Tuesday 23rd June 2026

National Day of Prayer & Fasting For Life

A great prayer for Life is urgently needed. *St John Paul II*



Vigil of the Feast of St John the Baptist

Join us each month in Prayer and Fasting:

<u>Fasting</u>

Fast from all food except bread and water for the day

Or

Fast from a particular food or luxury, e.g. chocolate, alcohol, cigarettes, TV.

Fast from whatever you can given your state of health etc, but make sure it is something that involves a sacrifice to yourself.

<u>Prayer</u>

We are asking people to say a Rosary (or an extra Rosary if you say it daily already).

You could also offer an extra effort such as going to Mass (or an extra Mass) on the day, or going to Adoration. You can even pray before a closed tabernacle if Adoration is not available near you.

And He said to them; This kind (of demon) can go out by nothing, but by prayer and fasting. (Gospel of Mark 9:29)

On Tuesday 23rd June, the Vigil of the Feast of St John the Baptist, please pray and fast for the end of abortion and euthanasia. Your prayer and fasting is urgently needed.

The Good Counsel Network on 020 7723 1740.

www.GoodCounselNetwork.com

And the people of Nineveh believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least…God saw their efforts to renounce their evil ways. And God relented about the disaster which He had threatened to bring on them, and He did not bring it. *(Jonah 3:5,10)*

This poster was produced by *Sackcloth and Ashes* at The Good Counsel Network