

*STAND  
FOR  
LIFE*



*Devotion*

**Day 1 - January 21, 2020**

***INTERCESSION***

May the tragic practice of abortion end.

***PRAYERS*** - Our Father, 3 Hail Mary's

***REFLECTION***

At every stage and in every circumstance, we are held in existence by God's love. The presence of an illness, disability, or other challenging situation never diminishes the value of human life. God does not call us to perfection of appearance or abilities, but to perfection in *love*. Christ invites us to embrace our own lives and the lives of others as true gifts.

Abortion tragically rejects the truth that every life is a good and perfect gift deserving protection. This violent practice ends the life of a human being at its very beginning and horribly wounds all those involved. But Christ came that we "might have life and have it more abundantly" (John 10:10), taking on human flesh for the sake of our redemption. May our culture experience the power of God's transforming love, that all eyes may be opened to the incredible beauty of every human life.

***ACTS OF REPARATION*** (*choose one*)

- Take a break from television and movies today. Consider spending some of that time praying with today's reflection.
- Pray the short prayer "Every life is worth living" reflecting on the gift of human life:

*Heavenly Father, thank you for the precious gift of life. Help us to cherish and protect this gift, even in the midst of fear, pain, and suffering. Give us love for all people especially the most vulnerable, and help us bear witness to the truth that every life is worth living. Grant us the humility to accept help when we are in need, and teach us to be merciful to all. Through our words and actions, may others encounter the outstretched hands of Your mercy. We ask this through Christ our Lord. Amen.*

- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

## **Day 2 - January 22, 2020**

*(Day of prayer for the legal protection of unborn Children)*

### ***INTERCESSION***

May all unborn children be protected in law and welcomed in love.

### ***PRAYERS***

Our Father, 3 Hail Mary's

### ***REFLECTION***

Today on this 47<sup>th</sup> anniversary of Roe v. Wade, we mourn the many children's lives ended by abortion and remember in prayer those who suffer the aftermath. The church comes together today to pray for the protection of all unborn children and to make reparation for abortion, trusting that the Lord hears our prayers.

Pope John Paul II wrote "A great prayer for life is urgently needed which will rise up throughout the world. Through special initiatives and in daily prayer, may an impassioned plea rise to God, the Creator and lover of life, from every Christian community from every group and association, from every family and from the heart of every believer"(Evangelium Vitae, 100)." May that prayer arise in our hearts today and each day forward until every human being is protected in law and welcomed in love.

### ***ACTS OF REPARATION (choose one)***

- Fast from one meal today
- Offer this brief "Prayer for Life" for all unborn children whose lives are at risk:

*Father and Maker of all, you adorn all creation with splendor and beauty, and fashion human lives in your image and likeness. Awaken in every heart reverence for the work of your hands, and renew among your people a readiness to nurture and sustain your precious gift of life. Grant this through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God forever and ever. Amen.*

- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

### **Day 3 - January 23, 2020**

#### ***INTERCESSION***

May every expectant mother receive compassionate care and support as she nurtures the life in her womb.

#### ***PRAYERS***

Our Father, 3 Hail Mary's

#### ***REFLECTION***

When the angel Gabriel appeared to Mary, she opened her heart to receive his message that she would conceive the Son of God in her womb. As a young, betrothed, but unmarried woman. Mary knew that her pregnancy presented many challenges. Despite this knowledge, she faithfully responded, "Behold, I am the handmaid of the Lord. May it be done to me according to your word" (Luke 3:18)

Like the Blessed Mother, women who unexpectedly become pregnant often face significant challenges. They, too, are called to place their trust in God and faithfully respond to His gift of new life. And we are called to walk with them in their time of need. As Jesus taught us, when we love and serve others, we are loving and serving Him.

May all expectant mothers be encouraged by Mary's example and receive support and grace lovingly welcoming their children into the world.

