your abortion/s happened years ago or just yesterday, I commend you for making this important choice.

At the core of healing from abortion is the shedding of shame and secrecy and the willingness to be open and honest about your experience. With help from God and the information and encouragement in this book, you can begin to think differently about your abortion story and experience God's grace. Let the following four ideas serve as a spotlight on the path before you as you venture away from the pain of abortion and embrace your bright future filled with God's joy, peace, love, hope, and more.



“He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is His love for those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us.”

Psalm 103:10-12

CHAPTER SEVEN

Four Ideas to Begin Healing Today...

One: Grieve the Loss of Your Child

One important step in your healing is to allow yourself time to grieve. For anyone who has experienced abortion, the quest to healing can be a long and arduous one. This is in large part because many of us tend to bury our feelings rather than acknowledge and deal with them. However, in order to move forward, it is essential we learn to grieve the loss of our child. Whether we process through these feelings by writing in a journal (I like to call it journalizing), opening up to a trusted friend or caregiver, or attending a support group for men and women who have had abortions, there are many ways in which we can give ourselves the space and time needed to process this profound loss.

Through grieving, we allow ourselves to accept what has happened. By embracing your grief, you will find that you are able to accomplish two things: regain your strength and rebuild your life. Please do not hesitate to start working through your grief today, and let God guide you along this important step.



“The LORD is close to the brokenhearted and saves those who are crushed in spirit.”

Psalm 34:18



Two: Refuse to Believe Satan's Lies

As you continue to heal, you will become aware of the massive and manipulating lies of the enemy. One of the most important steps you can take is to refuse to believe the lies. Our job is to be on the alert for all the negative thoughts he plants in our minds and squash those lies with scripture!

Because the truth is twofold:

1. The truth is stacked against him. No matter what you have done, God loves you deeply, to the point of dying on a cross. When you turned your life over to Christ, all of your sins were washed away.
2. Satan doesn't stand a chance. When confronted with the word of God, he leaves! Read Matthew 4:10 and watch what happens in Matthew 4:11!

There is always good news in the Bible.



“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

Psalm 34:4-5



Three: Forgive Yourself

Forgiving yourself is key. We fail God, our families, and ourselves. We worry about what others will think if they find out, and these feelings of shame and our guilty conscience can keep us from healing and moving forward. But there is hope.

If you are struggling to forgive yourself, please know you are not alone. It is human nature, at times, to be too hard on ourselves. The starting point of self-forgiveness is to experience God's forgiveness.

You may not know you need to forgive yourself. Or, you may have heard yourself say, "I will never forgive myself for...." Either way, simply being aware of this will help you move past it. Ask God to help you forgive yourself.

Don't give up. You were made for so much more than the lingering effects of abortion.



"Cast all your anxiety on Him because He cares for you."

1 Peter 5:7



Four: Take Back Your Power with God's Help

Another big part of healing after an abortion is taking back your power. So often, we had no control over the situation. Part of taking back your power may mean being true to yourself, trusting yourself, and sharing the truth of your story with others who will understand and offer support and encouragement. There is power in your story and your truth.

It could also look like choosing to forgive yourself or the person involved in the abortion decision.

Finally, it might mean making active choices today that will help shape the direction of your tomorrow, such as deciding to become sexually abstinent or choosing life for future pregnancies. Whatever taking back your power looks like for you, not letting abortion have any power over you is a good place to start.



“For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline.”

1 Peter 5:7

WHAT'S NEXT?

I hope these steps and assurances have left you feeling encouraged and excited at the prospect of becoming completely healed to the point of no longer being held back; in fact, you are propelled into a whole new life of being used by God to help others.

No more searching for answers. You are the answer!

There are people and resources available to help support you as you reclaim your life. If I can pray with you for strength or provide any additional resources as you walk through this process, please do not hesitate to reach out to me. I invite you to [Click Here](#) to schedule a FREE one-on-one “Write Your Story” strategy session with me.

I want nothing more than to see you completely healed and living out the life God has waiting for you.

And please know I am not a counselor nor a therapist. I am simply a fellow sojourner.

To schedule a FREE “Write Your Story” Strategy Session with me, [Click Here](#).



“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Jeremiah 29:11-12

THANK YOU!



Many dear friends and colleagues helped with this new free gift book.

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My family. I've put my family through a lot. I know they wanted the best for me, yet my behaviors were confusing. How could they have known the secrets I carried inside were the cause of such straying. I wish I could go back and be the person I am today. I love you all. Thank you for everything.

My readers and audience. I never expected to be in this place. I am only here because I listened to God, obeyed Him, and picked up my pen. This book is His message to you.