

## Sidewalk Prayers

### Prayer to Close an Abortion Mill

Father, all life is in Your care.

You have entrusted us to one another,  
that we may show our brothers and sisters  
the same love You have for us.

We pray, then, for the least among us,  
the children in the womb.

Protect them from the violence of abortion.

We pray for those that are scheduled to die at (*Name the abortion mill*)

Save them from death.

Give new hope to their parents,  
that they may turn away from the desperate act of abortion.

Grant conversion to the abortionist and to the staff.

Show us how we are to respond to the bloodshed in our midst,

And lead us to the day when this place of death

Will be transformed into a haven of life.

Guard us with your joy and your peace,

For in You, life is victorious.

We pray in the name of Jesus Christ our Lord. Amen.

Courtesy of [priestsforlife.org](http://priestsforlife.org)

### Prayer for Joyful Fidelity to our Mission by Fr. Frank Pavone

Lord God,

We thank you for our salvation in Jesus Christ.

We thank you for the call he gives us –  
Not a call to sit in a corner cowering in fear over our enemies,  
Mystified about how to overcome the Culture of Death,  
Despondent because of our sins,  
Or worried about the perceived political strength of our opponents.

Rather, it is a call to stand victorious in the light of the Resurrection  
And to proclaim to the Culture of Death:

“You have been conquered!

You have no place here,  
No power to defeat the forces of truth and goodness!”

Yes, Lord, we stand in that light  
And we are filled with joy –  
Not a superficial joy that rises and falls  
With the ebb and flow of circumstances beyond our control,  
But with the profound joy  
That only you can give  
And that nobody can take away.

In the strength of that joy,  
May we your people continue to proclaim your truth  
And share your grace  
Not only within the walls of our Churches,  
But in the halls of government,  
In the voting booth,  
In the media,  
And in every inch of the public square.

Lord, in our work for you, may we find you.  
In our efforts to change the world, may we ourselves be changed.  
In our struggle to build a Culture of Life, may we find life eternal.

We pray through Christ our Lord.

Prayer for Changing the Culture  
*by Fr. Frank Pavone, M.E.V.*

God and Father of our Lord Jesus Christ, we come into your presence in His name.

We have heard the voice of your Son,  
And therefore we can make our voices heard.

We have been justified in the blood of your Son,  
And therefore we can oppose every form of injustice.

We have repented of our sins,  
And therefore we can lead the sinner to repentance.

We have done battle with the power of evil,  
And therefore we can have compassion on those still within its grip.

We have been freed from the kingdom of darkness,  
And therefore we can bear witness to your Kingdom of Light.

Lord, as we come before you today, we repent, we resolve, and we rejoice.

We repent of every instance in which fear has made us silent when we should have spoken.

We repent of the ongoing bloodshed in our land,  
And for ever daring to think that we can deprive the unborn of protection but keep it for ourselves.

We resolve that we will work more generously to advance your Kingdom.

We resolve that we will advance the cause of righteous candidates for public office,  
And that we will be more afraid of offending you by our silence  
Than of offending the IRS by our speech.

We resolve that we will declare boldly to our people that no public official who fails to respect the life of a little baby  
can be trusted to respect our lives.

Father, today we rejoice, because we are not simply working for victory - we are working from victory.

The victory of life, truth, and grace has been won by your Son's death and Resurrection.  
Today we hear his voice again.

"I am the Alpha and the Omega, the Beginning and the End. I hold the keys of death and of hell.

Behold, I make all things new."

Father, we rejoice that we have been made new,

And as we work to renew our culture

We look forward to the great day of his coming,

When every eye will see him, even of those who pierced him,

And every knee shall bend, and every tongue confess, to the glory of God the Father,

**JESUS CHRIST IS LORD!**

In his Blessed Name we pray. Amen!

## Prayer for our Courts and Judges

Lord God, I thank you today for the gift of our nation.

You alone rule the world with justice,

Yet you place in our hands the solemn duty  
of participating in the shaping of our government.

I pray today for our President and Senators

Who have the responsibility of placing judges on our courts.

Please protect this process from all obstruction.

Please send us men and women of wisdom,

Who respect Your law of Life.

Please send us judges with humility,

Who seek Your truth and not their own opinions.  
Lord, give all of us the courage we need to do what is right  
And to serve you, the Judge of all, with fidelity.  
We ask this through Christ our Lord. Amen!

## Prayer of Consecration

Precious Lord, I consecrate myself to you this day  
so that I may love you with all my heart, soul, mind and  
strength and love my neighbor as myself.  
I promise to live a chaste, obedient, and simple  
life of faith and to nurture these promises  
through the spiritual disciplines of  
prayer, study, community and apostolic witness.  
I ask all this through Jesus Christ, the  
Author of Life. Amen!

(by Jim Pinto, Jr.)

