

## Initial Spiritual Adoption Pledge

*[said at the start of the spiritual adoption of each child]*

I glorify You Father Almighty, Lord of Heaven and earth, that You have hidden things from the mighty and wise but have revealed them to little ones.

Calling on the most Holy Virgin, Mother of God and all the angels and saints—and led by the desire of bringing help to a child threatened in the womb—I undertake to spiritually adopt one child whose name is known only to You Lord.

I undertake to pray for nine months every day for this child to save this child's life and to obtain through Your intercession the graces for this child to live a just and true life in You. Amen.

## Daily Spiritual Adoption Prayer

*[said before decade of the Rosary]*

My Lord Jesus, through the intercession of Your Blessed Mother Mary who gave birth to You out of love and through the intercession of St. Joseph, the strong man of faith who cared for You after Your birth, I turn to You on behalf of this conceived child who has been spiritually adopted by me and who is threatened by abortion.

Please give to his/her parents love and courage to allow their child to remain in the womb and have life, the life that You have given. Amen

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The Pauline Fathers' Monastery, Jasna Gora 42-225 Czestochowa,  
2, Father A. Kordecki Street, Poland

## The History of Spiritual Adoption

The Apostolate of Spiritual Adoption was founded in the wake of the Fatima apparitions and has become an answer to Our Heavenly Mother's pleas for rosaries, penance, and prayers in reparation for our sins - the sins that wound her Immaculate Heart the most. The movement reached Poland in 1987 and a centre propagating Spiritual Adoption was started by the Pauline Fathers in Warsaw. From there the Spiritual Adoption movement has spread far beyond the Polish borders. Archbishop Fulton Sheen helped popularise spiritual adoption in the western world.

## Help spread this Apostolate

- Please talk about spiritual adoption to family, friends and anybody you know concerned about, or hurt by abortion.
- Speak to your priest about promoting spiritual adoption in your parish. These brochures are most effective if handed out to a person or group AFTER a talk on the subject. If you would like the text of a short talk on spiritual adoption to give to your local parish, contact FLI below.
- Pray for graces for others to start Spiritual Adoption.

Before I formed you in the womb I knew you,  
before you were born I set you apart.

*Jeremiah 1:5*



### For additional copies contact:

Family Life International  
PO Box 205, Broadway NSW 2007, Australia  
Ph (02) 9519 9111 fliaust@internode.on.net

*This leaflet contains information supplied by:*

*Father Stanislaw Jarosz, osppe  
ul Długa 3, 00-263 Warsaw, Poland*

# spiritual adoption of the unborn child

Praying for the child in the womb  
threatened by abortion.



# What is Spiritual Adoption?

“Can a mother forget the baby at her breast and have no compassion on the child of her womb? Though she may forget, I will not forget you!” *Isaiah 49:15*



Spiritual Adoption of the Unborn is a prayer for the child in the womb threatened by abortion. It is a prayer to help those suffering from the effects of the sin of abortion. It is a movement inspired by the Holy Spirit, as is all which is good in the world and which bears fruit.

In adopting a pre-born child spiritually you simply undertake to pray the daily prayer (over page) plus one decade of the rosary each day for a period of nine months.

## Why the Rosary?

All prayer is efficacious but the Holy Rosary, promoted by the Church and Our Lady in person at Fatima, is ‘the weapon’ of choice for pro-life work everywhere. This prayer recalls the moment when God became a child in the womb of the Virgin Mary and implores her help - she who is all pure, selfless and loving intercedes in these dire situations that arise from a lack of all the virtues she embodies. The choice of which rosary decade you offer is entirely up to you. If you already say the Rosary every day, the decade may be part of your usual Rosary.

## Additional private undertaking.

Praying your daily decade fulfills your requirements for spiritual adoption, however, many people like to take on some small additional prayers or penances to enhance their ‘spiritual bouquet’. Some may undertake to fast or go to frequent confession, weekday Mass or Eucharistic Adoration. Others may choose to exercise a particular virtue or charitable work or perhaps add a Scripture reading, a litany, novena or chaplet to their daily routine.

## How do I start Spiritual Adoption?

It is recommended that Spiritual Adoption begins with a formal pledge in the presence of God. It would be good to begin with a special church ceremony led by a priest, and have the congregation repeat the words after him. But the pledge can also be made in front of the Blessed Sacrament or at home, preferably in front of a crucifix or holy

picture/icon. Remember to note in your diary the nine month period covered by your undertaking.

## Who can Spiritually Adopt?

Anyone and everyone. All are called to respond to the needs of others, and of the communities we live in. We invite both consecrated and lay people, women and men of all ages. Children's prayers are particularly effective. They should however, be encouraged and actively supervised by their parents in their adoption pledge.

## How often can I Adopt?

We can adopt many times – every nine months in fact. However each adoption should begin with the formal pledge in the presence of God and only one child should be adopted at a time. We may not know the name, sex or nationality of our child but we know God and the child will be aware of our love for them.

## What if I forget to pray?

Forgetting to pray is not a sin, however we should do our best never to wilfully neglect to fulfil the undertaking we have given to God. If there has been a short break in prayer, Spiritual Adoption should be continued and the nine month period extended to cover the days missed out. A prolonged absence of prayer (a month or two) breaks Spiritual Adoption. It is recommended that the undertaking is renewed with a firm commitment.

## The Benefits of Spiritual Adoption?

Firstly, our prayers help to bring to birth and protect unborn children who are threatened by the danger of abortion. But it is our heartfelt belief that Spiritual Adoption also helps heal the deep wounds caused by the sin of abortion. Through prayer, God bestows His mercy on the mothers of the unborn, offering them His peace. Finally, our participation benefits ourselves in a very real way. As we pray for others we can experience a rebirth of our own interior life - a growth of grace that increases love, joy and peace within our own families and situations.