

PRO-LIFE REFLECTIONS FOR EVERY DAY

**MINUTE MEDITATIONS FOR EVERY DAY
CONTAINING A TEXT FROM SCRIPTURE
(OR OTHER CHURCH DOCUMENTS),
A REFLECTION, AND A PRAYER**

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Illustrated



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N the Lord your labor is not in vain.

—1 Cor 15:58b

JAN.
21

REFLECTION. Every January tens of thousands of Americans participate in the annual March for Life in Washington, DC, or the annual West Coast Walk for Life in San Francisco.

These events give public witness to the fact that most Americans want to see unborn children protected, and enable all who participate to be renewed in their convictions and determination to work for that protection.

PRAYER. *Lord, bless all those who will march this year for life, and the many more who labor for life in their own communities every day.*



HE Lord is the Judge of the nations.

—Ps 7:9

JAN.
22

REFLECTION. On January 22, 1973, the decision called *Roe v. Wade*, that legalized abortion, was handed down by the US Supreme Court.

Today, in churches and on streets all over America, people of all ethnic backgrounds and faiths are praying and protesting that decision.

PRAYER. *Lord, I unite myself today with all my brothers and sisters in this great pro-life cause.*



REET one another with a holy kiss.

—Rom 16:16

FEB.
14

REFLECTION. On Valentine's Day, many messages of affection are exchanged.

A culture of life avoids two extremes—one, which looks down on all affection and thinks that the only good things are the things of the spirit; and the other, which allows the emotions to run out of control, with no discipline.

PRAYER. *Holy Spirit, font of love both human and divine, bless us today with understanding, balance, and grace. Enable us to devote ourselves to the service of God and neighbor.*



O not show partiality in judging; hear both small and great alike.

—Deut 1:17

FEB.
15

REFLECTION. Some say an embryo is too small to have human rights. But rights do not depend on size.

Do men have more rights than women because they are generally larger? Are shorter people to enjoy fewer protections than tall people? The size of a person has nothing to do with his or her value.

PRAYER. *O God, You have dominion over all things great and small, and have created a vast variety of life. May we reverence the very smallest of our brothers and sisters.*



THAT which came to be found life in **JULY**
Him.

—Jn 1:3 **25**

REFLECTION. On this day in 1968, Pope Paul VI issued *Humanae Vitae*, which means, “Of Human Life.” That encyclical outlines the Church’s vision of human life, marriage, and the connection between human love and the creative action of God.

Love leads to life; it does not close it off. Love welcomes life; it is not afraid of it. Love and life go together because they are two aspects of the one God.

PRAYER. *Lord God, You are love and You are life. Open all people to Your love so that they may give life.*



HAVE . . . seen the misery of My people in **JULY**
Egypt. I have heard them crying out because
of their slave drivers, and I am concerned **26**
about their suffering.

—Ex 3:7

REFLECTION. Some abortion supporters say to us, “Let’s agree to disagree.”

We have the greatest respect for those who disagree with us. But when victims are oppressed, we don’t just “agree to disagree” with the oppressor. Rather, we intervene to *stop the oppressor* and save the victim.

PRAYER. *Lord, You hear the cry of the oppressed; may we hear it also and respond.*



UCH is the complete confidence in God that we have through Christ. . . . Our competence comes from God Who has empowered us . . .

—2 Cor 3:4-6

AUG.
12

REFLECTION. The same Holy Spirit who created the universe, descended upon the womb of Mary, came as tongues of fire at Pentecost, and leads the Church on her mission is the One Who calls and equips us for our pro-life work.

Let us not lack for a moment the confidence and joy that come from Him and impel us to build a Culture of Life.

PRAYER. *Come, Holy Spirit, and equip us, just as You equipped disciples of every century to advance the Gospel of Life.*



OD did not give us a spirit of timidity but rather a spirit of power and of love and of wisdom.

—2 Tim 1:7

AUG.
13

REFLECTION. Our pro-life work requires constant courage, which is nurtured through Scripture, incessant prayer, and the example of saints and other historical figures who fought against the injustices of their times.

When we feel we don't have courage, we should simply do what we would do if we did.

PRAYER. *Lord, at times I ask what I should do next, but I already know. I simply need the courage to do it. Grant it to me today.*