



Prestonwood
Pregnancy Center



IT STARTS WITH YOU

A PARENT'S GUIDE TO TALKING WITH YOUR
KIDS ABOUT THE SANCTITY OF LIFE

Voices

It's no secret that we are in a new era when it comes to biblical parenting. Our children are navigating a culture where anti-Christian philosophies are embraced, and our nation as we know it has lost its moral center. Despite the 2022 U.S. Supreme Court decision on *Dobbs v. Jackson Women's Health Organization*, chemical abortion is on the rise, and it's more important than ever to prepare the next generation in the fight to preserve life.

Whether you are raising your kids in a Christian community or not, countless voices are vying for their allegiance. In the first few years of life, it's easy to be the primary influencer. But before you know it, they are being shaped by teachers, books, peers, and media, and thrust into information overload in an increasingly dangerous online world. For many, it seems these secular perspectives and outside voices are getting louder and louder by the day.

So what are we to do?

WE MUST BE LOUDER.

In Psalm 8:2 (ESV), King David reminds us of the value God places upon children and the praise they offer. Instilling truth and

conviction into the hearts of our kids can have a lasting impact on a culture so far removed from God.

David says it this way:

“OUT OF THE MOUTH OF BABIES AND INFANTS, YOU HAVE ESTABLISHED STRENGTH BECAUSE OF YOUR FOES, TO STILL THE ENEMY AND THE AVENGER.”

He explains that God sometimes displays His strength through unlikely vessels to silence the enemy. And in Paul’s second letter to Timothy, we learn that Timothy’s mother and grandmother passed down to him a heritage of Truth from God’s Word. Paul says this is what makes Timothy “wise for salvation through faith which is in Christ Jesus” (2 Timothy 3:15, ESV).

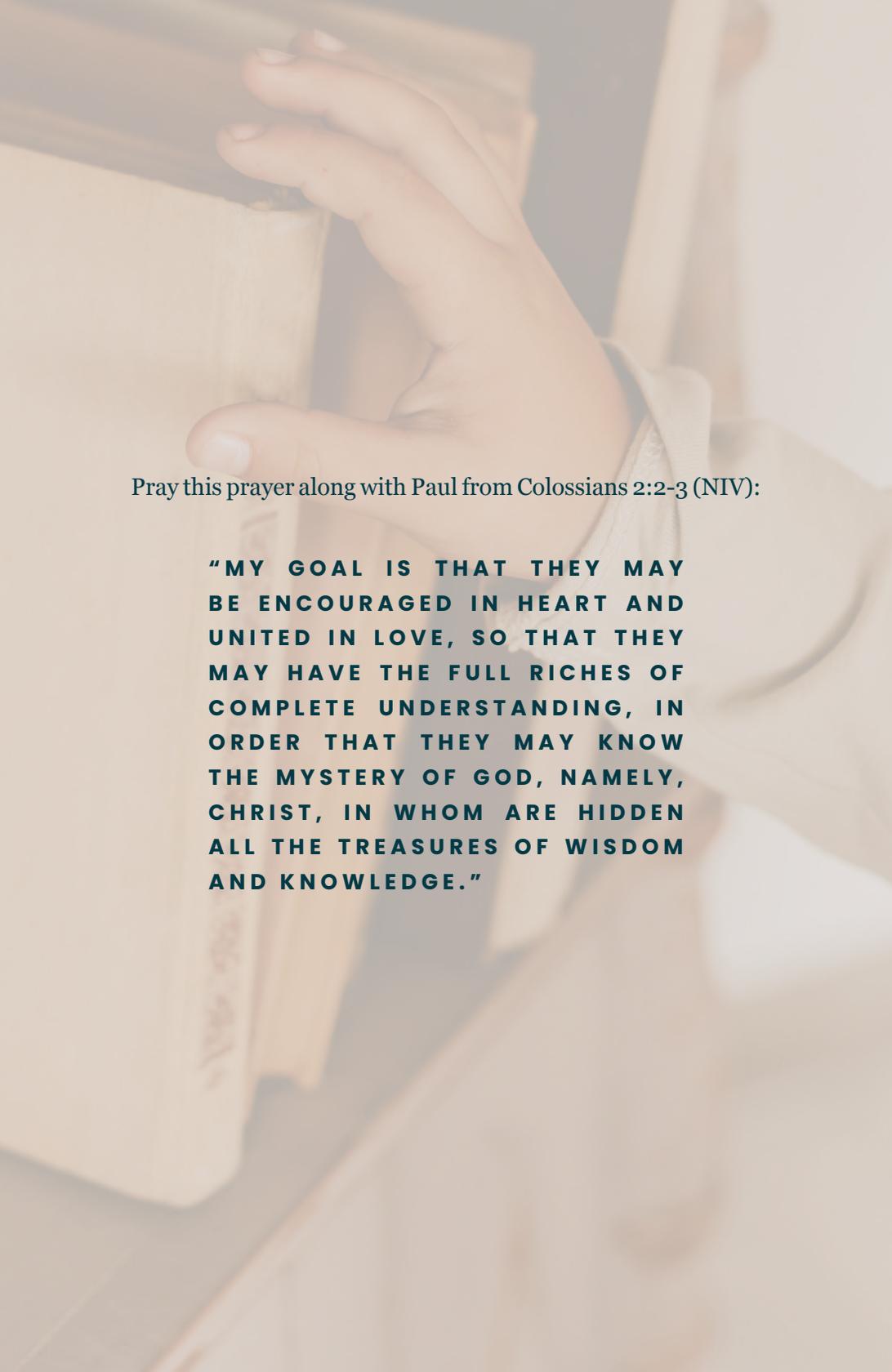
We see again in Deuteronomy 6 and all throughout the Proverbs how God has called us to teach our kids His Truth and show them what it looks like to walk with Him. This includes instilling in our children the value of life.

