

RESPECT LIFE

Prayer & Action

Prayer Guide | JANUARY 2026

INTERCEDE

May every human life be protected in law and welcomed in love.



PRAY

Our Father, 3 Hail Marys, Glory Be

REFLECT

More than three years after the hard-won reversal of *Roe v. Wade*, the tragic effects of five decades of nationwide abortion on demand largely remain. States reflect a patchwork of different laws defending or violating the right to life, yet abortion is legal in most of them. This fall voters in a number of states will face referendums on abortion, and the future of preborn children may be determined at the ballot box. At the national level, Congress acted heroically last year in largely defunding Planned Parenthood of federal taxpayer dollars. Yet the victory has been caught in a web of lawsuits. While the White House has restored multiple key pro-life policies, challenges remain, including the increased use of abortion pills.

Continuing work is urgently needed to protect children, women, and families from the tragedy of abortion. Whether we reside in states with pro-life or pro-abortion policies, we are presented with opportunities and responsibilities to continue building a culture that welcomes, celebrates, and protects human life. Our prayer and action are essential to maintaining policies that protect life, where they exist,

and preventing the spread of policies that lead to more abortions. As we once again mark the solemn anniversary of *Roe v. Wade* this January, recalling the tens of millions of lives that have been lost to abortion, may we recommit ourselves to the cause of life.

In addition to our efforts to protect human life in law, we must redouble our efforts to serve women facing unexpected or difficult pregnancies, offering them the compassionate support they need to lovingly welcome the gift of their children. We must do whatever we can in every sphere to ensure that life is welcomed, and mothers are supported.

ACT *(choose one)*

- Sign up to join Catholics across the country in praying for the end to all abortion during the *9 Days for Life* (9daysforlife.com) novena from January 16-24.
- Participate in a local, state, or national pro-life event during the month of January to advocate and pray for the protection of preborn life. (*Check with your parish and diocese for information about events in your area.*)
- Connect with your pastor to display pro-life materials in your parish. Visit our Respect Life Store (store.respectlife.org) for printed materials.
- Offer some other sacrifice or prayer that you feel called to do for this month's intention.

ONE STEP FURTHER

Get updates on state issues by signing up to receive information from your state Catholic conference or diocesan Respect Life office.



Get monthly prayer guides at:
respectlife.org/prayer-and-action