



# Pray and Fast for America

*Restoring America to its  
True Foundation*



## HEAVEN IS CALLING ALL PRAYER WARRIORS!

### Join the Year-Long Initiative to Pray, Fast, & Adore!

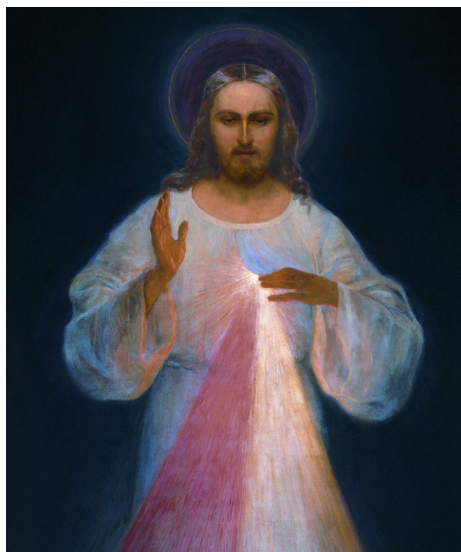
A great battle between Christ and Satan  
is happening in the world right now.

This great battle is particularly focused on  
the Soul of America by the Forces of Evil.

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.

### 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

### 7 Steps *for Restoration of America*



*Attend the  
Holy Sacrifice  
of the Mass*



*Spend time  
in Adoration*



*Pray the Holy  
Rosary & Divine  
Mercy Chaplet*



*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)*



# *Pray and Fast for America* Plan of **PRAYER & ACTION**



- **Attend** the Holy Sacrifice of the Mass, daily if possible.
- **Adore Our Lord in the Most Blessed Sacrament**
- **Pray** the Rosary daily - all four mysteries if you are able.
- **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](http://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 Sacred Heart of Jesus, the Immaculate Heart of Mary & St. Joseph.
- **Pray and promote** Devotion to the Most Precious Blood of Jesus.
- **Perform** Spiritual and Corporal Works of Mercy.
- **Organize a Eucharistic procession and Consecrate your parish, city, state and/or diocese to the Sacred Heart of Jesus and the Immaculate Heart of Mary.** Invite your pastor and/or Bishop to lead this.
- **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.
- **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 and the religious editors of your local newspapers/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 2022.
- **Host a Divine Mercy Celebration** at your parish, prayer group, or family gathering.

*Pledge Online Now to Pray, Fast, and Adore All Year Long for the Goals of this Initiative*

## **HERE'S HOW TO COMMIT TO PRAY, FAST, & ADORE:**

1. Go to [www.PrayAndFastForAmerica.org](http://www.PrayAndFastForAmerica.org)
2. Go to **Commit to Pray, Fast, and Adore Today** and sign up.
3. Below the map, add your commitment.
4. Fill out your personal information and **click SUBMIT.**
5. If you do not have a computer, choose some goals and pray, fast, and adore for them! See *Seven Steps for Restoration of America.*

