



# DAY ONE

## DID YOU KNOW?

The Opening Mass of the National Prayer Vigil for Life can be viewed live on Thursday, January 19 at 5:00 PM (Eastern). Visit [usccb.org/national-prayer-events-for-life](https://usccb.org/national-prayer-events-for-life) for more information.

## INTERCESSION

May the tragic practice of abortion end.

## PRAYERS

*Our Father, 3 Hail Marys, Glory Be*

## REFLECTION

At every stage and in every circumstance, we are held in existence by God's love. The presence of an illness, disability, or other challenging situation never diminishes the value of a human life. God does not call us to perfection of appearance or abilities, but to perfection in *love*. Christ invites us to embrace our own lives and the lives of others as true *gifts*.

Abortion tragically rejects the truth that every life is a good and perfect gift, deserving protection. This violent practice ends the life of a human being at its very beginning and horribly wounds all those involved. But Christ came that we "might have life and have it more abundantly" (John 10:10), taking on human flesh for the sake of our redemption. May our culture experience the power of God's transforming love, that all eyes may be opened to the incredible beauty of every human life.

## ACTS OF REPARATION *(choose one)*

- Take a break from television and movies today. Consider spending some of that time praying with today's reflection.
- Pray the short prayer "Every Life is Worth Living," reflecting on the gift of human life. (The prayer is also available to order or download at [usccb.org/worth-living](https://usccb.org/worth-living).)

*Heavenly Father, thank you for the precious gift of life. Help us to cherish and protect this gift, even in the midst of fear, pain, and suffering. Give us love for all people, especially the most vulnerable, and help us bear witness to the truth that every life is worth living.*

*Grant us the humility to accept help when we are in need, and teach us to be merciful to all. Through our words and actions, may others encounter the outstretched hands of Your mercy. We ask this through Christ, our Lord. Amen.*

- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

## ONE STEP FURTHER

Abortion is frequently a topic in the news, political debates, and everyday conversations with family or friends. Because abortion can be a controversial and emotional issue in any arena, many of us may feel intimidated when the topic arises, not knowing what to say. *Another Look at Abortion* provides a basic overview and summarizes key points. This article will help you be better prepared to witness to the sanctity of human life: [respectlife.org/another-look-at-abortion](https://respectlife.org/another-look-at-abortion).

