

Mothers' UNION

Prayer Diary 2023

Uniting members
in prayer and
fellowship
around
the world

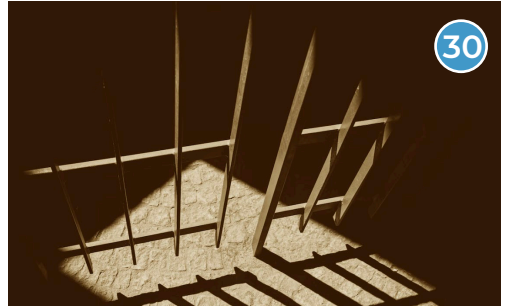


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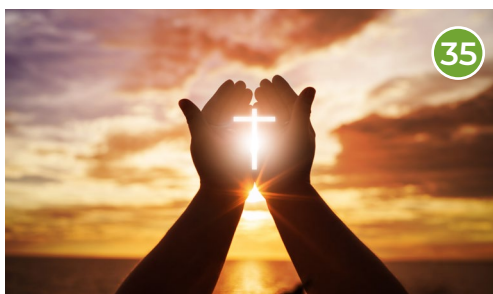
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PRAYER DIARY

Each month in the diary begins with a reflection, an opening prayer and a creative prayer activity you can use as a resource.

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Dear friends,

Welcome once again to our annual prayer diary, a treasure trove of reflections to help us pray together, throughout the year and across the world. As we use this resource, we remember that we are united with each other, wherever we are, in our prayers.

May we continue to seek transformation in our world and in our lives, with the profound knowledge that God is with us and shines through us.



May our gracious Lord lead us, as Mothers' Union, on paths both known and unknown, trusting him to guide us when we feel unsure and to equip us for the challenges we may face. Above all, may we be aware that the boundless love of God surrounds us, that God does not change with whim or circumstance but remains steadfast with us. We pray that the Holy Spirit would ignite in us new vision and imagination for the future of our movement.

May we open our ears, open our hearts and open our lives to new possibilities. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is

at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! (*Ephesians 3:20-21*)

Thank you for your love and commitment to Mothers' Union.
With my love and prayers,

Sheran

Worldwide President

Joined-up prayer

Each day at midday, Mothers' Union members all over the world pause to pray. We approach God with confidence, knowing that God hears us and values our prayers.

Running throughout the year, the global Wave of Prayer expresses our commitment in prayer to each other, in all the places we work and reside. We focus on the vision of a future where everyone can thrive. By joining with and sustaining this Wave of Prayer, we can be part of something bigger than ourselves. As we pray, we know that we, too, are being prayed for by others around the world.

These daily prayers can be used to join this Wave of Prayer, praying for each diocese in turn. The calendar is divided into three-day sections, focusing on a group of dioceses. On one day of the week there is a Bible verse to aid our reflections, when we can pray for aspects of our work which particularly come to mind.

Gracious God, we thank you for your continued presence with us through the gift of your Spirit, giving us strength and comfort throughout our lives. We pray that you would nurture in us a deep, unyielding motivation to see our world thrive as a place of justice and peace. Remind us of the value of perseverance, that in sowing seeds we can know that there will be fruit at just the right time, because of your faithfulness. May we be bringers of joy and of hope.

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love you have for all God's people...

Colossians 1:3-4

Lord Jesus, give us what we need to follow your calling on our lives as your disciples, so that we may reflect your grace and mercy to all, through the work of Mothers' Union around the globe.

Today we pray for *

**see the Wave of Prayer diary.*

May your love surround us; may your grace flow through us and from us. May our members know encouragement from you and from one another. May we know our value in your sight. May the one who is the same yesterday, today and forever inspire us, equip us and renew us. In his name we pray. Amen



JANUARY:

Unity



Reflection

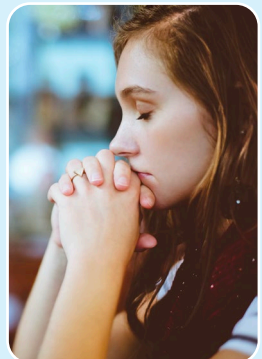
The circumstances which unite people together are various; whether supporting the same sports team, espousing a political ideology, bonding over a shared life event, matters of faith and many more. It is more difficult, however, to work for or sustain unity where differences exist between individuals and groups. But God calls us to live together in unity, and, knowing our struggles, sends us the Holy Spirit as our Helper. So at the start of a new year we can make a resolution to pray for and pursue unity, knowing we have the power of the Spirit to help us.

Monthly prayer

Almighty Lord, thank you that we are joined together in unity through the love of Christ.
Strengthen our bonds of worship and service that together we may share your love with those you bring into our lives. Amen

Creative prayer

Open your hands in an attitude of prayer. Next, entwine firstly your left and right thumbs, and then each corresponding fingers in turn. As you do so, either thank God for examples of unity which make you glad, or pray for situations where there is disunity. Finally clasp both hands together as a symbolic offering of all your prayers.



Sunday 1st Monthly prayer

Almighty Lord, thank you that we are joined together in unity through the love of Christ. Strengthen our bonds of worship and service that together we may share your love with those you bring into our lives. Amen

Monday 2nd

Creator God, as we give thanks for a New Year, we pray that our world may be united to protect our planet earth and all creatures that live it. We pray for a renewal of will to care for and protect our global home which we share together.

Tuesday 3rd

Loving God, we thank you for the Church in our land. Unite all Christians in love and understanding. Keep us safe and grant us the freedom to worship together; protect us from danger and from persecution for our faith.

Wednesday 4th

For where two or three are gathered together in my name, I am there in the midst of them. *Matthew 18:20 (NKJV)* Lord, we thank you for your presence as we unite together in prayer.

Thursday 5th

"The Mothers' Union campaigns excellently, it nurtures wonderfully, but above all and beneath all, it prays – thank God." *Justin Welby: Archbishop of Canterbury.* Lord. May this always be so. Amen

Friday 6th Epiphany

United together let us follow the example of the Magi, who actively put their faith in the leading of almighty God, and in doing so encountered the Messiah. Amen

Saturday 7th

Compassionate God, we unite in prayer for families that are separated. Reunite those who are forced apart by war or civil unrest. Bring together those separated through fear or misunderstanding. We pray for all children to have a loving environment to grow up in.

Wave of Prayer

1-3 January: All Mothers' Union trustees and staff throughout the world

5-7 January: Swaziland; Ruaha in Tanzania; Aguata & Lagos Mainland in Nigeria; Norwich in England and Chotanagpur in India

Sunday 8th

Loving Lord, unite us together as Mothers' Union in our shared vision of a world where everyone prospers and God's love is shown through our lives of faithful action, as we reach out as your hands across the world.

Monday 9th

"When you have vision it affects your attitude. Your attitude is optimistic rather than pessimistic." *Chuck Swindoll, US Pastor*. Lord, may our attitude always reflect the vision you have for us. Amen

Tuesday 10th

We pray today for our Worldwide President and Board of Trustees as they pray and work together on behalf of Mothers' Union. May God envision them for the way ahead and give them the means to impart that vision throughout our movement.

Wednesday 11th

Let us run with determination the race that lies before us. Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end.
Hebrews 12:1-2 (GNT)

Thursday 12th

Lord, we want to be envisioned by you so that we can bring your transformation to the world around us. Bless our work as we seek to show your love in our own families, the communities where we live and our family in Christ across the world.

Friday 13th

God, unite us as people of vision; may vision inspire us to worship and spur us to action. Help us to work together as one with far-reaching commitment to your will, to build your kingdom on earth.

Saturday 14th

Father God, grant us a clear vision for the future of Mothers' Union so we maximise our resources and work together effectively. Inspire us with ideas and bless our planning to achieve our goal of a world where God's love is shown through loving, respectful and flourishing relationships.

Wave of Prayer

8-10 January: Lesotho; Kibungo in Rwanda; Etche & Ogbomoso in Nigeria; Leeds in England and Hanuato in Solomon Islands

12-14 January: Mauritius; Kericho in Kenya; Katsina in Nigeria; Kumasi in Ghana; Winchester in England and Nandyal in India

Sunday 15th

Lord, help us all to walk in the light as you are in the light. Draw us together in love, unite us in fellowship, and sustain and strengthen each one of us in our Christian walk. In Jesus' name we pray.

Monday 16th

The theme for this year's week of prayer for Christian Unity is "Do good; seek justice" from *Isaiah 1:17*. Lord, we know that we can achieve more together than apart so we pray to unite as one to do good and seek justice in your world.

Tuesday 17th

Righteous God, we pray today for initiatives between churches in our local area, and further afield, which aspire to do good and seek justice. May these bear lasting fruit and thus encourage further joint activities.

Wednesday 18th

May God, who gives patience and encouragement, help you live in complete harmony with each other, as is fitting for followers of Christ Jesus. Then all of you can join together with one voice, giving praise and glory to God, the Father of our Lord Jesus Christ. *Romans 15:5-6 (NLT)*

Thursday 19th

Lord, thank you for the relationships we enjoy with Christians across different churches, and for our various gifts and qualities. Deepen our love for one another that we may share true Christian fellowship, to the praise of your holy name.

Friday 20th

Our loving Saviour, who died that we may be reunited with God, forgive us when we are disunited as your Church. Help us all to be one with each other that the world will believe the truth of the gospel.

Saturday 21st

Be united with other Christians. A wall with loose bricks is not good. The bricks must be cemented together. *Corrie Ten Boom, 1892-1983, Dutch Christian and Holocaust Survivor* Lord, cement us together in the unity of the Spirit.

Wave of Prayer

15-17 January: Seychelles; Bukedi in Uganda; Enugu in Nigeria; Birmingham in England and Marathwada in India

19-21 January: St Mark the Evangelist in South Africa; Butare in Rwanda; Okigwe-South in Nigeria; Gambia; British Columbia in Canada and Rajasthan in India

Sunday 22nd

Lord, we unite together in our mission to show our Christian faith by helping the sustainable transformation of communities worldwide. Help us bring this about by nurturing strong relationships at all levels, and promoting peace and reconciliation locally, nationally and globally.

Monday 23rd

Lord of the harvest, we pray for an increase in the number of members in the Mothers' Union that our mission will flourish and grow throughout the world, and we may be effective in helping to build your kingdom on earth.

Tuesday 24th

Loving Lord, we pray that you will give us boldness and strength as we seek to share your love through speaking out for those in need and campaigning for social justice. May the voice of the Mothers' Union be respected and influential throughout the world.

Wednesday 25th

Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and love your neighbour as yourself. *Luke 10:27*

Thursday 26th

Heavenly Father, we thank you for members across the world who faithfully carry out the mission of the Mothers' Union in their own communities. May they be blessed as they live out Christ's command to love God and our neighbour with all our heart.

Friday 27th

God of compassion, please bless our endeavours to help those whose lives have met with adversity. We ask for the finances, time and talents to enable us to fulfil our mission as we express our faith in action.

Saturday 28th

We take time today to pray for the mission of the Mothers' Union in our local communities. We particularly pray for specific initiatives, perhaps known only to our local members, and for those who benefit from the work.

Wave of Prayer

22-24 January: Egypt; Gasabo in Rwanda; Otukpo & On the Coast in Nigeria; Bathurst in Australia and Nasik in India

26-28 January: False Bay in South Africa; Shinyanga in Tanzania; Umuahia & Ijebu South West in Nigeria; Bath & Wells in England and Vellore in India

Sunday 29th

My goal is that their hearts would be encouraged and united together in love. *Colossians 2:2 (CEB)* God of grace, unite us today with our fellow sisters and brothers across the world in praise and worship to the glory of your holy name. Amen

Monday 30th

We pray for unity across the generations, with each accepting and valuing the other, in mutual respect and love. We ask that any relationships where there is disharmony will be restored for the benefit of all, through the power of the Spirit.

Tuesday 31st Monthly prayer

Almighty Lord, thank you that we are joined together in unity through the love of Christ. Strengthen our bonds of worship and service that together we may share your love with those you bring into our lives. Amen



Members celebrating
Awaken worship

Wave of Prayer

29-31 January: Masvingo in Zimbabwe; Kibondo in Tanzania; Nebbi in Uganda; Bida in Nigeria; Llandaff in Wales and Kanyakumari in India

Let us not become weary in doing good,
for at the proper time we will reap a harvest
if we do not give up.

Galatians 6:9



Basic literacy skills are essential for women in building confidence, asserting their rights, generating an income and addressing the needs of their families. MU literacy circles give them tools to share knowledge in a wide range of areas, including agriculture.

In the Democratic Republic of Congo, Masika fled her home due to rebel attacks. Joining an MU literacy circle, part of the Mothers' Union Adult Literacy & Agriculture programme, has given her new confidence, insight and agricultural knowledge. She is eager to share what she has learned.

Groups are coming together to make

handicrafts, garden or bake, as well as planting trees to prevent landslides and protect their environment. The project's focus on agriculture means that learners are practising new techniques, growing new varieties of vegetables, at different times of the year, to benefit from higher prices. They are learning to cook different foods, increasing their family nutrition and income.

Participants are finding hope for the future and becoming role models in their communities.

Pray for: those who are seeking new ways of doing things to be empowered by literacy skills.

February:

Community transformation

Reflection

The process of community transformation begins with the transformation of individuals. In the story of Zacchaeus we see how his transformation of heart, through an encounter with Jesus, led to his outpouring of recompense to those he had cheated in his community. When Christ transforms our lives there is a permanent and profound change. The command to love our neighbour as ourselves becomes a joy rather than a duty. We can then pray with hope to be part of God's plans for transforming our communities, that they too will see permanent and profound change for good.



Monthly prayer

We praise our Saviour, Jesus Christ,
who came to earth to bring transformation to his people.
As we follow in our Lord's footsteps, may we, with kindness and
understanding, also bring transformation to our communities.
Amen

ation



Creative prayer

Go for a walk around your local community, asking God to highlight where there needs to be transformation of some kind, and pausing to pray there. If you are not able to take an actual walk, prayerfully do so in your mind, asking God for the same insights.

Wednesday 1st Monthly prayer

We praise our Saviour, Jesus Christ, who came to earth to bring transformation to his people. As we follow in our Lord's footsteps, may we, with kindness and understanding, also bring transformation to our communities. Amen

Thursday 2nd

We pray, Lord, for people who don't have the means to look after themselves. We thank you for the MU literacy and financial education programmes, which help women in particular to become more self-sufficient and able to support their families with confidence.

