

Recently, I went to the March for Life and learned that maintaining a solid culture of life is critical to happiness. Numerous distractions in today's world make this challenging. I can take an active role in building a culture of life and encourage others to do the same by reinforcing the importance of spirituality. Many people drift away from faith because their focus changes with increasing pressures to excel in work and school. They become enveloped in stress and overwork themselves trying to achieve things they think will bring them happiness. They are enamored by social media and material goods and get stuck in a cycle that's very difficult to break. Learning the value of spirituality and how an improved relationship with God can bring a sense of peace can shift one's focus from oneself to others. When people are focused on themselves, they make choices for their own benefit. Improving their spirituality can teach the rewards of helping others, which has a tremendous impact on building a culture of life.

Spiritual growth helps us understand that abortion completely destroys a culture of life. Aborting a defenseless human is no different than murder, which is a mortal sin and breaks your relationship with God. People refer to abortion clinics, which doesn't make any sense because clinics are supposed to help people, not kill them. Mother Teresa said, "*It is a pity to decide that a child must die so that you may live as you wish.*" ([nmsu.edu](http://nmsu.edu)) Stress, distraction and selfishness lead to poor choices. Building a culture of life requires us to reinforce the value of being selfless. I personally can help by being a good role model, being kind, living a chaste life, praying, actively participating in Mass and youth ministry, helping the less fortunate, avoiding societal temptations and peer pressure, and encouraging others to do the same. A strong faith needs nurturing. As I grow into adulthood, I will strive to put God first and think of others before myself. In doing so, I will find true happiness in helping to build a culture that values all life.

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