9 DAYS FOR LIFE

Respect for Life Novena

INTERCESSION

Today we pray for an end to the tragic practice of abortion.

DAY 1

**Opening Prayers
1 Our Father
3 Hail Mary's
1 Glory Be**

Prayerfully read today's reflection.

Make an Act of Contrition

Choose an Act of Reparation (from the list or one of your own)

Today's Reflection

At every stage and in every circumstance we are loved by God. God does not call us to be perfect in our appearance or ability, but he calls us to perfect our love. Christ invites us to view our life and the lives of others as gifts.

Abortion tragically rejects the truth that every life is a good and perfect gift. Abortion ends a life at its very beginning, and horribly wounds all of those involved.

May our culture experience the power of God's transforming love, and may all eyes be opened to the incredible beauty of every human life.

Act of Reparation (choose at least 1)

Prayer: Pray a Rosary for today's intention

Fasting: Take a break from the screen today, especially entertainment.

Almsgiving: Do an act of kindness today in which you intentionally put the good of someone else above your own wants.

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Today we pray that all unborn children may be protected by law and welcomed with love

DAY 2

Opening Prayers
1 Our Father
3 Hail Mary's
1 Glory Be

Prayerfully read today's reflection.

Make an Act of Contrition

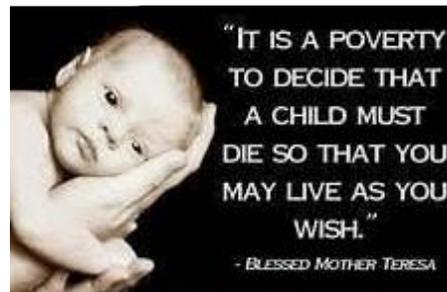Choose an Act of Reparation (from the list or one of your own)

Today's Reflection

50,000,000. Fifty million. Can you fathom a number that large? That's a conservative estimate of how many babies have been aborted since Roe v Wade.

This practice is upheld because there is no legal protection for the unborn.

In the eyes of the law, they are not people.

It is our fervent prayer to our Heavenly Father that we work for the day when every human begin is protected by the law and welcomed with love.

"IT IS A POVERTY TO DECIDE THAT A CHILD MUST DIE SO THAT YOU MAY LIVE AS YOU WISH."
- BLESSED MOTHER TERESA

Act of Reparation (choose at least 1)

Prayer: Pray a Rosary for today's intention

Fasting: Fast from one meal today, if health permits. Or, fast from sweets

Almsgiving: Make a donation, or offer a prayer for organizations such as MCCL, which tirelessly work to defend the dignity of human life.

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INTERCESSION

Today we pray that every pregnant woman may receive compassionate care and support as she nurtures the life in her womb.

DAY 3

Opening Prayers
1 Our Father
3 Hail Mary's
1 Glory Be

Prayerfully read today's reflection.

Make an Act of Contrition

Choose an Act of Reparation (from the list or one of your own)

Today's Reflection

Parents making adoption plans often face many challenges along the way. One of the greatest obstacles is the mistaken idea that they are "abandoning" their child.

Rather, these parents exemplify the sacrificial love of Christ on the cross. In choosing what is best for their children, they sacrifice themselves.

Like Christ, they pour out their bodies for the sake of others.

We pray for these parents, asking God the Father to give them a sense of peace that surpasses all understanding.

AT THE SOUND OF MARY'S GREETING, ELIZABETH'S CHILD LEAPED WITHIN HER, AND ELIZABETH WAS FILLED WITH THE HOLY SPIRIT.

Act of Reparation (choose at least 1)

Prayer: Pray a Rosary for today's intention

Fasting: Take a break from judging others today. At least, become more aware of how often we do this.

Almsgiving: Make a donation to Life Connections, an agency that walks with parents who have chosen the gift of life for their unborn children.

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Today we pray for expectant fathers. May they lovingly support the mothers of their children in welcoming new life.

DAY 4

Opening Prayers
1 Our Father
3 Hail Mary's
1 Glory Be

Prayerfully read today's reflection.

Make an Act of Contrition

Choose an Act of Reparation (from the list or one of your own)

Today's Reflection

Fatherhood has its origins in God, who has chosen to reveal himself as our Father. Fathers have a special role to play. They are called to exhibit loving responsibility for the life conceived. They are entrusted with the protection and defense of both mother and child.

In this year of St. Joseph, let us ask St. Joseph to intercede on behalf of all fathers, especially those who are fearful. Let us pray St. Joseph will give them courage to embrace the role of father in difficult circumstances and offer loving, life-affirming support to the mothers of their children

Act of Reparation (choose at least 1)

Prayer: Pray a Rosary for today's intention.

Fasting: Give up your pillow tonight, or even consider sleeping on the floor. Offer up this discomfort for the intention that expectant fathers will find the courage to protect and support their child and the mother.

Almsgiving: Write a note or email of support to a father figure in your life. This could be someone in your family, neighborhood, or clergy.

9 DAYS FOR LIFE

Respect for Life Novena

INTERCESSION

Today we pray for everyone who has been touched by abortion. May they find hope and healing in Christ.

DAY 5

Opening Prayers
1 Our Father
3 Hail Mary's
1 Glory Be

Prayerfully read today's reflection.