Friday 3rd

We have such trust through Christ toward God. Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God, who also made us sufficient as ministers of the new covenant, not of the letter but of the Spirit. *2 Corinthians 3:4-6 (NKJV)*

Saturday 4th

Help us, Lord, not to rely on our own self-sufficiency and to remember that all our blessings come from you. Help us not to chase idols in pursuit of achievement and success, but to stay humble, acknowledging your great mercies and abundant provision.

**Wave of Prayer**

2-4 February: Matlosane in South Africa; Mumias in Kenya; Eha-Amufu in Nigeria; Ballarat in Australia; Niagara in Canada and North Kerala in India

Sunday 5th

Lord, we give thanks that, by your grace, we can partner with you in building your kingdom on earth. We pray for the communities of which we are a part, that the power of the Spirit will equip us to share your love in many and practical ways.

Monday 6th

Lord, as we work for community transformation help us to build relationships with others who share our vision, that we may pool resources and play to our strengths to achieve more together than we can apart.

Tuesday 7th

We praise God today for the partnerships with other agencies and individuals which enable the work of Mothers' Union to be effective in encouraging community transformation in different parts of the world.

Wednesday 8th

Under the control of Christ, each part of the body does its work. It supports the other parts. In that way, the body is joined and held together.

Ephesians 4:16 (NIRV)

Thursday 9th

Heavenly Father, we recognise that we all have different parts to play in the building of your kingdom. Help us to work together to complement each other's skills and gifts. May we play our own part gladly; not envying another's role or seeking thanks and praise for our own part.

Friday 10th

We pray today for the partnership between nations across the world, that these will be driven not solely through self-interest but by a desire to serve the common good of all humankind.

Saturday 11th

Triune God, we praise you for the example of perfect partnership that we see in the Trinity, each equal, and all working in harmony. We pray that we will be inspired to reflect this in our own relationships with those with whom we partner to transform your world.

Wave of Prayer

5-7 February: Botswana; Marsabit in Kenya; Idah & Jebba in Nigeria; Salisbury in England and Andaman & Car Nicobar Islands in India

9-11 February: Lainya in South Sudan; Ankole in Uganda; Abuja & Lagos-West in Nigeria; Lichfield in England and Karnataka North in India

Sunday 12th

Lord God, we thank you for providing us with your living Word, by which you speak, inspire and guide us in the works of transformation you have prepared for us in our Church and communities.

Monday 13th

Creator God, we praise you for the different sorts of creativity you have placed within us all. Help us to appreciate our own and each other's giftings, and together use these tools to bring change for good in our community initiatives.

Tuesday 14th

Lord, we are so grateful for all that you have given to us in life. Help us to fully utilise your resources to bring about transformation and enable others to do the same. Amen

Wednesday 15th

God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. *2 Corinthians 9:8*

Thursday 16th

As we reflect on the Old Testament story of the Israelites in exile in Egypt, whom Pharaoh forced to make more bricks with less resources, it makes us grateful for our generous God, who provides us with all the tools and materials we need to carry out his work.

Friday 17th

Lord, we thank you that prayer is a vital tool of transformation. Forgive us when we place more faith in our own efforts and less in your power to answer the cries of our hearts.

Saturday 18th

Lord, open our eyes to your abundant provision; the resources already at hand to transform our communities and bring fullness of life. Work deeply within us to develop our abilities, our creativity and personal qualities, that we may reach the full potential of all you have called us to accomplish.

Wave of Prayer

12-14 February: Matana in Burundi; South Ankole in Uganda; Morogoro in Tanzania; Ohaji/Egbema in Nigeria; New Westminster in Canada and Dornakal in India

16-18 February: Bentiu in South Sudan; Bunyoro Kitara in Uganda; Okigwe-North & Omu-Aran in Nigeria; Kilmore, Elphin & Ardagh in All-Ireland and Krishna-Godavari in India

Sunday 19th

Dear God, we ask your blessing on all involved in fair trade - the producers, transporters, and those who import and retail fair trade goods. May their efforts encourage a genuine commitment to fair trade for all.

Monday 20th

Lord, as you gave of yourself equally, may we too take on our collective responsibility to do justice, love mercy and walk humbly in answer to your call for fair trade and social justice for all. Amen

Tuesday 21st

God of justice and righteousness, give us the courage to challenge unfair trading rules. We ask you to give guidance and wisdom to world leaders so they may use their influence to improve the circumstances of the farmers and producers who struggle to make a fair living.

Wednesday 22nd Ash Wednesday

As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. *Psalms 103:13-14*

Thursday 23rd

Dear God, as we reflect on our power as consumers, we ask for forgiveness for the times we have benefited from unfair trade. Help us to be aware of the impact our shopping choices have on the lives of those who produce or craft their goods.

Friday 24th

God of justice, we pray for the major corporations throughout the world to treat their workers and suppliers fairly and pay a just and honest remuneration for their goods and facilities.

Saturday 25th

I pity the man who wants a coat so cheap that the man or woman who produces the cloth starves in the process. *Benjamin Harrison, 23rd US President*. Lord, make us always mindful of the far-reaching consequences of our actions.

Wave of Prayer

19-21 February: Free State in South Africa; Bondo in Kenya; Ogbia & Offa in Nigeria; Swansea & Brecon in Wales; Argentina and Uruguay

23-25 February: Wau in South Sudan; Kigeme in Rwanda; Bauchi in Nigeria; St David's in Wales and Mandalay in Myanmar

Sunday 26th

This is the day that the Lord has made! May communities throughout the world rejoice and be glad this day as they begin to experience transformation from adversity to prosperity, from despair to hope, from sadness to joy. Amen

Monday 27th

Generous God, we affirm your power to bless all peoples and transform communities. We praise you that you have provided all the resources to transform communities and create a sustainable future.

Tuesday 28th Monthly prayer

We praise our Saviour, Jesus Christ, who came to earth to bring transformation to his people. As we follow in our Lord's footsteps, may we, with kindness and understanding, also bring transformation to our communities. Amen

**Wave of Prayer**

26-28 February: Mundri in South Sudan; Madi & West Nile in Uganda; Isikwuatu in Nigeria; Chichester in England and Seoul in South Korea



March: Valuing women

Reflection

One way of assessing the value of anything is by how much someone is willing to pay for it. In the past (and in some places in the present) there has been the unjust situation of women receiving a lower salary than men for doing exactly the same work. When we look at our value in the light of the price Christ paid for our salvation, however, there is no inequality at all. God deemed each of us worth the cost of redemption, male and female alike. May we reflect God's example in the way we value one another.

Monthly prayer

Loving Lord,
who has created us all in your image,
open our eyes to see your face
in those of our sisters and brothers.
Transform our hearts and minds
that we may respect and value each other
as beloved children of God. Amen

Creative prayer

Take time to reflect on some women you know who have no public profile of any sort. Thank God for each one in turn, that they are wonderfully made and valued by him. Pray that they will be assured of their worth both to God and to others.



Wednesday 1st Monthly prayer

Loving Lord, who has created us all in your image, open our eyes to see your face in those of our sisters and brothers. Transform our hearts and minds that we may respect and value each other as beloved children of God. Amen

Thursday 2nd

Lord, as Esther showed great faith and courage to follow her calling to advocate for her people, so we pray for all women in positions of advocacy. May they too be filled with faith and courage; may they have success in their efforts to bring about justice.

Friday 3rd

Father, we thank you for the prophetess Deborah who heard and obeyed your voice for the good of your people. May we follow her example by listening to your voice as we seek to advocate on behalf of the vulnerable.

Saturday 4th

Lord, you have made us all with unique qualities and gifts. May we, both women and men, use our qualities and gifts to be advocates for righteousness, playing our part in building your kingdom on earth. Amen



Wave of Prayer

2-4 March: Yei in South Sudan; Luweero in Uganda; On the Lake in Nigeria; Grafton in Australia; Armagh in All-Ireland and South Kerala in India

Sunday 5th

We thank God today for the example of inspiring women in the Bible. As we seek God's will for our own lives, may we be blessed with the humble obedience of Mary, the courage of Esther and the faithfulness of Lydia.

Monday 6th

We thank you, Lord, for the women who are boldly standing up against injustice in your name; many at great personal cost. May they continue to shine brightly for you and be empowered by your Holy Spirit as they speak out words of truth.

Tuesday 7th

We pray today for women who are lacking in inspiration and for whom daily life has become a struggle. We ask for God's blessing and sustaining hand on their lives. May Christ's water of life refresh their weary spirits.

Wednesday 8th International Women's Day

She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. *Proverbs 31:25-26* On International Women's Day we give thanks for the inspiring women who are influential in all walks of life.

Thursday 9th

We give thanks today for the example and legacy of inspiring women throughout history. In particular we remember our founder Mary Sumner. May we, in our time, show the same strength of faith and radical action, as we follow in her footsteps.

Friday 10th

We thank you Lord, for the countless women throughout the world who work tirelessly to support their families and communities; without recognition or reward. Truly they are an inspiration to us all.

Saturday 11th

The fact that I am a woman does not make me a different kind of Christian, but the fact that I am a Christian does make me a different kind of woman. *Elisabeth Elliot, Author, 1926-2015.* Lord, thank you for your transforming work within us by the power of your Spirit.

Wave of Prayer

5-7 March: Bujumbura in Burundi; Maseno South in Kenya; Ihiala in Nigeria; Cameroon; Calgary in Canada and Ysabel in Solomon Islands

9-11 March: Awerial in South Sudan; Mityana in Uganda; Uyo & Ajayi Crowther in Nigeria; Rupert's Land in Canada and Patna in India

Sunday 12th

Loving Lord, we ask for you to hear the woman's voice as she petitions for her family, community and country. Show her your way through adversity and grant her peace and serenity at the end of the day.

Monday 13th

Heavenly Father, grant women in every part of your world, great strength, perseverance, strong voices and creative minds. May they use these incredible gifts to change our world one step at a time, devoted to improving life for all humanity.

Tuesday 14th

Father, we thank you for your great love for us and ask your blessing on all women of influence around the world. Protect and guide them as they serve, using their gifts for the benefit of humankind; help them to conquer every obstacle that stands in their path.

Wednesday 15th

At the wedding at Cana Mary became the first woman to take her concerns for others to Jesus. She knew he had the power to solve the problem and trusted him. May we continue to follow the example she has set for us. Amen

Thursday 16th

Lord, help the women of the world unite and roar against the injustice they see around them. Give them strength to speak out against all they see in their area that hinders to create a safe and sustainable world for the children to inherit.

Friday 17th

Heavenly Creator, we give thanks for all the women, known and unknown, who have gone before us; who have stood strong in the face of adversity, upholding your teachings and protecting the rights of every human being. "Intense love does not measure, it just gives" *Mother Theresa*

Saturday 18th

Blessed Father, who created women to be a source of new life, help us each day, to care for and nurture new life in all its forms, whether it be a young person, a new relationship, a sprouting garden, or a Holy Spirit inspired idea.

Wave of Prayer

12-14 March: Port Elizabeth in South Africa; West Ankole in Uganda; Nomadic Mission & Ekiti-Kwara in Nigeria; Worcester in England and the Episcopal Church of the Philippines

16-18 March: Kajo-Keji in South Sudan; Tarime in Tanzania; Dutse & Akoko-Edo in Nigeria and Canterbury in England

Sunday 19th Mothering Sunday

Ruth, in her love for Naomi, was willing to give up everything to stay with her. Today, we give thanks for all mothers and carers who give up so much in caring for their families and working in their communities.

Monday 20th

We give thanks for the courage, love and dedication of the women who stayed at the foot of the cross with our Lord during his pain and desolation. May we show the same qualities as those women, being faithful to him, and giving support to those who are in need.

Tuesday 21st

As a poor widow I gave one mite, all I had, despite the derision of those who gave out of plenty. I saw Jesus looking at me with love, not pity. Lord, may we share your compassion with those whom others treat with contempt.

Wednesday 22nd

Lord, like the woman who, with faith, touched your cloak and was healed, help us to have such faith that we too can touch other's lives that they may feel your love and healing.

Thursday 23rd

Jesus chose me, Mary Magdalene, to see him first. He trusted me to tell his disciples that he was alive. Jesus, thank you that we are all special to you and you call us personally to serve you. May we always be ready to hear and respond to your voice.

Friday 24th

Anna, the Prophetess, served loyally for many years, giving her life in worship. We pray to be open to listening and hearing the still small voice that comes to us in silence, that we may have the courage to speak to others of God's presence in our world.

Saturday 25th Lady Day

[Jesus said to his mother] "Woman, here is your son," and to the disciple, "Here is your mother." From that time on this disciple took her into his home. *John 19:25-27* Lord, may we live out a life of faith, putting others before ourselves.

Wave of Prayer

19-21 March: Antsiranana in Madagascar; Busoga in Uganda; Yola & Oke-Ogun in Nigeria; Algoma in Canada and Jabalpur in India

23-25 March: Rokon in South Sudan; Kampala in Uganda; Kaduna in Nigeria; Koforidua in Ghana; Brisbane in Australia and Peru

Sunday 26th

We come before God's throne of grace to offer ourselves as peacemakers in a world that cries out for peace. May God help us to make the Christian message of loving one another heard above the discord.

Monday 27th

Lord, we give thanks today for the example of Abigail in the Old Testament who was blessed for her good judgment in making peace with David. May we exercise the same good judgment in all our relationships and connections.

Tuesday 28th

We pray for our members who advocate with politicians and decision makers at all levels. May they have boldness and courage in calling for women to be meaningfully included in peacebuilding, and for their unique needs in conflict to be addressed.

Wednesday 29th

So then, let us pursue what makes for peace and for building up one another. *Romans 14:19 (NET)* Lord, today may we actively pursue what makes for peace. Amen

Thursday 30th

We pray for our members across the world who gently facilitate, through hospitality and love, the pursuit of peace in families and communities. We give thanks for their loving ministry, offered in quiet and non-judgmental ways.

