



Join the Year-long Initiative **PRAY & FAST** *for* **AMERICA 2019**

365 Days of Masses, Prayers and Fasting
for our President, Leaders, Families, and the Church

PRAY & FAST *for* AMERICA 2019

Join priests, deacons, religious and laypeople from the United States and around the world who are participating in prayers and fasting for our Leaders, Families, Youth, Children, the Unborn and the Church.

Attend the Holy Sacrifice of the Mass as often as you can and pray the Holy Rosary, the Divine Mercy Chaplet, Litany's and other devotions like the Precious Blood or Mary Undoer of Knots.

Our country will become truly great when we unite together before God to ask for His mercy and blessings on America. Our President and those he has chosen to trust and work along side him, along with all our leaders and families, need our continued support of prayers, fasting and Masses.

We will pray and seek the guidance of the Holy Spirit to help our world leaders bring back the laws of God to govern our nations.

During Pray & Fast for America 2019 our intentions will be:

- **For the conversion of all people and nations**
- **To build a culture of life**
- **To defend the sanctity of marriage and family life**
- **For peace and to implore God's Mercy**
- **For all priests, vocations, and holiness of the members of the Church**

We must stay on **high alert** in our prayer lives as evil surrounds our country and our world.

We also pray in reparation for the sins of our country.

Please join us in this campaign to pray and fast for our country!

PrayAndFastForAmerica.org

*If my people which are called
by My name, shall humble
themselves and pray, and seek
My face, and turn from their
wicked ways; then will I hear
from heaven, and will forgive
their sin, and will heal their land.*

- 2 CHRONICLES 7:14

CALL TO PRAYER AND ACTION:

Go to your local parish office and pay for a Mass intention for our country, our leaders and our families.

Email us the date of the Mass, the parish and the city.

**Our goal is to have all
50 states involved in this
prayer campaign!**

Have your family pray for this intention several times a week!

Attend Adoration at least once a week during these 365 days and pray for this intention.

Fast and perform some sacrifice

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PLAN *of* PRAYER and ACTION

- **Attend** the Holy Sacrifice of the **Mass**, daily if possible
- **Pray** the **Rosary** daily – all four mysteries if you are able.
- **Attend** One **Holy Hour Prayer Vigil** per week – more, if possible.
- **Recite** the **Divine Mercy Chaplet** daily – several times a day, if possible.
- **Fast** – fast on bread and water; eat only one meal a day; eat smaller meals, fast from 6 a.m. to 6 p.m., etc. See **PrayAndFastForAmerica.org** website for more ideas on ways to fast.
- **Observe** the **Five First Saturdays** as requested by Our Lady of Fatima.
- **Observe** the **Nine First Fridays** as requested by Our Lord to St. Margaret Mary Alocoque.
- **Consecrate** yourself to the Immaculate Heart of Mary & the Sacred Heart of Jesus.
- **Consecrate** yourself to your Guardian Angel.
- **Pray and promote** Devotion to the Most Precious Blood of Jesus.
- **Perform** Spiritual and Corporal Works of Mercy.
- **Go to your local parish** office and pay a stipend for Mass intentions for the protection and Divine guidance for our President, his family, our Nation's leaders, our families, our Church, and our Priests.
- **Talk to your Pastor and Priest** requesting that they hold Eucharistic Adoration, Holy Hours, Rosary Vigils, Novenas, and/or other devotions in support of the *Pray and Fast for America Goals*.
- **Ask your parish's prayer groups**, the Knights of Columbus, and other Catholic organizations to organize **Prayer and Rosary Vigils** during this year.
- **Contact your local Catholic bookstore**. Ask them to display the *Pray and Fast for America* flyers and posters in their stores to help spread the word to their customers.
- **Contact your diocese and the religious editors of your local newspapers**. Ask them to include the *Pray and Fast for America* flyer, press release, and publicity about the Prayer Campaign in their publications.
- **Sponsor a school Mass**, praying for our country, our leaders, our Church, our Priests.
- **Have Catholic school students** get involved in the *Pray and Fast for America Goals 2019*.

Many organizations have joined with this movement including Legion of Mary, Priests for Life, Marian Fathers and the Holy League (Novena for Our Nation)