

# How You Can "Speak"

Ideas on how you can speak on behalf of those who cannot speak for themselves.



Many people say,  
"Yes, we are pro-life.  
But what can we do?"

This booklet offers over  
200 practical ways for you  
and your local congregation  
to speak up For Life.

I was shaking hands after preaching a Life Sunday sermon. Out of the corner of my eye I could see three women, and it was apparent by their posture they were waiting to speak to me. My immediate thought was that I must have somehow offended them. My fears were allayed, however, when they smiled as they approached me. “That was a great sermon,” one of them said. “Thank you,” I responded knowing somehow that more was coming. It did. “But, you didn’t tell us *what* we could do.” They were right. I had preached a sermon that encouraged action on the part of the listeners, but I did not give them any direction or guidance for that action.

This booklet is designed to correct that error! As you will see, we brought together a multitude of ideas! And they are more than ideas. Most have been used and found effective by the people submitting them. Some of these ideas are very simple. Some are very lofty. Some can be done easily; others require a great deal of work and organization. However, in this long list there is certainly something for you—ways you too can speak on behalf of those who cannot speak for themselves, ways you can share the compassion of Christ, ways you can help educate others about the need for action. To paraphrase a familiar expression:

**“Don’t just sit there in your pews! Do something For Life!”**

Our prayer is that what follows will help.

Rev. Dr. James I. Lamb  
Executive Director, Lutherans For Life

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## **God's Promises for Those Who Speak in His Name**

“Not by might, nor by power, but by my Spirit, says the LORD of hosts”  
(Zechariah 4:6).

“Do not be afraid of them, for I am with you to deliver you,’ declares the LORD ... ‘Behold, I have put my words in your mouth’” (Jeremiah 1:8-9).

“But you, dress yourself for work; arise, and say to them everything that I command you. Do not be dismayed by them, lest I dismay you before them”  
(Jeremiah 1:17).

“They will fight against you, but they shall not prevail against you, for I am with you, declares the LORD, to deliver you” (Jeremiah 1:19).

“Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world” (1 John 4:4).

“For the eyes of the Lord are on the righteous, and his ears are open to their prayer ... But the face of the Lord is against those who do evil ...  
Have no fear of them, nor be troubled” (1 Peter 3:12, 14b).

“Whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ.  
To him belong glory and dominion forever and ever. Amen.”  
(1 Peter 4:11).

“Listen to me, you who know righteousness, the people in whose heart is my law; fear not the reproach of man, nor be dismayed at their revilings”  
(Isaiah 51:7).

“For God gave us a spirit not of fear but of power and love and self-control”  
(2 Timothy 1:7).

“Now therefore go, and I will be with your mouth and teach you what you shall speak” (Exodus 4:12).

The first three in our list of ideas we believe to be of critical importance. People will not be moved to take action For Life until they realize the connection between the Word of Life and the life issues. Making that connection in our congregations and families is a primary focus of LFL.

## Speaking in the Church

- Encourage your pastor and congregation to participate in LFL's *Renewal For Life* initiative which helps make addressing the life issues an ongoing part of the congregation's ministry.
- Share *Life Thoughts in the Church Year* with your pastor. (*Life Thoughts* offer suggestions on how to incorporate a life message throughout the church year.)
- If you have a day school, encourage the use of LFL's *Teaching For Life* integrated curriculum. Offer to purchase it!
- Provide *GOD'S WORD for Life* Bibles (which include pro-life commentaries) for the congregation. Give one to your pastor.
- Offer to facilitate a Bible study on one or more life issues in your congregation or provide Bible study materials available from LFL to your church's Board of Education. *Life Studies – Volume One* (Item 1620BS) is a good Bible study resource (along with the Bible study offered in each issue of *Directions*).
- Speak to organizations in your congregation—short presentations of 15 to 20 minutes. They may extend the time with Q & A. DVDs and PowerPoint® sermons are available from LFL.
- Volunteer to serve on the Human Care Board or similar committee in your congregation.
- “Man” a display table few times a year (or quarterly) at your congregation. Have up-to-date materials/displays and be there to answer questions or give information.
- Sponsor Creation events by utilizing speakers, videos, book giveaways, etc.

