THIRTY ONE ONE WAYS TO LIFE

CARE NET.

Sometimes it's difficult to find practical ways to live out your pro-life beliefs. So here are thirtyone practical ways for you to live out your beliefs right in your community. Some ideas are as simple as saying a quick prayer, while others will require planning or financial investment. Tackle them in whatever order you're most comfortable with, and add your own! This is meant to be a simple tool to help you get started.

Here are just a few of the ways you can be intentionally, effectively Pro-Abundant Life!



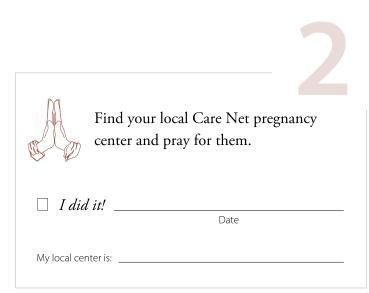
As you engage in these activities, watch how God works in and through you. You'll be so encouraged! "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

- Matthew 28: 19,20

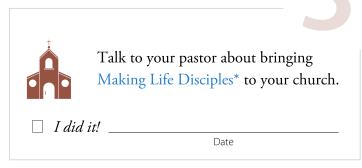


Pray that women and men making pregnancy decisions will choose life and choose Christ.

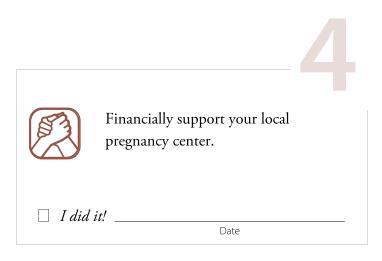
I did it! _____

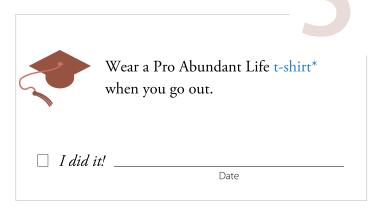


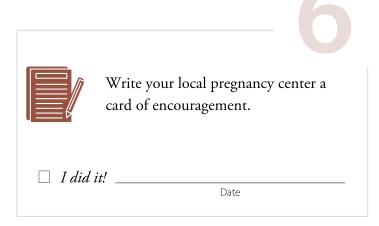
"For You formed my inward parts; You wove me in my mother's womb. I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, and my soul knows it very well." - Psalm 139:13-16



*All resources can be found at the link provided on the last page of this booklet







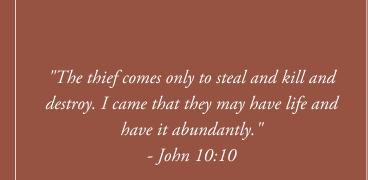


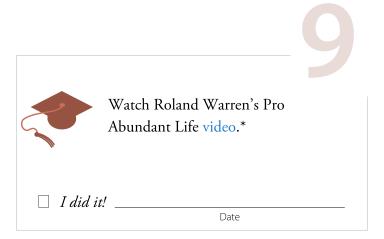
Ask your local pregnancy center what material donations they need and collect them.

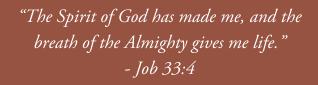
Example: Many centers empower life decisions by providing diapers, baby formula, clothes, and other supplies to clients

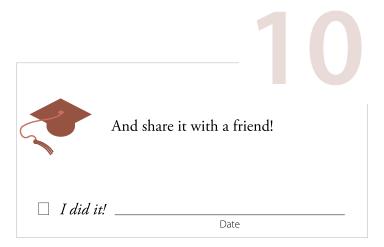
I did it!







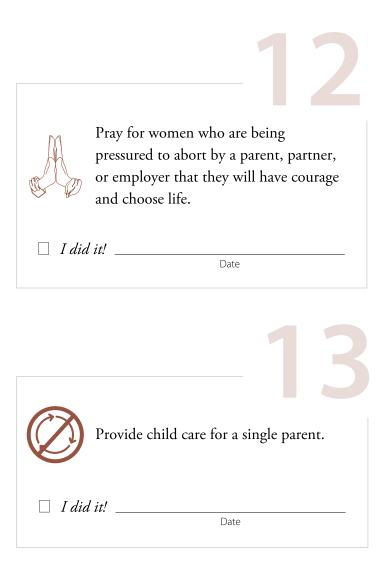






"Adopt" a single parent, and include them and their child(ren) in your family activities.

