OBJECTIVE: The goal for this meeting is to pray for the dignity of human life by participating in an apostolate for the unborn.

SESSION SNAPSHOT
Review the entire lesson plan in advance so you are prepared to lead and discuss comfortably. Adjust the suggested time allotments as necessary.

<table>
<thead>
<tr>
<th>TIME</th>
<th>SECTION</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes</td>
<td>CONNECT</td>
<td>Travel as a group to the local Planned Parenthood or abortion clinic.</td>
</tr>
<tr>
<td>40 minutes</td>
<td>DISCUSS</td>
<td>Open in prayer, read a Scripture passage, and pray a Rosary for the unborn at the abortion clinic.</td>
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<tr>
<td>35 minutes</td>
<td>COMMIT</td>
<td>Go to a local coffee shop and discuss the experience. Close in prayer.</td>
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SUPPLIES NEEDED:

- Bible
- Rosaries for everyone (if they don’t already have them)
- Instructions for praying the Rosary
- Peaceful protest signs (optional)
- Participant Sheets
- Pens or pencils
You should be familiar with your state laws regarding protest outside of abortion clinics. Laws vary from state to state. The people who work in these clinics will not be understanding if you inadvertently break a law.

Respect Life offices in your parish or diocese will likely be familiar with the laws and what you can and cannot do. Contact them if you have questions.

Laws that are universal in every state are:
- You cannot, in any way, block access to an abortion clinic. Do not stand in front of the door or in front of patrons trying to enter. This is a federal offense and is punishable by large fines and several years in prison.
- Do not set foot on the property of the clinic. The protest must take place on public property. You must also make sure that you do not park your car on property owned by the clinic. Park your car in a public parking spot away from the clinic.

Most states have a bubble zone blocking the door of the clinic—meaning you must stay a certain distance away from the entrance of the clinic.

Some states impose a “moving bubble zone” around patrons who wish to enter the clinic. This means you cannot approach patrons wishing to enter the clinic.

If the group is traveling together, make sure you have logistics planned in advance, including licensed and insured drivers, any necessary permits or permission slips, and maps.

All group members will need Rosaries, printed instructions for praying the Rosary (available online), and, if desired, peaceful protest signs. Note that positive messages on signs send a much better message than negative messages (for example: “Respect Life from Womb to Tomb” = positive message; “Abortion is Murder” = negative message).

See the Discuss section for starters.

Suggest that everyone bring their Rosaries if they have them, and a few dollars if they’d like to buy coffee or a drink afterward.

If there isn’t a clinic near you, you can still get together to pray the Rosary for the dignity of human life. Consider watching the films Bloodmoney: The Business of Abortion or Bella, and following the movie, pray a Rosary for the unborn. You can find information about these movies online.
Discipleship is about more than discussing the faith and participating in a small group. Discipleship requires learning from the example of a rabbi—in this case, participants learn from your daily example. It is healthy for your group to do regular, everyday activities together because they will learn from your example and the example of their peers. As they grow in fellowship and deeper friendship through these activities, they will grow as disciples.

Meet with the discipleship group ahead of time and travel together to the abortion clinic or Planned Parenthood. Be sure to read all Leader Tips for preparation as well as praying outside a clinic in advance.

Prior to departure, pray the following prayer:

**PRAY:** God our Father, we pray for the protection of the unborn and for all children in the womb. May their lives be blessed and protected from evil. We pray for all pregnant mothers, especially those who are scared and contemplating abortion. May they find courage in You and may Your love conquer their fear. We pray for women who are the victims of abortion. May they find healing in the Body and Blood of Your Son. And we pray for our own journey as we enter the spiritual battlefield of the culture of death. May we be of service to Your kingdom and protected from evil. We pray together…

Lead the following Prayer to St. Michael, which is on the Participant Sheets.

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray, and do thou—O Prince of the Heavenly Host—by the Divine power of God, cast into hell, Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

Take a few minutes to go over the plan and rules for praying at the abortion clinic. Answer any questions participants may have before you depart.
“Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.”
—Jeremiah 1:5

Once you arrive at the clinic, gather again and share the following passage from the Catechism of the Catholic Church.

SAY: “Since the first century the Church has affirmed the moral evil of every procured abortion. This teaching has not changed and remains unchangeable. Direct abortion, that is to say, abortion willed either as an end or a means, is gravely contrary to the moral law:

“You shall not kill the embryo by abortion and shall not cause the newborn to perish.

God, the Lord of life, has entrusted to men the noble mission of safeguarding life, and men must carry it out in a manner worthy of themselves. Life must be protected with the utmost care from the moment of conception: abortion and infanticide are abominable crimes.”
—CCC 2271

As the Church, we value every life—born and unborn. We also understand that we live in a sinful world and that choices are made every day by people who may later hold regret and guilt. But we also believe in a God who forgives and who can heal hearts and decisions that have led to sin. Our goal for today is not to pass judgment or condemn, but to pray for the choices of women (and men), for their hearts, and for the innocent and unborn.

Encourage everyone to be peaceful and positive during the demonstration and prayer. Should someone drive by and honk, yell, or try to engage them the proper response is love and peacefulness. The group should also be instructed not to engage with any potentially hostile people.