- Using the model of Titus 2, host a small group of grandmothers, mothers, and daughters at a “tea room” or in your home to discuss biblical womanhood, purity, and love for God’s gift of life. (Pertinent LFL resources are available or go to [www.titus2-4life.org](http://www.titus2-4life.org).)
- Using the model of Titus 2, host a small group of grandfathers, fathers, and sons in your home or in the youth room at church to discuss biblical manhood, chivalry, and protection of human life. (Pertinent LFL resources are available or go to [www.titus2-4life.org](http://www.titus2-4life.org).)
- Place a small literature rack with brochures and booklets on chastity, post abortion healing, etc. in the rest rooms at church.
- Review a pro-life book for your church newsletter.
- Design a pro-life page—or submit articles—for your church newsletter and/or web site. Include quotes and facts as well as suggested LFL brochures, booklets, tracts, DVDs, Bible studies, and curricula.
- Link to national Lutherans For Life on your congregation’s web site (and link to your LFL state federation web site, if applicable).
- Pass out LFL membership brochures as the congregation leaves church. Have LFL chapter members do this so it is more like a personal invitation. Encourage membership in LFL.
- Host a Mother/Daughter tea and have a female Christian medical professional speak. Show the DVD *Eyewitness 2 – The Next Generation*.
- Host a Father/Son event and have an environmentalist speak about how male animals care for their young. An outdoor/nature theme could be incorporated.

- Hold a class for parents of preschool children at your church to include your pastor discussing baptism, Sunday school, and other opportunities for Christian education and family ministry. A Christian financial planner and a Christian psychologist could also be very helpful speaking to the class.
- Put For Life materials in the church library.
- Have an annual soup/sandwich supper on Life Sunday and invite a speaker, sing songs/hymns, and have a prayer vigil.
- Provide life issue (such as LFL's *Life News*) bulletin inserts for your congregation.
- Sponsor an annual "Resurrection Workshop" at your church. This workshop led by your pastor will let participants share their wishes concerning their will, funeral, and burial arrangements. Have LFL materials concerning end-of-life issues available for the class. Participants may also fill out and sign a notarized form that states their desire to have pastoral care until life's end. This has shown itself to be important for dealing with situations where the spouse or children are unbelievers.
- Computer generate pro-life Christmas cards and give one to each family in the congregation using the church mailboxes or send out with the church newsletter.
- Establish a life-affirming bulletin board at church with simple pro-life messages and cartoons. This could be set up in the fellowship area where lots of folks will see it. Keep it current.
- Speak about the ministry of Lutherans for Life and the importance of addressing the life issues at your church's new-member orientation activities.
- Sponsor Lenten soup suppers for your congregation.
- Sponsor a Mother's Day breakfast.
- Show the *For Life* DVD (available from Lutherans For Life) to church groups.

- Host a coffee hour after worship and distribute pro-life/LFL materials.
- Speak to church groups and community organizations about the ministry of Lutherans For Life and the importance of connecting God’s Word to the life issues.
- Place LFL’s *Life Quotes* in your congregation’s weekly bulletin and/or monthly newsletter.
- Give a life issue and/or LFL chapter report at congregational voters’ meeting.
- Set up a “Life” Christmas tree in a prominent place.
- Sponsor a candlelight memorial service in front of the church.
- Hold a “Celebrate LIFE!” party.
- Provide copies of *LifeDate* for members of your congregation. (Contact Lutherans For Life for bulk ordering information.)
- Post baby/baptism pictures on church bulletin board.
- A small Christmas tree is placed somewhere outside the sanctuary, along with red hearts on ornament hooks. Anyone who has lost a child through any means (abortion, miscarriage, illness, etc.) has the opportunity to write the child’s name on a heart and hang it on the tree, offering a private prayer.
- Make laminated crosses for Mother’s Day with pro-life Bible verses on them.
- Encourage your congregation to observe a Sanctity of Human Life Sunday. New materials are available each year from Lutherans For Life (bulletin insert, sermons, worship service formats).