Friday 31st Monthly prayer

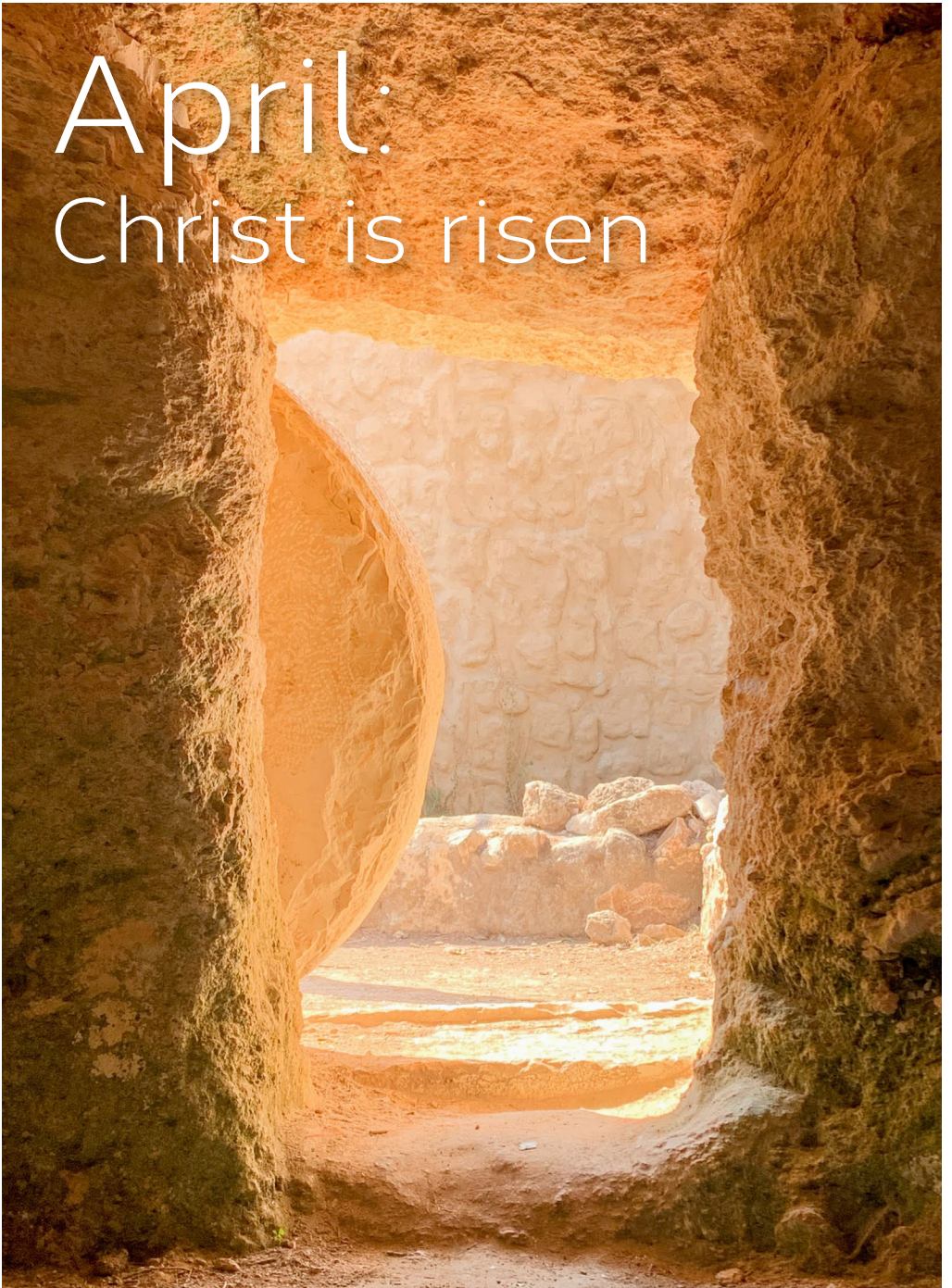
Loving Lord, who has created us all in your image, open our eyes to see your face in those of our sisters and brothers. Transform our hearts and minds that we may respect and value each other as beloved children of God. Amen

Wave of Prayer

26-28 March: Central Zambia in Zambia; Southern Highlands in Tanzania; Ogbaru & Badagry in Nigeria; Bermuda and Chandigarh in India

30-31st March: Toamasina in Madagascar; Mukono in Uganda; Ikwerre & Ife East in Nigeria; Down & Dromore in All-Ireland and Delhi in India

April: Christ is risen



Reflection

We partake of the Eucharist in glad obedience to Christ's call to "do this in remembrance of me". However, we are not doing so in memory of someone no longer with us. We are not raising a toast to fallen comrades or absent friends. For Christ is not fallen, he is risen; Christ is not absent, he is ever present! And he promises to be with us to the end of the age. The reason we can joyfully proclaim the Lord's death until he comes again is because of his resurrection to life. Christ is risen, he is risen indeed!

Monthly prayer

Loving Saviour, Lamb of God,
who takes away the sin of the world,
we worship you, we give you thanks,
we rejoice in your resurrection.
May our songs of praise
resound in heaven and earth
bringing glory to your name. Amen

Creative prayer

Plant a bulb in a pot or the garden. As you do so, consider the state of the bulb, which may appear dead but contains the promise of life and beauty within. Reflect on the stages of growth from bulb to thriving plant. Which stage corresponds to your life at the moment? Offer your thoughts as a prayer for God to bring growth in your life.



Saturday 1st Monthly prayer

Loving Saviour, Lamb of God, who takes away the sin of the world, we worship you, we give you thanks, we rejoice in your resurrection. May our songs of praise resound in heaven and earth and bring glory to your name. Amen

Wave of Prayer

1 April: Toamasina in Madagascar; Mukono in Uganda; Ikwerre & Ife East in Nigeria; Down & Dromore in All-Ireland and Delhi in India

Building bridges for prisoners and their families**FAITH IN ACTION**

45% of prisoners in the UK lose contact with their families while they are in prison. Research has shown that prisoners who maintain relationships with their families are less likely to re-offend. MU members' work with prisoners helps relationships be maintained and rebuilt, both during prison sentences and after release.

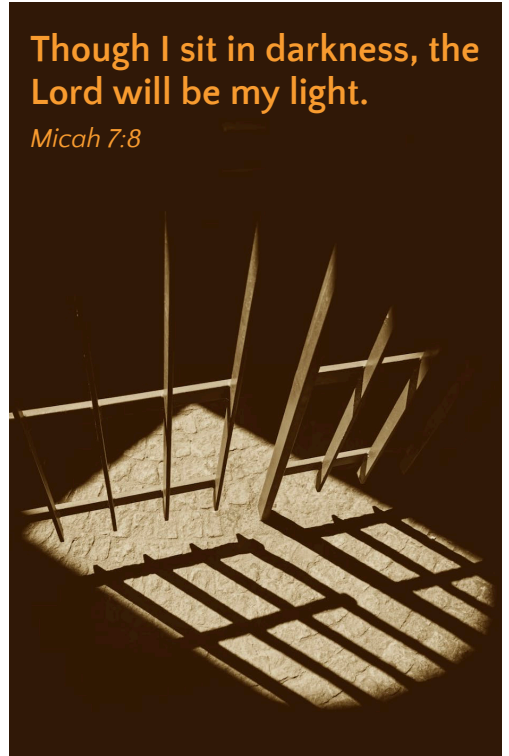
Initiatives such as the 'Being Dad' course help fathers in prisons understand more about their role and, where appropriate, give valuable skills in how to interact with their children. Where fathers have not had much contact with their children or have no confidence in parenting, they can work to grow healthy relationships with their families.

Each prison has different needs and MU members look to see what is needed and how they can meet that need. From working with dads to providing resources for mums and babies in prison units, they do their utmost to offer help where it is required.

Pray for: wisdom and compassion for all those working in prison environments, as they seek to transform lives.

Though I sit in darkness, the Lord will be my light.

Micah 7:8



Sunday 2nd Palm Sunday

As we join in with the crowd shouting "Hosanna!" we thank God for the chance to celebrate our faith and speak out. We remember those who do not share the same freedom, whose voices are silenced, praying for persecuted Christians throughout the world.

Monday 3rd

Jesus turned over tables and upset the religious leaders, give us the courage to stand up and challenge injustice, when we see the powerful abuse their status and the innocent suffer. Administer true justice; show mercy and compassion to one another. *Zechariah 7:9* Let Your Kingdom come Lord.

Tuesday 4th

As the woman knelt and wept at Jesus's feet, we come to offer our tears. Forgive us, Lord, when we have gone our own way. Help us to recognise and own up to our mistakes. As she poured out expensive perfume so we pour out our lives, offering the very best to you.

Wednesday 5th

Jesus looked at them intently, then said "Without God, it is utterly impossible. But with God everything is possible." *Mark 10:27 (TLB)*

Thursday 6th Maundy Thursday

Jesus took on the role of a servant washing the disciples' feet. We pray for all those in leadership that they might show the same humility and lead by example.

Friday 7th Good Friday

"We may not know, we cannot tell what pains he had to bear; but we believe it was for us he hung and suffered there." *C Alexander, 1818-1895*

Saturday 8th

On this day caught between sorrow and joy we stand alongside all who are grieving, all who feel lost and abandoned, all who feel hopeless. Give us the grace to wait silently and patiently with them, in anticipation that you will answer our cries and make all things new.

Wave of Prayer

2-4 April: Umzimvubu in South Africa; Lweru in Tanzania; On the Niger in Nigeria; Cape Coast in Ghana; Ontario in Canada and Limerick & Killaloe in All-Ireland

6-8 April: Cueibet in South Sudan; Gahini in Rwanda; Wusasa & Ibadan in Nigeria and Christchurch in New Zealand

Sunday 9th Easter Sunday

Alleluia, Christ is risen. "The strife is o'er, the battle done; now is the Victor's triumph won; O let the song of praise be sung. Alleluia." *17th century Latin hymn.*

Monday 10th

On that first Easter morning, the grieving Mary Magdalene heard Jesus call her name, and she recognised who he was (John 20:11-16). Lord, help us to hear you calling our name when we are in pain, and may we believe in your personal love for each of us.

Tuesday 11th

On the first Easter evening, the disciples met together behind locked doors, afraid of the Jewish authorities. (John 20:19-20). Deliver us from fear, Lord, and, as the disciples rejoiced to see the risen Christ, may we rejoice in the good news of Easter.

Wednesday 12th

Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit." *John 20:21-22 (NRSV)*

Thursday 13th

Thomas disbelieved the other disciples when they told him they had seen the risen Christ. When Jesus appeared to him, he said "My Lord and my God" (John 20:24-29). Banish our doubts, Lord, and encourage us to confess you as our Lord and our God.

Friday 14th

The Emmaus disciples were moved by Jesus' words on their journey, and recognised him at the breaking of the bread (Luke 24:30-32). May we join our brothers and sisters at Holy Communion as often as we can, and recognise you in Word and Sacrament.

Saturday 15th

By the lakeside, Peter was given a job to do, once his threefold affirmation of love for Jesus had cancelled his threefold denial (John 21:15-17). Forgive us our wrongs, Lord, restore us when we repent, and give us work to do for you.

Wave of Prayer

9-11 April: Nord Kivu in DR Congo; Kigali in Rwanda; Kiteto & Kubwa in Nigeria; Perth in Australia and Kuranagala in Sri Lanka

13-15 April: Yirol in South Sudan; Ruvuma in Tanzania; Nike & Benin in Nigeria; Canberra & Goulburn in Australia and Dogura in Papua New Guinea

Sunday 16th

Amazing grace! We praise our wonderful Saviour that though his sacrifice we are set free from the fear of death and given fullness of life, both here on earth and for eternity. All glory be to his name. Amen

Monday 17th

Compassionate God, we pray for all whose lives feel empty and meaningless, whatever their circumstances. May their eyes be spiritually opened to see the fullness of life that Christ offers to them as they put their trust in him.

Tuesday 18th

Loving Lord, you are the giver of all good things – in you is the well of life. Help us to draw refreshment for ourselves daily – to be filled with the abundance of your Holy Spirit and live and work to bring refreshment to others.

Wednesday 19th

Jesus said: The thief comes only in order to steal and kill and destroy. I came that they may have *and* enjoy life, and have it in abundance [to the full, till it overflows]. *John 10:10 (AMP)*

Thursday 20th

Our good shepherd, who gives his life for his sheep, we are your people; the flock in your care. Fill us to overflowing with your abundance of life. Guide us along your path as we follow your voice, to a future filled with purpose.

Friday 21st

Christ is not a reservoir but a spring. His life is continual, active and ever passing on with an outflow as necessary as its inflow. If we do not perpetually draw the fresh supply from the living Fountain, we shall either grow stagnant or empty. *A.B. Simpson, Canadian preacher, 1843-1919*

Saturday 22nd

Take time today to reflect on the different delights of life that you enjoy, and thank God for the way that this delight is enhanced when viewed through the eyes of faith.

Wave of Prayer

16-18 April: Kindu in DR Congo; Mount Kenya West in Kenya; Egbu in Nigeria; Te Pihopatanga O Aotearoa in New Zealand; Cork, Cloyne & Ross in All-Ireland and Eastern Himalayas in India

20-22 April: Kinshasa in DR Congo; Victoria Nyanza in Tanzania; Ahoada & Warri in Nigeria; Oxford in England and Port Moresby in Papua New Guinea

Sunday 23rd

Alleluia. Sing out Alleluia to our Risen Christ. We show that he is risen by putting our trust in him. We serve him unconditionally because we have the promise and trust that our Risen Christ will come again in Glory.

Monday 24th

Through forgiveness, love, faith and hope we can freely rest assured that eternity is not an impossibility. In Jesus name, we pray. Amen

Tuesday 25th

Lord in the time of distress, fill me with hope eternal and patience because I cannot face these obstacles alone. I need you to be with me always because you are the God of Hope. Flood my heart with hope.

Wednesday 26th

Teach me, Lord, the way of your decrees, that I may follow it to the end. Give me understanding, so that I may keep your law and obey it with all my heart. *Psalms 119:33-34*

Thursday 27th

Almighty and most merciful God, I thank you for you have supplied my every need, I love you. For I have remained steadfast under trials and have received the crown of life. Through Jesus Christ our Saviour. Amen

Friday 28th

The empty tomb promises us Salvation. "He has Risen". Let us be his hands and feet here and now, as we await His certain coming.

Saturday 29th

Lord fill me with hope and give me the patience to turn to you in times of adversities instead of going into depression. Help me to remember that hope is a spiritual lifeline and that is all I need to have peace.

