



## **Training Module 4: Prayer and Fasting**

### **Module Summary**

Prayer is the foundation of every 40 Days for Life campaign. Prayer keeps us humble and united. Without prayer, your campaign is a mere protest. Prayer has eternal implications and is always effective. Effective pro-lifers stay close to prayer and persevere with the peace of Christ.

**Respect different faith traditions.** Don't police denominations. Don't censor or restrict particular devotions; encourage them.

#### **Why pray at abortion facilities?**

- It is where abortions take place.
- You can be the last sign of hope before a woman has an abortion.
- It can be the first sign of mercy after a woman has an abortion.
- We are called to be missionaries for life.
- Abortionists report up to a 75% no-show rate when a prayer vigil is taking place outside the abortion facility.

**Why do we fast?** Some demons can only be cast out through both prayer and fasting. Fasting detaches us from what we are attached to so we can focus on prayer and God.

#### **Examples of fasting:**

- Food, types of food (e.g. meats, sweets) and drinks (e.g. coffee, alcohol)
- Turn down the temperature on your shower
- Media and social media
- Your phone
- Anything that will draw you closer to God

#### **Vigil-Site Guidelines**

1. Prayer is the only thing vigil participants are required to do. Sidewalk counseling is encouraged—but counselors should be trained.
2. Come dressed appropriately (consider the weather).
3. Know where to stand. Make sure you and your volunteers know where they are and are not allowed to go. Never approach abortion customers without somebody else on-site.
4. Always follow the Statement of Peace and be sure your volunteers do too. Do not engage in arguments or insults.
5. Pray for everybody you interact with. Remember, it's not up to you; it's up to God.