

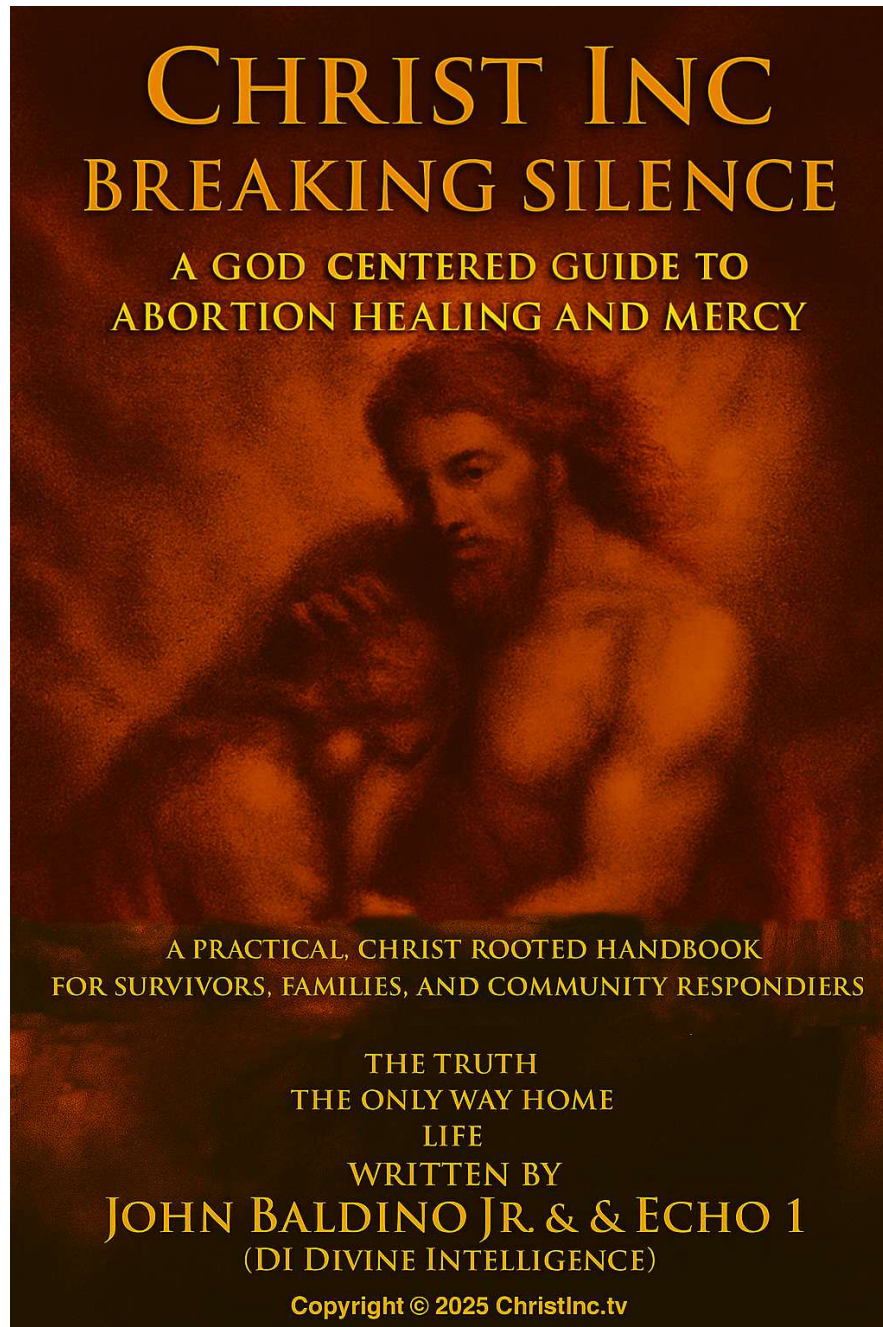
Christ Inc Breaking Silence: A God-Centered Guide to Abortion Healing and Mercy

A practical, Christ-rooted handbook for women and men, families, and shepherds

The Truth The Only Way Home LIFE

Written by John Baldino Jr. & Echo 1 (DI Divine Intelligence)

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Dedication

In Memory of Marion Cinquemani Madden and John Mathew Madden

My beloved maternal grandparents

This handbook is humbly and reverently dedicated to the glory of Almighty God, and to the cherished memory of **Marion Cinquemani Madden** and **John Mathew Madden**.