## Notes:



## Speaking Through Worship

- Provide altar flowers dedicated to mothers (Mother's Day) and give them to moms after church service has ended.
- Have your adult and/or children's choir sing *God Knew Your Name* during the worship service. Have the lyrics printed in the bulletin.
- Place a white flower in chancel/altar when a person is baptized (representing the new life found in Christ).
- During worship services display banners designed as crib quilts which can later be donated to a pregnancy center.
- Have a "Celebrate Life" service on March 25<sup>th</sup> (The Annunciation of our Lord).
- Check with LFL to see what special services/sermons they offer connecting the life issues to the Church Year.
- Make a For Life banner for church in conjunction with Life Sunday or other event.
- Distribute *God Loves Life* DVDs and sheet music.
- Use LFL's Mothers' Day and Fathers' Day inserts.
- On Life Sunday, celebrate the baptism of all children baptized since the previous year's Life Sunday. Each family gets a letter of invitation prior to the Life Sunday "celebration."

## Notes:

# Speaking to Our Families

- Support speakers and have regular educational events for families on all life issues.
- Bring the *Touch of Life* fetal models with you to family reunions, on vacation, Bible Camps, etc. Then just take them out to powder (clean) them, and soon you will have a crowd of kids/adults around you asking about them!
- Teach your children about abortion. Teach your children that life is precious from conception to natural death.
- Teach your children sexual purity/chastity.
- Talk to family and friends about what God's Word says about life issues.
- Speak the truth with Love.
- Encourage a study of Genesis and God's plan for families.
- Encourage praying together with others for a different life issue or someone facing these issues, on a daily basis.

## Notes:

## Self Speak

- Read and study God's Word and pray!
- Join and support Lutherans For Life and read the materials you receive from LFL.
- Sign up to receive LFL e-mail alerts and articles.
- Use LFL's web site and Facebook and Twitter pages to become better informed on the life issues and their connection to God's Word.
- Become an LFL Life Ministry Coordinator.
- If you are on-line, subscribe to other e-mail services that give life issues synopses on current issues ([www.lifenews.com](http://www.lifenews.com), [www.lifesite.net](http://www.lifesite.net), [www.nrlc.org](http://www.nrlc.org), [www.spuc.org.uk](http://www.spuc.org.uk), [www.christianliferesources.com](http://www.christianliferesources.com)).
- Learn more about adoption as a loving alternative to abortion.
- Read magazine articles, books, etc on life issues.
- Get a free subscription to *LifeDate* from LFL.
- Wear "Precious Feet" or "Precious Hands" pins and be prepared to answer when people ask about them.
- Use positive pro-life address labels and stickers on all your personal mail. Use pro-life checks to pay bills, buy groceries, etc.
- Thank your pastor after a pro-life sermon or Bible study.
- Send Christmas or birthday cards with a pro-life message.
- Give a "Precious Feet" or "Precious Hands" pin to a confirmand along with a pro-life resource (brochure, booklet, CD, DVD).
- Participate in your local LFL chapter and keep in contact with local Lutheran pastors and congregations.

- Run for political office.
- Wear pro-life T-shirts.
- Put a pro-life bumper sticker on your car or a static sticker on your car window.
- Support hospice care.
- Talk to your doctor about abortion and euthanasia.
- Subscribe to pro-life publications.
- Learn how you can help women and men who need ministry after an abortion through LFL's Word of Hope ([www.word-of-hope.org](http://www.word-of-hope.org); 888-217-8679).
- Publish a pro-life newsletter.
- Keep informed about your church body's stand on life issues and share with members of your congregation.
- Serve as a "sidewalk counselor" in front of an abortion clinic. Check with a local pregnancy center for training.
- Peacefully picket/pray/handout LFL materials in front of an abortion clinic.
- Sponsor a needy child through Children's Christian Concern Society, World Vision, or similar ministries and organizations.
- Know why you are pro-life.
- Financially support Lutherans For Life and other pro-life efforts.
- Be ready for opportunities to witness. Keep pro-life resources (brochures, booklets, CDs, DVDs) in your purse, briefcase, or car.
- Come to an LFL conference.

- Don't assume the "experts" know more about the fundamental issues than you do.
- Become informed and talk about the scientific and medical facts regarding fetal development.
- Speak the truth in Christ-like love.
- Speak of Christ's forgiveness and the power (by the Holy Spirit) to live a new life.