Sunday 30th Monthly prayer

Loving Saviour, Lamb of God, who takes away the sin of the world, we worship you, we give you thanks, we rejoice in your resurrection. May our songs of praise resound in heaven and earth and bring glory to your name. Amen

Wave of Prayer

23-25 April: Kisangani in DR Congo; Kagera in Tanzania; Awka in Nigeria; Sunyani in Ghana; Manchester in England and Popondota in Papua New Guinea

27-29 April: Port Sudan in Sudan; Muhabura in Uganda; Niger Delta West & Yewa in Nigeria; The Northern Territory in Australia and Chennai in India

30 April: Aru in DR Congo; Kigezi in Uganda; Ikeduru in Nigeria; Ho in Ghana; York in England and Guyana & Suriname in Guyana

May: Praying the Lord's Prayer



Reflection

Children can be prone to run to their parent with requests tumbling from their mouths before they have even reached them. Less often, perhaps, do they greet them with thanks or a compliment. Do we act in a similar way as we approach our heavenly Father in prayer? Yet, the pattern of praying in the Lord's Prayer puts the emphasis firmly on beginning and ending with worship. As we shift our focus from our petitions to the Lord's glory and holiness, we gain both a right perspective on our needs and deeper faith that God is able to meet them.

Monthly prayer

We come before God in faith,
with thankfulness for Christ
who taught us to pray:
Our Father in heaven,
hallowed be your name.
The kingdom, the power,
and the glory are yours
now and for ever. Amen

Creative prayer

Pray through the Lord's Prayer, including a personal acclaim or request after every section. E.g. after "Give us our daily bread" pray for specific provision for yourself or someone you know. You could also use this as an idea for praying in groups.



Monday 1st Monthly prayer

We come before God in faith, with thankfulness for Christ who taught us to pray: Our Father in heaven, hallowed be your name. The kingdom, the power, and the glory are yours now and for ever.

Amen

Tuesday 2nd

Our Father, our redeemer and friend, we worship and adore you and long for your kingdom to reign on earth. Be with us today and every day that we might be guided by your Spirit to live as children of that glorious kingdom.

Wednesday 3rd

Because we are his children, God has sent the Spirit of his Son into our hearts, prompting us to call out, "Abba, Father." Now you are no longer a slave but God's own child. *Galatians 4:6-7 (NLT)*

Thursday 4th

God our Father, Creator of the world, we are in awe of the great wonders of nature and science that we see and learn about. As part of your creation and as your children, help us to preserve your creation and rejoice in the freedom of your love.

Friday 5th

God our Father, as we celebrate the resurrection of your Son, Jesus Christ, and know that we are part of his new life, help us to shine with his light today, that others will also be drawn to love you as their heavenly Father.

Saturday 6th

God our Father, we pray today for those who do not know you or who have turned away from your loving care. May they one day turn to you as their Father and Lord. Bless all those who reach out to them in love.

Wave of Prayer

1-2 May: Aru in DR Congo; Kigezi in Uganda; Ikeduru in Nigeria; Ho in Ghana; York in England and Guyana & Suriname in Guyana

4-6 May: Uppershire in Malawi; Maralal Missionary Area in Kenya; Makurdi & Ifo in Nigeria; Tuam, Killala & Achonry in All-Ireland and Mumbai in India

Sunday 7th

God our Father, who provides for all our needs, we thank you for the spiritual food of your word to guide us. We pray for all ministers who preach and teach your love, and all those who encourage us on our spiritual journey.

Monday 8th

As we receive our daily bread to nourish and sustain us, we pray for all who have no guaranteed daily food. For parents whose children go hungry, those who give up their food to their children and for children who are forced to beg for food.

Tuesday 9th

Father, we thank you for providing us with brains and free will to choose to make decisions. Through your Holy Spirit give us wisdom and discernment to make the right choice in every decision that faces us today.

Wednesday 10th

Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to his disciples to distribute to the people. He also divided the two fish among them all. They all ate and were satisfied. *Mark 6:41-42*

Thursday 11th

Lord, as Jesus provided food for so many people with bread and fish, help us to follow his example and work to find ways of sharing the world's resources more fairly. May we also share his love and so carry on his work in your world.

Friday 12th

Lord, we thank you for giving us Jesus to live among us and show us how to love one another, through his stories and his example. Help us to be more like Jesus, day by day, and acknowledge you as Lord in all we think, say and do.

Saturday 13th

Lord Jesus, we praise you that you are the bread of life and that whoever comes to you will never go hungry, and whoever believes in you will never be thirsty for eternity.

Wave of Prayer

7-9 May: Torit in South Sudan; Meru in Kenya; Ikwuano in Nigeria; Sekondi in Ghana and The Arctic in Canada

11-13 May: Twic East in South Sudan; Rorya in Tanzania; Owerri & Ughelli in Nigeria; Gippsland in Australia and Cashel & Ossory in All-Ireland

Sunday 14th

May our churches be beacons of your kingdom, Lord. Show us practical ways to help the impoverished around us and reach out to the homeless and those fleeing from war abroad. May our prayers spread your kingdom even further, transforming communities.

Monday 15th

May we, in our witness to those around us, show the kingdom of God on earth. Pray that our prayers unite with those of other churches around the world, reaching out with unfailing love and compassion so that more people come to know Jesus.

Tuesday 16th

Lord, help us to anticipate your kingdom, but also to remember that this begins now and not at some distant point in the future. Help us to work out our faith in our communities, making the gospel real in our activities and our relationships.

Wednesday 17th

"The kingdom of God does not come in such a way as to be seen. No one will say, 'Look, here it is!' or, 'There it is!', because the kingdom of God is within you." *Luke 17: 20-21 (GNT)*

Thursday 18th Ascension Day

On this Ascension Day let us remember that "this same Jesus who has been taken from you into heaven, will come back in the same way you have seen him go into heaven." (Acts 1:11). May we hold fast to this promise and know that Jesus will always be with us.

Friday 19th

We give thanks for our relationships with fellow Mothers' Union members across the world. May we be an example to others that a good relationship with our neighbours highlights kingdom values. May we bring peace to troubled families and communities.

Saturday 20th

We pray for all who live in countries where conflict is ruining lives. May we harness the power of prayer to transform these areas of the world with the Lord's kingdom values of peace and compassion.

Wave of Prayer

14-16 May: Maridi in South Sudan; Kirinyaga in Kenya; Zaki-Biam & Ijesa North-East in Nigeria and Waikato & Taranaki in New Zealand

18-20 May: Grahamstown in South Africa; Masasi in Tanzania; Afikpo in Nigeria; Wiawso in Ghana; Chester in England and Northern Argentina in Argentina

Sunday 21st

Heavenly Father, we have sinned against you and not followed your instructions to forgive, show mercy and love others. Please forgive and have mercy upon us. Fill us anew with your Spirit and 'renew a right spirit within us'. May we live in your truth and love forever.

Monday 22nd

God, help us be patient with each other as we seek the cross daily. Teach us to forgive this evil world with its politics without principles; wealth without work; pleasures without conscience; commerce without morality; knowledge without character; worship without sacrifice and science without humanity. *(1 Timothy 1:8-10)*

Tuesday 23rd

Father, thank you for accepting us unconditionally, even though we do not deserve this favour and gift of your love and forgiveness. Thank you for your teaching to forgive one another and help us always to be conscious of this in our daily interaction with others.

Wednesday 24th

If you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins. *Mark 11:25* God, give us the grace to forgive those who have hurt us; and grant us the heart of forgiveness as we run life's eternal race.

Thursday 25th

On my knees at the foot of the cross, I pray for your grace and love as I lay my sin before you. I receive your forgiveness and pray for the strength to walk away from my sin today. Amen

Friday 26th

Heavenly Father, thank you for giving your Son for our transgressions. As we walk this path, Father, we need your forgiveness to flow through us now, so your Spirit can work in us and sweep our hearts clean.

Saturday 27th

Merciful God, I praise you; I thank you for sending your Son to redeem the world. I ask your forgiveness for whatever wrong I have done. Help me forgive others that I may be forgiven. For in forgiving, we are healed. Amen

Wave of Prayer

21-23 May: Christ the King in South Africa; East Rwenzori in Uganda; Gombe & New Busa in Nigeria and Bunbury in Australia

25-27 May: Bor in South Sudan; Mount Kilimanjaro in Tanzania; Oru & Oleh in Nigeria; Rockhampton in Australia and Agra in India

Sunday 28th Pentecost

Suddenly there was a noise from the sky which sounded like a strong wind blowing – then they saw what looked like tongues of fire which spread out and touched each person there. They were all filled with the Holy Spirit.

Acts 2:2-4 (GNT)

Monday 29th

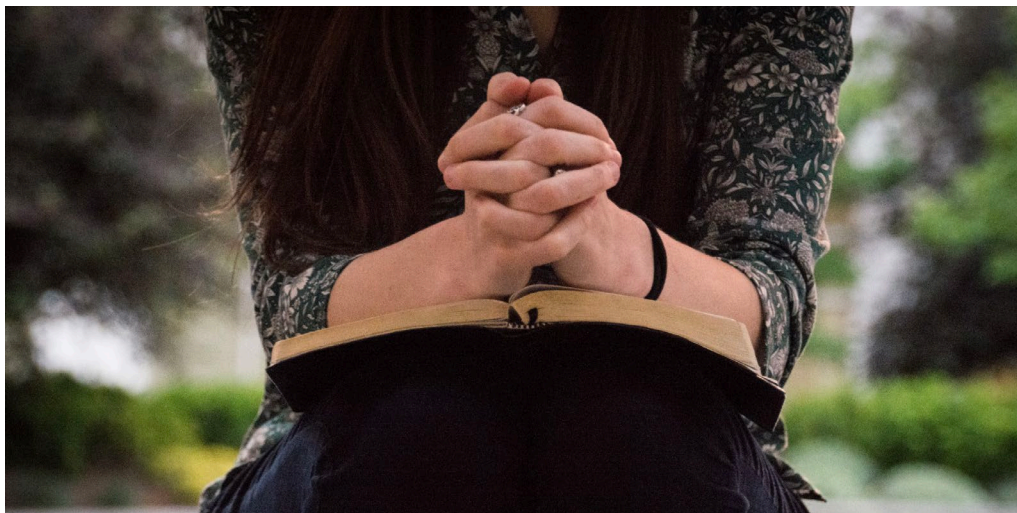
May the Holy Spirit come and reveal to us more of the way of Christ. We pray that we will be filled with greater love and deeper faith, so we can work for the Lord's kingdom with new vision and purpose, thereby reflecting the glory of the Lord.

Tuesday 30th

Holy Father, we are in awe of your immense power, that created the heavens above and the earth beneath. Yet you are also filled with such tenderness that we can call you Abba, Father, and know that you will lovingly give the Holy Spirit to those who ask you.

Wednesday 31st Monthly prayer

We come before God in faith, with thankfulness for Christ who taught us to pray: Our Father in heaven, hallowed be your name. The kingdom, the power and the glory are yours now and forever. Amen



Wave of Prayer

28-30 May: Angola; North Ankole in Uganda; Okene & Ibadan-South in Nigeria; Aberdeen & Orkney in Scotland and Karnataka South in India

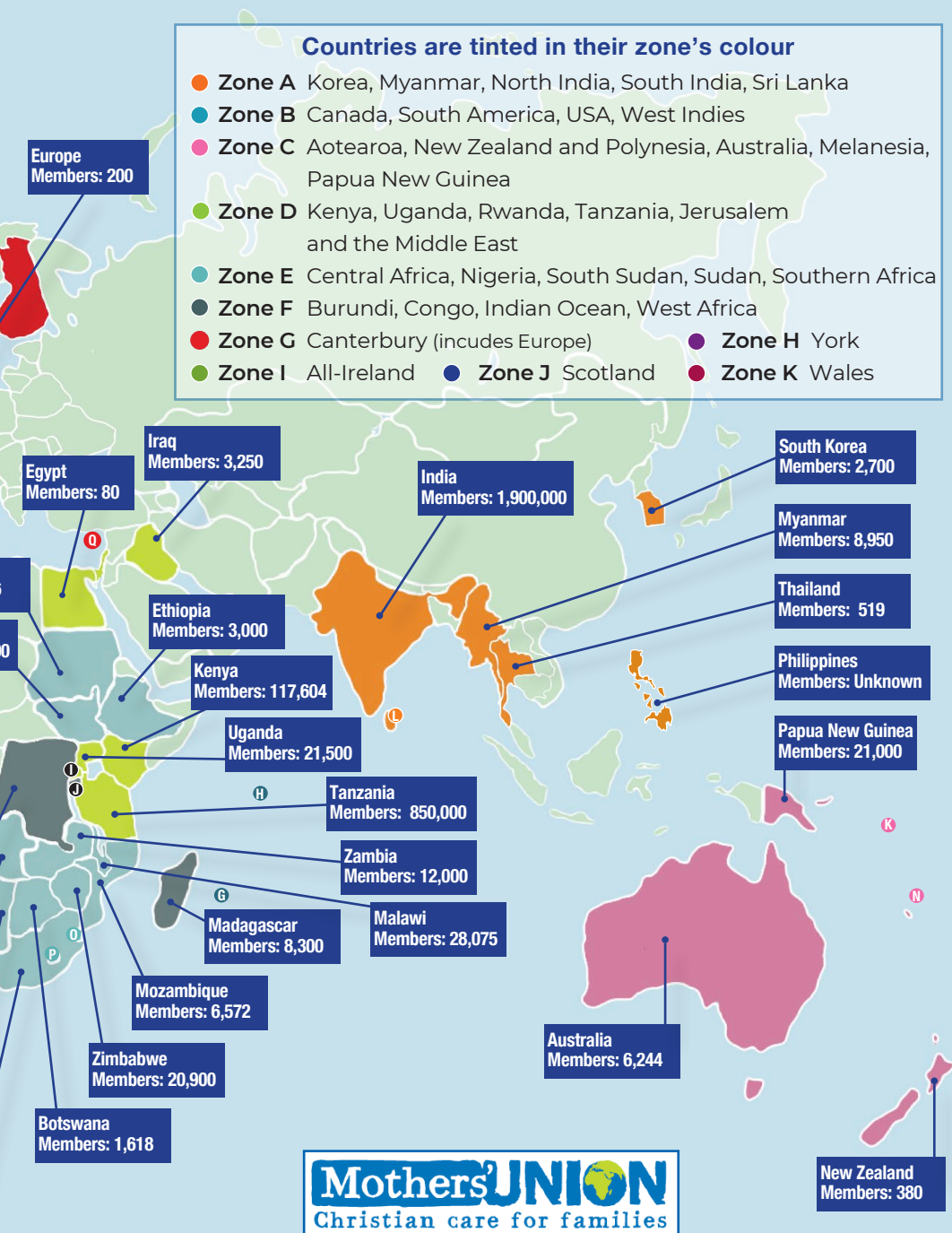
Mothers' Union – 4 million members



members around the world

Countries are tinted in their zone's colour

- **Zone A** Korea, Myanmar, North India, South India, Sri Lanka
- **Zone B** Canada, South America, USA, West Indies
- **Zone C** Aotearoa, New Zealand and Polynesia, Australia, Melanesia, Papua New Guinea
- **Zone D** Kenya, Uganda, Rwanda, Tanzania, Jerusalem and the Middle East
- **Zone E** Central Africa, Nigeria, South Sudan, Sudan, Southern Africa
- **Zone F** Burundi, Congo, Indian Ocean, West Africa
- **Zone G** Canterbury (includes Europe)
- **Zone H** York
- **Zone I** All-Ireland
- **Zone J** Scotland
- **Zone K** Wales



June: MU values



Reflection

Some charities and organisations carry out similar work to that of Mothers' Union worldwide. Our distinctiveness, however, lies in the values which impel us to champion our causes. Our faith in God is at the heart of all we do. We believe the power of prayer is transformational, both in changing lives and conditions for good, and in sustaining members to persevere even when others draw back. Let us always align our values with those of God's kingdom in our witness and our work, that may be able to play our part in building his kingdom on earth.