A pro-life and pro-love belief system begins in the home. And while showing our children through our actions is crucial, we must also teach them through the spoken word. Our prayer is that this guide will give you the language you need to instill in your kids a deep conviction of the value of life, a tender heart for the hopeless, and a strong determination to preserve life both now and for eternity.

How to Use This Guide

The following pages address four ways we can plant seeds toward pro-life values. First, we lay the foundation, unpacking the value of life according to Scripture. Next, we tell the truth about the world around us and the enemy who is out to get us. Then, we instill compassion by the grace of God into their hearts. And lastly, we inspire action within our communities by modeling how to fight the good fight for life.

As you dive into these truths, consider a powerful teaching technique Jesus modeled for us throughout the Gospels: Asking questions! Of course He knew the answers, but He was always pulling people in closer. Kids are more likely to engage when they are active participants. You might be surprised how much your kids know, or don't know, once you simply ask. Included in each section is a list of questions for discussion. Finally, before each lesson, be sure to stop and ask the Holy Spirit to guide your words and to speak through you. Ask Him to give your kids the "hidden treasures" of spiritual understanding like only He can.

A close-up, soft-focus photograph of a person's hands holding a book. The hands are positioned as if turning a page or holding the book steady. The background is a warm, out-of-focus light beige color. The overall mood is calm and contemplative.

Pray this prayer along with Paul from Colossians 2:2-3 (NIV):

“MY GOAL IS THAT THEY MAY BE ENCOURAGED IN HEART AND UNITED IN LOVE, SO THAT THEY MAY HAVE THE FULL RICHES OF COMPLETE UNDERSTANDING, IN ORDER THAT THEY MAY KNOW THE MYSTERY OF GOD, NAMELY, CHRIST, IN WHOM ARE HIDDEN ALL THE TREASURES OF WISDOM AND KNOWLEDGE.”

