

## Pro-Life Examination of Conscience

### Commitment

- Am I fully convinced that abortion is the destruction of an innocent human life which has the same value as my life, my parents' lives, my children's lives?
- Do I foster and nourish this conviction by reflecting often on the tragic loss of life occurring daily around me?
- Do I ever allow myself the thought that abortion does not really concern me and that I have "more important" things to do?
- Do I believe I am responsible for my pre-born brothers and sisters, and accountable to God for what I do to save them?
- Are my efforts genuine and generous?
- Are all of my efforts guided by charity?
- Am I ready to launch out with new strength, generosity, and determination to bring an end to abortion, without counting the cost to myself?
- Am I grateful enough for the gift of life to work to give life to others?

### Faith & Prayer

- Do I pray daily explicitly for an end to abortion?
- Do I pray for the babies, the mothers, the abortionists, the legislators, the media, the clergy, and the whole pro-life movement?
- Do I escape from taking action by thinking that prayer alone is enough?
- Do I thank God for the privilege of being part of the pro-life movement?
- Do I have faith that God is the Lord of Life?
- Do I believe the whole struggle is in His hands?
- Do I trust Him and ask for His guidance?
- Do I keep my eyes on Him, or do I allow discouragement in by focusing only on the problem and myself?

### Sacrifice

- Do I fast or make other sacrifices I can really feel or do I believe the fight against abortion can be easy?
- Do I try to make it easy and convenient or do I take shortcuts in my pro-life commitment?
- Do I give financially to the cause even when it hurts?
- Is financial loss on my part worth the life of a child?
- Am I willing to give more time to this cause and cut out other activities which are less urgent than life and death?

## Talents & Skills

- Do I try to come up with new ideas for pro-life work?
- Do I suggest these ideas to others or just forget about them?
- Do I develop my talents, whatever they may be for the pro-life cause?
- Do I only do what's comfortable, or do I try to expand my skills?

## Knowledge

- Am I learning more about the issues surrounding abortion and about the pro-life movement?
- Do I read good pro-life books?
- Do I subscribe to at least one pro-life publication so that I can be well informed on the issue?
- Do I seek the advice and input of those more experienced in pro-life work?

## Empathy

- Do I try to grow in compassion for women who are tempted to have abortions or who have had them in the past?
- Do I try to understand their situation and learn more about their needs?
- Do I inspire hope in women I know who have had abortions?
- Do I help them find forgiveness and healing?

## Action

- Do I see pro-life work as a work of love for people who are in need, or is it just an "issue" or a "project" to me?
- Do I speak up about pro-life?
- Do I make full use of the opportunities I have, such as wearing pins or using bumper stickers or decals?
- Do I write letters to the paper or to legislators or to doctors?
- Do I allow my lack of self-confidence to paralyze my activity?
- Do I gladly participate in projects that need to be done, even if I don't particularly want to?
- Do I foster unity in the movement?
- Do I encourage my fellow pro-lifers?
- Do I follow the advice or direction of those who bear responsibility for pro-life projects or groups, so as to make their task easier?
- Do I help women find alternatives to abortion?

## Health

- Do I take proper care of myself, physically and spiritually, so that I can be more effective in my pro-life work?
- Do I rest when I need to?
- Do I allow unhealthy competition between pro-life persons or groups to begin or continue?

*Am I ready from this day forward to be a better pro-lifer?*

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