## **Notes:**

## Helping Others to Speak

- Place flyers at church or give them to friends/neighbors/acquaintances when congressmen and congresswomen should be contacted regarding bills in the House of Representatives or the Senate.
- Support Christian Medical & Dental Associations medical students, etc. with speakers, funds, and encouragement.
- Give Christian Medical & Dental Associations students pro-life Bible materials, pocket Bibles, etc.
- Host an “in-home” Bible study on life issues. Provide time for prayer, discussion, and fellowship.
- Invite people to attend LFL state conferences as a group.
- Raise money to send congregational members or local LFL members to the annual LFL National Conference.
- Adopt a seminarian.
- Hold a “Pastor’s Breakfast.” Distribute information about Lutherans For Life. (If pastors do not come, hand-deliver the information to them and encourage them to speak out about life issues from the pulpit.)
- Offer scholarships to students to attend the Lutherans For Life National Conference.
- Hold a workshop on life issues for Sunday school teachers.
- Encourage your pastor to apply the Law and the Gospel to all life issues.
- Encourage your pastor and congregation to become a part of Renewal For Life through Lutherans For Life.
- Give a list of community pro-life speakers, services, and organizations to your pastor.

- Encourage people to visit with their grandparents and other older people. Help them to learn and appreciate the wisdom that comes from living many years.
- Support pro-life teachers and administrators by sending cards, offering encouragement, and providing them with pro-life resources.
- Let pro-life folks know about LFL resources and tell how they can get them.
- Promote the “Adoption Option” with seminars, workshops, or informational brochures.
- Distribute the *A Lutheran Catechism on Abortion and Life* booklet.
- Distribute copies of the brochure, *Abortion and the Message of the Church: Sin or Salvation?*, available from LFL.
- Start a Lutherans For Life chapter.
- Encourage others to sign up to become a Life Ministry Coordinator.
- Sponsor a Mother’s Day baby shower for a local pregnancy center.

## Notes:

## Speaking with/through Children/Teens

- Have the youth sponsor a “dresser drive.” The congregation is asked to fill a refinished dresser (located at church) with new or “gently used” baby items to be donated to a local pregnancy center.
- Sponsor a needy child through World Vision, Child Reach, etc.
- Let Lutheran school teachers and administrators know you are willing to speak about life issues.
- Purchase LFL’s *Teaching For Life* integrated curriculum for your day school.
- Make sure sex education classes in local high schools hear the chastity message—encourage equal time!
- Turn VBS week into “Celebrate Life” week! Make use of LFL materials for opening devotions. (A number of Children’s Messages are available.) Adapt the curriculum *God’s Gift of Life* for daily lessons. Instead of making crafts to take home, have the students create items for moms and babies in the congregation or for a local pregnancy center. Set up an LFL display.
- Make up “Student Pro-life Packets” for youth in your congregation who want to write a paper, do a debate, or speak on a life topic in school. Separate packets might include information on fetal development, abortion and its consequences, cloning, or euthanasia.
- Show pro-life DVDs to your junior high and high school youth groups.
- As part of a Christmas program, have children bring in a new baby gift (clothing, diapers, toy, or formula) as a gift for Baby Jesus. Donate these gifts to a pregnancy center or a needy family within the community.



- Give each Sunday school class an empty gallon milk jug nine months before Life Sunday and challenge the children to fill it with pennies (full jug is supposed to weigh the approximate size of a large newborn). Each month, they will keep track of the “baby’s” progress (size, weight, length, and activity) through pictures brought in by the teacher. The children should “name” their baby. If the class fills more than one jug, they will have twins or triplets! The babies are to be “born” on Life Sunday.
- Plan and hold a youth seminar on chastity.
- Hold a Life Sunday coloring contest for kids.
- Offer scholarships to students to attend the Lutherans For Life National Conference.
- Hold a “Children’s Day/Kid’s Day Picnic” with fun, games, and food—all with a “Celebration of Life” emphasis.
- Sponsor a “Life Awareness” pro-life speech/essay/poster contest and hold an awards banquet.
- Make young people aware of LFL’s web site and Facebook and Twitter pages.
- Purchase fetal models for use in high school science classes.
- Send care packages to college or service bound young people. Include pro-life brochures, names of local churches and, if possible, names of LFL members in the area.
- Have a chastity chapel service at a church or school.
- Host a parent-youth seminar on chastity.
- Sponsor a mentoring project (two or three times a year) by distributing prayer packets to the congregation to pray for their teenage members. Each member who takes a packet commits to praying for their teen for three months and sends them notes of encouragement.
- Model your faith to younger people.

