



A weekly reflection by members
of the Precious Blood Community

January 21, 2026

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I have set before you life and death,
a blessing and a curse. Therefore, choose life
that you and your descendants may live.
(Deuteronomy 30:19)



January 22 is the national observance of the Sanctity of Human Life Day. It is the day of Prayer for the Legal Protection of unborn Children. There are many people who go to Washington DC and other cities to advocate against abortion with prayer and political action. They proudly proclaim that they are pro-life. In the December 2025 issue of **The Messenger**, Fr. Mark Miller, C. PP. S. asks the question, “When will being ‘Pro-Life’ include all life?”

My personal belief is that a consistent ethic of life, embracing the dignity of every human person from conception to natural death, finds a profound resonance in the spirituality and charism of the Missionaries of the Precious Blood. Rooted in the mystery of Christ’s self-giving love, this ethic recognizes that human life is sacred not because of usefulness, strength, or social status, but because it is redeemed by the Blood of Christ, “poured out for many” for reconciliation and peace.

We Missionaries of the Precious Blood proclaim the infinite value of every person through the lens of redemption. The Precious Blood is the price of life, revealing that no human being is disposable. From the unborn child to the elderly, the sick, the imprisoned, the migrant, and the victim of violence, each life bears immeasurable worth.

A consistent pro-life ethic, therefore, cannot be selective. It opposes abortion and euthanasia while also confronting poverty, racism, war, the death penalty, human trafficking, and structures that diminish life.

Our Precious Blood Spirituality calls believers to stand where life is most threatened. It invites solidarity with those whose blood is metaphorically “spilled” through injustice and neglect. Our charism emphasizes reconciliation—healing relationships broken by sin and violence—and thus promotes a culture where life is protected, nurtured, and restored at every stage.

To be pro-life in the spirit of the Precious Blood Family is to be committed to peace-making and compassionate presence. It means transforming a culture of indifference into a culture of encounter, where the vulnerable are defended and the powerful are called to conversion. Flowing from Christ’s wounded side, being a Missionary of the Precious Blood becomes both a symbol and a mandate: to love life relentlessly, to defend it courageously, to witness that from conception to natural death, every life is redeemed, precious, and worthy of hope, healing and radical hospitality.

Gabino Zavala is a Companion of the Missionaries of the Precious Blood and currently serves as the Director of the Peace, Justice and Integrity of Creation Committee. To learn more about the Companion Movement, [click here](#).

This weekly reflection is made available to everyone in our Precious Blood family. Feel free to share it with others. If you would like to write one of these reflections occasionally, or to learn more about Precious Blood Spirituality, visit our website: pbspiritualityinstitute.org.