#### ***ACTS OF REPARATION (choose one)***

- Abstain from snacking today. Eat three meals only.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

### **Day 4 - January 24, 2020**

### ***INTERCESSION***

May expectant fathers lovingly support the mothers of their children in welcoming new life.

### ***PRAYERS***

Our Father, 3 Hail Mary's

### ***REFLECTION***

Fatherhood has its origins in God, who chose to reveal Himself to us as Our Father, sending his only Son for the sake of our salvation. Fathers therefore have a special role "in revealing and reliving on Earth the very fatherhood of God" Pope John Paul II said fathers are called to exhibit "generous responsibility for the life conceived under the heart of the mother". They are uniquely entrusted with the protection and defense of both mother and child and in this way, safeguarding the sanctity of life.

As evidenced in our world today, the role of the father "is of unique and irreplaceable importance". Often women choose abortion because they do not have the support of the child's father, or- even worse the father of the child pressures her to make the decision to abort. At the same time, it is important to acknowledge with compassion that men can also be overwhelmed by an unexpected pregnancy and that society increasingly tells them that they should have no say in their children's lives. In the face of these false messages, we pray that expectant fathers who embraced the role of father amid difficult circumstances-and offer loving, life-affirming support to the mothers of their children.

### ***ACTS OF REPARATION (choose one)***

- Give up sleeping on your pillow or even your bed-tonight. Offer this small sacrifice for the intention that expectant fathers would courageously answer their call to support both mother and child.
- Pray a decade of the rosary for all expectant fathers, that through her intercession, Our Lady may inspire in them the virtues of St. Joseph.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

**Day 5 - January 25, 2020**

### ***INTERCESSION***

May each person suffering from a loss of a child through abortion find hope and healing in Christ.

### ***PRAYERS***

Our Father, 3 Hail Mary's

### ***REFLECTION***

After more than four decades of legalized abortions, many children's lives have been ended, and many parents and family members suffer that loss- often in silence. Yet God's greatest desire is to forgive. No matter how far we have each strayed from His side. He says to us " Don't be afraid. Draw close to my heart." Be assured that it is never too late to seek God's forgiveness in the Sacrament of Reconciliation.

Consider the parable of the Prodigal Son. After repenting of sinning against his father, he returns from far away to seek forgiveness and work as a servant. But the father sees him approaching, runs to warmly embrace him, and hosts a banquet to celebrate his return. So, too, does God welcome all of His repentant children, no matter how serious the sin. Let us turn confidently to Our Lord, Who is love and mercy.

### ***ACTS OF REPARATION (choose one)***

- Abstain from meat today.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

**Day 6 - January 26, 2020**

### ***INTERCESSION***

May expectant mothers choosing adoption receive grace and support in embracing this loving option.

### ***PRAYERS***

Our Father, 3 Hail Mary's

### ***REFLECTION***

Mothers placing their children for adoption often face many challenges along the way. One of the greatest obstacles can be inaccurately perceiving adoption as abandonment. But mothers who place their children for adoption are not abandoning their children. Rather, they are exemplifying the sacrificial love of Christ on the cross in choosing to do what is best for their children, even at great cost to themselves. Like Christ, they pour out their bodies and souls for the sake of another. The letter to the Hebrews reminds us that, in the face of fears and trials we can "hold fast to the hope that lies before us" This we have as an anchor of the soul, sure and firm " ( Heb 6:18-19). We pray that all mothers considering adoption would be filled with "the peace of God that surpasses all understanding" (Phil 4:7) and see the beauty of their sacrifice. Let us all cling fast to the anchor of hope, for we have received " a spirit of adoption, through which we cry 'Abba, Father!'"

### ***ACTS OF REPARATION (choose one)***

- Do you have a sweet tooth? Or do you prefer salty snacks? Pick your favorite kind of treat and give it up for the day.
- Make an act of faith, hope, or love.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

**Day 7 - January 27, 2020**

### ***INTERCESSION***

May all who support of participate in abortion experience a conversion to heart to seek and receive the Lord's boundless mercy.

