

THIRTY
ONE
WAYS
TO
BE PRO

ABUNDANT
LIFE

CARE  NET®
.....

Sometimes it's difficult to find practical ways to live out your pro-life beliefs. So here are thirty-one 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!



Pray



Break the
Cycle



Church



Write



Educate



Support

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

1



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

I did it! _____
Date

2



Find your local Care Net pregnancy center and pray for them.

I did it! _____
Date

My local center is: _____

“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

3



Talk to your pastor about bringing **Making Life Disciples*** to your church.

I did it! _____

Date

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

4



Financially support your local pregnancy center.

I did it! _____
Date

5



Wear a Pro Abundant Life **t-shirt*** when you go out.

I did it! _____
Date

6



Write your local pregnancy center a card of encouragement.

I did it! _____
Date

7



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! _____
Date



Pray for local abortion clinics and workers.

I did it! _____
Date

"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly."

- John 10:10



Watch Roland Warren's Pro
Abundant Life [video](#).*

I did it! _____
Date

*"The Spirit of God has made me, and the
breath of the Almighty gives me life."*

- Job 33:4

10



And share it with a friend!

I did it! _____
Date

11



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

I did it! _____
Date

12



Pray for women who are being pressured to abort by a parent, partner, or employer that they will have courage and choose life.

I did it! _____
Date

13



Provide child care for a single parent.

I did it! _____
Date

“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

14



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

I did it! _____

Date

*"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*

15



Plan to participate in a peaceful Life Chain event.

I did it! _____

Date

16



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

I did it! _____
Date

17



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

I did it! _____
Date

18



Pray for your local elected officials.

I did it! _____
Date

19



Share your own Pro Abundant Life
vision on your social media accounts.

I did it! _____
Date

20



Pray for the March for Life.

I did it!

_____ Date

*“Open your mouth for the mute, for the
rights of all the unfortunate.”*

- Proverbs 31:8



Mentor a struggling young woman or man for 6 months.

I did it! _____
Date

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

22



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

I did it! _____

Date

23



Download and read the free [Pro-Abundant Life Booklet](#).*

I did it! _____

Date

24



Pray for other life-affirming ministries.

I did it! _____
Date

25



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

I did it! _____
Date

*"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*

26



Pray for **Pregnancy Decision Line***
callers and coaches.

I did it! _____

Date

“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

27



Support a **local maternity home**.*

I did it! _____
Date

28



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

I did it! _____
Date

29



Talk to your church about supporting a local pregnancy center.

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

30



Buy gift cards and donate them to a pregnancy center for their clients.

Examples: gift cards for local grocery stores, department stores, or restaurants are helpful for busy, cash-strapped parents.

I did it! _____
Date

31



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

I did it! _____
Date

What I Learned

What I Learned

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

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