Make an Act of Contrition

Choose an Act of Reparation (from the list or one of your own)

Today's Reflection

After more than 40 years of legalized abortion, there are many who suffer. Most must suffer the loss of a child, grandchild, niece, or nephew in silence. Some of this suffering is compounded by the anguish of guilt.

God's greatest desire is to forgive. No matter how far we have strayed, he calls us back.

Let us turn confidently to the Lord, who is Love and Mercy, and ask him to have compassion on those affected by the evil of abortion.

But I have trusted in Your mercy; my heart shall rejoice in Your salvation
PSALMS 13:5-6

Act of Reparation (choose at least 1)

Prayer: Pray a Rosary for today's intention

Fasting: If health permits, abstain from meat today.

Almsgiving: If there is someone in your life who has caused you pain, offer forgiveness. This could be in the form of a phone call, note, or even put in a letter that you do not intend to send.

9 DAYS FOR LIFE

Respect for Life Novena

INTERCESSION

Today we pray for those considering making an adoption plan. May they receive grace and support in embracing this loving option.

DAY 6

Opening Prayers
1 Our Father
3 Hail Mary's
1 Glory Be

Prayerfully read today's reflection.

Make an Act of Contrition

Choose an Act of Reparation (from the list or one of your own)

Today's Reflection

When Gabriel appeared to Mary, she opened her heart to receive his message that she would bear the Son of God. As a young, betrothed woman, she knew this inexplicable pregnancy would present many problems. She trusted God would be in control.

Like Mary, women who unexpectedly become pregnant often face significant challenges. They, too, are called to place their trust in God. And we are challenged to walk with them in their time of need

As Jesus said, when we love and serve others we are loving and serving him.

Act of Reparation (choose at least 1)

Prayer: Pray a Rosary for today's intention

Fasting: Today fast from complaining.

Almsgiving: Do an act of kindness today in which you intentionally put the good of someone else above your own wants.

9 DAYS FOR LIFE

Respect for Life Novena

INTERCESSION

Today we pray for all who support or participate in abortion. May they experience a conversion of heart and receive the Lord's boundless mercy.

DAY 7

Opening Prayers
1 Our Father
3 Hail Mary's
1 Glory Be

Prayerfully read today's reflection.

Make an Act of Contrition

Choose an Act of Reparation (from the list or one of your own)

Today's Reflection

Genesis tells the story of the first time one human took the life of another. Evil can spread with amazing speed, and people can always find reasons for justifying selfishness.

Since Creation, disregard for human life continues to spread. When we allow sin to find a place in our hearts we become blinded to the truth.

This blindness can cause us to deny the unmistakable truth that the unborn are human beings, and their lives deserve respect.

We may find ourselves agreeing with our culture, which placates our consciences and makes excuses for the "necessity" of pro-choice political positions.

But we know human life belongs to God. Let us pray that all who support abortion will encounter the transforming love of God, and, with repentant hearts seek his mercy.

Act of Reparation (choose at least 1)

Prayer: Pray a Rosary for today's intention

Fasting: Fast from pride. Apologize to someone you have hurt.

Almsgiving: Make a point to share God's love with one person; ask the Holy Spirit to make you aware of who this person is

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INTERCESSION

Today we pray for our civic leadership. May they work for the protection of all human life, in every stage and circumstance.

DAY 8

Opening Prayers
1 Our Father
3 Hail Mary's
1 Glory Be

Prayerfully read today's reflection.

Make an Act of Contrition

Choose an Act of Reparation (from the list or one of your own)

Today's Reflection

The Declaration of Independence boldly affirms that first among our inalienable rights is the right to life, given to us by our Creator.

Through the years, this right has been debated, and true justice was often compromised in the face of economic and political pressures.

Were black people actually human? Incredible as it sounds and horrific as it was, that was a topic debated no less hotly than abortion is today.

Political leaders today promote abortion as "health care" and a "human right." However, laws and policies that legalize or promote an intrinsic evil such as abortion violate the virtue of justice.

We as citizens must examine our own consciences. What are we willing to compromise in our search for justice? If we believe the unborn are human, how do we justify our political agendas? Do we speak out or remain silent?

Heavenly Father, we humbly ask for your light to guide us and our political leaders.

Act of Reparation (choose at least 1)

Prayer: Pray a Rosary for today's intention

Fasting: Today fast from gossip. Build people up today instead of tearing them down.

Almsgiving: Write a letter to the editor or to a representative encouraging others to respect, protect, and defend life in all forms.

9 DAYS FOR LIFE

Respect for Life Novena

INTERCESSION

Today we pray for all who defend life. May they be given strength, wisdom, and renewal in the Holy Spirit.

DAY 9

Opening Prayers
1 Our Father
3 Hail Mary's
1 Glory Be

Prayerfully read today's reflection.

Make an Act of Contrition

Choose an Act of Reparation (from the list or one of your own)

Today'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 in the womb to every person approaching death, all are loved completely and perfectly by God.

In a world in which the most vulnerable are so often overlooked and disregarded by those in power, Christ calls us to embrace ad uphold the unconditional dignity of every human life.

May the Holy Spirit remind us to use our power to help build a new culture of life. May the Holy Spirit continually renew us as we strive to faithfully defend God's gift of life.

Act of Reparation (choose at least 1)

Prayer: Pray a Rosary for today's intention

Fasting: Unplug for an hour today ad reflect on how God may be asking you to help build a culture of life in your home, workplace, or community.

Almsgiving: Create an action step from your reflection time and act on it.