



February 22 – April 1, 2012

40 Days for Life takes a determined, peaceful approach to showing local communities the consequences of abortion in their own neighborhoods. It puts into action a desire to cooperate with God in the carrying out of His plan for the end of abortion.

The Components

Prayer and fasting:

Christ told us that some demons can only be driven out by prayer and fasting. The two go hand-in-hand. Prayer keeps us rooted in the fact that it is our desire to carry out God's will. Fasting is a sacrifice that helps us reach beyond our own limitations with God's help. Fasting is not a Christian diet; it is a form of physical prayer. You can fast from food, TV, alcohol ... anything that separates you from God.

Constant vigil:

The most visible component of *40 Days for Life* is a daily prayer vigil outside a place where children are aborted. It is a prayerful witness to the clinic's patients and employees, and to the entire community, that evil is in our midst and that with God's help, it will be defeated.

Community Outreach:

Join with others in St. Louis to spread the message about the loving alternatives to abortion through participation in local pro-life community events. Citizens are invited to visibly show their support for 40 Days for Life through use of wristbands, yard signs, and bumper stickers. Media outreach is conducted through carefully targeted news stories, talk shows, editorials, and letters to the editor.

Becoming involved

- The first step you can take is to pray and fast. Wherever you are, whatever you are doing, you can pray to end abortion.
- Sign up for updates at our local 40 Days for Life website www.CoalitionForLifeSTL.com
- Become a prayer volunteer outside the local Planned Parenthood
- Spread the word about 40 Days for Life

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