Lay the Foundation

I. The Value of Life



**EXPLAIN TO YOUR KIDS THAT
THROUGHOUT THEIR LIVES,
THEY WILL HEAR MANY
DIFFERENT IDEAS ABOUT WHO
IS AND WHO ISN'T IMPORTANT.**

**TELL THEM THAT WHEN THEY
WANT TO KNOW THE TRUTH,
THE FIRST PLACE TO GO IS
GOD'S WORD.**

**EXPLAIN THAT YOU WANT THEM
TO KNOW THE TRUTH ABOUT
WHO THEY ARE AND HOW MUCH
GOD LOVES THE PEOPLE HE
CREATED.**

***THEN, LOOK UP THE FOLLOWING
PASSAGES AND TALK ABOUT
THEM AS YOU GO...***

"Before I made you in your mother's womb, I chose you. Before you were born, I set you apart for a special work..."

Jeremiah 1:5 (ICB)

Just like Jeremiah, God put you together, and your life began even before you were born! God decided who He wanted you to be and what He wanted you to do. There is something you can do like nobody else. God has loved you longer than anyone else in your life and, since He created you, He knows you best!

"So God created human beings in his image. In the image of God he created them. He created them male and female."

Genesis 1:27 (IBC)

God created all people in His image. This means God made us to be like Him in special ways. We don't look just like Him, but we can know right from wrong, make choices, and be loving and kind to others just like God. God didn't make angels or animals or anything else in His image. Just us!

"You made my whole being. You formed me in my mother's body. I praise you because you made me in an amazing and wonderful way.

What you have done is wonderful. I know this very well. You saw my bones being formed as I took shape in my mother's body.

When I was put together there, you saw my body as it was formed. All the days planned for me were written in your book before I was one day old."

Psalm 139:13-16 (IBC)

The Bible says you were made in an "amazing and wonderful way." God saw your life before you were born. Isn't it super creative of God to make so many people in so many different ways? He says you are His creation, and He made you special. But not just you. He made everyone special. And just because someone can't walk, talk or do things like you can do, it doesn't mean they aren't special to Him. Every life God made is beautiful and important.

"Children are a gift from the Lord. Babies are a reward."

Psalm 127:3 (IBC)

God says each baby is like a blessing or reward from Him. It's like a special surprise that He can't wait to show us! When Jesus lived on earth, He loved to be around kids and said they are so important to Him. That includes you! And every baby ever born.

"When five sparrows are sold, they cost only two pennies. But God does not forget any of them. Yes, God even knows how many hairs you have on your head. Don't be afraid. You are worth much more than many sparrows."

Luke 12:6-7 (IBC)

Think about that: Jesus says that even though these birds are not very important to anyone, God sees every sparrow. And if He sees every sparrow, He must be watching us very closely all the time. And can you believe God knows how many hairs are on your head right now? Can you guess how many there are? He knows. He must love us a lot.

Ask Questions:

WHEN DID YOUR LIFE BEGIN? DID ANYONE KNOW YOU BEFORE YOU WERE BORN?

**WHAT MAKES PEOPLE DIFFERENT FROM EVERYTHING ELSE GOD MADE? WHAT DOES "IN HIS IMAGE" REALLY MEAN?
(GENESIS 1:27)**

**HOW WELL DOES GOD KNOW YOU? AND HOW DOES HE KNOW ALL THAT?
(JEREMIAH 1:5; LUKE 12:6-7)**

**WHAT ABOUT PEOPLE WHO WEREN'T MADE LIKE YOU OR CAN'T DO THE THINGS YOU CAN DO? ARE THEY IMPORTANT TOO?
(PSALM 139:13-16)**

