

4Life Prayer

(For use in Center for Life meetings)

I. INTRODUCTORY

Song

L: Glory to God in the highest X3
All: Amen

L: Lord, send forth Your Spirit.
All: And we shall be created anew.

L: Lord, You proclaim the Gospel of life.

All: Not by bread alone shall we live, but by every word that comes forth from thy mouth.

L: Lord, You came that we may have life.

All: Grant us life in abundance.

L: Our Father,

All: Who art in heaven...

[1] Lord, come and permeate the depth of our being.

[2] O Father, source of life, O Son, Redeemer of life, O Spirit, breath of life, lead us to life everlasting.

[1]"Behold the handmaid of the Lord, may it be done to me according to thy word."

[2] Help us Lord to resound Mary's YES when we completely trust you as we accept life.

L: Dear Lord, Mary did not sit downcast trying to untangle the paths of struggle before her. She went out IN HASTE to minister to her cousin Elizabeth.

All: Grant that we too may go IN HASTE with courage to be ministers of the Gospel of Life and in joy, proclaim with Mary.

II. Song followed by Praise and worship

III. Word of God and Reflection

[1] Your hands form man in his mother's womb, the workplace of the Master of life

[2] You are the potter and we are the clay, mold us we pray.

[1] Before one is born, You call their name.

[2] Your call is heard in the depths, and we come into existence.

[1] Will a mother forget her the child of her womb?

[2] Even if she forgets, You never forget Your own. You have carved us in the palm of Your hands.

All: Lord grant that we may have a generous heart to welcome every life and to admire the work of your hands

Our Father.... Hail Mary.... Glory Be...



[1] Dear Lord, as the joys and struggles continue in life, help us to reach out to the downtrodden, the depressed, the helpless, the lonely, the sick, and the mentally and physically challenged.

[2] We remember Lord when the leper approached You and said, "If You wish, You can make me clean."

[1] Moved with pity, You stretched out Your hand and said to him: "I will do it. Be made clean"

[2] The leprosy left him immediately, and he was made clean.

All: Help us to respond as You did my compassionate Lord, and to have the WILL, to stretch out our hands, to be present to, and to carry those in need.

Our Father....Hail Mary...Glory be...

[1] Dear Lord, give us the faith of the four friends of the paralytic man

[2] When they could not get him near to you because of the crowd, they did not despair or give up hope.

[1] They climbed on the roof and brought the paralytic down to You. Seeing their faith, You said to the paralytic, "Child, your sins are forgiven."

All: Help us Lord to have the wisdom, faith, and conviction of these four friends to do what You want us to do. Help us to come before You with that deep inner faith in the face of unanswerable questions and difficult decisions.

Our Father....Hail Mary...Glory be....

IV. Spontaneous Intercession

L: Teach us, Lord, to be missionaries of the Gospel of Life as You have taught us. Allow us to be vibrant witnesses of the abundance of life in a world of apathy. Let us be a channel of Your breath of Life to the world.

All: May spirit of life who incubated the earth to bring forth life overshadow us. May we become the font of life giving waters and refresh the whole world. May The Lord the Father, the Son, and Holy Spirit bless us. Amen.

OR

Priest: May spirit of life who incubated the earth to bring forth life overshadow you. May you become the font of life giving waters and refresh the whole world. May The Lord bless you, the Father, the Son, and Holy Spirit. Amen.

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CENTER FOR LIFE



All together, we must build a
Culture of Life
Evangelium Vitae

"To have life
and have it abundantly" Jn.10:10



Why we need to defend and protect life?

“The victims of this [throwaway] culture are precisely the weakest and most fragile human beings — the unborn, the poorest, the sick and elderly, the seriously handicapped, etc. — who are in danger of being ‘thrown away,’ expelled from a system that must be efficient at all costs.” (Pope Francis).

