

CLICK TO  
**LOOK INSIDE** 



# NOVENA *for* LIFE

*Join us for 9 days of prayer  
to bring about a Culture of Life!*

*Imagine the possibilities when One, Holy, Catholic, and Apostolic Church  
comes together and moves as one body to pray for the restoration of respect  
for all human life and for the institution of the family in our society.*

**9 DAYS OF PRAYER.COM** 

A Sit Stand Kneel Initiative: *Helping Catholics to better Learn, Live and Love their Faith.*

# NOVENA *for* LIFE

## INSTRUCTION GUIDE FOR THE PRO-LIFE NOVENA

*For those who pray individually or in groups.*

### **What:**

Welcome to the Pro-Life Novena! The term “novena” comes from the Latin word for “nine”. In the history of Christianity, novenas have been offered traditionally as nine days of prayer prior to a great feast day, or for any special intention. Novenas are devotions, not sacraments, so they may be prayed by anyone at any time.

The first Christians who prayed a novena were the Apostles themselves when they gathered with the Virgin Mary in the Upper Room after the Ascension. Together, they “watched and prayed” for nine days prior to the coming of the Holy Spirit on the tenth day at Pentecost (Acts, Chapter 2).

### **Why:**

We may pray a novena for any cause or intention. In our current situation, we choose to pray for the restoration of respect for the sanctity of all human life, which is the most urgent need of our day. Our novena is a sustained form of prayer and an act of faith that addresses systematic evils such as legalized abortion, euthanasia and all other attacks against human life and against the institution of the family in our society.

Since the culture of death is fundamentally a *spiritual* reality, we recognize that only the power of God is strong enough to defeat it. We must do everything possible in a human sense to defend life and restore legal protection to the unborn, but we must never forget to depend entirely on the Lord and His mercy in overcoming the power of this evil.

### **How:**

The nine days of prayers in the following pages are carefully structured to provide a complete prayer program on behalf of the life issues:

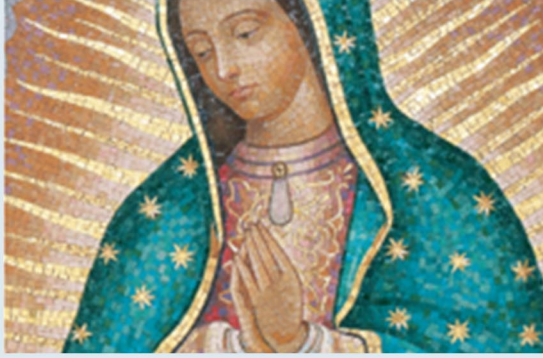
Each day provides a different prayer Intention, a specific Intercession for people, and a petition for Virtue (for ourselves and others). These are followed by the Prayer Offering of the Holy Rosary in which we contemplate a mystery associated with the particular intention or petition of the day.

On all nine days the novena concludes with a standard Pro-Life Novena Prayer which can be memorized over the course of the novena by constant repetition if you so wish.

The Pro-Life Novena can be prayed individually or in a group. Group leaders are encouraged to supplement each day with additional prayers, which are available by way of the *Prayers in the Pew: Pro-Life Edition* prayer card, the companion to this packet.

The entire novena concludes at the end of Day 9 with Pope St. John Paul II's marvelous prayer to Our Lady which crowns his 1995 pro-life encyclical, *The Gospel of Life*.





## Prayer of Pope John Paul II to the Mother of Life

O Mary,  
bright dawn of the new world,  
Mother of the living,  
to you do we entrust the cause of life  
Look down, O Mother,  
upon the vast numbers  
of babies not allowed to be born,  
of the poor whose lives are made difficult,  
of men and women  
who are victims of brutal violence,  
of the elderly and the sick killed  
by indifference or out of misguided mercy.

Grant that all who believe in your Son  
may proclaim the Gospel of life  
with honesty and love  
to the people of our time.

Obtain for them the grace  
to accept that Gospel  
as a gift ever new,  
the joy of celebrating it with gratitude  
throughout their lives  
and the courage to bear witness to it  
resolutely, in order to build,  
together with all people of good will,  
the civilization of truth and love,  
to the praise and glory of God,  
the Creator and lover of life.

*Evangelium vitae* (1995), 105.