I did it! _____



"Thus says the Lord, your Redeemer, and the one who formed you from the womb, "I, the Lord, am the maker of all things, stretching out the heavens by Myself and spreading out the earth all alone," - Isaiah 44:24



Offer your professional skills to support your local pregnancy center - IT, bookkeeping, Social Media, Graphic Design, Marketing, etc.

] I did it!

"Before I formed you in the womb I knew you, and before you were born I consecrated you; I have appointed you a prophet to the nations." - Jeremiah 1:5



Plan to participate in a peaceful Life Chain event.

🗌 I did it!



Identify your local pro-life elected officials and write them a letter of encouragement and thanks.

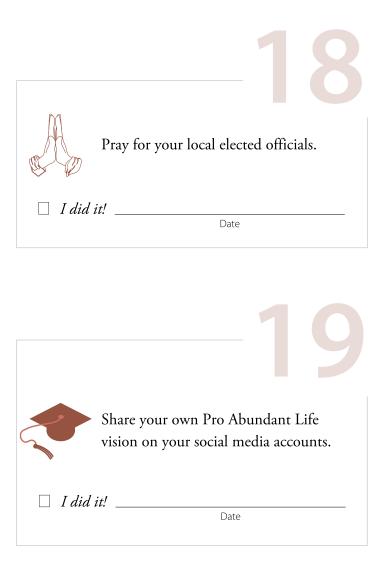
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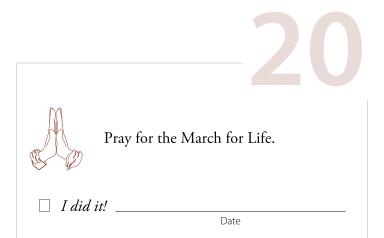
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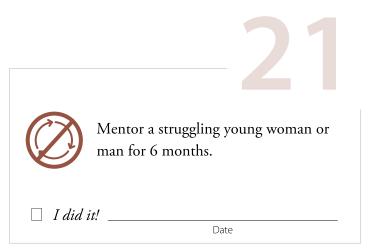
Download the BYD Mobile app* and become familiar with it so you can help a friend make a lifeaffirming decision.

I did it!





"Open your mouth for the mute, for the rights of all the unfortunate." - Proverbs 31:8



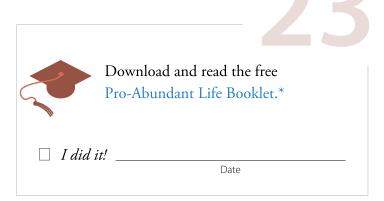
"Learn to do good; seek justice, reprove the ruthless, defend the orphan, plead for the widow." - Isaiah 1:17





Pray for pregnant women who are the victim of domestic or intimate partner violence.

] I did it! _____







Offer a night of childcare to a foster or adoptive family in your community.

] I did it! _____

"Know that the Lord Himself is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture." - Psalm 100:3



Pray for Pregnancy Decision Line* callers and coaches.

I did it!

"Clothe me with skin and flesh, and knit me together with bones and sinews?" You have granted me life and lovingkindness; And Your care has preserved my spirit." - Job 10: 11-12



Support a local maternity home.*

🗌 I did it!

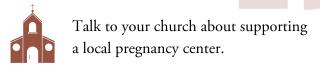




Organize a weekly meal for one year for a new foster or adoptive family.

I did it!

Date



Examples: take a special offering, volunteer to redecorate a coaching room, do landscaping, or throw a baby shower for the center's clients.

I did it!



Date



Take Caring Foundations* and prayerfully consider whether God might be calling you to volunteer at your local center.

] I did it! ____

What I Learned

What I Learned

*To find the listed resources, visit: www.care-net.org/31pal

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