

YOUR COMMITMENT

Pray and Fast for America 2021



7 Steps for the Restoration of America



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| 1. Pray the Rosary | Daily |
| 2. Fast | Weekly |
| 3. Eucharistic Adoration | Weekly |
| 4. Pray the Divine Mercy Chaplet | Daily |
| 5. Consecration to the Holy Family | Yearly |
| 6. Spiritual Warfare Prayer | Daily |
| 7. Spiritual Purity Prayers | Daily |

7 Goals for Pray & Fast for America



We Pray:

1. for the Conversion of the American People and the Restoration of Our Nation
2. for Peace, and to Implore God's Mercy on Our Nation
3. to Build a Culture of Life
4. to Defend the Sanctity of Marriage and Family Life
5. for All Priests, Religious Vocations, and the Holiness of Members of Our Church
6. to Promote the Purity of Our Youth
7. for All to be Consecrated to the Holy Family: Jesus, Mary, and St. Joseph, Terror of Demons