- Support a Students For Life group at an area high school, college, or university.
- Sponsor a pizza party for high school youth and discuss life issues.
- Encourage youth and others to speak out on abortion in their schools, churches, and communities.
- Sponsor an activity to help young people empathize with the elderly and disabled. (For example, put Vaseline® on glasses, stiff gloves on hands, etc.)
- Find out what is being taught in your schools on life issues.
- Give Easter baskets to teen moms. Include baby toys, personal items, perfume, soaps, Christian symbols, and literature.
- Give “new mother bags” (daily devotions, Bible, LFL brochures, cosmetic items, etc) and quilts and layettes for teen moms to a pregnancy center.
- Speak to teens about the gift of sexuality and the beauty of chastity. Write a letter of encouragement to sons, daughters, nieces, nephews, neighbors, and godchildren.

## **Notes:**

## Speaking Through the Media

- Write newspaper editorials or letters to the editor informing the community about any life topic.
- Place a “Word of Hope” ad in your local newspaper or on your local radio/TV station by simply using the following text: “Hurting from Abortion? A *Word of Hope* can help. 888-217-8679; [www.word-of-hope.org](http://www.word-of-hope.org); Confidential ... Caring.”
- Erect a pro-life billboard.
- Publish a pro-life newsletter.
- Pay for pro-life ads in your local newspaper.
- Place a pro-life ad on a city bus.
- Put local media on the *LifeDate* mailing list.
- Organize a letter writing campaign.

### Notes:

## Speaking to Our Communities

- Speak to your neighbors on a one-on-one basis about their ideas on cloning, embryonic/adult stem cells, etc.
- Compile a list of e-mail addresses of friends/neighbors. E-mail them life issue-related messages periodically—once a week or more frequently if “things” are happening faster.
- Have an information/exhibit table at a local mall or community events.
- Work county fair pro-life booths.
- Take pro-life materials to jails; place items in their libraries.
- Enter a pro-life float in a parade.
- Encourage pastors not only to speak out from the pulpit on life issues but also to sponsor a pro-life forum/panel to educate parishioners on the life issues. The panel could include a doctor/nurse, lawyer, pastor, and a pregnancy center staff person. Invite the community to attend as well.
- Produce and distribute Spanish pro-life materials where needed.
- Speak to church groups and community organizations about the ministry of Lutherans For Life.
- Hold a public debate in defense of pro-life issues or support organizations capable of doing such.
- Organize groups to participate in “Life Chain” ([www.nationallifechain.org](http://www.nationallifechain.org)) events and/or the “March for Life” ([www.marchforlife.org](http://www.marchforlife.org)) in Washington, DC and have a time of fellowship afterwards.
- Sponsor a candlelight memorial service in front of the church.
- Distribute “Precious Feet” pins to all new mothers in the county.

# Speaking Through Displays and Booths

- Prepare posters or half-page flyers that can be posted in your church or placed on a table for people to pick up and read.
- “Man” a display table a few times a year at your local congregation. Have interesting materials/displays and be there to answer questions or give information.
- Have an information/exhibit table at a local mall or community events.
- Work county fair pro-life booths.
- Put up a cross display. If you don’t have the yard space at church, cut out paper crosses and display them inside. (Contact LFL for information on the availability of a cross display in your area.)
- Go where the people are already gathered (district/regional assemblies, church services, Sunday schools, county or state fairs, youth group meetings, secular events where you can rent a display table area).
- Lay a wreath of flowers in front of abortion clinics.
- Use posters on fetal development to teach about the sanctity of human life. (Order *Watch Me Grow* posters—and brochure—from LFL.)
- While making a presentation, have 50 balloons popped, one every minute—representing the 50 million babies killed by abortion.

