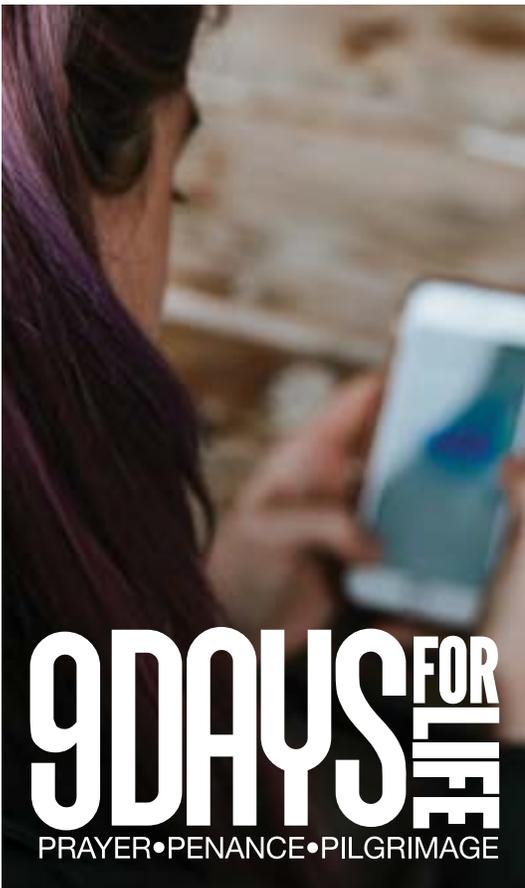




# 9 Days for Life: Leaders' Guide for Ministry to Young People

The resources referred to in this guide can be accessed at [www.usccb.org/onenightofprayer](http://www.usccb.org/onenightofprayer).



## ONE NIGHT OF PRAYER, PENANCE, AND PILGRIMAGE

This short guide suggests ideas for youth or young adult ministries seeking to incorporate 9 Days for Life into their parish programming in January 2018. It may also be adapted for other age groups.

- The ideal setting for this “One Night of Prayer, Penance, and Pilgrimage” would be a youth or young adult program on or around the weekend of January 20 or 27, 2018.
- The goal of this program is to introduce young people to the novena – and to encourage them to engage in the various components of it on their own or with family or friends. This novena will be done by Catholics of all ages across the country from January 18-26, 2018; by encouraging the young people to participate, it will link them in solidarity as prayers are offered for the conversion of all hearts and the end to abortion, as well as for many other areas related to the sanctity of human life at every stage and in every circumstance.
- In advance of the evening program, feel free to inform participants of the novena (“nine days”) and encourage them to download the app or register for the novena updates via text message or email.
- They can download the app or subscribe to the emails\* at [www.9daysforlife.com](http://www.9daysforlife.com). (Both are available in English and in Spanish). They can sign up for the daily text messages\* by texting<sup>1</sup> **9DAYS** to 55000 to receive the novena in English or **9DIAS** to 55000 to receive the novena in Spanish.
 

*\*No matter when people sign up for the emails or text messages, the same materials are sent to them at the same time as everyone else. In other words, someone who signs up halfway through the novena will only be sent the emails or text messages from that point forward. However on the app, the novena content will remain accessible after it is made available for each day.*
- You can download the novena for yourself from [www.9daysforlife.com](http://www.9daysforlife.com) to make paper copies for participants who are not able to or do wish not to download the app, or receive emails or text messages. You can also make the novena available via your website, social media pages, parish bulletin, etc.

1 Opt-in Terms: Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 55000. You may receive up to 13 message(s) per month of text alerts. Message & Data Rates May Apply.

This service is available for phones with text messaging capabilities, and subscribers on AT&T, Verizon Wireless, T-Mobile®, Sprint, Virgin Mobile USA, Cincinnati Bell, Centennial Wireless, Unicel, U.S. Cellular®, and Boost. For help, text HELP to 55000, email [prolife@usccb.org](mailto:prolife@usccb.org), or call +1 2025413000. You may stop mobile subscriptions at any time by text messaging STOP to short code 55000.



**SIMPLE OPTION:** “One Night” can be as simple as using “Day One” and “Day Two” as your opening and closing prayers of a regularly-scheduled youth or young adult program. However, be sure to provide a short explanation of what a novena is all about and the goals of the novena, as well as to encourage them to sign up for 9 Days for Life via the text messages, emails, or app.

**ADVANCED OPTION:** “One Night” can begin and conclude with the prayers for “Day One” and “Day Two” (as in the simple option). In addition, the middle portion of the evening could also include:

- A presentation on the anniversary of *Roe v. Wade* and the work and goals of the national and local pro-life efforts in the Church
- Scripture study on Psalm 139, the Annunciation (Luke 1:26-38), the Visitation and Magnificat (Luke 1:46-55), or other Scripture passages that focus on the dignity of each person, the gift of human life, and the protection of all human life.
- A prayer service, praying for those present, as well as those who take life or disregard life. (See “*Prayer Service for Forgiveness and Healing.*”)\* Consider also having opportunities for the Sacrament of Reconciliation that evening.
- Planning for pilgrimages to local sites to pray for life (including churches, chapels, and other Catholic destinations,

as well as abortion clinics, prisons, hospitals, soup kitchens, retirement homes, and other places where the dignity of life is or may be challenged)

- Small group conversations on consistent ethic of life issues including abortion, capital punishment, violence and war, or assisted suicide, among other topics. See *Coffee and Conversation*,\* a discussion guide for some of the Respect Life Program articles. For other resources that can help you plan and lead the discussion, visit [www.usccb.org/prolife](http://www.usccb.org/prolife) to browse the materials of the USCCB Secretariat of Pro-Life Activities.
- A talk by a church leader who specializes in a pro-life issue.
- A workshop on chastity, Theology of the Body, or sexual ethics (See “*10 Surprising Tips for Love the Culture Won’t Tell You*” and “*Love 101: Back to Basics.*”)\*
- A viewing of a pro-life movie or other age-appropriate film or documentary relating to life issues
- Discussion on ways that the young people can more frequently engage in prayer, penance, and pilgrimage for life – especially outside the church (at home, at school, at work, etc.)
- A service project (on-site or off-site) related to providing care or assistance to adoption centers or other pro-life advocacy programs.





- A longer prayer service, dedicated to the promotion and defense of human life, featuring *Lectio Divina*, the ***Chaplet of Divine Mercy***,\* the ***Rosary***,\* quiet contemplative prayer, Liturgy of the Hours (such as Vespers), Eucharistic adoration, or another prayer form of the group's choosing.

Pro-life specific prayer resources are available on the USCCB website, including a ***Holy Hour for Reparation and Healing***,\* ***other Holy Hours for Life***,\* and ***pro-life rosary prayer intentions***\* for each set of mysteries.

For more ideas on pro-life activities for youth or young adults, consult with your diocesan offices for youth and/or young adult ministry and pro-life ministry, or visit [www.nfcym.org](http://www.nfcym.org), the website for the National Federation for Catholic Youth Ministry.

At the conclusion of any of these options, be sure to encourage continued use of the 9 Days for Life app, emails, text messages, or web resources; it might be helpful to walk young participants through the program. Perhaps some groups will want to gather daily over the remaining days of the novena to pray together, or re-gather as a large group the following week to conclude the novena and share their experiences and prayers at the conclusion of the nine days.

\*Available online at [www.usccb.org/onenightofprayer](http://www.usccb.org/onenightofprayer).