**DOES GOD REALLY CARE ABOUT EVERY SINGLE BABY EVER BORN? ARE THEY REALLY ALL BLESSINGS FROM HIM?
(PSALM 127:3)**

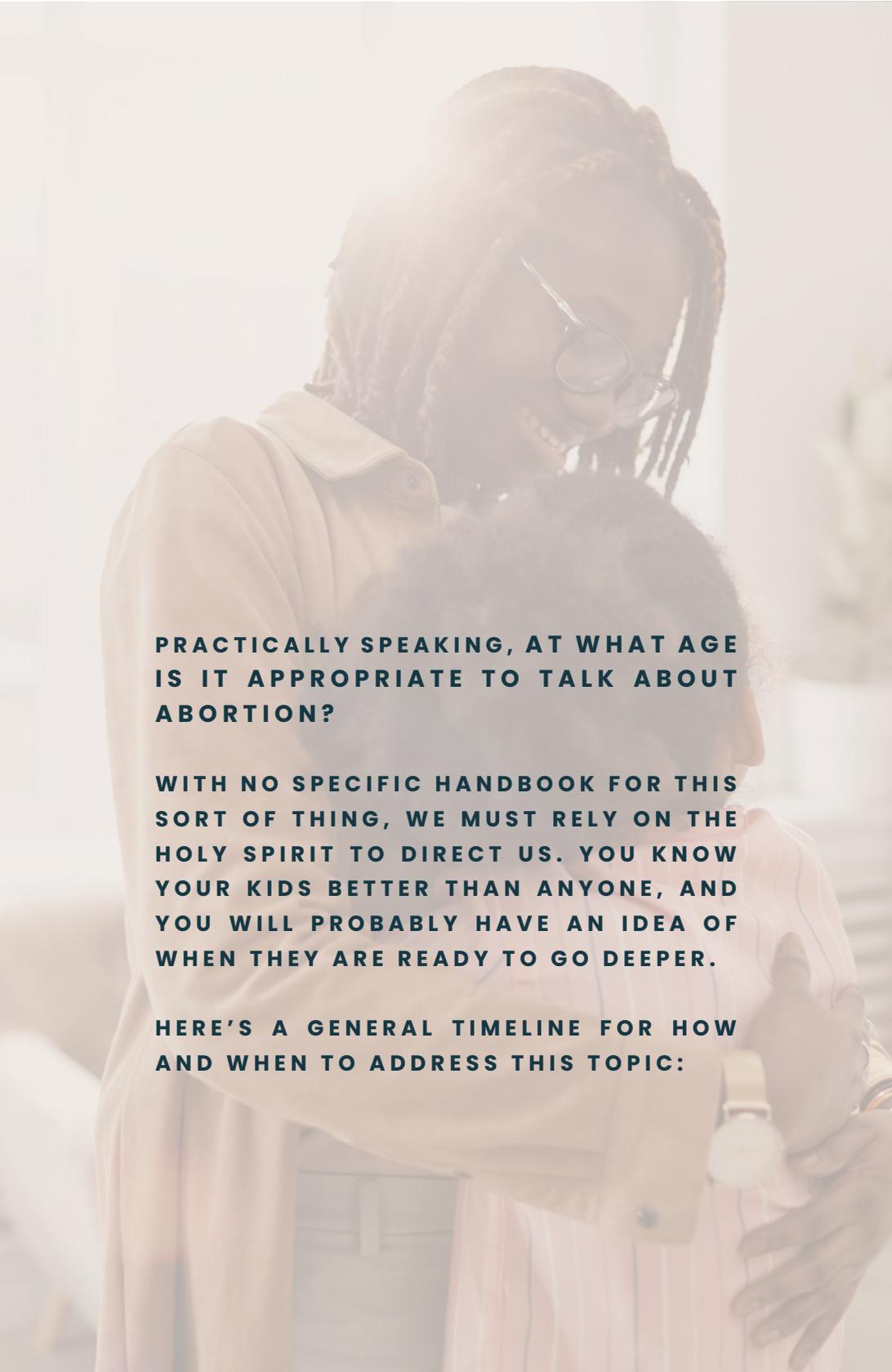
II. Tell the Truth



“Mom, what’s an abortion?”

As Christian parents, we don’t have the luxury of avoiding harsh truths about the world in which we live. And the reality is your kids are going to hear about these things whether you tell them or not. It’s best if it first comes from you. Psychological studies have shown that repetition increases the perception of validity, and familiarity and ease of processing can influence our judgment. In other words, if your kids hear something from you first and most often, they are likely to cling to it as truth even after new and contrasting ideas are introduced.

If your kids come home asking questions that take you off guard, be aware of your facial expressions and your initial reaction. Something like, “Where did you hear that?” or “Who told you that?” said in a panicky tone will discourage your child from coming to you in the future. Instead say things like, “I’m so sorry you had to hear that. Let’s talk more about it.” Or “I am so glad you came to me with this. I’m happy to tell you what you need to know.”