## Ongoing Prayer Needs from this Pro-Life Novena

### Intentions

For the innocent unborn child in danger of abortion  
For the restoration of legal protection to the unborn  
For the welcoming of every human life  
For the conversion of heart needed to end all abortion  
For the strengthening of marriages and families  
For clear scientific and moral education on the dignity of  
the human person  
For an increase in respect for the sanctity of life in society  
For the protection of the sick and vulnerable from  
euthanasia  
For the strengthening of couples who are struggling with  
finances and other challenges

### Intercessions

For the medical personnel who perform or participate in  
abortions  
For the renewal of the legal profession and courts  
For the mother making the abortion decision  
For the friends of the mother who support or enable her  
decision  
For the family that is touched by the abortion decision  
For the father involved in the abortion decision  
For the owners, workers, and volunteers who operate the  
abortion centers  
For the protection of the Christian Church and pro-life  
community  
For those children who are touched by adoption and the  
foster care system

### Virtues

For Faith  
For Hope  
For Charity  
For Prudence  
For Justice  
For Temperance  
For Fortitude  
For Chastity  
For Perseverance

### Life Program Intentions:

Ultrasound  
Novena for Life Program  
Silver Rose  
Walk for Life  
Mass for People with Special  
Needs  
Charity, Unity, and Fraternity  
Pregnancy Center Support  
Special Olympics  
Christian Refugee Relief

Offer Additional Prayers from the *Prayers in the Pew: Pro-Life Edition* Card.



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# NOVENA *for* LIFE

DAY 1

*“The Church cannot be expected to change her position on this question...  
It is not ‘progressive’ to try to resolve problems by eliminating a human life.”*

~ Pope Francis: *Evangelii Gaudium*, 214

**Intention:** For the innocent unborn child in imminent danger of abortion

**Intercession:** For the medical personnel who perform or participate in abortions

The ancient Hippocratic Oath which has established the core ethical guidelines for medical personnel for centuries forbids the intentional and direct taking of human life in any form or for any reason. We intercede for all those physicians who perform abortions and euthanasia as well as nurses and other workers who support these extreme violations of human dignity. May the medical profession be restored to its own fundamental ethical principles!

**Petition for Virtue:** For Justice

We also beg God for the Cardinal Virtue of Justice that regulates how we relate to one another in society. Justice means “giving each his due”. The unborn and all victims of the culture of death are completely deprived of their basic right life. We beg God to grant true Justice to the most vulnerable members of our society and our world. We also pray that we ourselves might be men and women of justice in all our daily interactions and relationships so that we can be effective witnesses of Divine Justice as we seek to restore Justice in law and culture.

**Life Program Intention:** Ultrasound

Lord, we pray for all humankind to have the grace to understand that each and every life has the right-to-life. Though the technology of ultrasound, let this tool open the eyes of all that can view the life You created inside the womb of mothers, and let it save lives by helping women to choose life. Help this initiative be bountiful in its ability to raise funds necessary to meet the needs of this ministry of life. Bless our efforts to educate and serve. We pray this in the name of Jesus, who is Lord of Life, now and forever. Amen.

**Prayer Offering:**

Pray the Luminous Mysteries of the Most Holy Rosary for these intentions.

**Deeper Reflections:**

Pray and reflect on the Litany of St. Gianna Beretta Molla found on the *Prayers in the Pew: Pro-Life Edition* card.

## **Pro-Life Novena Prayer**

*(to be recited each day of the novena)*

*To be recited each day of the novena:* God our Heavenly Father, Source of all life and goodness, Creator of all things, we turn to You with deep humility and ask You to restore respect for the sanctity of all human life in our society and in our world. The culture of death is so pervasive and powerful today that our only hope is to trust entirely in Your grace to transform it into a culture of life. We make this prayer in the Name of Jesus Christ our Lord. Amen.



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# NOVENA *for* LIFE

DAY 2

*"Abortion and euthanasia have become preeminent threats to human dignity because they directly attack life itself, the most fundamental human good and the condition for all others."*

~ **Living the Gospel of Life: A Challenge to American Catholics** (1998), 32.