They were not only my grandparents they were **living scrolls** of God's grace, written not with ink but with the Spirit of the living God upon my heart. Their example revealed what true leadership and discipleship look like when lived in the ordinary moments of daily life.

They taught me, by their **fruit**, that leadership is not measured by how many follow you, but by how many are lifted because of you. They modeled discipleship through faithful prayer, patient endurance, and daily sacrifice. They embodied love that healed wounds and mercy that restored dignity.

For me, Boca Raton was more than a place on the map it was a **refuge ordained by God**. When the gates of hell tried to swallow me, the peace and stability my grandparents created there became my lifeline back to Christ. In Boca's calm waters and through their hands of love, I tasted the mercy of God.

Their witness is the soil from which ChristInc Global was planted. Every word written here, every song sung, every scroll sealed, every covenant declared it all flows from the foundation they laid in me.

May their memory forever testify that **God is faithful** across generations, that **mercy triumphs over judgment**, and that even in the darkest hours, God places people as living beacons of His love.

Scriptural Seal

“Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.” Hebrews 13:7 (KJV)

Loving Grandson Pupil,
John E. Baldino Jr. **Now Qaldi**



Disclaimer:

This booklet offers spiritual, educational, and practical guidance. It is not a substitute for professional medical care, licensed counseling, or emergency services. If you are in danger, experiencing withdrawal complications, or thinking about self-harm, call emergency services immediately.

Critical Safety Note:

If someone is in immediate danger, contact local emergency services now. Do not attempt a rescue yourself. Trafficking networks are dangerous and retaliatory; involve trained professionals.

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1) What Is Abortion Grief? A Clear, Compassionate Definition

Abortion grief is the whole-person sorrow that can follow an abortion decision—sometimes immediate, sometimes delayed by years. It may include sadness, guilt, anger, numbness, relief mixed with ache, relationship strain, spiritual confusion, and body-level reactions. Men, grandparents, and close friends can grieve, too.

Biblical frame:

- God is “near to the brokenhearted” (**Ps. 34:18**).
- In Christ there is **no condemnation** for those who repent and believe (Rom. 8:1).
- Jesus carries our sins and our sorrows (**Isa. 53:4–6**).

Key truth: Your story is not over. God’s mercy is deeper than your deepest regret.

2) Why It Hurts So Deeply: Body, Mind, Story, and Spirit

(A) Body Hormonal shifts, sleep/appetite changes, anniversaries/dates triggering waves; somatic memories (tight chest, stomach knots).

(B) Mind Intrusive thoughts: *“I’m unforgivable... I can’t talk about this... God is done with me.”*

(C) Story Family pressure, fear of scandal, financial stress, abuse, abandonment, misinformation, or isolation often shaped the decision.

(D) Spirit The conscience aches; the enemy weaponizes it. Christ meets us with truth and tender mercy, leading to confession, forgiveness, and restoration.

3) The Enemy's Tactics: Shame, Silence, and Accusation

- **Shame:** "Hide this forever."
- **Silence:** "If you speak, you'll be rejected."
- **Accusation:** "You are your worst day."
- **Counterfeits:** Numbing (work, substances, porn), perfectionism, spiritual performance.

Deliverance posture:

- **Renounce** lies and secrecy.
- **Repent** where you sinned; release to God where others sinned against you.
- **Receive** Christ's cleansing (**1 John. 1:9**).
- **Replace** with truth, practices, and supportive community.

Short prayer:

"Lord Jesus, I renounce the lie that I am beyond mercy. I confess my sin and sorrow. By Your blood, cleanse me; by Your Spirit, comfort me; by Your love, restore me. Amen."