A warm, soft-focus photograph of a woman with long dreadlocks and glasses hugging a young child from behind. The woman is smiling and wearing a light-colored jacket. The child is wearing a pink and white striped shirt. The background is bright and out of focus, suggesting an indoor setting with large windows.

PRACTICALLY SPEAKING, AT WHAT AGE IS IT APPROPRIATE TO TALK ABOUT ABORTION?

WITH NO SPECIFIC HANDBOOK FOR THIS SORT OF THING, WE MUST RELY ON THE HOLY SPIRIT TO DIRECT US. YOU KNOW YOUR KIDS BETTER THAN ANYONE, AND YOU WILL PROBABLY HAVE AN IDEA OF WHEN THEY ARE READY TO GO DEEPER.

HERE'S A GENERAL TIMELINE FOR HOW AND WHEN TO ADDRESS THIS TOPIC:

AGES 1-4:

Focus on the value of life. Make sure you tell them often how loved they are by God. Be sure they know that God made them and that He loves every person He made. Teach them about the miracle of new life. Take advantage of the many great pro-life resources and children's books on this topic.

AGES 5-7:

While continuing to instill in your kids a biblical perspective on life, begin to introduce the idea of brokenness in our world. Explain that because of sin, the world couldn't be perfect like God created it to be. This is a great time to focus on the gospel! Explain that even though Jesus came and saved us from our sins, our world is still broken and all messed up. Sometimes people will say something that will hurt your feelings. Sometimes people will make choices that make others sad. See if they can think of examples of this and remind them that once we all get to heaven, God will make everything perfect again.

AGES 8-11:

As your kids enter the preteen stage of life and approach middle school, they will likely be hearing things outside the home when it comes to these sensitive topics. That's why it's all the more important for you to talk about these things. Ask your kids on a

regular basis if they have heard anything at school or from friends that they don't understand. Bring them in on real-life happenings in the news, reminding them how broken our world is. If your child is mature enough or if it has already been introduced, they may be ready to discuss the topic of abortion. (See next section)

AGES 12+:

Your kids are now old enough to talk with you in an age-appropriate way about what abortion entails. Depending on individual maturity and emotional stability, teach them about what took place in the 1973 landmark decision *Roe v. Wade* and recently, the *Dobbs v. Jackson Women's Health Organization* decision. Take advantage of resources from a local pregnancy center that help explain abortion. Offer statistics and facts on the subject to increase their knowledge. But be cautious of your tone and the words you use. Choose words of grace rather than judgment. Aim for a sad tone rather than an angry one. Remind them that they can ask you anything, and that you know this is hard to hear. Make sure you end each conversation by pointing the way to hope and forgiveness. Jesus makes all things new. He can redeem anyone and anything. Spend some time praying for the moms who are tempted to make this choice right now.

Ask Questions:

WHY ARE THERE SO MANY BAD THINGS THAT HAPPEN IN THE WORLD? HOW DOES THAT MAKE YOU FEEL? WHAT MAKES YOU MOST SAD? WILL IT ALWAYS BE THIS WAY?

IS THERE ANYTHING YOU HAVE HEARD AT SCHOOL OR SOMEWHERE ELSE THAT IS CONFUSING TO YOU? IS THERE ANYTHING YOU WANT TO ASK ME?

(FOR OLDER KIDS) HAVE YOU EVER HEARD THE WORD "ABORTION?" WHAT HAVE YOU HEARD? WHY WOULD SOMEONE DO THAT? IS THERE ANYTHING WE CAN DO TO HELP?

III. Instill Compassion



Lessons of empathy can begin at a very early age and can be woven into the fabric of your family. Subjecting our kids to the struggles and needs of people who are hurting can be a powerful tool in teaching compassion. Our kids are bombarded in today's culture with talk of self-love and self-care. These ideas are in direct contradiction to the words of Jesus throughout the Gospels, "Whoever wants to be first, must be last," "Even the Son of Man did not come to be served, but to serve..."