**Intention:** For the restoration of legal protection to the unborn

**Intercession:** For the renewal of the legal profession and the courts

We live in a world that has unleashed the power of the entire legal system against the most defenseless human beings, and we must recognize that this structure of sin, the industry of abortion, can only be changed by turning to God. A society where evil and its advocates have grown strong needs a fundamental renewal of heart. We intercede for anyone in our world who supports or defends the practice of destroying life in the womb. We ask God to bring that "continuous, permanent conversion" of heart for them and for the renewal of our whole society.

**Petition for Virtue:** For Hope

We bless God and ask Him to bestow the Theological Virtue of Hope on the pro-life movement. This virtue gives us strength to continue to face the evils of this world without losing heart. May the Lord also grant Hope to the children who are under a sentence of death because of the intention of their parents to abort. May they experience God's saving grace in this life and the blessing of resurrection in the life to come.

**Life Program Intention:** Novena for Life Program

Lord, the protection of Life is a sustained prayer intention of the Church. Aid those facing great trials and help us to meet them where they are, to walk with them on their journey, and to intercede for them. Help us to joyfully proclaim the truth of God's love, purpose, and plan for each person as we strive to share Christ's love. As we devoutly recite our Novena for Life, let us be fully aware that changing the culture is a process of conversion that begins in our own heart. Let us go forth with confidence knowing God is always with us. We ask this in the name of Jesus our Lord. Amen.

**Prayer Offering:**

Pray the Glorious Mysteries of the Most Holy Rosary for these intentions.

**Deeper Reflections:**

Pray and reflect on the Prayer for Our Nation found on the *Prayers in the Pew: Pro-Life Edition* card.

## **Pro-Life Novena Prayer**

*(to be recited each day of the novena)*

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# NOVENA *for* LIFE

DAY 3

*"There cannot be two parallel lives in a person's existence: on the one hand, the so-called spiritual life, with its values and demands; and on the other, the so-called secular life, that is, life in a family, at work, in social responsibilities."*

~ **Congregation for the Doctrine of the Faith, *Doctrinal Note on the Participation of Catholics in Political Life* (2002), 6.**

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**Intention:** For the conversion of heart needed to end all abortion

**Intercession:** For the friends of the mother considering abortion

Every life-and-death decision involves others. The woman who considers abortion rarely does so on her own and often seeks counsel from friends, family members, or trusted advisors about what she should do in the event of an unplanned pregnancy. We intercede for all the friends and counselors of mothers who face the drastic decision of ending the life of an unborn child. We ask God to grant light, grace and true charity to the friends so that they will be instruments of life for the mother and her baby.

**Petition for Virtue:** For Temperance

We also ask God for the Cardinal Virtue of Temperance, so that every crisis situation will be weighed by temperate minds and hearts that seek to overcome the temptation to destroy innocent life as a response to a problem. We also pray for the conversion of hearts needed to end abortion once and for all in our society. May Temperance give us the strength and integrity to do our part to end this evil and bring our society to embrace the sanctity of each and every human life.

**Prayer Offering:**

Pray the Joyful Mysteries of the Most Holy Rosary for these intentions.

**Deeper Reflections:**

Pray and reflect on the Prayer to Our Lady of Guadalupe found on the *Prayers in the Pew: Pro-Life Edition* card.

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## Pro-Life Novena Prayer

*To be recited each day of the novena:* God our Heavenly Father, Source of all life and goodness, Creator of all things, we turn to You with deep humility and ask You to restore respect for the sanctity of all human life in our society and in our world. The culture of death is so pervasive and powerful today that our only hope is to trust entirely in Your grace to transform it into a culture of life. We make this prayer in the Name of Jesus Christ our Lord. Amen.



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# NOVENA *for* LIFE

DAY 4

*"The great task that has to be faced today for the renewal of society is that of recapturing the ultimate meaning of life and its fundamental values."*

~ Pope St. John Paul II, *Familiaris consortio* (1981), 8.

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**Intention:** For the conversion of heart needed to end all abortion

**Intercession:** For the friends of the mother who support or enable her abortion decision

Every life-and-death decision involves others. The woman who considers abortion rarely does so on her own and often seeks counsel from friends, family members, or trusted advisors about what she should do in the event of an unplanned pregnancy. We intercede for all the friends and counselors of mothers who face the drastic decision of ending the life of an unborn child. We ask God to grant light, grace and true charity to the friends so that they will be instruments of life for the mother and her baby.

