



Friday Fast

For Life, Marriage & Religious Liberty

March 15: Fourth Friday in Lent

Intention:

For all who help to build a Culture of Life: that even in the midst of trials, the Lord would strengthen their faith and help them know His saving power.

Did you know?

Angels are powerful and invisible spiritual beings tasked with doing God's work; this includes assisting our efforts to spread the truth about the dignity of human life. No matter the time or the place, we can pray to the angels for their help in protecting life and illuminating the minds of those involved in efforts against life. (Read more in this Life Issues Forum article, "[Angelic Assistance](#).")

Quick Links

- ⇒ [Call to Prayer webpage](#)
- ⇒ [Call to Prayer Facebook event](#)
- ⇒ [Past weekly intentions and reflections](#)

Reflection:

We may sometimes find ourselves tempted to feel discouraged when it appears as though evil has defeated good, but [today's readings](#) remind us that the Lord is close to the broken-hearted and that He is bigger than any challenges we face. He is with us not only in our joys, but also in our pain.

Even within our suffering we find the opportunity to grow in an awareness of who we are as His creation: we are His children, utterly and completely dependent on Him, and in this there is great freedom. So let us lay our burdens at the foot of the Cross, recognizing that even when it "appears" as though evil has triumphed, Easter Sunday always follows Good Friday (even if it doesn't look as we might expect)!

VISIT WWW.USCCB.ORG/FAST TO SIGN THE FASTING PLEDGE & TO SIGN UP FOR WEEKLY E-MAIL REMINDERS & INTENTIONS, OR TEXT "FAST" TO 99000 TO RECEIVE WEEKLY TEXT MESSAGES.