

# 9 DAYS FOR LIFE

PRAYER • PENANCE • PILGRIMAGE

On January 22 our nation will mark the 41st anniversary of *Roe v. Wade*, the Supreme Court decision that made abortion legal throughout the U.S.

Since that tragic decision, more than 55 million children's lives have been lost to abortion, and many suffer that loss -- often in silence.

Join thousands of Catholics across the country coming together in prayer for a "culture of life" from Saturday, January 18 - Sunday, January 26!

You may find a full text of the novena at the USCCB.org or text 9DAYS to 99000 or use 9 Days for Life App.

**Day One** Saturday Jan. 18<sup>th</sup> *(please pray the Our Father, 3 Hail Marys, Glory Be)*

+ Pray for your deceased relatives and those who have no one to pray for them.

+ "Spiritually adopt" a baby by saying this prayer every day: "Jesus, Mary and Joseph, I love you very much. I beg you to spare the life of [baby's name], the unborn baby that I have spiritually adopted who is in danger of abortion." (Prayer of Archbishop Fulton Sheen)

**Day two** Sunday Jan. 19<sup>th</sup> *(please pray the Our Father, 3 Hail Marys, Glory Be)*

+ When others are speaking uncharitably about someone else, change the conversation, leave, or offer a counter opinion that is kind and charitable.

+ Read about the life of a modern (19th or 20th century) saint. You might be surprised by how much you have in common with them.

**Day Three** Monday Jan. 20<sup>th</sup> *(please pray the Our Father, 3 Hail Marys, Glory Be)*

+ Smile. Ask God today for the grace to be extra joyful and share your love for Christ with those who need that encouragement the most today. "Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing." —Blessed Mother Teresa of Calcutta

+ We can sometimes forget how blessed we are to have many of our daily comforts. Give up sleeping with your pillow tonight.

**Day Four** Tuesday Jan. 21<sup>st</sup> *(please pray the Our Father, 3 Hail Marys, Glory Be)*

- + Go to an abortion clinic and pray, or set aside an hour today to pray for those who are struggling with a decision of life or death for their unborn child.
- + Pray the Rosary today for someone who has hurt or disappointed you, and ask for the grace to forgive that person.

**Day Five** Wednesday Jan. 22<sup>nd</sup> *(please pray the Our Father, 3 Hail Marys, Glory Be)*

- + Today is a day of prayer and penance for restoration of the right to life. Step out of your comfort zone and witness publicly to life in a march or rally, or call your elected representatives to ask them to promote policies and laws that respect life.
- + Don't push the snooze button. Get right out of bed and offer your day in prayer to God. "Awake, O sleeper, and arise from the dead, and Christ will give you light." (Ephesians 5:14).

**Day Six** Thursday Jan. 23<sup>rd</sup> *(please pray the Our Father, 3 Hail Marys, Glory Be)*

- + Today ignore your sweet tooth. Make healthy eating choices.
- + Today, go visit an adoration chapel and spend some time with Jesus.

**Day Seven** Friday Jan. 24<sup>th</sup> *(please pray the Our Father, 3 Hail Marys, Glory Be)*

- + Spend quality time with a family member or friend; ask them if they would like to help out at a local charity with you.
- + Do you love your cup of tea or coffee in the morning? Fast from it today or try your coffee black.

**Day Eight** Saturday Jan. 25<sup>th</sup> *(please pray the Our Father, 3 Hail Marys, Glory Be)*

- + If you have not been to confession in a while make a commitment to do it today or this week.
- + Say three Hail Marys for your parish priest. Without our priests, we could not have the sacraments.

**Day Ninth** Sunday Jan. 26<sup>th</sup> *(please pray the Our Father, 3 Hail Marys, Glory Be)*

- + Make a "quiet hour" today, turning off all electronic devices (cell phone, iPod, computer, television, radio, video game system) and retreat to your room.

+ Make an honest assessment of your “giving finances” – are you giving too little? Make a resolution to give a set weekly or monthly donation to your parish or favorite local charity. Please consider a Catholic charitable institution since many companies exclude religious organizations from their giving plans.