### ***PRAYERS***

Our Father, 3 Hail Mary's

### ***REFLECTION***

When God fashioned the human person in His own image and likeness, He destined us for eternal life with Him. Yet because of the sin of our first parents, death entered the world. The book of Genesis recounts the first occasion in which a person takes the life of another, as Cain violently kills his brother Abel. This instance of brother rising up against brother “at the very dawn of history is thus a sad witness of how evil spreads with amazing speed”.

From the time of creation, disregard for human life has continued to spread. When we, like Cain, allow sin to find place in our hearts, we become blinded to the truth. Sometimes this blindness might be so deep that we fail to recognize the undeniable humanity of unborn children. We may even tragically believe the lie that abortion is an act of compassion. But we know that “life especially human life, belongs only to God: For this reason whoever attacks human life in some way attacks God Himself.”

### ***ACTS OF REPARATION (choose one)***

- Smile. Ask God today for grace to be extra joyful and to share the light of Christ with those most in need of His love and mercy.
- Seek the intercession of Our Lady by praying a scriptural Rosary meditating on the Sorrowful Mysteries.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

**Day 8 - January 28, 2020**

### ***INTERCESSION***

May civic leaders work for the protection of all human life, in every stage and circumstance.

### ***PRAYERS***

Our Father, 3 Hail Mary’s

### ***REFLECTION***

The entire moral vision of our nation is based on respect for the dignity and sanctity of the human person. The Declaration of Independence boldly affirms that first among our alienable rights is the right



to life, given to us by our Creator. Yet despite being so solemnly proclaimed the right to life today is being threatened and often denied particularly at the moments life is most fragile. Our laws should – first and foremost- protect life, but currently our laws abandon the most vulnerable and violate our nation’s core principles. For “there can be no genuine justice in our society until the truths on which our nation was founded are more perfectly realized in our culture and law.

Laws and policies that legalize or promote an intrinsic evil like abortion violate the virtue of justice. Those who work as public officials and civic leaders have a duty to serve the common good, and therefore have a profound obligation to safeguard this most fundamental right. As Christians, we are called to be a leaven in the world, transforming our culture within Through our own prayer, witness, and civic participation, we can encourage our leaders to truly answer their call to protect the rights of all people. For “there be no true democracy without a recognition of every person’s dignity and without respect for his or her rights”

***ACTS OF REPARATION*** (*choose one*)

- Sacrifice some of your free time to do a small act of service, such as making breakfast for a family member, writing a note of encouragement for a coworker, or praying for the intentions of a friend.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

**Day 9 - January 29, 2020**

***INTERCESSION***

May all who defend life find strength and renewal in the Holy Spirit.

***PRAYERS***

Our Father, 3 Hail Mary’s

***REFLECTION***

God has carefully, tenderly created every person in His own image and likeness, to be in a loving relationship with Himself. From each tiny child knit within a mother’s womb, to every person approach-

ing death, all are loved perfectly and completely by God. “ It is therefore a service of love,” Pope John Paul II explains “ which we are all committed to ensure our neighbor, that his or her life may be always defended and promoted, especially when it is weak or threatened.”

In a world in which the most vulnerable are so often overlooked and disregarded, Christ, calls us to embrace and uphold the unconditional dignity of every human life. In answering this call, we help to build “ a new culture of life, the fruit of the culture of truth and of love “. May the Holy Spirit continually renew us as we strive to faithfully defend God’s gift of life.

***ACTS OF REPARATION (choose one)***

- Do you love your cup of tea or coffee? Abstain from caffeine today, or try your coffee black.
- “Unplug” for some time, reflect on how God may be asking you to help build a culture of life in your home, workplace, or church community.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

*“If we accept that a mother can kill her own child, how can we tell other people not to kill each other? Any country that accepts abortion is not teaching its people to love, rather, to use violence to get what they want.”*

Mother Theresa