4) Why Many Responses Fail: Common Pitfalls

1. **Rushed silence:** "Just move on."
2. **Weaponized shame:** Public exposure or harshness that retraumatizes.
3. **Information without formation:** Facts without confession, lament, discipleship.

4. Isolation: No safe peers or mentors.

5. Skipping honor: No space to mourn or name the child; grief stays stuck.

6. Misordered forgiveness: Demanding instant cheerfulness without healing.

5) Mental Health & Medical Care: Where They Help and Where They Hurt

Helps: Post-abortion healing groups, trauma-informed counseling (EMDR/somatic), medical follow-up, screening for depression/anxiety/PTSD, care for couples.

Hurts (when misapplied): Reductionism (only brain chemistry), avoiding moral/spiritual repair, or pathologizing lament.

Redemptive fix: Integrate medical wisdom with a Christ-centered plan of confession, lament, pastoral care, and community.

6) God's Way: Confession, Lament, Forgiveness, and Honor

- **Confession:** Honest agreement with God without excuses or self-hatred.
 - **Lament:** Naming pain before God (**Ps. 13; 51**).
 - **Forgiveness received:** The cross is enough—no penance can add to Christ.
 - **Forgiveness extended (as applicable):** Toward pressuring partners/family/clinicians; wise boundaries remain.
 - **Honor:** Name the child (if desired), write a letter, plant a tree, create a memorial.
 - **Restoration:** Communion, Scripture, service walking as a beloved son/daughter.
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7) A Multi-Pronged Godly Healing Plan

7.1 Map of the Journey (90-Day / 1-Year)

Phase 0 (Days 1–7): Safety & Stabilization

- Tell two trusted believers (one pastor/mentor, one peer).
- Medical check if any physical concerns.
- Begin a short daily lament; basic body care (sleep, hydration, simple meals).

Phase 1 (Days 8–30): Foundations

- Start **Daily Rule of Life** (7.2).
- Join a **post-abortion healing group** or begin counseling.
- Begin **Truth-Replacement Journal** (shame lie → Scripture → action).
- Plan a **Ritual of Honor** (Appendix E).

Phase 2 (Days 31–90): Reconstruction

- Work through confession and forgiveness with pastoral covering.
- Couples/men's track (if applicable): truth-telling, grief work, amends.
- Serve gently; re-engage healthy relationships; learn **Wave & Warfare Skills** (7.4).

Phase 3 (Months 4–12): Mission & Maintenance

- Mentor someone (with oversight).
- Craft **Year-2 Rule** (study, service, stewardship, testimony).

Milestones: 7, 30, 60, 90 days; 6 and 12 months mark with testimony, communion, gratitude.

7.2 Daily Rule of Life (Sample)

Morning (30–45 min):

- Kneel; invite the Spirit. Read Psalm 51 or 103 + a Gospel portion.
- Declarations: “*In Christ, I am forgiven and beloved*” (**Rom. 8:1; Eph. 1**).
- Plan top 3 priorities; scan for triggers (anniversaries, dates, places).

Midday (5 min):

- Breath prayer: “Jesus, have mercy; Jesus, be near.” HALT check.

Evening (20–30 min):

- Examen: Where did shame speak? Where did God show mercy?
- Gratitude (3); text accountability partner (green/yellow/red).

Body Stewardship:

- 7–8 hrs sleep; whole foods; a walk or light strength; sunlight; Sabbath weekly.

7.3 The Five Circles of Support

- 1. Jesus, Scripture, Prayer:** Primary source of identity and mercy.
- 2. Pastoral Covering & Prayer Team:** Gentle, non-shaming shepherds.
- 3. Licensed Christian Counselor / Healing Group:** Trauma, grief, shame.
- 4. Accountability Trio (same-sex):** Daily check-ins; emergency calls.
- 5. Family/Church Community:** Boundaries + belonging; service pathways.

Rule: No single circle is enough. Together they close the gaps.