Teach your kids to pay attention to the needs of others and allow them to experience people from all walks of life. When they have experience only with those people who look, talk, act, and live the way you do, they may be less likely to show interest in those who are in need. Explain how sometimes people don't have moms and dads who teach them about the Bible. Someone who wasn't raised the way your children were raised might not make the same choices your children would make. Help them understand that life can be very hard and sad for a lot of people. And for that reason, we should focus on loving them and sharing God's Truth with them, not judging them.

Many times as parents, we do something kind for someone but miss the opportunity to bring our kids along for the ride. Whether it's taking a meal to a family who is dealing with a cancer diagnosis, sending flowers to a memorial service, making a hospital visit, or getting coffee with a friend who is struggling, talk about it. Tell your kids what you are doing and why you are doing it. Show them that even if it disrupts your schedule or costs you money, it's worth it. Tell them about a time when someone did the same for you, and how it made you feel.

WHY DOES THIS MATTER?

Because in some pro-life circles, efforts to put an end to abortion are marked by judgment, insensitivity, and harshness, rather than love and compassion. If we want the next generation to take more ground on this issue, we must teach them not only to be pro-life but pro-love as well. We must focus on not just saving more babies but reaching more mothers with the love of Christ.

**PERHAPS THE BEST WAY TO INSTILL
COMPASSION WITHIN OUR CHILDREN
IS TO TELL THEM HOW JESUS DEALT
WITH SINNERS. HERE ARE THREE
EXAMPLES OF HOW JESUS RESPONDED
TO THOSE WHO WERE LIVING IN SIN.**

1. JESUS TOLD US NOT TO JUDGE

“Don’t judge other people, and you will not be judged. You will be judged in the same way that you judge others. And the forgiveness you give to others will be given to you.”

Matthew 7:1-2 (IBC)

What does it mean to judge?

Judging others means you are looking at what someone else is doing wrong and thinking about it a lot. You might think, “They are so wrong and bad. I am much better than them, and I don’t do that.”

Jesus doesn’t want us to think these things. He wants us to think about how we can be more like Him, not how badly others are acting.

He wants us to think things like, “Yes, they are doing something bad, but sometimes I disobey too. God is in charge of that person; I am not.”

2. JESUS TOLD THE TRUTH

“When Jesus came to that place, he looked up and saw Zacchaeus in the tree. He said to him, ‘Zacchaeus, hurry and come down! I must stay at your house today.’”

Luke 19:5 (IBC)

Do you know the story of Zacchaeus?

He was a short man who was sinning a lot by stealing money and cheating. He heard Jesus was coming to his town, so he climbed up in a tree so he could see Jesus! What do you think Jesus did when he saw Zacchaeus? Instead of standing to the side and telling everyone how bad Zacchaeus was, Jesus went over to his house! Why would He do that? Because Jesus wanted Zacchaeus to know that He loved him, and He wanted to tell Zacchaeus to stop sinning. Jesus wanted to tell Zacchaeus why what he was doing was wrong.

Once Zacchaeus knew Jesus loved him and cared, he listened to what Jesus said and stopped making bad choices. In fact, he even paid back all the money he’s stolen plus much more!

3. JESUS FORGAVE SINNERS

“They continued to ask Jesus their question. So he stood up and said, “Is there anyone here who has never sinned? The person without sin can throw the first stone at this woman.”

John 8:7 (NIRV)

In John 8, we read a story about a woman who was not obeying God.

She was doing some bad things, and everyone knew it. They brought her to Jesus and said, “Look at her! Isn’t she awful? Let’s throw stones at her!” Well they must have been surprised when Jesus asked if they had ever sinned. Of course they had!

Then Jesus told the woman He forgave her and that she would not be stoned. But after that, He said something important: “You may go now, but don’t sin again” (John 8:11, ICB)

Even though Jesus forgave the woman, He still wanted her to change what she was doing and live a holy life for God.