Pray a Rosary at the Planned Parenthood or abortion clinic. Make sure that your presence is peaceful.
Following your prayer at the clinic, find a location (like a local coffee shop) to discuss the experience. Below are some questions to get the discussion started:

**SAY:** I hope your experience today was eye-opening and fruitful as you prayed for mothers, fathers, and the unborn. Before you head home, let's take some time to debrief about what we just experienced. Find one or two other people in the group and discuss these questions, which are on your Participant Sheets:

- What was the purpose of our prayer, and why was it important to approach the clinic peacefully?

- Why does the Church, through the teachings of God and the traditions passed on from generation to generation, put so much emphasis on protecting the unborn?

- What are some of the influences you see in our world’s “throw-away” mentality—in other words, how did we come to view everything as disposable, including human life?

*Take a few minutes to go over the plan and rules for praying at the abortion clinic. Answer any questions your group may have before you depart.*

**COMMIT**

**SAY:** Please keep the unborn in your daily prayers, even if it is a simple prayer, asking God’s protection, healing, and hope for those considering abortion. You’ll find some suggestions for additional ways to tangibly support the dignity of human life on your Participant Sheet.

*Ask someone in the group to lead a closing prayer. It can be as simple as a Glory Be. After closing in prayer, get in your cars to return to your parish or meeting place.*
SCRIPTURE QUOTE FOR THE WEEK

“Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.”

—Matthew 25:40

DISCUSS

Answer the following questions in your small group:

• What was the purpose of our prayer, and why was it important to approach the clinic peacefully?

• Why does the Church, through the teachings of God and the traditions passed on from generation to generation, put so much emphasis on protecting the unborn?

• What are some of the influences you see in our world’s “throw-away” mentality—in other words, how did we come to view everything as disposable, including human life?
COMMIT

During the week, look for tangible ways to promote and support the dignity of human life. Here are a few suggestions:

- **Pray for Women and the Unborn:** Praying the Rosary for the dignity of human life is not something that is only done at abortion clinics; it is something you can do every day. Commit to praying for the unborn daily, and don’t forget to include the people who are struggling with decisions related to abortion.
- **Educate Yourself:** One of the biggest reasons people support abortion is lack of factual information. Educate yourself on the issues so you can articulate the pro-life position to others. See the websites below for excellent information.
- **Service to Others:** Supporting the dignity of human life is not limited to the unborn. Look for people at your school who are mistreated, face injustice, or are in need, and find ways to help them.

CLOSING PRAYER

Prayer of St. Michael

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray, and do thou—O Prince of the Heavenly Host—by the Divine power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

TIPS FOR THE WEEK

*Check Out These Websites:*

- **www.liveaction.org** – This is a grassroots organization (started by a girl when she was only 15 years old) that has done more than 20 undercover video raids of Planned Parenthood clinics. Their website shares news, research, resources, and ideas for getting involved as a pro-life advocate.

- **www.lifesitenews.com** – This news agency reports on current issues about the topics of human dignity and life. Follow them on social media to get the newest updates straight to your newsfeed.
Every YDisciple session has three parts: CONNECT, DISCUSS, and COMMIT. The CONNECT section is designed to build trust, transparency, and community in the group. The DISCUSS section introduces topics of the faith, engages critical thinking, and facilitates valuable conversation. And the COMMIT section helps students take ownership of their faith and put it into practice. Use this Parent Sheet to take a glimpse at our most recent session so you can have a follow-up conversation with your teenager about his/her experience in the small group and encourage spiritual growth.

SESSION OVERVIEW

During our session, teens learned what it means to be a witness to life. They participated in a peaceful prayer and demonstration onsite at an abortion clinic. They learned how important it is to spread a positive message about life and to be a witness to life by demonstrating love. Teens were encouraged to continue to pray for the unborn and for the people who struggle with decisions related to abortion.

CONNECT

Each year, 1.3 million abortions are performed in the United States (according to the National Abortion Federation). Since the first century, the Church has maintained that abortion is never an acceptable practice because it destroys a human life that God has willed and violates the dignity of the mother. As Catholics, we have a responsibility to stand up against injustice and support the dignity of women and the dignity of life.

DISCUSS

Here are some conversation starters for this week. Remember to share your perspectives as well.

- Why does it seem like many in our world don’t want us to think about the sanctity of life—particularly in reference to the unborn?

- Ask your teen to describe his/her experience of praying at the clinic. Parents, have you ever had a similar experience? What was it like?

- How can your family support and value human life in your community?
Teens are encouraged to find tangible ways to promote and support the dignity of human life. Suggestions include saying Rosaries and daily prayers (even simple prayers asking God’s protection, healing, and hope for those considering abortion), educating themselves on the pro-life position, and finding ways to engage in service to others.

“Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.”
—Jeremiah 1:5

PARENT TIPS

Consider having a discussion with your teen about your own decision to welcome new life into your marriage. Simply sharing what your excitement, fears, and joys were in your own pregnancies or adoptions can be a concrete witness to the dignity of life.