



Spiritual Advice for Everyone

- Pray daily petitions – Include a brief prayer at morning, midday, and evening. Select a specific petition: self-control, chastity, marriage, parenting, natural family planning, and laws to protect the preborn child.
- Fast from food* – One day each week go without eating any food and increase your time in prayer. Fasting really helps. Continue to drink fluids! **Do not fast if you have health concerns or a medical condition.*
- Study the Bible's prophets – Write down a talking point you can share as a local prophet to warn others how abortion harms women.
- Read a spiritual book – *The Interior Castle*, by St. Teresa of Avila, it's an excellent resource. First stage is self-knowledge (humility), the second stage is PRAYER (the Second Mansion), third is lifestyle improvement.
- Do works of mercy for young mothers with children – Offer your time to reach out to a member of your church's community. Ask their needs.

Practical Advice for Prayer at Sidewalk

- Read the Statement of Peace (handout), no protest signs, no shouting.
- Never pray alone when no one else is at sidewalk. Have a friend come with you. Or email us to find a partner, **40DaysforLifeMD@gmail.com**.
- Use the Vigil Calendar to plan your visits to College Park. Setup a login account: www.40daysforlife.com/local-campaigns/college-park/.
- Bring your prayer books and printed pages from your favorite Christian website to the sidewalk. Bring a Bible to read aloud with your partner.
- Bring a folding chair if you need to rest from standing or kneeling.
- Pray at sidewalk away from driveways. Best location is to right of utility pole within 30-feet. Another location is near the UMD bus stop about 60-feet down from the utility pole. See website for photos.

- When we pray we generally do not engage with customers of abortion facility. Let the SAFL counselor on duty engage and counsel them.
- Refrain from bringing young children under 12 years to sidewalk as they may be tempted to play or wander off. This is a safety concern.
- Refrain from eating food and limit beverages to simple refreshments.
- Park on side streets. The 59th Ave is best, then 60th Ave. Or if you don't mind walking across Greenbelt Rd (Rt 193), then park in Giant Food lot.

Promote this Community Prayer Campaign (Sep 25 – Nov 3)

- Each of the 40 days find a way to express to others your participation.
- Purchase a T-shirt, sweatshirt, baseball cap, jacket, lapel button **“Pray to End Abortion”** from the *40 Days for Life* online store. Wear as often as possible in public settings: <https://40daysforlifegear.com/>.
- Purchase *‘The Beginning of the End of Abortion,’* book by Shawn Carney (CEO, 40 Days for Life). <https://40daysforlifegear.com/> . Read and then share with family.
- Place a magnetic bumper sticker saying ‘40 Days for Life - Pray for an End to Abortion.’ <https://40daysforlifegear.com>
- Take a photo of your prayer partners at sidewalk and upload to our facebook page: <http://facebook.com/40DaysforLifeCollegePark>

Yard Signs Change Lives

- Purchase a Yard Sign for \$5.00 at today's Kickoff Rally. Or go to <https://40daysforlifegear.com> and buy one for about \$15.00.
- Ask your Pastor if you can plant a **“Pray to End Abortion”** sign on church grounds, Sep 25 to Nov 3, 2019. Take full responsibility for sign.
- Plant **“Pray to End Abortion”** sign in your front yard to express a life affirming message and encourage many to adopt a new moral standard.