Monthly prayer

Loving Lord,
we look back with gratitude
on all that has been achieved thus far
in the name of Mothers' Union worldwide.
As we look to the future, we pray that we may always
act justly, love mercy and walk humbly with our God. Amen

Creative prayer

Reflect on specific instances where MU acts justly, loves mercy and walks humbly with God. You could look at the MU website for these or draw on local examples. Thank God for each of them. You may like to create an action with your hands or whole body to represent your prayers for each example of justice, mercy and faith.



Thursday 1st Monthly prayer

Loving Lord, we look back with gratitude on all that has been achieved thus far in the name of Mothers' Union worldwide. As we look to the future, we pray that we may always act justly, love mercy and walk humbly with our God. Amen

Friday 2nd

Lord, we give you thanks today for the mission of Mothers' Union worldwide to bring transformation to individuals, families and communities in loving, compassionate, bold and non-judgemental ways.

Saturday 3rd

Gracious God, in all we do as Mothers' Union may we embody the values of your kingdom, in contrast to the ways of the world, and may this be a witness to those whom we serve and interact, leading them to seek your love for themselves.



Wave of Prayer

1-3 June: Johannesburg in South Africa; Kumi in Uganda; Nsukka & Idoani in Nigeria; Derby in England and Madhya Kerala in India

Sunday 4th

Lord, in whatever challenges the world is going through we are assured that Christ's comfort and joy is within us, the Spirit comes to help us, weak as we are and pleads with God for us in groans that words cannot express. We pray and leave everything in God's hand.

Monday 5th

Let us give thanks to God and our Lord Jesus Christ for his unfailing love in any situation. His spiritual blessings in the world to us, through his son Jesus Christ, will endure for ever. Amen

Tuesday 6th

Heavenly Father, we give you thanks for your dear son, Jesus Christ our Lord. We ask you to bless us all that we may be united and love one another. May we be one just as you are one with your dear Son. We make this prayer through Jesus Christ.

Wednesday 7th

I thank my God through Jesus Christ for all of you, because your faith [your trust and confidence in His power, wisdom, and goodness] is being proclaimed in all the world. *Romans 1:8 (AMP)*

Thursday 8th

God of the Four Winds, from all corners of the Earth, send your divine grace to us your people, strengthen and restore our spirit to follow your scriptures. Through Jesus Christ our Lord. Amen

Friday 9th

Dear Lord and Father, thank you for the blessings of our hands. Teach us to serve, to give and not count; to reach out and not tire. Remind us we are not serving as Mother's Union members only, we are serving you, Lord. Amen

Saturday 10th

Faith is central to the prayer life and activism of Mothers' Union. It demonstrates God's love in action. *MU member*. Lord, please build our faith that we may serve you well, trusting in your power to answer our prayers and equip us for action. Amen

Wave of Prayer

4-6 June: Ibba in South Sudan; Maseno North in Kenya; Isiala-Ngwa & Ondo in Nigeria; Fredericton in Canada and Amritsar in India

8-10 June: Yambio in South Sudan; Garissa in Kenya; Mbamili in Nigeria; Hereford in England; Willochra in Australia and Thailand

Sunday 11th

Loving Lord, thank you for the example of Saint Barnabas who persevered in sharing the Gospel with others. May we encourage one another in our work for Mothers' Union and be emboldened to show God's love in the world, in word and action.

Monday 12th

My steadfast Lord, help me to persevere in times of trial. Give me a clear vision of the way ahead so that I may always stay on course and you will guide me to move on in the direction that you need me to be.

Tuesday 13th

Be with me, oh God, in the times when I feel disheartened and dejected. Fill me with your Holy Spirit so that I may feel whole again and ready to continue in your service.

Wednesday 14th

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is thy faithfulness. 'The Lord is my portion,' says my soul, 'therefore I will hope in him.' *Lamentations 3:22-24 (RSV)*

Thursday 15th

Dear Lord, help me to do the work you have appointed to me. To start and to see it through. So that everything I do is to your glory and you may find it pleasing in your sight. Amen

Friday 16th

We can overcome all things if we stay rooted in your love. We can overcome all things if we hold firm in faith. We can overcome all things by performing one act of kindness at a time. We can overcome all things as nothing is impossible for you, our God.

Saturday 17th

God knows our situation; He will not judge us as if we had no difficulties to overcome. What matters is the sincerity and perseverance of our will to overcome them. *C.S. Lewis, Christian writer, 1898-1963*

Wave of Prayer

11-13 June: Mahajanga in Madagascar; Mara in Tanzania; West Buganda in Uganda; Kwoi in Nigeria; Newcastle in Australia and East Kerala in India

15-17 June: Bukavu in DR Congo; Nyahururu in Kenya; Gboko in Nigeria; Portsmouth in England and New Guinea Islands in Papua New Guinea

Sunday 18th Father's Day

Today we give thanks for all fathers and the men who have “fathered” us. We thank God for those who have been our role models by showing compassion and care to the people in our homes, parishes and communities.

Monday 19th

Jesus showed compassion throughout his life as the perfect example of how we should live. May we be so filled with his love that it overflows into everything we do and allows us to act as his conduits to bring healing to a broken world.

Tuesday 20th

May we offer an ear to listen, a voice of calm and a hand of help to those who are struggling today. Help us to feel each other's pain, to notice when someone is hurting and find ways to offer comfort and support.

Wednesday 21st

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. *Ephesians 4:32*

Thursday 22nd

Look with compassion and forgiveness, Lord, on all the things that we've got wrong. Help us work together to make a better world for everyone, promoting peace and justice for all, and nurturing the values of your kingdom on earth.

Friday 23rd

Loving Lord, give us grace to act with compassion to help the poor and oppressed, and to reach out in mercy with the compassion of Christ. Open our eyes to see the world with the compassion of Christ and be inspired for loving service.

Saturday 24th

Compassion costs. It is easy enough to argue, criticise, and condemn, but redemption is costly, and comfort draws from the deep. Brains can argue, but it takes heart to comfort. *Samuel Chadwick, Methodist Minister, 1860-1932*

Wave of Prayer

18-20 June: Rejaf in South Sudan; Military Episcopate in Kenya; Doko & Owo in Nigeria; Chelmsford in England and Jamaica & Cayman Islands

22-24 June: Rumonge in Burundi; Tabora in Tanzania; Kabba & Bukuru in Nigeria; St Albans in England and Nagpur in India

Sunday 25th

Through your abiding grace: May we love all, may we forgive all, may we live peacefully with all, today and for evermore. Amen

Monday 26th

Thank you, Lord, for accepting and including us in your family. Help us to see others as you do, focusing on our similarities rather than our differences and recognising the beautiful people that you have created.

Tuesday 27th

We pray that we may make everyone feel valued and included. Help us to be more aware of the unconscious bias we may have when interacting with others and we pray that with the help of God we may overcome it.

Wednesday 28th

Accept one another, then, just as Christ accepted you, in order to bring praise to God. *Romans 15:7*. Today may God be praised through our acceptance of one another. Amen

Thursday 29th

Lord, we pray today for all who feel on the margins of their community, isolated from others. May they find welcome and acceptance of who they are, that they may experience a true sense of self-worth and reassurance that their life counts.

Friday 30th Monthly prayer

Loving Lord, we look back with gratitude on all that has been achieved thus far in the name of Mothers' Union worldwide. As we look to the future, we pray that we may always act justly, love mercy and walk humbly with our God. Amen

Wave of Prayer

25-27 June: Table Bay in South Africa; Rift Valley in Tanzania; Evo & Ijebu in Nigeria; Adelaide in Australia and Taejon in South Korea

29-30 June: Eastern Zambia in Zambia; Mombasa in Kenya; Gwagwalada & Ekiti-West in Nigeria; Leicester in England and Temotu in Solomon Islands



July:

Stable relationships

Reflection

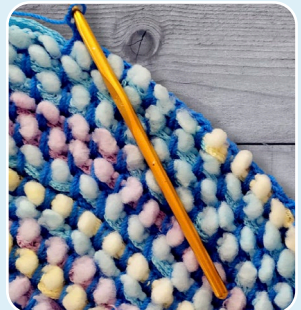
Christ's parable of the houses built on sand and rock highlight the importance of strong foundations in withstanding adverse conditions. In the context of relationships, for these to be stable enough to withstand adverse conditions in life, they too need strong foundations. As the meaning of the parable highlights, the ultimate foundation is faith in Christ. Like all properties, relationships sometimes need repair work or shoring up. But whether in our own relationships, or as we seek to support others, let's check that the foundations are secure before attempting to fix or improve other features.

Monthly prayer

Heavenly Father,
 give us grace in all relationships.
 May hope be stronger than struggle,
 celebrations more frequent than trials,
 may kindness prevail over judgment,
 equality dissolve oppression,
 may love break walls of hate. Amen

Creative prayer

If you knit or crochet, pray for relationships you know as you weave the strands of wool together into an item. Or, if you remember the cat's cradle game, play this either alone or with a partner. As the string interlaces to make a pattern, pray for relationships which need unity, support, or a measure of fun!



Saturday 1st Monthly prayer

Heavenly Father, give us grace in all relationships. May hope be stronger than struggle, celebrations more frequent than trials, may kindness prevail over judgment, equality dissolve oppression, may love break walls of hate. Amen

Wave of Prayer

1 July: Eastern Zambia in Zambia; Mombasa in Kenya; Gwagwalada & Ekiti-West in Nigeria; Leicester in England and Temotu in Solomon Islands

Comfort and welcome in Norfolk FAITH IN ACTION



Over the past few years, Norwich MU has been assisting with the resettlement of Syrian and Afghan refugees. These refugee families have often been in temporary accommodation for some time, with a community of others in the same circumstances, before being offered a place to resettle. The idea of moving elsewhere naturally leads to trepidation. Ways needed to be found to make refugees feel as comfortable as possible.

MU joined together with other organisations to make a difference – their contribution was to make up the beds for incoming refugees. They wanted refugee families to be well-cared for in a thoughtful way. Often, when members went to make up the beds, the local mosque had already laid a prayer mat and members were instructed not to move that because it was already facing the right direction. This attention to detail and respect makes all the difference.

People in diverse circumstances will have different needs. At the start of the resettlement project, Norwich

Pray for: refugees coming into our country, that we would find ways of supporting and welcoming them.

Sunday 2nd

As we try to strengthen marriage and family life, we thank you Father, for the gift of marriage. We pray for married couples that in the daily challenges and chances, their love for each other will remain strong and continue to blossom and grow.

Monday 3rd

Father, families are made up in many ways, new and renewed, growing and developing, conventional or unusual. We pray for all family units that they will thrive because of the abiding love the members have for one another. May they also learn to accept and acknowledge your unconditional love.

Tuesday 4th

We pray for our worldwide Christian family, those we know in person, those we know through Mothers' Union or through links in our church and for those whom we will never know but with whom we are united in our prayer and service to God.

Wednesday 5th

Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all! *Romans 12:16 (NLT)*

Thursday 6th

Jesus built relationships with all people, regardless of race or creed. We pray for those of other faiths with whom we share our lives. Give us a mutual understanding and respect for one another as we work together for the common good.

Friday 7th

Father, we pray for those whose relationships are not happy, those who feel trapped in a relationship and those who live in fear of a family member, colleague or friend. Bring them release from their unhappiness and a future lived in freedom.

Saturday 8th

We give thanks today for the diverse relationships we have in our lives and the richness they bring to us. May we always appreciate and be willing to learn from each other's different qualities and outlook.

Wave of Prayer

2-4 July: Renk in South Sudan; Cyangugu in Rwanda; Arochukwu/Ohafia & Ile- Oluji in Nigeria; St Andrews, Dunkeld & Dunblane in Scotland and Sittwe in Myanmar

6-8 July: Wad Medani in Sudan; Kondoa in Tanzania; Ikwo & Remo in Nigeria; Montreal in Canada and the Windward Islands in St Lucia, Grenada, St Vincent & The Grenadines

Sunday 9th

Lord, unite us in heart and mind to enjoy each other's company, give and receive support through good times and difficult situations. Strengthen us by your gracious mercy so we can move forward and enjoy our relationships in love and peace.

Monday 10th

Lord, we are grateful for the support of each other and the comfort of knowing we are not alone in the pressures of everyday living. May we be aware of those who feel isolated and lonely, and reach out to them with care and support.

Tuesday 11th

Lord, guide couples to be open with each other and receive benefits of talking through feelings and problems before silences harm their relationship. Steer them away from temptation which leads to unfaithfulness and break up.

