

DAILY RESOLUTIONS FOR

Respect Life Month



What does it mean to be “pro-life”? It means being against abortion, assisted suicide, embryonic stem-cell research, human cloning, and any other practice that is an affront to the dignity of the human person. But being pro-life isn’t just about being against things. Being pro-life means being for something. It means loving God’s gift of life, and acting on that love.

01 Join 40 Days for Life and pray outside an abortion clinic.	02 Spiritually adopt a life threatened by abortion or euthanasia and pray for this person daily.	03 Pick up a package of diapers or wipes to donate to a pregnancy clinic.	04 Find out if there are any foster families in your parish and pray for them by name.
05 Send a thank you card to the workers in a local Pregnancy Clinic and pray for them today.	06 Offer your Communion for a mother contemplating abortion.	07 Love and delight in your OWN family today, smile, bite your tongue and listen to them.	08 Make a meal, or even bring snacks to a new mom or an overwhelmed, experienced mom.
09 Give encouragement to a struggling parent, whether they are dealing with toddler or teenage tantrums.	10 Offer childcare or material help to a parish family in need (hint - we all have needs!)	11 If you go to a Pro-Life doctor, leave a positive Google review for them. If you don’t consider switching. Pray for all docs.	12 Prayerfully read the Church’s teaching on contraception and it’s link to abortion.
13 Offer your Communion for the conversion of an abortion worker.	14 Sacrifice a coffee or treat and donate thata money to a pro-life organization instead.	15 Stay informed on current life issues, including human trafficking, through lifesitenews.com .	16 Raise awareness of human trafficking by sharing on social media. Visit ourrescue.org .
17 Pray for those entrapped in human trafficking. Offer some sacrifice for them today.	18 Prayerfully consider getting involved in our youth programs: trusted mentors help youth make better choices.	19 Watch a pro-life movie such as “Sound of Freedom”, “Unplanned”, “Sound of Hope”.	20 Offer your Communion for those entrapped by human trafficking.
21 Send a card or flowers to someone in a nursing home who has no one to visit them.	22 Make a special effort to be warm and genial to people who make you feel uncomfortable: the physically or mentally disabled, the obviously lonely.	23 Visit a nursing home.	24 Pray a rosary for those doctors who promote or assist with euthanasia.
25 Send a thank you card to the nurses and staff at a local nursing home/assisted living center.	26 Love all life you encounter today, from the whiny toddler to the irritating nosy neighbor. Be Christ to them.	27 Offer your Communion for ta change in laws to protect the vulnerable from exploitation.	28 Offer some fast, giving up a meal, meat, or other physical comfort for those who are forgotten and neglected.
29 Pray the Divine Mercy chaplet for those who will die today.	30 Give life. Check out the Archdiocesan Foster Care Ministry to see how you can help. archkcks.com/foster	31 Have a Mass said for the Souls in Purgatory.	