

# 31 WAYS

## to be Pro Abundant Life

Sometimes it's difficult to find practical ways to live out your pro-life beliefs. So here are thirty-one practical ways for you to live out your beliefs right in your community. Some ideas are as simple as saying a quick prayer, while others will require planning or financial investment. Tackle them in whatever order you're most comfortable with, and add your own! This is meant to be a simple tool to help you get started.

Here are just a few of the ways you can be intentionally, effectively Pro Abundant Life!



pray



break the cycle



church



support



educate



write

As you engage in these activities, watch how God works in and through you. You'll be so encouraged!



Pray that women and men making pregnancy decisions will choose life and choose Christ.

*I did it!* \_\_\_\_\_  
(date)



Find your local Care Net pregnancy center and pray for them.  
Your local pregnancy center is \_\_\_\_\_

*I did it!* \_\_\_\_\_  
(date)



Talk to your pastor about bringing [Making Life Disciples™](#) to your church.

*I did it!* \_\_\_\_\_  
(date)



Financially support your local pregnancy center.

*I did it!* \_\_\_\_\_  
(date)



Wear a Pro Abundant Life [t-shirt](#) when you go out.

*I did it!* \_\_\_\_\_  
(date)




Write your local pregnancy center a card of encouragement.


*I did it!* \_\_\_\_\_  
(date)





Ask your local pregnancy center what material donations they need and collect them.  
Example: Many centers empower life decisions by providing diapers, baby formula, clothes, and other supplies to clients.


*I did it!* \_\_\_\_\_  
(date)


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Pray for local abortion clinics and workers.
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Watch Roland Warren's Pro **Abundant** Life [video](#).
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And share it with a friend!
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"Adopt" a single parent, and include them and their child(ren) in your family activities.
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Pray for women who are being pressured to abort by a parent, partner, or employer; that they will have courage and choose life.
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Provide child care for a single parent.
  - 


Offer your professional skills to support your local pregnancy center – IT, bookkeeping, Social Media, Graphic Design, Marketing, etc.
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Plan to participate in a peaceful Life Chain event.
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Identify your local pro-life elected officials and write them a letter of encouragement and thanks.
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Download the BYD Mobile app and become familiar with it so you can help a friend make a life-affirming decision.
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Pray for your local elected officials.
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Share your own Pro **Abundant** Life vision on your social media accounts.
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Pray for the March for Life.
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Mentor a struggling young woman or man for 6 months.
- I did it!* \_\_\_\_\_  
(date)
  - I did it!* \_\_\_\_\_  
(date)
  - I did it!* \_\_\_\_\_  
(date)
  - I did it!* \_\_\_\_\_  
(date)
  - I did it!* \_\_\_\_\_  
(date)
  - I did it!* \_\_\_\_\_  
(date)
  - I did it!* \_\_\_\_\_  
(date)
  - I did it!* \_\_\_\_\_  
(date)
  - I did it!* \_\_\_\_\_  
(date)
  - I did it!* \_\_\_\_\_  
(date)
  - I did it!* \_\_\_\_\_  
(date)



Take [Caring Foundations](#) and prayerfully consider whether God might be calling you to volunteer at your local center.

*I did it!* \_\_\_\_\_  
(date)



Pray for pregnant women who are victims of domestic or intimate partner violence.

*I did it!* \_\_\_\_\_  
(date)



Download and read the free [Pro Abundant Life Booklet](#).

*I did it!* \_\_\_\_\_  
(date)



Pray for other life-affirming ministries.

*I did it!* \_\_\_\_\_  
(date)



Offer a night of childcare to a foster or adoptive family in your community.

*I did it!* \_\_\_\_\_  
(date)



Pray for [Pregnancy Decision Line](#) callers and coaches.

*I did it!* \_\_\_\_\_  
(date)



Support a [local maternity home](#).

*I did it!* \_\_\_\_\_  
(date)



Organize a weekly meal for one year for a new single parent, foster, or adoptive family.

*I did it!* \_\_\_\_\_  
(date)



Talk to your church about supporting a local pregnancy center.

Examples: take a special offering, volunteer to redecorate a coaching room, do landscaping, or throw a baby shower for the center's clients.

*I did it!* \_\_\_\_\_  
(date)



Buy gift cards and donate them to a pregnancy center for their clients.

Examples: gift cards for local grocery stores, department stores, or restaurants are helpful for busy, cash-strapped parents.

*I did it!* \_\_\_\_\_  
(date)

To find resources listed, visit: [www.care-net.org/31pal](http://www.care-net.org/31pal)

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