



# WITNESS FOR LIFE FORMATION

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HOW & WHY WE PRAY  
PUBLICLY OUTSIDE  
ABORTION FACILITIES

## PRACTICAL TIPS

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### 1. Go to Mass before, if possible

- Receiving the Eucharist fills us with God's grace and empowers us with the love of Christ.

### 2. Carry the rosary, not signs

- We are pray-ers not protesters. If you have a couple of signs they should simply say: "Pray to End Abortion."

### 3. Contact the police ahead of time

- Prayerful witness is completely legal but it is a good idea to cultivate a positive relationship with the police ahead of time (*in the case of 40 Days for Life, the coordinator will have already taken care of this*).

### 4. Silence

- Do not use loudspeakers or shout chants. Silent prayer is the most effective witness.
- Don't engage with angry passersby. If you need to have a conversation, move away from the group.

### 5. Carry brochures

- While you are there to pray, not to sidewalk counsel, it is a good idea to carry a couple of pregnancy help brochures with you in case a woman approaches you.

## SPIRITUAL TIPS

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### 1. Allow others to see Jesus in us

- We have to remove from ourselves anything that would prevent those going to or working in the abortion clinics from experiencing in us the unconditional, merciful love of God for them.

### 2. Every abortion clinic is a modern-day Calvary

- When we go to pray at these places, we are in some way entering into the mystery of the Passion of our Lord as He continues to suffer in the children who are rejected and killed.

### 3. Spirit of forgiveness

- Mary and John teach us how to stand at the Foot of the Cross. Like Jesus, they offered forgiveness to their enemies and manifested confidence in God's Providence even in that dark hour.

### 4. Give God Permission

- God desires the conversion and salvation of every person. If we allow His Holy Spirit to work through us, He will accomplish His designs.
- At the end of our lives, we will never regret time spent praying outside abortion clinics.