

# 100 Practical Ways to Live Out Your Pro-Life Values



## Aid, without judgment, pregnant women and single parents:

- Babysit free of charge for a single mom
- Make a meal for a new mom or take a mom and her family out to dinner
- Help/encourage a parent struggling with a kid at the store, restaurant, in church, etc.
- Incorporate giving into your routine—when you shop for the family, pick up 1 extra item and donate to a single parent, local food pantry, or pregnancy resource center
- Host a baby shower for an expecting mom
- Be a safe place; be someone people can come to in crisis
- Keep contact info for pregnancy resource centers on you and share with others who are seeking support

## Give your time:

- Volunteer regularly. Here are some suggestions on places to volunteer:
  - pro-life pregnancy resource center
  - the Special Olympics
  - nursing home
  - Right to Life office
  - homeless shelter or soup kitchen

- hospital
- Youth Service Bureau
- hospice center
- Big Brothers Big Sisters
- Become a sidewalk counselor at the local abortion business
- Sing carols in a nursing home
- Shovel the driveway of an elderly neighbor
- Invite a needy family to a meal
- Attend pro-life rallies and events
- Become a mentor to a young person
- Develop an outreach program at your church
- Develop a pro-life ministry at your church
- Create or join a pro-life group at school
- Make plans to attend the March for Life in Washington, DC, or a local march
- Make signs for the DC or a local march
- Help an abortion worker get out by offering assistance, emotional support, or search for a job
- Spend some time with an elderly neighbor
- Spend time with a loved one who is often alone

## Support financially:

- Donate items or money to a local pro-life pregnancy

- resource center
- Donate items or money to a local maternity home
- Donate nonperishable items to a homeless shelter
- Donate to a local foster agency
- Pay for the past due lunch accounts at a local school
- Initiate a fundraiser at your school or church for a pro-life nonprofit

## Pray:

- Pray in front of an abortion clinic with a friend or family member
- Subscribe to Pray 5 @ 5 by texting pray5at5 to 55222
- Participate in the next 40 Days for Life campaign
- Run a 40 Days for Life campaign
- Spiritually adopt a baby and mother in danger of abortion
- Pray for the following intentions:
  - for the end of abortion
  - for mothers and families
  - for the conversion of abortionists and abortion workers
- Talk to your church about supporting a local pro-life organization
- With your pastor's permission, leave pro-life pamphlets or CDs in the church vestibule, or add posters or displays of fetal development where anyone can see them

## Provide emotional support:

- Thank a pro-life OB/GYN
- Write your local pregnancy center a card of encouragement
- Engage in warm conversation in line at the grocery store
- Encourage a parent struggling with a kid at the store, in church, etc.
- Grow in patience
- Love above all
- Remain positive; don't let the evils of the world discourage you
- Always speak of others in love, even those you disagree with
- Be forgiving
- Don't gossip
- Give yourself encouragement and positive affirmations
- Pass out holiday or "thinking of you" cards at a nursing home

## Educate yourself:

- Get informed on the abortion issue by reading a pro-life or pro-choice book
- Attend a pro-life apologetics boot camp
- Read a book or article on the topic of euthanasia
- Read an article on the topic of embryonic stem-cell research
- Stay informed about current pro-life news by following pro-life groups and news sites.
- Learn about Natural Family Planning
- Educate yourself on local resources that support women
- Watch *Unplanned*, *Gosnell*, or the *Silent Scream*

## Advocate politically:

- Vote pro-life
- Research political candidates and discover their pro-life position
- Assist in electing pro-life candidates by volunteering or donating to their campaign
- Run for office as a pro-life candidate if you feel called and have the abilities
- Write letters to your politicians
- Educate yourself on other social justice issues such as:
  - Child support protections
  - Protections at work for pregnant women and mothers
  - Increased penalties for domestic violence
  - Increased funding for the foster system
  - Reform of the adoption industry
  - Making childcare more accessible

## Pro-life at work:

- Pay a living wage
- Offer paid paternity leave
- Provide rooms for moms who are breastfeeding to pump in private and comfort
- Be flexible with parents that need to stay home with a sick child or a mom with morning sickness
- Offer time off for domestic violence victims

## Raising pro-life kids:

- Love your family
- Encourage your child to write a history paper on a pro-life historical figure
- Eat dinner with your kids with no electronics
- Read pro-life books to your kids
- Teach your children patience, understanding, and charity
- Volunteer as a family
- Teach your kids how to defend the dignity of every human being
- Pray as a family

## Other suggestions:

- Have respectful and logical conversations about life issues with others
- Consider adoption
- Become a foster parent
- Become a respite care home for foster parents
- Put a pro-life bumper sticker on your car
- Wear pro-life t-shirts
- Use a pro-life doctor
- Create pro-life art
- Set an example of purity
- "Adopt" a single parent, and include them and their child(ren) in your family activities