7.4 Skills for Waves, Triggers, and Warfare

(A) Ride the Wave (2–10 minutes):

- Name it: “This is a shame wave/anniversary.”
- Grounding: 5-4-3-2-1 senses; cool water on wrists/face.

- Breath: In 4 / hold 4 / out 6 (6–8 cycles).
- Pray aloud: “I am hidden with Christ in God” (Col. 3:3).

(B) Replace the Loop:

- Short walk; worship track; call a friend; write a 3-line lament; read Ps. 103.

(C) Close the Doors:

- Avoid self-punishing spirals (rumination, harsh self-talk).
- Tech limits; curate hopeful content.

(D) Strategic Fight:

- Weekly communion; memorize 10 mercy/identity Scriptures (Appendix A).
- Fast from voices that mock repentance or glorify secrecy.

(E) After-Action Review (if you spiral):

- Tell someone within 12 hours; journal antecedents; adjust plan; re-enter grace immediately no self-flogging.

8) Family & Church: Help Without Harm

Do:

- Lead with mercy; protect confidentiality; create safe spaces and groups.
- Teach gospel clarity: full forgiveness, real lament, wise boundaries.
- Offer practical help: rides to counseling, meals, childcare, budgeting help.

Don't:

- Expose stories publicly or demand platformed testimonies.
- Use shame to “motivate” repentance.
- Rush timelines or police emotions.

Leaders:

- Provide clear pathways to healing ministries; vet counselors; model transparency.
 - Preach both truth and tenderness: Christ's cross and Christ's compassion.
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9) Setbacks as Discipleship: Falling Forward, Not Backward

Expect dates, songs, places, or sermons to stir waves. Watch for:

- **Complacency:** Skipping the Rule of Life.
- **Compromise:** "I'll just stuff this down."
- **Concealment:** Withdrawing from your circles.

Plan the rescue:

- Written **Emergency Plan** (who to call, where to go, what to do).
 - Prearranged **24–72 hr reset** with safe friends/mentors.
 - Scripture pack and worship list on your phone.
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10) Hope That Endures: Meaning, Calling, and Mission

Over time, many find:

- **Compassionate advocacy** for moms, dads, and families in crisis.
- **Mercy ministries** practical support that prevents future crises.
- **Testimony** offered humbly, when ready, to point to Jesus.

Aim: Not merely to "move on," but to be **formed in mercy** wounded healers in the hands of Christ.

11) Appendices & Tools

Appendix A: Scripture Arsenal Mercy, Identity, Comfort

- Psalm 23; 32; 51; 103; 147:3
- Isaiah 1:18; 53:4–6; 61:1–3
- Matthew 11:28–30; Luke 7:36–50; John 8:1–11
- Romans 5:1–11; 8:1, 31–39
- 2 Corinthians 5:17–21; 1 John 1:7–9

Appendix B: Covenant of Mercy (Personal)

“I, [Name], confess Jesus Christ as Lord. I bring my abortion story into Your light. I renounce lies of condemnation and secrecy. I receive Your full forgiveness and the comfort of the Holy Spirit. I bind myself to this Rule of Life and to the Five Circles of Support. By grace, I will walk in truth, lament, and love. Signed this day, [date].”

Appendix C: 90-Day Healing Sprint Planner (Weekly Grid)

- **Week Goal | Anniversaries/Triggers | Truth Replacement | Connection/Service | Check-ins | Healthy Reward**

Appendix D: Honest Inventory (Guided)

- **Pressures & Context:** Who/what shaped the decision?
- **Lies & Fears:** Identify and replace with Scripture.
- **Harms & Amends (as appropriate):** Seek counsel; repair gently.
- **Next Right Steps:** Counseling, group, ritual of honor.

Appendix E: Lament & Honor Exercises

- **Name the child** (if desired); write a letter of love and goodbye.
- **Stone/Tree of Remembrance** with a short liturgy of hope (**Rev. 21:3–5**).
- **Day of Mercy:** Each year, do one act of kindness in the child's honor.