**Petition for Virtue:** For Temperance

We also ask God for the Cardinal Virtue of Temperance, so that every crisis situation will be weighed by temperate minds and hearts that seek to overcome the temptation to destroy innocent life as a response to a problem. We also pray for the conversion of hearts needed to end abortion once and for all in our society. May Temperance give us the strength and integrity to do our part to end this evil and bring our society to embrace the sanctity of each and every human life.

**Life Program Intention:** Walk for Life

Eternal Father, we ask You, Lord and Giver of Life, that the Church, the people of life, may bear witness that each human life comes from God, belongs to God, and is meant to return to God. Bless our families and bless our land as we gather together to visibly demonstrate public support for the right to life, and that through this gathering we may have the great joy of welcoming and nurturing the life of which You are the source. Grant these prayers through Jesus Christ our Lord. Amen.

**Prayer Offering:**

Pray the Joyful Mysteries of the Most Holy Rosary for these intentions.

**Deeper Reflections:**

Pray and reflect on the Prayer for Parents found on the *Prayers in the Pew: Pro-Life Edition* card.

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## Pro-Life Novena Prayer

*To be recited each day of the novena:* God our Heavenly Father, Source of all life and goodness, Creator of all things, we turn to You with deep humility and ask You to restore respect for the sanctity of all human life in our society and in our world. The culture of death is so pervasive and powerful today that our only hope is to trust entirely in Your grace to transform it into a culture of life. We make this prayer in the Name of Jesus Christ our Lord. Amen.



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# NOVENA *for* LIFE

DAY 5

*“Openness to life is at the center of true development. When a society moves towards the denial or suppression of life, it ends up no longer finding the necessary motivation and energy to strive for man's true good.”*

~ **Benedict XVI**, *Caritas in veritate* (2009), 28.

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**Intention:** For the strengthening of marriages and families

**Intercession:** For the family that is touched by the abortion decision

The culture of death and the abortion decision strike directly at the heart of the divine institution of the family. Every marriage and family is profoundly affected by the loss of an innocent child in both its short-term and long-term consequences. We intercede today for all families, large and small. May God grant His divine grace to strengthen and heal all families wounded by the culture of death and help mothers and fathers to choose life for their most vulnerable children.

**Petition for Virtue:** For Perseverance

We also ask God to give Perseverance to those who feel burdened by an unexpected pregnancy or by circumstances of life that seem overwhelming. Many problems are solved not by an act of violence but by patient effort to respond to life's challenges in truth and justice. May the Lord also grant perseverance to the frontline members of the pro-life movement who patiently fight for the right to life every day against the greatest odds.

**Life Program Intention:** Mass for People with Special Needs

God of compassion, though all of us need Your guiding Hand, give special care to those with special needs. Help us to see people with special needs are all around us in society and help us make individuals and families who might not otherwise feel welcome to fully participate in Mass and parish life. By our efforts and concerns, may they know the love You have for them, and come to trust You, through Jesus Christ, Your Son, who came to heal. Amen.

**Prayer Offering:**

Pray the Glorious Mysteries of the Most Holy Rosary for these intentions.

**Deeper Reflections:**

Pray and reflect on Pope Benedict's Prayer for the Unborn found on the *Prayers in the Pew: Pro-Life Edition* card.

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## Pro-Life Novena Prayer

*(to be recited each day of the novena)*

*To be recited each day of the novena:* God our Heavenly Father, Source of all life and goodness, Creator of all things, we turn to You with deep humility and ask You to restore respect for the sanctity of all human life in our society and in our world. The culture of death is so pervasive and powerful today that our only hope is to trust entirely in Your grace to transform it into a culture of life. We make this prayer in the Name of Jesus Christ our Lord. Amen.



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# NOVENA *for* LIFE

DAY 6

*"What is needed is a continuous, permanent conversion which, while requiring an interior detachment from every evil and an adherence to good in its fullness, is brought about concretely in steps which lead us ever forward."*

~ Pope St. John Paul II, *Familiaris consortio* (1981), 9.

