



40 Days for Life is an internationally coordinated 40-day campaign aimed to end abortion through prayer and fasting, community outreach, and ongoing peaceful vigil in front of abortion clinics. Below are some ways you can support the 40 days campaign:

Participate in a prayer vigil

Visit www.40daysforlife.com and click the 'sign up' button on the top right corner to create an account. To sign up for vigil hours:

- Click on 'Locations' to enter your zip code and search for the prayer vigil locations
- Click on the 'view campaign' button next to the location of your choice
- Click 'Sign up for vigil hours' button to sign up

Fast for life

"The fast is the weapon of protection against demons," taught St. Basil the Great. Christ said there are some demons that can only be driven out by prayer and fasting. For Ideas for fasting, visit <https://relevantradio.com/2019/01/how-to-fast-and-ideas-for-fasting-alternatives-2/>.

Pray for an end to abortion

Pray this simple prayer every day:

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