

Discussion Questions to Accompany "Sarah's Choice"



In the movie, many of the people in Sarah's life did not seem to know how to help her to consider options other than abortion. Think about how Sarah was feeling about her choices, and then consider how you might help a friend in a similar situation.

Your goal should be to help your friend think through the emotions and circumstances surrounding an abortion decision. She has time – you can help take the pressure and panic out of the decision, especially a snap decision by encouraging her to take time to carefully consider all her options. You can also refer her, and perhaps offer to go with her, to a local pregnancy medical clinic or pregnancy resource center.

Remember that as you listen well to her, silently pray for her, asking the Holy Spirit to provide His wisdom to us for her, that her true heart will be revealed to her through her own answers to your good questions. Women and men are created to nurture and protect their children. We don't panic - we partner with the Jesus, the Creator of life, the author and finisher of our faith.

Facing an Unexpected Pregnancy

- How was Sarah feeling about her pregnancy? What were the pressures she was facing?
- Each of Sarah's choices had a consequence - no matter what decision she made, her life would change. What were the consequences of each choice?
- How did her boyfriend, Matt, feel about the pregnancy? About abortion? What role does the baby's father play in a woman's decision about her pregnancy? What are some of the issues men have to deal with when they think about becoming a father?
- How do you think it impacts a woman's life if she has to deal with the burden of not telling anyone she is pregnant, or being the only one who knows about an abortion? How can she find the support she needs?
- Picture yourself in Sarah or Matt's situation, facing an unexpected pregnancy. Have you considered looking into what abortion means to you – physically, mentally, emotionally, spiritually?

Questions provided by Maureen Yockey, Executive Director, and Becky Brown, Client Services Director, of Downtown Alternatives Pregnancy Center (www.youhavealternatives.org) which is a pregnancy medical clinic in Denver, CO, that's part of the Option Ultrasound Program.

Considering Adoption

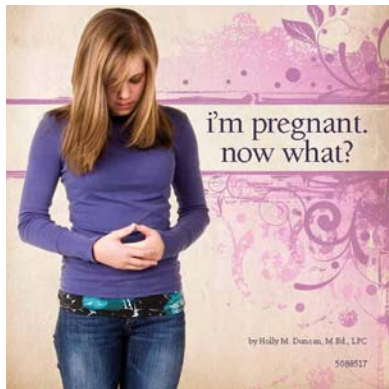
- Sarah is quite focused on her career and this promotion is very important to her. If she made an adoption plan, could that plan allow Sarah to continue her career aspirations? If so, how?
- Sarah's sister offered to adopt her baby, but Sarah thought that arrangement might be weird. What are your thoughts about a family adoption? Under what circumstances might this be a good choice?
- What are your thoughts about adoption as a parenting choice? Do you know someone who has experienced adoption (birth mother, adopted person, adoptive parents)? How do their experiences affect the way you view adoption?
- Adoption has changed dramatically over the past 25 years. Birth mothers have the opportunity to select the parents who will raise their child in open and semi-open plans. The majority of women are unaware of this. What can you do as an individual to help women consider adoption more fully as a parenting choice?
- Forty percent of pregnancy counselors admit they do not present adoption as a parenting choice. How does eliminating adoption as a choice impact a woman's final decision? How knowledgeable and confident are you in presenting adoption?

Questions provided by Julie Stobbe, Founder & President of Act of Life www.actoflife.org. Julie, who was adopted herself as a child, dedicates herself to educating, encouraging and equipping those considering adoption, as well as the professionals who serve them.

Dealing With a Past Abortion

- What were some of the thoughts and feelings Megan shared with Sarah about her abortion? Has someone ever shared similar thoughts and feelings with you about an abortion experience (keep the person anonymous)? If yes, what about you and your relationship created a safe place for them to share?
- One in three women in the United States will have had an abortion by age 45. What may keep a man or woman from talking about it or reaching out to you or a church?
- Sarah was a safe place for Megan to talk about her abortion. Give examples of how Sarah displayed the following: Confidentiality, Listening, and Availability. How was Megan positively impacted by Sarah demonstrating these characteristics?
- What specific steps could we (as a group, church, center) take to reach out to men and women struggling after abortion?

Questions provided by Michaelene Fredenburg, author of the book, "Changed: Making Sense of Your Own or a Loved One's Abortion Experience" and the creator of the Abortion Changes You™ outreach at www.abortionchangesyou.com.



Resources from

FOCUS ON THE FAMILY®

When a young woman discovers that she is unexpectedly pregnant, this is the first question she and her parents may ask. But many families have successfully navigated these turbulent waters and come out stronger on the other side.

This two-in-one booklet addresses both the young woman and her parents, suggesting how to best share the news, important questions to discuss, the timing of those discussions, what a daughter needs from her parents, and how to deal with reactions of family and friends. Click [here](#) to order the booklet.



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