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**Intention:** For clear scientific and moral education on the dignity of the human person

**Intercession:** For the father involved in the abortion decision

Violations of human life never occur in a vacuum. They are the fruit of society's poor education about the value of the human person. They also result from the weaknesses of men who renounce their God-given duty to protect life. We intercede for all educators and for all men whose responsibility is to uphold the truth about human dignity. We pray that God will shed His light and grace on all who are tempted to allow the destruction of the innocent.

**Petition for Virtue:** For Chastity

We pray that the virtue of Chastity will once again be taught and valued in our homes, schools, and society. Without the exercise of self-control in the area of human sexuality, the basic order of human relationships and family breaks down. May God also grant to all of us and our associates the grace of Chastity and the ability to witness that value to others, despite the many temptations and challenges against it.

**Life Program Intention:** Charity, Unity, and Fraternity

God, our Father, You so loved the world that You sent Your only Son to suffer, die, and rise for us, and for our salvation. Give us the inspiration and strength to forge a new generation of Knights and their families that embody the principles of charity, unity, and fraternity. Unite us, Lord, as we bear witness to Christ, faithfully serving the needs of others as envisioned by Blessed Father Michael J. McGivney. We ask this through Christ our Lord. Amen.

**Prayer Offering:**

Pray the Joyful Mysteries of the Most Holy Rosary for these intentions.

**Deeper Reflections:**

Pray and reflect on the Prayer for the Conversion of Those in the Abortion Industry found on the *Prayers in the Pew: Pro-Life Edition* card.

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## Pro-Life Novena Prayer

*To be recited each day of the novena:* God our Heavenly Father, Source of all life and goodness, Creator of all things, we turn to You with deep humility and ask You to restore respect for the sanctity of all human life in our society and in our world. The culture of death is so pervasive and powerful today that our only hope is to trust entirely in Your grace to transform it into a culture of life. We make this prayer in the Name of Jesus Christ our Lord. Amen.



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# NOVENA *for* LIFE

DAY 7

*"Responsibility likewise falls...on the administrators of the health-care centers where abortions are performed. It is a most serious wound inflicted on society and its culture by the very people who ought to be society's promoters and defenders."*

~ Pope St. John Paul II, *Evangelium vitae* (1995), 59.

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**Intention:** For an increase in respect for the sanctity of life in society

**Intercession:** For the owners, workers, and volunteers who run abortion centers

Church teaching defines social sin as any attack against the fundamental rights of the human person, the first of which is the right to life. A society in the grip of the culture of death tolerates the institutional killing of children in our very neighborhoods. We intercede for all those who administer hospitals or run abortion centers where the right to life is violated on a daily basis. May God grant to them and to our entire society a full awakening to the sanctity of human life and the will to reject the business of killing the innocents.

**Petition for Virtue:** For Prudence

We also ask God to grant clarity of mind and conversion of heart to all those whose business is the destruction of human life through abortion or euthanasia. We pray also for those who profit from the degradation of children, families, or vulnerable people anywhere in society. May God grant them Prudence to see the damage they cause through their works and open pathways for them to find healing work that is beneficial to the human family.

**Life Program Intention:** Pregnancy Center Support

Lord, You are the Protector and Defender of the most innocent and vulnerable among us. Watch over and protect pregnancy center workers who change hearts and minds about abortion as they help women during pregnancy and following the birth of their newborn children. Strengthen and guide us in our support to help women who choose life and let us be steadfast and immovable in the face of adversity as we bear witness to the Gospel of Life with our lives and our actions, through Christ our Lord. Amen.

**Prayer Offering:**

Pray the Sorrowful Mysteries of the Most Holy Rosary for these intentions.

**Deeper Reflections:**

Pray and reflect on the Spiritual Adoption of an Unborn Baby found on the *Prayers in the Pew: Pro-Life Edition* card.

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## Pro-Life Novena Prayer

*To be recited each day of the novena:* God our Heavenly Father, Source of all life and goodness, Creator of all things, we turn to You with deep humility and ask You to restore respect for the sanctity of all human life in our society and in our world. The culture of death is so pervasive and powerful today that our only hope is to trust entirely in Your grace to transform it into a culture of life. We make this prayer in the Name of Jesus Christ our Lord. Amen.



