

9 Days For Life: Praying for Life Year Round May 2016

What Is Authentic Love?

Intercession: May Our Lady's example inspire us to authentic love graced with generosity and respect.

Prayers: 1 Our Father, 3 Hail Marys, 1 Glory Be

Reflection: Authentic love includes respecting each other and seeking each other's good. Though at times challenging in its self-sacrificial nature, it helps us become more fully who we are created to be and leads to our ultimate happiness.

God's call to love encompasses all relationships and helps us understand the importance of *chastity*. Although often an "unpopular word," Pope Francis reminds us of its true essence: "It is in fact the way of genuine love . . . which does not seek to use the other for one's own pleasure. It is a love that considers the life of the other person sacred: 'I respect you, I don't want to use you.'" [1]

Pray for us, Blessed Mother, that we may follow your example of authentic love.

Acts of Reparation:

Pray the *Angelus* once today and again on the Feast of the Visitation (May 31). Contemplate Our Lady's example of a life animated by authentic love.



Read the bishops' statement, *Create in Me a Clean Heart: A Pastoral Response to Pornography*. Discover the beauty of a true vision of human sexuality, learn how pornography affects virtually everyone in some way, and receive the message of mercy, healing, and hope through Christ.

Throughout this month of May, traditionally dedicated to Mary, share the hope-filled message of real love with our social media kits: "10 Surprising Tips for Love the Culture Won't Tell You" and "Love 101: Back to Basics."

One Step Further:

Discover reasons for and benefits of chastity from the perspective of a young woman committed to the Church's vision of human sexuality in "Love 101: Back to Basics," a lighthearted, but informative, article.

[1] Address during Meeting with Children and Young People, Pastoral Visit to Turin (June 21, 2015).