Finally, one of the best ways to instill compassion in your kids is to take them with you to places like homeless shelters, pregnancy centers, special needs ministries, or simply get them outside of their usual circles. Incorporate these things into the regular rhythms in the life of your family. Make traditions out of serving at a soup kitchen during Thanksgiving season, helping with a special friends prom, or going on family mission trips to underserved communities. After the experience, ask them how they felt when they were there and what they learned about the people they met.

Ask Questions:

WHAT DOES IT MEAN TO JUDGE OTHERS? CAN YOU THINK OF A TIME WHEN YOU JUDGED SOMEONE? CAN YOU THINK OF A TIME WHEN SOMEONE JUDGED YOU?

EVEN THOUGH WE AREN'T SUPPOSED TO JUDGE OTHERS, WE CAN STILL TELL THEM THE TRUTH IN A LOVING WAY. DID JESUS TELL ZACCHAEUS AND THE WOMAN THAT THEY COULD KEEP SINNING? DID HE TELL THEM IT WAS NO BIG DEAL? WHY IS TELLING THE TRUTH IMPORTANT?

CAN YOU THINK OF A TIME WHEN YOU DID SOMETHING WRONG AND SOMEONE FORGAVE YOU? DO YOU REMEMBER A TIME WHEN YOU WERE GIVEN A SECOND CHANCE? HOW DID YOU FEEL?

(FOR OLDER KIDS): WHY IS IT IMPORTANT TO PROTECT THE BABIES WHO HAVEN'T BEEN BORN YET? HOW CAN WE SHOW LOVE TO SOMEONE WHO CHOOSES ABORTION?

IV. Inspire Action



“BUT BE DOERS OF THE WORD, AND NOT HEARERS ONLY, DECEIVING YOURSELVES. FOR IF ANYONE IS A HEARER OF THE WORD AND NOT A DOER, HE IS LIKE A MAN WHO LOOKS INTENTLY AT HIS NATURAL FACE IN A MIRROR. FOR HE LOOKS AT HIMSELF AND GOES AWAY AND AT ONCE FORGETS WHAT HE WAS LIKE. BUT THE ONE WHO LOOKS INTO THE PERFECT LAW, THE LAW OF LIBERTY, AND PERSEVERES, BEING NO HEARER WHO FORGETS BUT A DOER WHO ACTS, HE WILL BE BLESSED IN HIS DOING” (JAMES 1:22-25, ESV).

THERE IS NO BETTER WAY TO TEACH OUR KIDS HOW TO CHAMPION THE SANCTITY OF LIFE THAN BY DOING IT OURSELVES. WE CAN MODEL OUR DEVOTION TO THIS ISSUE IN THREE WAYS: SERVING, GIVING, AND SHARING.

1. SERVING

The best resource for teaching our kids to advocate for the unborn is a local pro-life pregnancy center.

There are often opportunities for volunteers to help with administrative tasks, sort clothes in a resource center, pick up trash, or simply pray for those on the front lines every day.

**BY SERVING AS A FAMILY, YOU ARE
GIVING YOUR KIDS CORE MEMORIES
THAT WILL REMIND THEM WHAT WAS
IMPORTANT TO YOU.**

If they are too young to understand why a pregnancy center exists, explain it this way:

"Sometimes moms and dads who have babies are scared and can't take care of them very well.

This place helps by showing them how to take care of a

baby and by giving them things they will need like clothes and diapers. The people at this center want everyone to know that every baby is important to God.

We want the moms to know that we are here to help them.”

As they get older, teach your kids to engage in meaningful advocacy by writing letters to lawmakers urging them to support pro-life policies or thanking them for their commitment to the sanctity of life.

Help them organize a “pro-life awareness” week or participate in the March for Life. Offer tools from online resources such as RightNow Media or PragerU, a nonprofit offering free content and short educational videos for people of all ages highlighting these values.

2. GIVING

Whether it looks like giving to a church, a local pregnancy center, or other pro-life ministries, bring your kids along on the mission.

Tell them who you are giving to and why. If you give to a local pregnancy center, schedule a tour for the whole family. Show them the ultrasound room, helping them visualize what this ministry looks like up close.