Wednesday 12th

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. *Philippians 2:3-4*

Thursday 13th

Gracious God, we pray for those who offer counselling for relationships. Strengthen them in every way for their demanding and complex work. Help them to be patient, give helpful advice, be sympathetic and a good listener.

Friday 14th

Merciful God, may our behaviour towards one another be caring and sincere, acknowledging each other's needs, and asking for help when times are stressful. Let us look to the light of Christ to guide us in all our relationships.

Saturday 15th

Almighty God, help us to pray through good times as well as bad times and stay close to you, finding support in all our relationships through your Word and your Spirit.

Wave of Prayer

9-11 July: El Obeid in Sudan; Butere in Kenya; Nnewi in Nigeria; London in England and the Province of the USA

13-15 July: Toliara in Madagascar; Mbale in Uganda; Zaria & Ndokwa in Nigeria; Rochester in England and Chhattisgarh in India

Sunday 16th

We pray, Lord, for strong and sound family relationships, where parents take responsibility for their children, where children are allowed to be children and are able to grow up in loving and nurturing surroundings.

Monday 17th

Father God, help us to be ready to welcome others into our family circle, especially those who have no family of their own or whose family are far away. We thank you for the richness that such relationships provide when we are willing to extend love and friendship to others.

Tuesday 18th

We hold up to you, Lord, all families suffering from broken relationships. We pray for couples who are about to give up on each other, for bewildered children being torn between their parents. We pray for patience, understanding and compromise.

Wednesday 19th

We thank you, Lord, that all your chosen people are one big family in relationship with you. "For whoever does the will of my Father in heaven is my brother and sister and mother." *Matthew 12:50*

Thursday 20th

We pray, Lord, for families who have suffered miscarriage, stillbirth or loss of a child. We pray that in their grief they will not become withdrawn, but will support and reach out to each other and together become even stronger to face the world around them.

Friday 21st

We pray for families in all its different forms of social cohesion. That a strong family life may once again become the cornerstone of society, where people take care of each other and look out for one another, where people build up, rather than break down.

Saturday 22nd

Lord, we pray for Mothers' Union, a strong advocate in supporting family relationships. We give thanks for the inspiration of our founder, Mary Sumner. We pray that we may continue to be inspirational in our day that people may join and increase our worldwide Christian fellowship.

Wave of Prayer

16-18 July: Lake Malawi in Malawi; Byumba in Rwanda; Jalingo in Nigeria; St Edmundsbury & Ipswich in England and Lucknow in India

20-22 July: Gitega in Burundi; Murag'a South and Mbeere in Kenya; Enugu North in Nigeria; Tonga in Diocese of Polynesia and Jaffna in Diocese of Church of South India

Sunday 23rd

Help us, O God, to be mindful of the needs of others and continue to bear one another's burden. In the midst of the challenges and changes in this world, may your Spirit show us the way to continue loving our neighbour.

Monday 24th

Almighty God, we adore your greatness and power. Thank you for reconciling us to you. We declare peace, reconciliation and restoration in all homes, families, communities and nations that are experiencing hardships and instability, in the powerful name of Jesus.

Tuesday 25th

O God our Creator, help us to love our neighbour by speaking out boldly against violence and all forms of injustices. May we never tire to advocate for equality to be experienced in all homes, families and the wider community.

Wednesday 26th

Jesus asked: "Which of these three do you think was a neighbour to the man who fell into the hands of robbers?" The expert in the law replied, "The one who had mercy on him." Jesus told him, "Go and do likewise." *Luke 10:36-37*

Thursday 27th

O God, pour your grace into our hearts that we may see the needs of our brethren. May your Holy Spirit inspire us with greater understanding of who our neighbours are, and quicken us to provide them with the help they need through your unconditional love.

Friday 28th

Father, we commit into your all-powerful hands leaders of all nations of the world. We pray in Jesus name, that your overpowering intervention be experienced by them to find ways to think of other nations as their neighbour and to act for their good.

Saturday 29th

O God, in your grace and compassion, we ask you to break down all hearts of stone in relationships. We declare restoration, loving and mutual relationships between those who are our neighbours, whether far or near, in the mighty name of Jesus.

Wave of Prayer

23-25 July: George in South Africa; Bungoma in Kenya; Western Tanganyika in Tanzania; Ideato in Nigeria; Sodor & Man in Isle of Man and Toronto in Canada

27-29 July: Northern Zambia in Zambia; Mpwapwa in Tanzania; Gusau & Osun in Nigeria; Sydney in Australia and Rayalaseema in India

Sunday 30th

As children of God, adopted into his family through grace, we dwell together in love with our brothers and sisters in Christ. Secure in God our Father, alive in Christ our Brother, made family through the Spirit; we celebrate with praise!

Monday 31st Monthly prayer

Heavenly Father, give us grace in all relationships. May hope be stronger than struggle, celebrations more frequent than trials, may kindness prevail over judgment, equality dissolve oppression, may love break walls of hate. Amen

Wave of Prayer

30-31 July: Boga in DR Congo; Manicaland in Zimbabwe; Tanga in Tanzania; Ogoni in Nigeria; Carlisle in England and Melbourne in Australia

PRAYER DIARY 2023 / AUGUST



Reflection

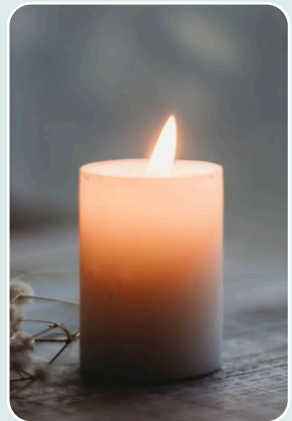
Mary Sumner was a woman of deep faith, with a heart for prayer and a determination to make a difference in the lives of others. She listened to God then acted upon his call. In doing so, she set the pattern for the place of prayer in Mothers' Union down the years and across the world. In our own day, let us also be mindful to unite firstly in prayer and worship that we may sense God's prompting. We can then act upon God's specific call to reach out in love and service as his hands across the world.

Monthly prayer

Loving Lord,
we thank you for your love so freely given to us all.
Unite us in worship; build us in service,
as together we seek to share your love
and continue to reach out
as your hands across the world. Amen

Creative prayer

Lay flat the map from the Prayer Diary showing details of MU across the world. Shine a source of light (torch, lamp, candle...) onto the centre and pray for places which the light particularly highlights. Move the light source further from the map so it covers a wider area and pray for continued growth and influence of MU across the world. (Take care if using a naked flame.)



Tuesday 1st Monthly prayer

Loving Lord, we thank you for your love so freely given to us all. Unite us in worship; build us in service, as together we seek to share your love and continue to reach out as your hands across the world. Amen

Wednesday 2nd

Oh give thanks to the Lord, for he is good, for his steadfast love endures forever! *Psalms 107:1 (ESV)* Indeed we do give thanks for the love of God, so freely given to us all. Amen

Thursday 3rd

Loving God fill us with your Spirit that we may love you with all our hearts and that we may truly serve you. Help us, Lord, through Mothers' Union and our daily witness, to show your love to our family, friends, and neighbours.

Friday 4th

As we thank you, Lord, for your love so freely given, we ask your blessing on our homes. Fill them with your love as we feel your presence and peace, enabling us to serve our families and guiding our children in the Christian faith.

Saturday 5th

Oh Lord, we thank you for all your love which has been shared through Mothers' Union down the centuries and across the world. You have touched and changed people's whole way of living through Mothers' Union.

Wave of Prayer

1 August: Boga in DR Congo; Manicaland in Zimbabwe; Tanga in Tanzania; Ogoni in Nigeria; Carlisle in England and Melbourne in Australia

3-5 August: Juba in South Sudan; Kitale in Kenya; Minna & Lagos in Nigeria; Moray, Ross & Caithness in Scotland and Madurai-Ramnad in India

Sunday 6th

Heavenly Father, we ask you to bless the work of Mothers' Union throughout the world. Bless our members in their lives and in their homes, that they, being strengthened in love for you and each other, may serve you faithfully to your glory. Amen

Monday 7th

Almighty God, who gave marriage to be a source of blessing to humankind, we thank you for the joys of family life. Pour out upon us your Holy Spirit that we may truly love and serve you as we support marriage and family life.

Tuesday 8th

Lord we ask your blessing on all children. Give to their parents and carers the spirit of wisdom and love, that their homes may be an image of your kingdom and the care of their parents a likeness of your love.

Wednesday 9th Mary Sumner Day

All this day, Oh Lord, let me touch as many lives as possible for thee; and every life I touch do thou by thy spirit quicken, whether through the word I speak, the prayer I breathe or the life I live. Amen

Thursday 10th

We pray for your blessing on our Worldwide President and Trustees that they may be given wisdom and understanding to move Mothers' Union forward in this uncertain world. Holy Spirit, give to all members steadfastness, a fresh clear vision, that we may respond to your call as disciples.

Friday 11th

Loving Lord, forgive us when we are afraid of change and resist any alteration of our way of life. Challenge and change us that your kingdom may grow, through the flourishing of Mothers' Union. We entrust ourselves to you to lead us forward into the future.

Saturday 12th

Lord, as we end this week, we offer you all we long to achieve in the name of Mothers' Union. Transform us into the likeness of Christ that we may truly love and serve you and one another. In Jesus Name. Amen

Wave of Prayer

6-8 August: Northern Malawi in Malawi; Eldoret in Kenya; Ngbo & Akure in Nigeria; North West Australia in Australia and Aipo Rongo in Papua New Guinea

10-12 August: Niassa in Mozambique; Masindi Kitara in Uganda; Langtang & Esan in Nigeria; North Queensland in Australia and Kolhapur in India

Sunday 13th

Dear Lord, as we commence this week of prayer, we ask you to bless our work with Mothers' Union in our Global Wave of Prayer. Through this we express our commitment to each other in all places we work and reside.

Monday 14th

Dear God, your love knows no boundaries so we pray to show the kind of love that transforms our churches and communities, and reflects your kingdom. Guide us in all we do in your name, that we may reflect the joy of knowing your love.

Tuesday 15th

Heavenly Father, we pray together for the guidance of the Holy Spirit on all our members, especially those in leadership roles, that they may be given courage and strength, patience and love to carry out the task they have undertaken.

Wednesday 16th

"Truly I tell you if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. For where two or three are gathered in my name I am there among them." *Matthew 18:19-20 (NRSVA)*

Thursday 17th

Lord, we ask you to strengthen existing members that they should not tire of serving you but be empowered, so that our presence will be felt and will help our church and communities around the world. Unite us, Lord, in prayer and worship!

Friday 18th

Heavenly Father, we ask you to bless all Indoor Members, praying at home each day for the work of Mothers' Union. Lord, bless them for all that has gone before; for their mission and vision to bring Mothers' Union into this century.

Saturday 19th

Loving Lord, as we celebrate the fellowship we have as Mothers' Union across the world, may our unity deepen and grow. Draw us together in worship, keep us together in prayer. Amen

Wave of Prayer

13-15 August: Natal in South Africa; Kajiado in Kenya; Okigwe & Western Izon in Nigeria; Nova Scotia & Prince Edward Island in Canada and Toungoo in Myanmar

17-19 August: Kasai in DR Congo; Shyira in Rwanda; Ijumu & Egba West in Nigeria; Liverpool in England and Sambalpur in India

Sunday 20th

Loving Lord, empower us by your Spirit and lead us in your ways that we may reach out in love and service to families and communities across your world. For the growth of your kingdom and the glory of Christ. Amen

Monday 21st

Heavenly Father, we thank you for all intercessors on emergency prayer chains who pray on behalf of those who are in any sort of pain or distress. Give them faith and strength to serve others in their time of need.

Tuesday 22nd

Dear Father God, we bring before you all survivors of violence, both domestic and societal. May they find love and support within our church communities and may we find new and effective ways to support and encourage them.

Wednesday 23rd

My children, our love should not be just words and talk; it must be true love, which shows itself in action. *1 John 3:18 (GNT)*

Thursday 24th

Lord Jesus, you gave us the command to love as you love us. May we willingly hold to this commandment, giving ourselves unstintingly in love and service; reaching out in your name and accepting others as you have accepted us.

Friday 25th

Dear Lord, we commit ourselves to fulfilling the challenge to reach out across the world in love and service to the poor, the illiterate, the lonely and the oppressed. We ask for your continual blessing on our endeavours. In Christ's name. Amen

Saturday 26th

Heavenly Father, we thank you for the wonder of your love for us; for creating, redeeming and sustaining us. Help us to return and reflect your love in service to you and one another.

Wave of Prayer

20-22 August: Central Zimbabwe in Zimbabwe; Lango in Uganda; Kebbi in Nigeria; Tamale in Ghana; Sheffield in England and Guadalcanal in Solomon Islands

24-26 August: Saldanha Bay in South Africa; Karamoja in Uganda; Udi & Etsako in Nigeria; Wellington in New Zealand and Yangon in Myanmar

Sunday 27th

Thank you, Lord, that so many Mothers' Union members lift up their hands in worship across the world. May these hands also be a source of blessing as they are used to serve others in daily ways, both noticed and unnoticed. Amen

Monday 28th

Heavenly Father we pray you fill all Mothers' Union members with the fruit of your Holy Spirit. That your presence may be reflected in their lives as they use their hands to reach out with your love all over the world. In your name. Amen

Tuesday 29th

Faithful Father, we pray together, thanking you that everything we need is found in you. All blessings, love and virtue flow from your hands. Please help us to relinquish our fears and concerns into your hands that we may be used for your glory across the world.

Wednesday 30th

You obey the law of Christ when you offer each other a helping hand. *Galatians 6:2 (CEV)* Lord, we pray that across the world today MU members will offer a helping hand to those who need encouragement and practical support. Amen

Thursday 31st Monthly prayer

Loving Lord, we thank you for your love so freely given to us all. Unite us in worship, build us in service as together we seek to share you love and continue to reach out as your hands across the world. Amen

Wave of Prayer

27-29 August: Matabeleland in Zimbabwe; Mount Kenya Central in Kenya; Niger West in Nigeria; Wangaratta in Australia; Clogher in All-Ireland and Hpa-An in Myanmar

31 August: Harare in Zimbabwe; Machakos in Kenya; Ogori-Magongo & Ekiti in Nigeria; Southwark in England and Phulbani in India



September:

Peace and reconciliation

Reflection

The olive tree in the Garden of Gethsemane is over 2,000 years old. It was a silent witness to Jesus' anguish before his trial. It now bears the scars of many wounds from which have grown fruitful shoots of new life, reflecting the message of the resurrection.

