

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 31 practical ways 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 at [care-net.org](https://www.care-net.org). Pray for them. Your local pregnancy center is _____

I did it! _____
Date



Making Life Disciples is a basic training for individuals in your church to be first responders to women and men faced with pregnancy decisions. 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



Take a tour of your local pregnancy center.

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



Pray for local abortion clinics and workers.

I did it! _____
Date



Watch Roland Warren's Pro Abundant Life [video](#).

I did it! _____
Date



And share it with a friend!

I did it! _____
Date



"Adopt" a single parent, and include them and their child(ren) in your family activities.

I did it! _____
Date



Pray for women who are being pressured to abort by a parent, partner, or employer; that they will have courage and choose life.

I did it! _____
Date



Provide child care for a single parent.

I did it! _____
Date



Offer your professional skills to support your local pregnancy center – IT, bookkeeping, Social Media, Graphic Design, Marketing, etc.

I did it! _____
Date



Plan a prayer walk around your local center.

I did it! _____
Date



Identify your local pro-life elected officials and write them a letter of encouragement and thanks.

I did it! _____
Date



Download the BYD Mobile app and become familiar with it so you can help a friend make a life-affirming decision.

I did it! _____
Date



Pray for your local elected officials.

I did it! _____
Date



Share your own Pro **Abundant** Life vision on your social media accounts.

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



Invite younger women and men into discipling relationships.

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 that women and men are transformed by the Gospel of Jesus Christ.

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



Make a meal plan by connecting with your local pregnancy center to provide a meal when a mom comes home after giving birth.

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



Pray for post-abortive women dealing with grief and regret from their chemical abortion they experienced at home alone.

Pray she finds hope and healing through our new "Forgiven and Set Free" study.

I did it! _____
Date