



DAY FIVE

January 18, 2019

INTERCESSION

May each person suffering from the loss of a child through abortion find hope and healing in Christ.

PRAYERS

Our Father, 3 Hail Marys, Glory Be

REFLECTION

After more than four decades of legalized abortion, many children's lives have been ended, and many parents and family members suffer that loss—often in silence. Yet God's greatest desire is to forgive. No matter how far we have each strayed from His side, He says to us, "Don't be afraid. Draw close to my heart." Be assured that it is never too late to seek God's forgiveness in the Sacrament of Reconciliation.

Consider the parable of the Prodigal Son. After repenting of sinning against his father, he returns from far away to seek forgiveness and work as a servant. But the father sees him approaching from far away, runs to warmly embrace him, and hosts a banquet to celebrate his return. So, too, does God welcome all repentant sinners, no matter how serious the sin. Let us run into the arms of Our Lord, Who is love and mercy.

ACTS OF REPARATION *(choose one)*

- Abstain from meat today. If you are already abstaining from meat today, skip your favorite snack, too.
- Pray the Chaplet of Divine Mercy (www.usccb.org/divine-mercy-chaplet) for those who are suffering the loss of a child through abortion, asking that they find healing and peace.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

ONE STEP FURTHER

If a friend confided in you that she had an abortion, would you be able to respond in a way that brings her closer to healing? Learn what to do and say in "How to Talk to a Friend Who's Had an Abortion" (www.usccb.org/friend-had-abortion).



If you or someone you know is suffering after abortion, confidential, compassionate help is available. Visit www.hopeafterabortion.org.

