

Pray and Fast for America 2018

*365 Days of Masses, Prayers and Fasting
for our President, Leaders, Families, and the Church*

Plan of Prayer and Action

- **Attend** the Holy Sacrifice of the **Mass**, daily if possible
- **Pray** the **Rosary** daily – all four mysteries if you are able.
- **Attend** One **Holy Hour Prayer Vigil** per week – more, if possible.
- **Recite** the **Divine Mercy Chaplet** daily – several times a day, if possible.
- **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 website for more ideas on ways to fast.
- **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 Aloccoque.
- **Consecrate** yourself to the Immaculate Heart of Mary & the Sacred Heart of Jesus.
- **Consecrate** yourself to your Guardian Angel.
- **Pray and promote** Devotion to the Most Precious Blood of Jesus.
- **Perform** Spiritual and Corporal Works of Mercy.
- **Go to your local parish** office and pay a stipend for Mass intentions for the protection and Divine guidance for our President, his family, our Nation's leaders, our families, our Church, and our Priests.
- **Talk to your Pastor and Priest** requesting that they hold Eucharistic Adoration, Holy Hours, Rosary Vigils, Novenas, and/or other devotions in support of the **Pray and Fast for America Goals**.
- **Ask your parish's prayer groups**, the 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**. Ask them to include the **Pray and Fast for America** flyer, press release, and publicity about the Prayer Campaign in their publications.
- **Sponsor a school Mass**, praying for our country, our leaders, our Church, our Priests.
- **Have Catholic school students** get involved in the **Pray and Fast for America Goals 2018**.

Prayandfastforamerica.org