

Pray and Fast for America 2021

*Our Lady is Calling You to Join
Her Spiritual Army*



CALLING ALL PRAYER WARRIORS!

There is a great battle between Christ and Satan happening in the world right now.

Join this year-long initiative!

The Church and our Nation need **YOU** to join forces with other prayer warriors to pray and fast for our Nation, our Leaders, and our Families, for a **NEW AMERICAN REVOLUTION** — a Spiritual Revolution.

Prayer and Fasting is the game changer!

7 STEPS FOR RESTORATION OF AMERICA



Attend the
Holy Sacrifice of
the Mass



Pray the Holy Rosary
& Divine Mercy
Chaplet



Spend
one hour
in Adoration



Fast and
Do Penance



Make a
Consecration to
the Holy Family



Pray
Spiritual Warfare
Prayers



Pray a Litany (St.
Joseph, St. Michael,
Most Precious Blood)

Pledge online now to pray and fast all year long for the Goals of this Initiative.

HERE'S HOW TO COMMIT TO PRAY & FAST:

- 1 Go to www.PrayAndFastForAmerica.org
- 2 Go to **Commit to Pray and Fast Today.**
See the map.
- 3 Below the map, add your initiative..
- 4 Fill out your personal information and
click SUBMIT.
- 5 If you do not have a computer, choose
some goals and pray & fast for them!
See 7 Steps for Restoration of America.



1-888-478-PRAY

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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.
- **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.
- **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 Alcoque.
- **Consecrate** yourself to the Immaculate Heart of Mary & the Sacred Heart of Jesus.
- **Consecrate** yourself to St. Joseph during this Year of St. Joseph. Recite the Litany to St. Joseph daily if possible.
- **Pray and promote** Devotion to the Most Precious Blood of Jesus.
- **Perform** Spiritual and Corporal Works of Mercy.
- **Organize a procession and consecrate your city, state and/or diocese to the Immaculate Heart of Mary and the Sacred Heart of Jesus**, just as a group of lay Catholics recently did in the diocese of Atlanta on August 15, 2020.
- **Organize a Eucharistic procession with your pastor, surrounding parishes, and even your Bishop** to implore God's mercy and make reparation for the sins of our country. This was done in Madison, WI and was a huge success!
- **Ask your parish's prayer groups, pro-life groups, 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, the religious editors of your local newspapers and websites.** Ask them to include the [Pray and Fast for America](#) flyer, press release, and publicity about the Prayer Campaign in their publications.
- **Have Catholic school students** get involved in the [Pray and Fast for America](#) Goals 2021.

Many organizations have joined with this movement including Legion of Mary, Priests for Life, Marian Fathers and Divine Mercy for America

www.PrayAndFastForAmerica.org