In this consumeristic culture Human life has lost its value and dignity in many ways. Human life has become a commodity. The meaning of love has been diminished and limited to “eros” (selfish love). The meaning of true love “agape” is not a popular within the society. The life is being severely attacked in the earliest and its final stages and these attacks are no longer to be considered as “crimes”; paradoxically they assume the nature of “rights”, to the point that the State is called upon to give them legal recognition and to make them available . Such attacks strike human life at the time of its greatest frailty, when it lacks any means of self-defence. Even more serious is the fact that, most often, those attacks are carried out in the very heart of and with the complicity of the family, "the sanctuary of life" (Evangelium Vitae.2).



Our life is worth living irrespective of our circumstances and what challenges it brings into us. As Pope Francis says “All of us must care for life, cherish life, with tenderness, warmth...to give life is to open (our) heart, and to care for life is to (give oneself) in tenderness and warmth for others, to have concern in my heart for others.”

What is a Center for Life?

The goal of Center for life is to establish a supporting system in every Mission/Parish, to respect, protect, love and serve the life of every human (EV. 5). Its mission is to provide a platform for the parishioners to come together to experience the Gospel of Life and have the true inspiration to serve God and others, in order to bring the Joy of Life in the Parish and in the families. Constituted by pro-life families and youth in the Parish/Mission, the center will provide factual information, authentic teachings, and motivation to young people “to show care for all life and for the life of everyone" (EV. 87).

How to begin a Parish/Mission Life Center

Attending a 4Life training is highly recommended before we begin the life center. But in some settings the 4life program is not a feasible option, then start praying to the Holy Spirit to inspire two or three families to come together and start a 4life prayer cell on a weekly basis with the consent of the local Pastor.



The parish center for life gatherings may be made more rich and engaging by prayerful reflection and studies of the the documents like Evangelium Vitae, Donum Vitae and The Joy of the Gospel

series or related Catholic Church documents more relevant to the need of a particular community. The life center should evolve by following the divine inspirations of the Holy Spirit from which may be an offshoot of the retreat, study or bringing together a group of people who are truly inspired to serve life.

Parish Life Center is is not a social service organization but, its members should have an intense desire to serve the Church in the matters of life, a deeper awareness of the Church teachings or having a desire to dive into the church teachings and subscribe to it, a reasonable maturity in their behaviour in the day to day interaction with others, and the obedience to the Church authorities and be an active member of the parish.

Under the guidance of the Pastor of each Parish/Mission they may come together in prayer to discern the needs of their individual parish and how those can be addressed by following the Divine Inspirations of the Holy Spirit. As Cardinal Joseph Ratzinger describes in the article New Evangelization, we must offer in humility as a mustard seed (Matthew 13:31-32) to the Divine providence.



Life centered working style and activities:

- Offer up prayers, penance and sacrifice for the sanctity of life.
- Develop a compassionate heart towards the human beings listen their stories to identify the people/families those who need assistance.
- Prayerfully consult with the Pastors of the concerned Parish/Mission for his guidance support and blessings to go ahead with the Life Center initiatives.
- Prayerful discernment to listen to the voice of the Holy Spirit is the most essential part before and after each activity. Payers could be Divine Mercy, Rosary Adoration, Lectio Divina, Divine Office etc.



- Members are encouraged to adapt a sacrament centered lifestyle to draw the power from the Holy Sacraments of the Holy Catholic Church.

- Organize seminars or life retreats and making the teachings of the church available to the parish.
- Organize Adoration and Intercession for Life
- 40 hour Adoration starting on Friday evening ending Sunday morning.
- Rosary for life, procession to grotto if possible
- Show pro-life video and short movies like Tree of life.
- Poster exhibition, PowerPoint presentation,
- Circulating leaflets or CDs or other prolife materials
- Having thematic presentations to build the culture of life: value of unborn life, contraception, NFP, need for more children, respecting and taking care of elders.
- Youth group, kids and families could go visit abortion clinic and involve in their activities
- Identify the families need help during the pregnancy and post pregnancy period.
- Support if there is a medical emergency
- Support families when there is a loss of beloved ones
- Support for young adults who are getting married.

For more details: www.4life.jesusyouth.org