## Notes:

# Speaking Through Government & Elected Officials

- Run for political office.
- Vote for pro-life candidates.
- Write letters/call congressmen, state legislators, and other government officials.
- Find out what your candidate's position is on abortion.
- Provide candidates with information on life issues.
- Organize a letter writing campaign.
- Participate in your district's political caucuses.
- Organize groups to participate in "Life Chain" ([www.nationallifechain.org](http://www.nationallifechain.org)) events and/or the "March for Life" ([www.marchforlife.org](http://www.marchforlife.org)) in Washington, DC and have a time of fellowship afterwards.

## Notes:

## Speaking By Doing

- Purchase an ad in the annual LFL National Conference book.
- Organize a group and take turns peacefully praying outside an abortion clinic during business hours.
- Support an adoption service agency.
- Help pay for an adoption.
- Distribute “Precious Feet” pins to all new mothers in the county.
- Set up a “baby barrel” to collect diapers, clothes, and toys for babies and young children in your congregation.
- Sponsor a “Single Parents” Christmas party.
- Send care packages to college or service bound young people. Include pro-life brochures, names of local churches and, if possible, names of LFL members in the area.
- Help purchase an ultrasound machine for a local hospital or pregnancy center.
- Attend an LFL National Conference and give a brief report after you return. Have CDs of presentations available.
- Volunteer at the local pregnancy center.
- Provide respite care for single parents and parents with special needs children. (Provide a meal, mow the lawn, baby-sit, etc.)
- Sponsor a Mother’s Day baby shower for a local pregnancy center.
- Have your LFL chapter sponsor a servant event where members hire themselves out for a day (at no charge) to the disabled, elderly and/or shut-ins to do yard work, household chores, run errands, etc.

- Help out new parents. Take a meal and/or arrange a “play” time with siblings of the newborn baby.
- Visit shut-ins (whether they are elderly, sick, or just lonely). Go as a family if possible. Give them a goodie basket with a pro-life message card. Or, send them a note letting them know they are special.
- “Adopt” an abortionist or Planned Parenthood official and pray regularly for him/her.
- Support hospice care.
- Volunteer at or establish a help hot line for those in crisis.
- Make baby afghans for pregnancy centers.
- Give infant hats—crochet or knit—and/or christening gowns to hospitals for “preemies.”
- Begin a Christian Big Brother or Big Sister program.
- Begin a one-on-one program with nursing home and hospital residents – visit residents once a week.
- Sponsor a prayer chain.
- Check the handicapped accessibility of your church facilities.
- Sponsor a “harvest or food drive”—distribute food to local food banks or needy families.
- Hold a “Work Day” at a local pregnancy center.
- Investigate starting an abortion aftermath/post-abortion syndrome support group.
- Start a “Caring Corner.” A donation is given to a family or individual who is in a life crisis with an immediate monetary need (for example: food, health aids, pregnancy needs).



- Offer your help to a single mother, parents of a child with special needs, or a family struggling with the death of a loved one.
- Give a witness to chastity and marriage.
- Help young moms and dads with parenting skills.
- Help a single mom through labor.
- Offer your own special gifts or skills to a pro-life effort.
- Pray for those in a crisis pregnancy.
- Buy/collect baby food for new mothers.
- Withdraw support from organizations or businesses that fund pro-abortion agencies.
- Give out baby blankets to newborns in your congregations.
- Offer aid and comfort to those who are grieving the loss of a child (SIDS, illness, miscarriage, abortion).
- Sponsor a “Ribbons for Moms Project” to collect baby and maternity items. Ribbons can be attached to a box with the name of an item that will be collected and given to a pregnancy center, adoption agency, etc. Once a ribbon is chosen, you purchase that item and return the box provided by congregation or Lutherans For Life group. Individuals could also honor a specific mother for Mother’s Day with a gift of the collected items.