## Prayer to End Abortion

(Priests for Life)

Lord God, I thank you today for the gift of my life,  
And for the lives of all my brothers and sisters.  
I know there is nothing that destroys more life than abortion,  
Yet I rejoice that you have conquered death  
by the Resurrection of Your Son.  
I am ready to do my part in ending abortion.  
Today I commit myself  
Never to be silent,  
Never to be passive,  
Never to be forgetful of the unborn.  
I commit myself to be active in the pro-life movement,  
And never to stop defending life  
Until all my brothers and sisters are protected,  
And our nation once again becomes  
A nation with liberty and justice  
Not just for some, but for all,  
Through Christ our Lord. Amen!

Daily prayer request:

We need You, O Spirit of Truth! Visit your people, and open their eyes and hearts once again to the greatness of human dignity and the sanctity of every life! Guide individuals and nations to recognize and defend the true meaning of human life.

## **An American Christian's Prayer in Time of Anxiety**

"Deliver us, Lord, from every evil, and **grant** us peace in our day. In your mercy, keep us free from sin and *protect us from all anxiety*, as we wait in joyful hope for the coming of our Savior, Jesus Christ."

Lord, as we face threats from our enemies, we turn our face to you for deliverance. You are mighty, O Lord, and you are able to deliver us from all the plotting of evil people.

As your people, O Lord, we are not afraid to face the truth of the threats that surround us. We know they are there, and we do not find our peace by pretending they aren't.

Yet we, Your people, are able to see a larger truth. We see the truth that *You alone are God*, and that all the earth is in Your hands. The winds, the waves, and the paths of the human heart, are under Your Sovereign control.

You allow us, O God, to live in the shadow of death, but you also allow us to know that *You have conquered death* by the resurrection of Your Son.

You allow us, O God, to experience anxiety, but you also allow us to know that *peace which surpasses all understanding, which the world cannot give and which none can take away*.

You allow us, O God, to be tested, but you also allow us to *triumph*.

You alone are God. In You alone, we are bold enough to say to those who hate us: *"We are not afraid of you or your co-conspirators. We are Americans, and we are Christians. We have been through the fire before. The flag still flies and the Cross still stands. Secure in the shadow of both, we will neither be afraid nor distracted. We will serve our God, we will live our lives, we will love our country -- and long after you and your terrorist plots are gone and forgotten, we will still be celebrating our freedom and proclaiming the glorious name of our Savior."*

Amen.

## **Prayer to Mary, Mother of the Life Within**

O Mary, Mother of the Life Within,  
all life we entrust to you;  
The life of every expectant mother  
and the child within her womb:  
The life of every human body,  
the life of every human soul;  
The life of every newborn child  
and the life of all grown old.  
You held the Lord to your own heart

and drew Him so close in.  
So draw us now in all our needs,  
O Mother of the Life Within.  
Amen.

## *Pro-Life Meditations on the Mysteries of the Rosary*

### **Joyful Mysteries**

#### The Annunciation

Mary is troubled by the angel's greeting, yet rejoices to do God's will. Let us pray that those who are troubled by their pregnancy may have the grace to trust in God's will.

#### The Visitation

John the Baptist leapt for joy in his mother's womb. We pray that people may realize that abortion is not about children who "might" come into the world, but is about children who are already in the world, living and growing in the womb, and are scheduled to be killed.

#### The Nativity

God Himself was born as a child. The greatness of a person does not depend on size, for the newborn King is very small. Let us pray for an end to prejudice against the tiny babies threatened by abortion.

#### The Presentation

The Child is presented in the Temple because the Child belongs to God. Children are not the property of their parents, nor of the government. They —and we— belong to God Himself.

#### The Finding of Jesus in the Temple

The boy Jesus was filled with wisdom, because He is God. Let us pray that all people may see the wisdom of His teachings about the dignity of life, and may understand that this teaching is not an opinion, but the truth.

### **Sorrowful Mysteries**

#### The Agony in the Garden

Let us pray for mothers and fathers who are in agony because they are tempted to abort a child. May they be given the good news that there are alternatives, and may they make use of the help that is available.

### The Scouring

As Christ's flesh was torn by the instruments of those who scourged Him, so the bodies of babies in the womb are torn by the instruments of the abortionists. Let us pray that abortionists may repent of these acts of child-killing.

### The Crowning With Thorns

Jesus suffered the pain of thorns in His head, and did so silently. We pray for the mothers and fathers of aborted children. So many of them suffer deep grief and regret over a choice they can never reverse. So many suffer in silence, because others tell them it's no big deal.

### The Carrying of the Cross

Jesus was not condemned by the power of wicked people. He was condemned because of the silence of good people. Silence always helps the oppressor, never the victim. Let us pray that we may never be silent about abortion, but rather will clearly speak up to save babies from death.

