

Pray and Fast for America 2019

1. In a nutshell, what exactly is the Pray and Fast for America 2019 Initiative?

2. How Is Pray and Fast for America associated with IWOPF?

Pray and Fast for America is a grassroots initiative or movement of Catholics and Christians from around our country participating in a nationwide network of prayer and fasting for 365 days for several goals.

This movement was founded at the end of 2017 as the coalition group of the **25th International Week of Prayer and Fasting** were inspired to call for 365 days of Masses, prayers, and fasting for our President, leaders, families and the Church. The first **Pray and Fast for America** initiative was held in 2018. Due to the response of so many people to this initiative and the accelerating moral devastation that is occurring in our country, especially the calls to infanticide in more and more states, **Pray and Fast for America** has called the American people to intercede for the repentance and healing of our nation for 2019.

For this reason, we ask you to 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. This year we pray:

- 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 priests, vocations, and purification and holiness for the members of the Church

Join the **Pray and Fast for America** Coalition, Legion of Mary, Priests for Life, and many others... in this battle for our country, our leaders, our families, the unborn, and the Church!

3. What brought about the need for an entire year of directed prayer and fasting for America?

In the past several years, we have been able to see the signs of the times all around us. We seem to be in a period of man-made and natural disasters, global economic crises, and *rapid moral decline*. We believe that the course of human events can only be changed spiritually by the power of prayer and fasting.

- Wars are spreading throughout the world. The Mideast region continues to have civil unrest, causing the greatest threat of war since World War II.
- Earthquakes and volcanic activity are increasing greatly throughout the world, breaking records.
- Devastation is increasing from tsunamis, fires, floods, mudslides and other natural disasters.
- The unusual weather changes continue to break all records – and future weather seasons are expected to be more unpredictable.
- Outbreaks of epidemics, strange diseases and plagues continue to occur.
- Legalized murder in this country (the killing of the innocent) continues to destroy more people annually than deaths from all of the U. S. wars combined, since the Revolutionary War.
- The souls of our families continue to be at great risk as many people are being corrupted by today's media, TV, movies and music.

- Sins of impurity and moral perversion have become ever more widespread and immorality has spread like an epidemic.
- Our country's economic and financial demise is being hastened by each man-made and natural disaster.

The only thing necessary for the triumph of evil is for good men to do nothing." ~ Edmund Burke

4. Who are you inviting to take part in this initiative?

All are invited to join in this yearlong initiative and prayer movement including priests, religious, laity (including individuals), families, prayer groups, parishes and dioceses.

5. Can potential participants begin at any times this year?

Yes, participation can begin at any time to intercede, pray and fast for the repentance and healing of our nation and our people. We had many, many people sign up to participate during the Lenten season. We were especially surprised at the number of people who signed up and committed to the special forces which includes praying the Holy Rosary, Marian Consecration, enrollment in the Brown Scapular, Adoration, recitation of several chaplets including the Divine Mercy Chaplet and attending daily (or frequent) Holy Mass, offering sufferings, giving alms to the poor, family consecration to the Hearts of Jesus, Mary and St. Joseph, and finally many have made an explicit commitment to grow in virtue and bring about the reign of Christ the King.

6. Could you list specifically what you are encouraging everyone to pray for?

We are asking priests, deacons, religious and lay people from the United States and also around the world to participate in prayers and fasting for our leaders, families, youth, children, the unborn and the Church. This year we pray:

- For the conversion of all people and nations
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- To defend the sanctity of marriage and family life
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7. To whom did you take direction from with regards to importance of prayer and fasting to overcome the forces of evil? (Saintly Examples?).

The coalition has been inspired by many saints and biblical prophets who showed the real supernatural power of prayer and fasting to destroy evil. Some of these saints include: St. John Vianney, St. Padre Pio, St. Teresa of Avila, St. Leo the Great and many others. Some biblical figures we received inspiration from are Esther, Jonah of Nineveh, and Moses and his 40 day fast!

The great Saint Pope John Paul II has stated in his Gospel of Life:

".....a great prayer for life is urgently needed, a prayer which will rise up throughout the world. Through special initiatives and in daily prayer, any an impassioned plea rise to God, the Creator

and Lover of Life, from every Christian community, from every group and association, from every family, and from the heart of every believer.

Jesus himself has shown us by this own example that prayer and fasting are the first and most effective weapons against the forces of evil. (cf, Matthew 4:1-11). As He taught His disciples, some demons cannot be driven out except by prayer and fasting (Mark 9:29).

Let us therefore discover anew the humility and the courage to pray and fast to that power from on high will break down the walls of lies and deceit: the walls which conceal from the sight of so many of our brothers and sisters the evil of practices and laws which are hostile to life. May this same power turn their hearts to resolutions and goals inspired by the civilization of life and love.”

Gospel of Life, Pope John Paul II, March 25, 1995, #100

8. Do you think that we are in a Spiritual War? If so, Why?

Already answered in Question #3.

9. What can participants expect to receive by taking part in the initiative?

Participants will receive tremendous graces from Heaven as they have chosen to take up their spiritual arms to join the battle against evil in our county and our world.

These warriors have said yes to Heaven’s requests to pray and fast and God will not be outdone in generosity.

10. What do you expect the results of Pray and Fast for America 2019 to be?

The conversion of many hearts and the establishment of Christ the King in our nation!