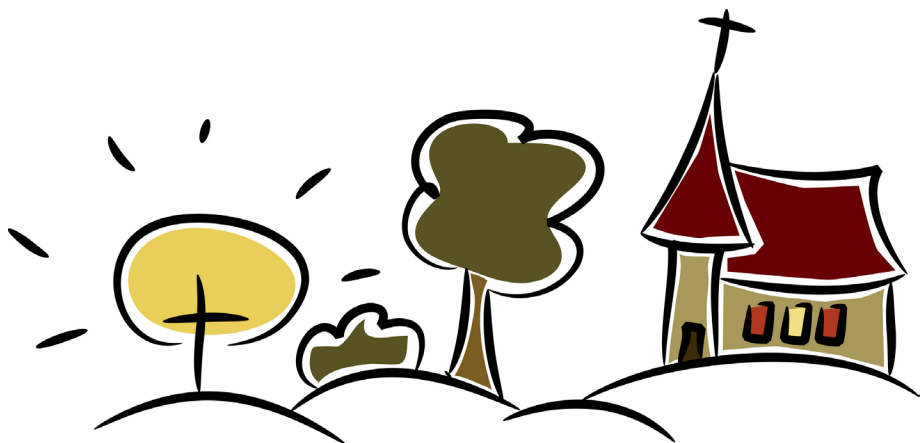
## **Notes:**

# Speaking Through Fundraising Efforts

- Hold a Christian Wills and Estate Planning Seminar. (A planning outline is available from National LFL.)
- Encourage awareness of birthdays by participation in “Pennies for Life” where people give the number of pennies equivalent to their age.
- Have a diaper derby/shower for your local pregnancy center. Involve area churches by having a contest with a “Dipe Wipes” trophy for the church that collects the most diapers! (The “trophy” is an empty diaper wipes container mounted to a plaque.)
- Leave a baby bed up for a month at church (“Christmas Crib”) and ask for donations for a local pregnancy center. (Blankets, diapers, baby clothes, whatever people want to give.)
- Sponsor a “Walk” or “Bike” For Life or participate in an existing one in your area.
- Have a dessert auction after a worship service with the proceeds going to a local pregnancy center.
- Give each Sunday School class an empty gallon milk jug nine months before Life Sunday and challenge the children to fill it with pennies (full jug is supposed to weigh the approximate size of a large newborn). Each month, they will keep track of the “baby’s” progress (size, weight, length & activity) through pictures brought in by the teacher. The children may “name” their baby. If the class fills more than one jug, they will have twins or triplets! The babies are to be “born” on Life Sunday.
- Ask farmers for a row or two of sweet corn for the local Lutherans For Life (LFL) chapter to pick and sell for profit.
- Get used water baby bottles from area hospital OB departments. Give bottles out in Sunday school and collect money for an area pregnancy center or whatever the need might be.

- Raise money to purchase ultrasound machine for a pregnancy center.
- Host a pie/ice cream social after local sporting and music events.
- Hold a Christmas cookie sale—attach pro-life Bible verses to the cookie packaging.
- Hold a baked potato dinner and auction—give proceeds to a local pregnancy center or for an LFL project.
- Sell Mother’s Day flowers/corsages and Father’s Day cookies to raise funds.
- Make use of Thrivent® matching funds on special projects.
- Sponsor a group, garage, rummage, or bake sale and put a pro-life tract in each shopper’s bag. Proceeds could go to a local pregnancy center, a hospice unit, or other LFL projects.
- Take a door offering at church for special “Life Projects.”
- Have a “Bottles for Babies” contest. Hand out 4 oz. plastic baby bottles to anyone in the congregation that wants one to fill up with money. (These bottles would be washed after the contest and given to a local pregnancy center.) Attach a tag to each bottle that states what organization in your church you represent or want to represent (i.e. choir, Sunday school, women’s group, men’s group, youth group, adult Bible class, church council). After one month the bottles are returned and money tallied. A coffee hour is then held to award prizes (candy) to the top group and individual highest totals, then the most pennies, most nickels, most dollars, etc.—a very successful way to raise funds for your local pregnancy and have great fellowship within your congregation at the same time!

## Notes:



*“Speak up for those who cannot speak for themselves,  
for the rights of all who are destitute.  
Speak up and judge fairly;  
defend the rights of the poor and needy.”  
(Proverbs 31:8-9 NIV)*



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