### The Crucifixion

As we ponder the death of Christ, let us remember the many women who have died from so-called "safe, legal" abortions. Let us ask forgiveness and mercy for them. May their memory save other women from making this tragic mistake.

## **Luminous Mysteries**

### Christ is Baptized in the Jordan

When Jesus is baptized, the Father's voice is heard: "This is my beloved Son." All are called to become adopted sons and daughters of God through baptism. We pray that children in the womb may be protected, so that they may be born and welcomed into the Christian community by baptism.

### Christ is made known at the Wedding of Cana

Jesus revealed His glory by the miracle at Cana. The new couple was blessed not only with wine, but with faith in Christ. Let us pray for strong marriages, rooted in the Lord, and open to the gift of new life.

### Christ proclaims the Kingdom and Calls All to Conversion

"Repent and believe the Good News." Let us pray that these first words of Jesus' public ministry may be heard by all who have committed abortion. May they know that the Lord calls them to conversion, and may they experience life-giving repentance.

### The Transfiguration

Christ is transformed on the mountain, and the disciples see His glory. May the eyes of all people be transformed, that they may see each and every human life as a reflection of the glory of God Himself.

### Jesus gives us the Eucharist

"This is My Body, given up for you." The Eucharist teaches us how to live and how to love. Let us pray that parents who sacrifice the babies for the sake of themselves may learn instead to put themselves aside for the sake of their babies.

## **Glorious Mysteries**

### The Resurrection

Christ is Risen! By his Resurrection, He has destroyed the power of death, and therefore the power of abortion. The outcome of the battle for Life has already been decided: Life is victorious! Let us pray that all proliferators will spread this victory to every segment of our society.

### The Ascension

By ascending to the Father's throne, Christ takes our human nature, given to us in the womb, to the heights of heaven. He shows us that human beings are made to be raised to heaven, not thrown in the garbage. Let us pray that the world may learn this truth and reject abortion.

### The Descent of the Holy Spirit

The Holy Spirit is the Advocate: He pleads our cause, for we cannot save ourselves. We pray that He will make us advocates for the babies, who cannot speak or write or vote or protest or even pray.

### The Assumption

The Blessed Virgin Mary was taken body and soul into heaven because she is the Mother of God. Mother and child are united. The Assumption reminds us that they belong together. We pray that society will see that it cannot love women while killing their children, and cannot save children without helping their

mothers. We pray that people will be touched by the pro-life question, "Why can't we love them both?"

### The Coronation

Mary is the Queen of the Universe. She is the greatest creature, second only to God Himself. The Church defends the dignity of women. We pray that people will understand that to be pro-life means to be pro-woman, and that to be pro-woman demands that we be pro-life.

### **Prayer to the Virgin Mary**

O Mary, Mother of Jesus and Mother of us all, we turn to you today as the one who said "Yes" to Life. "You will conceive and bear a Son," the angel told you. Despite the surprise and the uncertainty about how this could be, you said yes. "Be it done unto me according to your word."

Mary, we pray today for all mothers who are afraid to be mothers. We pray for those who feel threatened and overwhelmed by their pregnancy. Intercede for them, that God may give them the grace to say yes and the courage to go on. May they have the grace to reject the false solution of abortion. May they say with you, "Be it done unto me according to your word." May they experience the help of Christian people, and know the peace that comes from doing God's will. Amen.

### **Litany in Response to Abortion**

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God the Father, Creator of the world,

**RESPONSE: Have mercy on us!**

God the Son, through whom all things were made,

God the Holy Spirit, Lord and Giver of Life,

Lord Jesus, the Beginning and the End,

Lord Jesus, the Way, the Truth, and the Life,

Lord Jesus, the Resurrection and the Life,

Lord Jesus, Eternal Word of Life,

Lord Jesus, living in the womb of the Virgin Mary,

Lord Jesus, Lover of the poor and weak,

Lord Jesus, Defender of the helpless,

Lord Jesus, Bread of Life,

For every sin against life,

For the sin of abortion,

For the daily killing of innocent babies,

For the bloodshed throughout our land,

For the silent screams of Your children,

For the killing of Your future disciples,

For the exploitation of women by abortion,

For the silence of Your people,

For the apathy of Your people,

For the co-operation of Your people in this tragedy,

For our pre-born brothers and sisters killed by abortion,

**RESPONSE: Lord, hear our prayer.**

For our pre-born brothers and sisters threatened by abortion,

For our brothers and sisters who have survived abortion,

For mothers who have had abortions,

For mothers tempted to have abortions,

For mothers pressured to have abortions,  
For mothers who have refused to have abortions,  
For the fathers of aborted babies,  
For the families of aborted babies,  
For the families of those tempted to have abortions,  
For abortionists,  
For all who assist and cooperate in abortions,  
For doctors and nurses, that they may nurture life,  
For government leaders, that they may defend life,  
For the clergy, that they may speak up for life,  
For the pro-life movement,  
For those who speak, write, and work to end abortion,  
For those who help provide alternatives to abortion...  
For those who promote adoption,  
For national and local pro-life groups,  
For unity in the pro-life movement,  
For courage and perseverance in pro-life work,  
For those who suffer ridicule and rejection for their stand for life,  
For those imprisoned for defending life,  
For those who have been injured and mistreated for defending life,  
For legal professionals,  
For courts and judges,  
For police officers,

