# 9 DAYS FOR LIFE: MONDAY, JANUARY 14 – TUESDAY, JANUARY 22
**www.9daysforlife.com**

**Day Nine: Tuesday, January 22, 2019**

**Did You Know?**

In the Catholic Church in the United States, January 22nd is designated as a particular day of prayer and penance, called the "Day of Prayer for the Legal Protection of Unborn Children." As Catholics, we are called to observe this day through the penitential practices of prayer, fasting, and/or giving alms.

More Information: www.usccb.org/january-22

**Intercession:** May the tragic practice of abortion come to an end.

**Prayers:** *Our Father, 3 Hail Marys, Glory Be*

**Reflection:** Today, on this 46th anniversary of *Roe v. Wade*, we mourn the many children's lives ended by abortion and remember in prayer those who suffer the aftermath. The Church comes together today to pray for the protection of all unborn children and to make reparation for abortion, trusting that the Lord hears our prayers.

Pope Saint John Paul II wrote, "A great prayer for life is urgently needed, a prayer which will rise up throughout the world. Through special initiatives and in daily prayer, may an impassioned plea rise to God, the Creator and lover of life, from every Christian community, from every group and association, from every family and from the heart of every believer" (*Evangelium vitae*, 100). May that prayer arise in our hearts today and each day forward until every human being is protected in law and welcomed in life.

**Acts of Reparation** (Choose one.)

- Abstain from snacking today. Eat three meals only.
- Learn how to pray the Angelus (www.usccb.org/angelus), and consider saying it every day for the next week—on awakening, at noon, or at 6 p.m. (or all three times).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

**One Step Further**: More women and girls consider abortion than we may realize. They are our relatives and friends, people who work with us or for us. Even if someone identifies as being pro-life, the shock of an unexpected pregnancy, the devastation of a difficult prenatal diagnosis, shame, pressures, or fears may influence her to consider abortion.

If someone shared with you she was pregnant and hadn't ruled out having an abortion, would you know how to respond in a loving way that is life-affirming for both her and her baby? Learn about the four steps of the L.O.V.E. Approach™*: *Listen and Learn*, *Open Options*, *Vision and Value*, and *Extend and Empower* (www.usccb.org/l-o-v-e).

For other simple tips on how to provide loving, life-affirming support for a friend who is unexpectedly pregnant, read "10 Ways to Support Her When She's Unexpectedly Expecting" (www.usccb.org/support-her).

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