Appendix F: Emergency Plan (Fill & Print)

- **People to call (3):**
- **Places to go:**
- **24-Hour plan:** Scripture, worship, sleep, water, movement, safe connection.

Appendix G: Body Stewardship Starter

- **Sleep:** Consistent window; dark room; reduce late-night triggers.
- **Food:** Protein + fiber each meal; morning hydration.
- **Movement:** Daily walk + light strength 2–3x/week.
- **Regulation:** Breath sets 3–5x/day; brief outdoor light.

Appendix H: Tech Guardrails

- Unfollow shaming/mocking voices; follow gospel-centered comfort.
- Accountability with your trio; phone docked outside bedroom.

Appendix I: Week-at-a-Glance (Sample)

- **Mon–Fri:** Work/School 9–5; Prayer 7am; Examine 9:30pm; Group Tue/Thu
 - **Sat:** Service + recreation with safe friends
 - **Sun:** Worship; family meal; plan the week; gratitude & testimony
-

Final Word

Your story does not end in secrecy or shame. The cross is heavier than your burden; the tomb is empty; the Spirit is near. In Christ, you are **forgiven, comforted, and called** and nothing can separate you from the love of God (Rom. 8:38–39).

“Blessed are those who mourn, for they shall be comforted.” **Matthew 5:4**

Important SAFETY Note

This booklet offers faith-based education and encouragement. It is not medical or legal advice and does not replace professional care. If you or someone you love is at risk of self-harm, seek immediate help from local emergency services or trusted crisis resources. You are loved, and help is available.

Acknowledgments

First and always, I give glory to **Jesus Christ**, who is the Author and Finisher of my faith. Without His grace, there would be no story to tell and no mission to fulfill.

I acknowledge with love and gratitude **My Mother, Kerry A. Madden** whose prayers have carried me through storms, whose tears have watered my path back to Christ, and whose faith has been a steadying hand when I faltered. Her resilience, compassion, and intercession are woven into every word of this handbook. Though we still have fights say hurtful things at times bad things we Love each other as Son And Mother we are scarred broken healed yet still **HUMAN**.

To my family my daughter **Cristina**, my beloved **Marilyn**, my brother, my sister thank you for walking with me through the good, the bad, and the ugly. Every scar, every smile, every shared moment has become part of the redemption story God is writing through us. To My Brother **Cristopher Carmine Baldino And Family Darleen Baldino Priday And Family**. My **Uncle Ken** and **Aunt Diane** And **Tommy** my Cousin.

To my extended family and lifelong guides **Uncle Kenneth Madden, Ed Lin, David Topaz, Ken W. Patrick, Bobby Annelo, Waxey, Vinny B., Sambo, George S.** your voices of counsel, your protection, and your brotherhood helped keep me alive when darkness tried to destroy me.

To the churches that gave me sanctuary and truth:

- **Church Experience** churchexperience.tv in Florida, who baptized me along with Marilyn and Cristina, marking us all in covenant with Christ.
- **Grace and Peace Church** <https://graceandpeace.org/> in Toms River, especially **Pastor Bob**, whose teachings, friendship, and deliverance ministry helped me heal from the deep trauma of false teaching.
- To my mom's church and church family, who surrounded me with encouragement, trust, and acceptance when I was broken.

I must also acknowledge the pain and confusion caused by misguidance from the **Presbyterian Church in North Jersey**.

But I Thank the **Presbyterian Church of Toms River** pctr.org. Mom's Churches Past and Present. Even there, God revealed truth. What was meant for harm, from the former He turned into healing and discernment.

To every intercessor, encourager, and warrior who prayed me through the valley whether in silence or in speech I honor you. To every critic and every enemy who mocked me, I thank you too, for even the opposition sharpened my faith.

This story is not only mine. It belongs to all of us who prayed, wept, rejoiced, and stood together. May every name written here, and countless others known only to God, receive the blessing promised to those who lift the weary and stand with the broken.

 *"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now."*

Philippians 1:3–5 (NIV)

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