For educators,

For media professionals,

In thanksgiving for the babies saved from abortion,

In thanksgiving for the mothers saved and healed from abortion,

In thanksgiving for the former abortion providers who have become pro-life,

In thanksgiving for all those who take a stand against abortion,

In thanksgiving for the call to be part of the pro-life movement,

Lamb of God, who takes away the sins of the world, spare us, O Lord.

Lamb of God, who takes away the sins of the world, graciously hear us,

O Lord, Lamb of God, who takes away the sins of the world, have mercy on us.

Let us Pray

Almighty and ever-living God, You have created all things through Your Son Jesus Christ. He trampled the power of death by His Paschal Mystery. May all who acknowledge You promote the sacredness of life and always serve You faithfully, through the same Christ our Lord. Amen.

### **Pro-Life Examination of Conscience**

Am I fully convinced that abortion is the destruction of an innocent human life which has the same value as my life, my parents' lives, my children's lives? Do I foster and nourish this conviction by reflecting often on the tragic loss of life occurring daily around me? Do I ever allow myself the thought that abortion does not really concern me and that I have "more important" things to do? Do I believe I am responsible for my pre-born brothers and sisters, and accountable to God for what I do to save them?

Do I pray daily explicitly for an end to abortion? Do I pray for the babies, the mothers, the abortionists, the legislators, the media, the clergy, and the whole pro-life movement? Do I fast or make other sacrifices I can really feel? Or do I believe the fight against abortion can be easy? Do I try to make it easy and convenient? Do I take shortcuts in my pro-life commitment?

Do I try to come up with new ideas for pro-life work? Do I suggest these ideas to others or just forget about them? Do I give financially to the cause even when it hurts? Is financial loss on my part worth the life of a child?

Do I have faith that God is the Lord of Life? Do I believe the whole struggle is in His hands? Am I willing to give more time to this cause and cut out other activities which are less urgent than life and death? Do I trust Him! Do I ask His guidance? Do I keep my eyes on Him, or do I allow discouragement in by focusing only on the problem and myself?

Am I learning more about the issues surrounding abortion and about the pro-life movement? Do I read good pro-life books? Do I subscribe to at least one pro-life publication so that I can be well informed on the issue? Do I escape from taking action by thinking that prayer alone is enough? Do I see pro-life work as a work of love for people who are in need, or is it just an "issue" or a "project" to me?

Do I speak up about pro-life? Do I make full use of the opportunities I have, such as wearing pins or using bumper stickers or decals? Do I write letters to the paper or to legislators or to doctors? Or do I allow my lack of self-confidence to paralyze my activity? Do I only do what's comfortable, or do I try to expand my skills? Do I develop my talents, whatever they may be for the pro-life cause? Are my efforts genuine and generous? Do I take proper care of myself, physically and spiritually, so that I can be more effective in my pro-life work? Do I rest when I need to?

Do I gladly participate in projects that need to be done, even if I don't particularly want to? Do I foster unity in the movement? Do I encourage my fellow pro-lifers? Are all of my efforts guided by charity? Do I allow unhealthy competition between pro-life persons or groups to begin or continue? Do I follow the advice or direction of those who bear responsibility for pro-life projects or groups, so as to make their task easier? Do I seek the advice and input of those more experienced in pro-life work?

Do I try to grow in compassion for women who are tempted to have abortions or who have had them in the past? Do I try to understand their situation and learn more about their needs? Do I help women find alternatives to abortion? Do I inspire hope in women I know who have had abortions? Do I help them find forgiveness and healing?

Am I ready from this day forward to be a better pro-lifer? Am I ready to launch out with new strength, generosity, and determination to bring an end to abortion, without counting the cost to myself? Am I grateful enough for the gift of life to work to give life to others? Do I thank God for the privilege of being part of the pro-life movement?

## **Pledge of Re-Commitment**

I thank God today for the gift of my life,

And for the lives of my brothers and sisters.

I know I am responsible for the unborn who cannot speak for themselves.

I know that the most serious tragedy of our day is the tragedy of abortion.

Today I commit myself,

never to be silent,

never to be passive,

never to be forgetful of the unborn.

I commit myself to be active in the pro-life movement

And never to stop defending life

Until all my brothers and sisters are protected,

And our nation once again becomes

A nation with liberty and justice

Not just for some, but for all. Amen!