



# Friday Fast

For Life, Marriage & Religious Liberty

## April 11: Lent Edition

### Intention:

We pray for a deeper understanding of what it means to be created male or female.

### Did you know?

In his [Theology of the Body](#), Blessed John Paul II explained that “man became an image of God not only through his own humanity, but also through the communion of persons, which man and woman form from the very beginning.” Through marriage, a husband and wife are able to be a true communion of persons by giving themselves and receiving the other in unselfish love. In this way, a husband and wife have the unique ability to reflect Trinitarian Love.

### Quick Links

- ⇒ [Call to Prayer Facebook page](#)
- ⇒ [Join the movement! \(Video\)](#)
- ⇒ [Past weekly intentions and reflections](#)

### Reflection:

During a [recent morning meditation](#), Pope Francis reflected on the Book of Genesis. “The creation of man and woman is the masterpiece of creation,” the Pope explained. God “did not want for man to be alone: he wanted him to be with his companion, his companion on the journey.”

Here the Bible shows us a very important truth; man and woman are equal, but different. This sexual difference is actually complementary. It is through the existence of woman that we are able to fully appreciate the uniqueness of man and vice versa. An example of this aspect of difference and complementarity can be seen in beautiful paintings where two complementary colors are used. When brought together, the two different colors look more vibrant and unique than they would have looked separately. The same can be said of man and woman. [In the words of Blessed John Paul II](#), “femininity in some way finds itself before masculinity, while masculinity confirms itself through femininity.”



VISIT [WWW.USCCB.ORG/FAST](http://WWW.USCCB.ORG/FAST) TO SIGN THE FASTING PLEDGE  
& TO SIGN UP FOR WEEKLY E-MAIL REMINDERS & INTENTIONS,  
OR TEXT “FAST” TO 99000 TO RECEIVE WEEKLY TEXT MESSAGES.