

Caring for those considering
ABORTION

SESSION 8:

What is a Crisis?

TAKEN FROM

making **LIFE**
DISCIPLES[™]

*Equipping the Church to offer compassion, hope, help,
and discipleship to women and men considering abortion.*

SECTION 2.13: WHAT IS A CRISIS?

A crisis is typically characterized by instability, danger, trauma, or loss.²⁵

It can have a significant impact on one or more people and, at times, an entire community or society.

Most crises dissipate with time, the length of which depends on the severity of the crisis and on the ability of the person to move past it (e.g. the resilience of the person).

If a person does not manage the crisis well, the pain, grief, and aftermath of the crisis can become magnified and, in a way, transcend the event that triggered it.

It is not unusual for a person to make a cascade of bad decisions in response to a crisis, which makes the situation much worse.

A crisis typically represents an actual event, such as an accidental death, a suicide, a drug overdose, a child running away, a terrorist attack, or a natural disaster. But people can also imagine one, such as a crisis linked to a phobia, a drug-induced psychosis, a delusion, or hallucinations. People can also anticipate a crisis, such as one that might result from a potential legal action, job loss, divorce, or illness.

A pregnancy is an actual event that sometimes resembles a crisis. It can be either an unplanned or a planned pregnancy. Regardless, it can have serious problems associated with it, such as a medical complication, unsupportive family members, financial difficulties, or desertion by the baby's father. The crisis may culminate when a pregnant woman begins to wrestle with the pregnancy decision, including whether or not to choose abortion based on the perception that it will solve the perceived crisis.

Many women and men facing pregnancy decisions might not use the word "crisis" to describe their situation, but the emotions and circumstances of the event qualify as a crisis nonetheless.

Each pregnancy decision is unique, although each will probably have similarities to other pregnancy decisions you will encounter. What often makes the situation unique is the woman or man's reaction to it.

As a Life Disciple, you serve as a lifeline for women and men facing pregnancy decisions. Life Disciples can help people effectively deal with their thoughts and feelings about the pregnancy, relieve the pressure they may feel, and help them create a plan for moving through the crisis, all while connecting them to the services and programs of the church and community. Scripture reminds us how vital the caregiver can be in the midst of these storms:

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Designed by G. Nathan Smith, Martin Stanley and Audra Jon Hoover.

General Editor: Cynthia Hopkins, VP Center Services & Client Care, Care Net

Editor: Mary Chapman, Director of Church Outreach & Engagement, Care Net

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44180 Riverside Parkway, Suite 200

Lansdowne, VA 20176

(703) 554-8734 Office

(703) 554-8735 Fax

info@care-net.org

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