



I, _____, with a renewed commitment to defend the value and sanctity of every human life, commit to the following prayer and fasting for the next 40 days, with the intention of ending the legalized violence of abortion, for the healing of those who have suffered abortions, & for a renewed Culture of Life. I unite my prayers and fasting with all those participating in 40 Days for Life, & I am confident that God hears and answers our cry to Him.

(Prayer and Fasting Commitment for the 40 Days)

(retain the upper portion of this commitment card as a reminder of your commitment, and give the lower portion to your group's coordinator to be posted as an encouragement and reminder to others.)

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