

18-DAY PRAYER GUIDE



The following is a 18-day, at-home guide for you and your family to support the respect and protection of human life through prayer and action. There are three sections: gratitude, prayers for change and prayers for vulnerable persons. Each section contains some suggestions for action as well as a short daily prayer for you and your family to pray together. Thank you for uniting with us as we strive to share the love of Christ with the world.

Days 1–6: Gratitude

Our retreat starts with praise and thanksgiving to God for creating us and making each life a unique and marvelous creation.

Suggestions for action: tell an important person in your life how much they mean to you; have everyone share something they are grateful for each day after the prayer; start a gratitude journal where you write down good memories and answered prayers; meditate on a Psalm that praises God (ex. Psalm 8).

Day 1: *Heavenly Father, thank you for making us in your image and likeness. Help us to always remember that we are your beloved children and that you love us. We ask this in Jesus' name. Amen.*

Day 2: *Heavenly Father, thank you for making each person unique and unrepeatable. Each person is a special part of your creation and reveals a part of their Maker. Help us to try to see each person as you see them. Amen.*

Day 3: *Lord Jesus, thank you for teaching us how to love and value others. Thank you for teaching us that my friends are loved and valued by you. Amen.*

Day 4: *Lord Jesus, thank you for dying to save all mankind from sin and rising to restore life. We are so grateful that your salvation is offered to every single person. Amen.*

Day 5: *Jesus, you made us in your own likeness. Please guide us to follow you daily and remind us that we are most like you when we love others. Amen.*

Day 6: *Holy Spirit, thank you for coming to dwell in our hearts. Please fan the spark of love in our hearts into a fire that we can share with others. Help us to set the world on fire for love of God. Amen.*

Days 7–12: Prayers for Change

Some days it might feel like our culture will never change and that it's moving further away from God's love. Remember that change starts with us. We can change how we choose to act, which will influence our relationships, which will influence our families, which will influence our communities.

Suggestions for action: Create screen time limits to be more present to people around you; choose to be more helpful around the house and do chores without being asked; take time each day to take care of yourself (walk outside, read your Bible, call a friend, etc.).

Day 7: *Lord Jesus, please bring light to the dark parts of my own heart. Where there is resentment bring forgiveness and where there is prejudice bring compassion. Help me to see which areas in my life need your healing power and grant me the courage to let you into these areas. Amen.*

Day 8: *Lord Jesus, we pray that you will help change the way we see people who are different than ourselves. Help us to see you in each of them and guide us in the words we use and the actions we take. Amen.*

Day 9: *Lord Jesus, thank you for my family. We pray that our relationships might be focused on the other person's well-being. May the love in my family be a witness to the love you have for each of us. Amen.*

Day 10: *Lord Jesus, we pray for change in our own families. May we learn how to offer help, seek forgiveness, be grateful and make each person feel loved. Amen.*

Day 11: *Heavenly Father, we pray that our culture may be transformed from a culture of death into a culture of life. May every life be valued and seen as a gift: young and old, sick and healthy, stranger and friend. We ask this through our Lord Jesus Christ. Amen.*

Day 12: *Lord Jesus, just and merciful judge of all, we pray that the laws of our nation and state may be just and reflect each person's basic rights. Please protect the unborn and their right to life. Amen.*

Days 13–18: Prayers for Vulnerable Persons

The following set of prayers is not intended to include every person or set of persons in difficult situations. In addition to the prayer for each day, feel free to include people you know who need prayer.

Suggested actions: Collect money or baby care items for Alternatives; visit a nursing home and spend time talking with the residents; reach out to people in your own life who may be lonely or in need; meditate on Matthew 25:31–46 and how we care for Christ when we care for those in need.

Day 13: *Lord Jesus, at your birth you were tiny and vulnerable. Please be with all pregnant women, especially those in difficult situations, and help them find the support, resources and strength for their pregnancy. Amen.*

Day 14: *Lord Jesus, we pray for all those who are elderly, ill or who experience a disability. We pray especially for those in hospitals, nursing homes or who are confined to their home and feel isolated and alone. We pray that they will experience comfort and consolation and the company of other people. Amen.*

Day 15: *Lord Jesus, you were arrested and taken prisoner prior to your crucifixion. We pray for all those who are imprisoned, especially those who have been in prison for a long time. Amen.*

Day 16: *Lord Jesus, we pray that you will help us treat all people with value and respect. May we reflect your love and mercy to all those who are hurting. Please give us eyes to see the need of people around us so that we may show them grace, mercy and offer help. Amen.*

Day 17: *Lord Jesus, you taught us that when we serve the poor we serve you. Help us to get to know the poor in our communities, learn their names and hear their stories. Please bless all who are poor and especially those without housing. Amen.*

Day 18: *Lord Jesus, you taught us that we are all one in you and all children of the Father. However, in our country and in the world, people are often treated poorly because of their race or ethnicity. Help us to celebrate our cultural differences while ensuring that all people are treated with mercy and justice. Amen.*