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# NOVENA *for* LIFE

DAY 8

*“Even the weakest and most vulnerable, the sick, the elderly,  
the unborn and the poor are masterpieces of God’s creation.”*

~ **Message from Pope Francis to Catholics in Ireland and the UK (2013).**

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**Intention:** For the protection of the sick and vulnerable from euthanasia

**Intercession:** For the flourishing of the Christian Church and the pro-life community

The only institution that fully upholds the sanctity of human life in our modern world is the Catholic Church, joined by many other Christian churches in the confession of this universal truth. We must constantly pray for the Church to remain strong in her witness. Christians are the very backbone of the pro-life movement. Let us pray that all churches will be robust in upholding the culture of life so that those on the front lines of saving babies and preaching the truth about abortion will be strengthened by our spirit and ongoing support.

**Petition for Virtue:** For Faith

May God pour out upon us the Theological Virtue of Faith, by which we are able to see the world and its problems with His divine vision. We ask that our Faith may move the mountain of the culture of death and transform it into a culture of life. We also pray that all in our society who do not believe in Jesus Christ as God and Lord of Life will embrace the Faith and become defenders of every human life.

**Life Program Intention:** Special Olympics

Loving God, we see You in those living with disabilities and give You thanks for loving parents who welcome and nurture them even in the face of obstacles. Guide our efforts to celebrate the worth and dignity of every human being through our Special Olympics program helping disabled athletes train for and compete in games around the world. Let us remain open to the gifts of each individual and may we understand that Your body is incomplete when people are left behind. We pray through Christ our Lord. Amen.

**Prayer Offering:**

Pray the Luminous Mysteries of the Most Holy Rosary for these intentions.

**Deeper Reflections:**

Pray and reflect on the Prayer for the Defense of Life found on the *Prayers in the Pew: Pro-Life Edition* card.

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## **Pro-Life Novena Prayer**

*(to be recited each day of the novena)*

*To be recited each day of the novena:* God our Heavenly Father, Source of all life and goodness, Creator of all things, we turn to You with deep humility and ask You to restore respect for the sanctity of all human life in our society and in our world. The culture of death is so pervasive and powerful today that our only hope is to trust entirely in Your grace to transform it into a culture of life. We make this prayer in the Name of Jesus Christ our Lord. Amen.



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# NOVENA *for* LIFE

DAY 9

*“The Church firmly believes that human life, even if weak and suffering, is always a splendid gift of God's goodness. Against the pessimism and selfishness which cast a shadow over the world, the Church stands for life.”*

~ Pope St. John Paul II, *Familiaris consortio* (1981), 30.

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**Intention:** For the strengthening of couples who are struggling with finances and other challenges

**Intercession:** For those children who are touched by adoption and the foster care system

We lift up in prayer all families touched by adoption and foster care. For birth mothers and fathers who embrace the brave love of placing their children for adoption, for adoptive and foster parents who say yes to welcoming children into their homes and families, and for children that they would be nurtured to their fullest potential in their first families, foster families, or adoptive families. Come Holy Spirit and give us a deep awareness of the priceless gift of every human life.

**Petition for Virtue:** For Fortitude

Let us pray for the Cardinal Virtue of Fortitude to always place the needs of the most vulnerable of our society at the forefront of our minds and to do so with courage and strength. We pray for consolation and holy companionship for all those children who are abandoned by their parents and all adults who are unable to provide for the needs of their families for whatever reason. May God give them the gift of Fortitude to overcome all their problems and look to Him as their sole refuge in times of need.

**Life Program Intention:** Christian Refugee Relief

Loving and Merciful God, You create every person in Your image and unite us all in one human family. As our brothers' and sisters' keepers, fill us with courage and compassion, that we might meet the hardships of migrants and refugees who have suffered for their faith, not with silence and indifference, but with generous acts of mercy, welcoming every stranger as Christ in our midst. Guide us as Your people in this initiative as we work together to support and suffer with our fellow brothers and sisters in the faith. Amen.

**Prayer Offering:**

Pray the Sorrowful Mysteries of the Most Holy Rosary for these intentions.

**Deeper Reflections:**

Pray and reflect on the Prayer to the Mother of Life found on the *Prayers in the Pew: Pro-Life Edition* card.

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## Pro-Life Novena Prayer

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