Better yet, encourage your kids to raise money on their own! Help them brainstorm ideas like collecting change inside of baby bottles or setting up a lemonade stand. Explain how sometimes it takes money to help!

BUT GIVING CAN COME IN MANY DIFFERENT FORMS. SOMETIMES IT LOOKS LIKE SACRIFICING THE THINGS YOU WANT IN ORDER TO HELP OTHERS.

Chances are, by the time your kids are school-age, they most likely will encounter peers who have special needs or are seen as outcasts.

ASK QUESTIONS THAT HELP YOUR KIDS IDENTIFY THOSE PEOPLE, THEN TALK ABOUT WHAT IT MUST FEEL LIKE TO LIVE WITH THOSE CHALLENGES. HOW CAN YOU HELP? WHETHER IT'S A KIND WORD ON THE PLAYGROUND OR AN INVITATION TO THE LUNCH TABLE, TEACH YOUR KIDS TO HAVE "JESUS' EYES" WHEREVER THEY GO, SEEING PEOPLE AS HE SAW THEM.

This will only solidify your efforts to help them understand that every single life is worth so very much to God.

3. SHARING

Certainly, what we do with our time (*servicing*) and our money (*giving*) communicates volumes to our kids about what we care about.

BUT THERE'S ONE MORE STEP.

Training our kids to be vocal when it comes to advocating for the unborn is so important.

Whether it's a school project, debate topic, or small group devotional, help your kids learn to articulate their convictions on this subject.

Teach them to speak with knowledge, clarity, and respect. Again, the best way to do this is by modeling it yourself.

Have they heard you talk about this issue at the dinner table or with friends?

These are practical, easy ways to inspire action in our kids as they grow and mature.

Ask Questions:

WHY IS IT IMPORTANT TO BE INVOLVED IN MY COMMUNITY?

IN WHAT WAYS CAN I HELP OTHERS SEE HOW MUCH LIFE MATTERS TO GOD? WHAT ARE MY UNIQUE GIFTS?

IS THERE SOMEONE IN MY LIFE WHO HAS SPECIFIC PHYSICAL CHALLENGES? WHAT CAN I DO TO ENCOURAGE OR HELP THAT PERSON?

WHEN I SPEAK UP FOR LIFE, WHY IS IT IMPORTANT TO BE CLEAR AND RESPECTFUL WHEN RESPONDING TO SOMEONE WHO DISAGREES?

It's Worth It

As you focus on promoting a culture of life within your family and beyond the walls of your home, remember that you are investing in something very close to the heart of God.

IT'S WORTH THE EFFORT AND THE SACRIFICE.

Proverbs 24:3-4 (ESV) says it this way:

**"BY WISDOM A HOUSE IS BUILT,
AND BY UNDERSTANDING IT IS
ESTABLISHED; BY KNOWLEDGE
THE ROOMS ARE FILLED WITH
ALL PRECIOUS AND PLEASANT
RICHES."**

Then a few verses later, we read:

**"RESCUE THOSE WHO ARE
BEING TAKEN AWAY TO DEATH;
HOLD BACK THOSE WHO ARE
STUMBLING TO THE SLAUGHTER.
IF YOU SAY, 'BEHOLD, WE DID
NOT KNOW THIS,' DOES NOT
HE WHO WEIGHS THE HEART
PERCEIVE IT? DOES NOT HE
WHO KEEPS WATCH OVER YOUR
SOUL KNOW IT, AND WILL HE
NOT REPAY MAN ACCORDING
TO HIS WORK?" (PROVERBS
24:11-12, ESV)**

We have a job to do. As we teach the value of life, tell the truth about the brokenness in our world, instill love and compassion into the hearts of our kids, and inspire them to act, may we take to heart the wise words of Proverbs 31:8-9 (NLT):

“SPEAK UP FOR THOSE WHO CANNOT SPEAK FOR THEMSELVES; ENSURE JUSTICE FOR THOSE BEING CRUSHED. YES, SPEAK UP FOR THE POOR AND HELPLESS, AND SEE THAT THEY GET JUSTICE.”



IT STARTS WITH YOU.



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