A dove brought an olive branch to Noah, a sign of peace and reconciliation with God. The olive tree is a sign of the cost of God's enduring love for us and generosity in creation. We are called to reflect that love in peace with each other and with the earth.

Monthly prayer

May I know peace:
Peace in this world,
in my country, my community,
peace in my family.
May I know peace in myself,
and be a giver of peace...
As a peacemaker in my family,
in my community, my country,
a peacemaker in this world. Amen

Creative prayer

When you next use olive oil, pause to wonder at its value – in cooking, as a healing balm, a lubricant, for lamp light, as a sacramental oil for anointing. Mark a cross with the oil on your hand, pray for peace, then rub the 'peace' oil into your skin.



Friday 1st Monthly Prayer

May I know peace: Peace in this world, in my country, my community, peace in my family. May I know peace in myself, and be a giver of peace... As a peacemaker in my family, in my community, my country, a peacemaker in this world. Amen

Saturday 2nd

God of peace, and God of reconciliation, we ask for your peace and reconciliation to start with us today, that we may reach out to others with love and compassion and bring your comfort to a troubled world. Amen

Wave of Prayer

1-2 September: Harare in Zimbabwe; Machakos in Kenya; Ogori-Magongo & Ekiti in Nigeria; Southwark in England and Phulbani in India

Financial independence in Tanzania

FAITH IN ACTION

I instruct you in the way of wisdom and lead you along straight paths.

Proverbs 4:11

Monica, mother of three, lives in rural Tanzania – where access to financial stability is scarce. Despite this, she has built her own food shop and been able to expand the range of produce she sells through the savings she has accumulated. Through her business, she can provide a much needed second income to her family, relieving financial pressure and sources of conflict from her marriage. All this was made possible by MU Vicoba (village community bank) – a part of Mothers' Union's Savings and Credit programme.

"Since being a member I am more [financially] independent," Monica explains. "I can do anything like paying

my children's school fees or paying for medication when they are sick. I don't have to rely on my husband anymore."

Monica makes regular payments into the Vicoba social fund, which can be used by group members in case of emergencies. Social funds in MU Vicoba provide peace of mind for women like Monica, as she is one of the 20 million citizens of Tanzania that cannot afford medical insurance. By working and saving together, the group can be there for each other in times of need.

Pray for: those working together to become financially independent in their families and communities.

Sunday 3rd

"The one thing truly worthwhile is becoming God's friend." *St Gregory of Nyssa* Lord, we pray to grow in our discipleship that we may come to know you as a friend with whom we can share all our days, trusting in your love and faithfulness.

Monday 4th

Lord, help us to live our lives with your peace in our hearts, so we may take your peace out into our world, that others may grow in love for you and find your peace in their own lives.

Tuesday 5th

"Let there be peace on earth and let it begin with me." Let us each promote peace whenever we can, in our world, in our community, in our homes and in our lives.

Wednesday 6th

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. *Philippians 4:6-7 (NIV)*

Thursday 7th

"The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God and of his Son Jesus Christ our Lord." May we sense that we are held by God during our working week and waking hours.

Friday 8th

Peace is only found when we kneel at your feet and commit ourselves to living our lives in your truth, in your way. Bring us hope and trust in you, dear God, and our lives will fill with your peace, love and joy.

Saturday 9th

Peace is the seedbed of righteousness and the peacemakers will reap the harvest (from James 3:18). May we nurture the peace of the Lord in our hearts that we may produce a righteous harvest.

Wave of Prayer

3-5 September: Khartoum in Sudan; Dar es Salaam in Tanzania; Bari & Ilesa in Nigeria; Gloucester in England and Dugapur in India

7-9 September: Pacong in South Sudan; Southern Nyanza in Kenya; Kutigi & Ijesha North in Nigeria; Bristol in England and Karnataka Central in India

Sunday 10th

The earth is the Lord's, and everything in it, the world, and all who live in it; for he founded it on the seas and established it on the waters. *Psalms 24:1-2 (NIV)*. Lord, help us to care for your world and not abuse its resources.

Monday 11th

God of the mountains and seas, help us appreciate the fragility of mighty mountains and vast oceans. Show us the melting ice caps and the rising seas, the drying peatbogs and flooded plains. Remind us of our responsibility to tackle climate change by how we live.

Tuesday 12th

God of the ferns and forests, bathe us in life-giving green credentials. Open our arms to your light and unfurl our resolve to protect your trees, restore lost woodlands and safeguard our environment for all living things, including ourselves.

Wednesday 13th

God of the reefs and fishy things, take us to the hidden depths of our ignorance to see the hurt we have inflicted on marine life. Challenge us to act against plastic pollution, chemical waste and overfishing.

Thursday 14th

God of the wild and fearsome things, face us with the loss of grazing and hunting land for our endangered animals. Challenge us to support rewilding schemes, to reduce our waste, and to take only what we need.

Friday 15th

God of the tiny and invisible things, enable us to "see" how vital they are in the balance of nature. Forgive the way we have destroyed vast areas of land for commercial gain. Show us how to befriend the earthworms and creepy-crawly things, protect our soil and natural habitat.

Saturday 16th

God of the weeds and wastelands, the winged and flighty things, and the balance of natural order on which we depend. Help us "grasp the nettle" and become caretakers of wild places, hedgerows, scraps of land and window boxes, to make a difference locally and worldwide.

Wave of Prayer

10-12 September: Pretoria in South Africa; North Mbale in Uganda; Oke-Osun in Nigeria; Exeter in England and Barbados

14-16 September: Mthatha in South Africa; Namirembe in Uganda; Pankshin & Sabongidda-Ora in Nigeria; Dublin & Glendalough in All-Ireland and Central Solomons in Solomon Islands

Sunday 17th

Give us, O Lord, a fresh understanding of peace; in our lives, in our world and in our homes. We pray for homes where there is disunity and give thanks for all who strive to bring peace and reconciliation to troubled families.

Monday 18th

Lord, we bring to you all who work for peace and reconciliation. In particular, we pray for Mothers' Union's peace and reconciliation work carried out by our members across the world. May they be strengthened and guided by the power of your Holy Spirit.

Tuesday 19th

We thank God today for those involved in the work of national reconciliation. May they have wisdom and discernment as they seek to resolve deep-rooted hurts and injustices.

Wednesday 20th

All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. *2 Corinthians 5:18-19 (NIV)*

Thursday 21st

Lord, we pray for peace in our own hearts and lives, particularly in those places where we nurse unresolved issues and resentments. Please heal us and set us free to move forward in wholeness.

Friday 22nd

God of peace, give hope to your people who live in countries where there is conflict. Encourage those who work for peace and reconciliation, give them understanding and patience and a resolve not to give up. May they be strengthened by the love of Jesus Christ. Amen

Saturday 23rd

When we pursue reconciliation, we experience afresh God's work in the world – around us and through us. Our mission is to reimagine Church as a reconciling presence in a world of conflict. *Archbishop Justin Welby*

Wave of Prayer

17-19 September: Buye in Burundi; Sebei in Uganda; Abakaliki & Ekiti-Oke in Nigeria; Southwell & Nottingham in England and Belize

21-23 September: Rumbek in South Sudan; Soroti in Uganda; Aba Ngwa North & Oyo in Nigeria; Peterborough in England and North Eastern Caribbean & Aruba

Sunday 24th

Lord, bring me back to loving you the way I loved you as a child, trusting in you as my Shepherd, believing in you as my guide. Let me feel safe in your love, knowing that you are always with me, wherever I may go.

Monday 25th

Lord Jesus, I place myself and all that I do into your hands each day, for I know you will direct my thoughts and guide my footsteps securely on the right pathway and into the ways of peace.

Tuesday 26th

Lord, keep us safe in conflict situations. May we be able to diffuse anger and aggression in others, hearing their voices and offering a safe space for them to express their grievances and unburden their hurt. We pray especially for those working with young people damaged by adverse childhood experiences.

Wednesday 27th

I will both lie down in peace and sleep; for you, Lord, make me dwell safely and securely. *Psalms 4:8 (MEV)* Lord, may we know the security of your peace filling our lives today.

Thursday 28th

As Christians, we shouldn't expect our joy to always feel like happiness, but instead recognise joy as inner security – a safeness in our life with Christ. *Jill Briscoe, Author and Speaker* Lord, we thank you for the inner security which we have with Christ. Amen

Friday 29th Michaelmas

Lord, grant to all women and children who are the innocent victims of violence and oppression, the same protection shown by Michael and all your angels on this and every day. We pray that they will be given support to live in safety and security.

Saturday 30th Monthly prayer

May I know peace: Peace in this world, in my country, my community, peace in my family. May I know peace in myself, and be a giver of peace... As a peacemaker in my family, in my community, my country, a peacemaker in this world. Amen

Wave of Prayer

24-26 September: Makamba in Burundi; North Karamoja in Uganda; Lokoja & Sapele in Nigeria; Truro in England and Tirunelveli in India

28-30 September: Katanga in DR Congo; Rwenzori in Uganda; Mbaise & Egba in Nigeria; Meath & Kildare in All-Ireland and Tiruchirappalli Thanjavur in India



October: Faith in action

Monthly prayer

Christ our Lord,
you showed the world your love
through actions of mercy
as well as words of life.
As we seek to follow your perfect example
may we reflect your love in the world
through our lives of faithful action.
Amen



Reflection

When Jesus was on earth he spent his time not only with religious leaders in the synagogue, but also outside, modelling the kingdom of God as he ministered to people's needs.

So it should be with us. Our faith and fellowship with each other are the springboard for acts of service in the world. But as we do so, let us be motivated by our love for God and compassion for others, rather than any attempt to win his approval. God's love is unconditional; it cannot be earned. And that is a wonderful reason to put our faith into action!

Creative prayer

Break a bread roll or equivalent snack into pieces, reflecting on how Christ used a boy's small offering of loaves and fishes to meet a crowd's practical need. As you eat each piece, pray for any practical faith initiatives you are involved in or know of, that Christ will use and increase your resources to meet the needs.



Sunday 1st Monthly prayer

Christ our Lord, you showed the world your love through actions of mercy as well as words of life. As we seek to follow your perfect example may we reflect your love in the world through our lives of faithful action. Amen

Monday 2nd

We thank God for those who teach in schools and colleges in every nation. We pray that education may be available to every child and adult who wants to learn. Strengthen the will of those in authority to make education available to all.

Tuesday 3rd

Father of all, we know that children are naturally loving and accepting of others. We pray for our schools that they will nurture these qualities and teach equality and justice that children will grow up without bias or prejudice.

Wednesday 4th

Always remember what you have learned. Your education is your life-guard it well. *Proverbs 4:13 (GNT)* Lord, we thank you for the opportunities we have to learn and pray that we will remember and use our education well.

Thursday 5th

We give thanks for the success of Mothers' Union's Literacy and Financial Education Programme in different countries. We pray for those whose lives are being transformed, for all our facilitators who enable the learning to take place and those who partner in this process.

Friday 6th

We pray for children, particularly girls, around the world, who are denied a formal education. We ask that God will provide them with informal means of learning and that in time the way would be open for them to attend school.

Saturday 7th

Lord Jesus, as a child you debated with the teachers in the temple, listening to them and asking questions. We come to you now as children of God with our questions, and to listen to your wisdom.

Wave of Prayer

1-3 October: Nzara in South Sudan; North Kigezi in Uganda; Kivu in Rwanda; Damataru in Nigeria; Auckland in New Zealand and Vanuatu and New Caledonia in Vanuatu

5-7 October: Mbhashe in South Africa; Kitgum in Uganda; Ukwa & Ilesa South-West in Nigeria; Tasmania in Australia and Central Melanesia in Solomon Islands

Sunday 8th

We pray today for all prison chaplains and those who will lead worship for prisoners this day. May all those who attend feel your presence O Lord, and be changed by your love.

Monday 9th

We pray for men and women in prison and those in young offenders institutions. Help us to remember, Loving Lord, that they are all your children and pray that they may be given opportunities for rehabilitation and assistance to rebuild their lives.

Tuesday 10th

We remember in prayer today family members of those in prison. Comfort and sustain them, Father, as they deal with all the implications of someone they love being in prison.

Wednesday 11th

Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering. *Hebrews 13:3* Help us, Father, to always remember in prayer those who are unjustly imprisoned for their faith.

Thursday 12th

We ask for God's blessing on all the initiatives for prisoners and their families undertaken by our Mothers' Union members; that this work will be a source of comfort, reassurance and support for all it seeks to help.

Friday 13th

We pray for all involved in educating prisoners, be it through libraries, computer skills, vocational studies or just by engaging with them. Lord, may the studies be fruitful and lead to people on their release being able to use the skills they have gained.

Saturday 14th

The Lord... will never leave you nor forsake you. Do not be afraid, do not be discouraged. *Deuteronomy 31:8* May these words encourage all people who have faith and are in prison, and may they have access to the word of God.

Wave of Prayer

8-10 October: Ethiopia; Zanzibar in Tanzania; Awgu/Aninri in Nigeria; Freetown in Sierra Leone; Monmouth in Wales and Malaita in Solomon Islands

12-14 October: Ezo in South Sudan; Thika in Kenya; Jos & Akoko in Nigeria; in Europe and União de Mulheres Episcopais Anglicanas do Brasil (UMEAB) in Brazil

Sunday 15th

Heavenly Father, giver of life and health, we trust that in your time and way, you will dispel all darkness with your orders, all fear with your peace, through Jesus who intercedes for us and reigns with you and the Holy Spirit, one God now and forever.

Monday 16th

Dear God thank you for all you have done for us. We ask that you give us strength and courage to do all we can to eliminate hunger and poverty around the world. As you said in your word, “be kind one to another”, help us to do so.

Tuesday 17th

Merciful Father, we bring before you all poor and neglected persons. Ending poverty is a big goal but we know that with you it is possible. Please protect them and present them with opportunities to lift themselves out of poverty so that they can live life to the fullest

Wednesday 18th

When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. Leave them for the poor and for the foreigner residing among you. I am the Lord your God. *Leviticus 23:22*

Thursday 19th

Almighty God, you have promised to hear the prayers of those who ask in your name. We ask that there will be an end to poverty and hunger. We pray that what we have asked faithfully, we may obtain effectually. Amen

Friday 20th

Lord, clear away from our lives every stain of poverty. Break us out of the powers that are pushing us into living below our standards. Let the blood of Jesus deliver us from every odour of poverty in our lives. Amen

Saturday 21st

Lord, each day there is so much food dumped, yet in many countries there is so much poverty and malnutrition. Help us to be a more caring people and to reach out our hands across the world in helping with the eradicating of poverty.

Wave of Prayer

15-17 October: Terekeka in South Sudan; Nairobi in Kenya; Maiduguri & Osun North in Nigeria; Edinburgh in Scotland and Calcutta in India

19-21 October: High Veld in South Africa; Nambale in Kenya; Niger-Delta in Nigeria; in Guinea; Blackburn in England and Bhopal in India

Sunday 22nd

A new covenant I give to you, that you love one another, just as I have loved you, you also are to love one another. Father, let us remember this if we are ever tempted by hatred. Help us to lead by example. Amen

Monday 23rd

The second is this, 'you shall love your neighbour as yourself'. There is no commandment greater than these. Lord, if we are tempted to turn against our neighbour, let us instead turn to you. Amen

Tuesday 24th

Do not judge by appearances, but judge with right judgement. Lord, let us have the strength to challenge racism, to speak out when someone behaves in an unacceptable way. Amen

Wednesday 25th

Whoever says he is in the light and hates his brother is still in darkness. Father, may we stand in solidarity and prayer with all working to confront the racism that causes tragic acts of violence towards our brothers and sisters around the world. Amen

Thursday 26th

Have you not then made distinctions among yourselves and become judges with evil thoughts? Lord, let us turn away from evil, let us treat everyone as our equal. We are after all, every one of us, made in your image. Amen

Friday 27th

Anyone who hates a brother or sister is in the darkness and walks around in the darkness. Father, help us to love our brothers and sisters, to turn away from hatred. Help us to stay in your light and show others the way. Amen

Saturday 28th

"No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate they can be taught to love." *Nelson Mandela.*

Wave of Prayer

22-24 October: Kimberley and Kuruman in South Africa; Kitui in Kenya; Kano & Kwara in Nigeria; Armidale in Australia and Myitkyina in Myanmar

26-28 October: Malakal in South Sudan; All Saints Cathedral in Kenya; Kontagora & Osun North East in Nigeria; Glasgow & Galloway in Scotland and Pune in India

Sunday 29th

Thank you, Lord, that as we grow in faith so we grow in commitment to those you call us to serve. May our love for God deepen and inspire us to live out our faith through action. Amen

Monday 30th

Faith in action is love - and love in action is service. *Mother Theresa of Calcutta* Lord, help us to discern the practical ways you are calling us to share your love with others as we put our faith into action.

Tuesday 31st Monthly prayer

Christ our Lord, you showed the world your love through actions of mercy as well as words of life. As we seek to follow your perfect example may we reflect your love in the world through our lives of faithful action. Amen

**Wave of Prayer**

29-31 October: Luapula in Zambia; Nakuru in Kenya; South Rwenzori in Uganda; Ibadan-North in Nigeria; Connor in All-Ireland and Pusan in South Korea

Seek good, not evil,
that you may live.

Amos 5:14



Female Genital Mutilation/Cutting (FGM/C) is defined by the World Health Organisation (WHO) as 'any procedure that injures the female genital organs for non-medical reasons'.

As well as causing severe pain and distress, it can lead to serious long-term health concerns and infections, mental-health problems and difficulties in childbirth, which can be dangerous or even fatal to both mother and child.

FGM is most common in Africa, the Middle East and Asia. Girls who remain 'uncut' are seen as unfit for marriage, due to misconceptions about them being promiscuous, unclean, bad luck, or less fertile. In some regions of Sudan, prevalence is as high as 96%.

In Kenya, it is most widespread in the North-Eastern region and amongst the Kikuyu and Kalenjin ethnic groups. In Uganda, it is most common in the rural areas of the Diocese of Sebei. Progress is, however, being made in urban areas of Sebei, where campaigning has empowered girls in urban areas to pursue education without fear.

Women are openly talking about the issue, educating their communities and leading the way to a brighter future.

Pray for: areas where damaging cultural norms mean that FGM is widely practised, that better education can mean an end to this cruel procedure.

November

Gender justice



Monthly prayer

As a worldwide movement, we embrace our mission to champion the cause of gender justice.

May the God of righteousness equip us with all we need to play our part in creating a just and equal society.

Amen

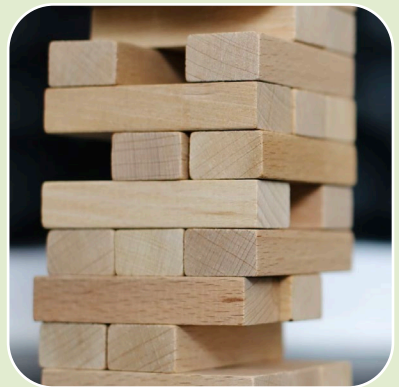


Reflection

The Jewish world into which Jesus was born was not one which championed gender justice. Indeed every morning a Jewish man thanked God in prayer for not making him a woman. However, Jesus radically challenged this culture through his words and actions. He openly conversed with women, met their needs and included them amongst his followers and supporters. It was to a woman that he first revealed himself as the risen Christ. However history has unfolded since then, we look to Jesus as the perfect Champion for gender justice. His example is ours to follow, in attitude, action and advocacy.

Creative prayer

Build a tower with Jenga-style blocks. As you remove one block at a time speak a word which is a barrier to gender justice e.g. abuse, prejudice, illiteracy, etc. When the tower finally collapses offer it as a visual prayer to God to remove the barriers spoken out. This could be a group prayer activity.



Wednesday 1st Monthly prayer

As a worldwide movement, we embrace our mission to champion the cause of gender justice. May the God of righteousness equip us with all we need to play our part in creating a just and equal society. Amen

Thursday 2nd

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. *Psalms 139:14*

Friday 3rd

Redeemer God, there are times when we find ourselves in disagreement or conflict with others. Help us to respect views that are different to our own in the knowledge that all are made in your image. We ask for your guidance in these times.

Saturday 4th

Sustainer God, we give thanks that you walk alongside us, day in, day out, through sad and happy times. As we live our lives, let your love be shown through our words and actions, demonstrating that we are made in your image.



Wave of Prayer

2-4 November: Lebombo in Mozambique; Makueni in Kenya; Newala in Tanzania; Niger-Delta North in Nigeria; Riverina in Australia and North East India in India

Sunday 5th

God of righteousness, who made everyone in your image, we pray for all to follow your example of treating women with equality and respect. We pray for the dawn of a better world where justice and peace may flourish.

Monday 6th

Loving Lord, hear our cries for justice and break the chains of abuse that all may live in safety. Hear our cries for righteousness and break the chains of oppression that all may live in freedom, whatever their gender.

Tuesday 7th

We pray today for the work of Mothers' Union across the world as we address the impact of gender justice on women and girls. We give thanks for the opportunities to campaign for change and to minister to those who are currently suffering injustice and discrimination.

Wednesday 8th

There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. *Galatians 3:28*

Thursday 9th

We pray for right and just relations between women and men that together we may transform and overcome violence in all its forms and learn to celebrate our diversity and interdependence. *World Council of Churches*
Lord, in your mercy, hear our prayer. Amen

Friday 10th

Lord God, we pray for a change of heart within governments and systems that perpetuate gender injustice. May champions of this cause arise who have influence to bring about permanent change for good.

Saturday 11th

Lord, forgive us when we have stayed silent in the face of gender injustice and have declined to challenge unacceptable actions and attitudes. Fill us instead with new resolve to be champions of justice, in the name of Christ. Amen

Wave of Prayer

5-7 November: Antananarivo in Madagascar; Taita Taveta in Kenya; Ikara & Ife in Nigeria and Argyll & The Isles in Scotland

9-11 November: Kadugli & Nuba Mountains in Sudan; Kinkiizi in Uganda; Amichi & Igbomina West in Nigeria and Ottawa in Canada

Sunday 12th

Loving Lord, we thank you for the life and witness of our founder Mary Sumner, who saw the family unit as the place for love and stability, not fear, where life skills are seen and taught, and faith grows.

Monday 13th

Lord, we pray for families where children are witnesses to the violence of parents, that they may not grow up to believe this is acceptable and instead have respect for others. Give comfort to the frightened little ones, and courage to us to challenge such abuse.

Tuesday 14th

Loving Lord, into your hands we bring the streets of our towns and cities, parks and quiet places; may they become places of safety so people can walk alone without fear.

Wednesday 15th

Do not be overcome by evil but overcome evil with good. *Romans 12:21* Lord, help us to actively overcome evil with good. Amen

Thursday 16th

Father God, we pray for all who are abused: men, women and even children. Those who are abusers live in darkness. We pray that opportunities will arise that their eyes may be opened and the light that shines with your love can dispel their darkness.

Friday 17th

Lord, we ask your blessing on all places of refuge; may they be havens of peace for the bruised and broken to find comfort and a friendly face, time to recover and plan for the future. Thank you for all who work and support the refugees.

Saturday 18th

Loving Lord, we give thanks for growing numbers of MU initiatives given to raising awareness of the problems of domestic abuse, often hidden or accepted in many cultures. Be close to those who lead and guide this work.

Wave of Prayer

12-14 November: Ukhahlamba in South Africa; Maseno West in Kenya; Oji River in Nigeria; Dunkwa-on-Offin in Ghana; Guildford in England and Coimbatore in India

16-18 November: Iraq; Katakwa in Kenya; Kafanchan & Asaba in Nigeria; Lincoln in England and Trinidad & Tobago

Sunday 19th

Lord of all, we praise you for the different qualities and skills you have given us all, whatever our gender. We pray for openings throughout the world for women to use those qualities to the full, whether in paid employment or other positions of influence.

Monday 20th

Loving Lord, we pray today for women who encounter negativity and discrimination and are denied opportunities on account of their gender. May all barriers be broken which prevent their flourishing and reaching their full potential.

Tuesday 21st

We pray for women in parts of the world where their important contribution to society is undervalued. May there be a change of hearts and minds to enable women to take on and flourish in roles for which they are gifted.

Wednesday 22nd

Now Deborah, a prophet, the wife of Lappidoth, was leading Israel at that time. *Judges 4:4* Lord we pray for all women in positions of leadership today.

Thursday 23rd

Heavenly Father, we ask that young girls growing up will have positive gender role models, who will inspire them to pursue careers and other openings in life. May they experience encouragement and help to achieve their goals for the future.

Friday 24th

We give thanks for the opportunities afforded to women within Mothers' Union; whether specific leadership roles or other openings which stretch and hone skills, vision and character. We pray that women will have the confidence to take on and grow in these roles.

Saturday 25th

Just and loving Lord, prepare us as we begin our annual 16 Days of Activism Against Gender-Based Violence campaign – may we each have prayerful hearts, joyful steps and considerate minds and be ever aware of the impact every thoughtful act or prayer can achieve in your name.

Wave of Prayer

19-21 November: Muyinga in Burundi; Lake Rukwa in Tanzania; Okrika in Nigeria; St Asaph in Wales; Bendigo in Australia and Gujarat in India

23-25 November: Southern Malawi in Malawi; Northern Uganda in Uganda; Lafia & Ilaje in Nigeria and Thoothukudi-Nazareth in India

Sunday 26th

Take some time today to pray for women you know in positions of influence, whether in the family, the church or society. Pray for their protection from unwarranted criticism or prejudice and instead for opportunities to influence for good.

Monday 27th

Lord guide us in our efforts highlight the injustice of violence against women and girls. As we trust in your power to overcome darkness with light, bless us with insight to recognise violence in all its forms and to reflect, pray and act in your name.

Tuesday 28th

Breaking the silence has led to awareness and is a step to transforming the culture of gender-based violence. *UN Women National Committee of Australia*. Lord, may our voices be heard as we declare truth and justice.

Wednesday 29th

Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

Hebrews 4:13 Lord, you know all things, we lay our actions before you; direct us in following your empathetic footsteps.

Thursday 30th Monthly prayer

As a worldwide movement, we embrace our mission to champion the cause of gender justice. May the God of righteousness equip us with all we need to play our part in creating a just and equal society. Amen

Wave of Prayer

26-28 November: Zululand in South Africa; Lodwar in Kenya; Isiala Ngwa South in Nigeria; Accra in Ghana; Bangor in Wales and Colombo in Sri Lanka

30 November: Mpumalanga in South Africa; Central Buganda in Uganda; Zonkwa in Nigeria; Bo in Sierra Leone; Newcastle in England and Barrackpore in India



Reflection

This Advent, in the joy of looking back to when the Messiah was born let us not forget to look forward to when the King will return. We live in the time of now and not yet, between the first and second coming of Christ. The story is only half told; the other half awaits. The plan of salvation is complete, yet its outworking is still to unfold. Unlike Christ's first coming, which was witnessed by a select few, his second coming will be seen by all. May we always be ready and waiting to meet our glorious Lord.

Monthly prayer

Ever-present God with us,
transform us with the glory of Nativity.
Illumine our lives as we behold
the new-born Christ.
Transform us into a people of his light,
that we may reflect your glory
in the shadows of life. Amen

Creative prayer

Light some Christmas candles or switch on Christmas tree lights. Consider the difference these lights make to your surroundings and to your mood. Then reflect upon the coming of Jesus as the Light of the World. Offer the lights or candles as a prayer for your circumstances and outlook to be brightened by the presence of Jesus, God with us.



Friday 1st Monthly prayer

Ever-present God with us, transform us with the glory of Nativity. Illumine our lives as we behold the new-born Christ. Transform us into a people of his light, that we may reflect your glory in the shadows of life. Amen

Saturday 2nd

We unite in worship today in praise that we come to a God who is not far off but, who, because of the coming of Christ Jesus, is with us completely in every aspect of our lives and relationship with him.

**Wave of Prayer**

1-2 December: Mpumalanga in South Africa; Central Buganda in Uganda; Zonkwa in Nigeria; Bo in Sierra Leone; Newcastle in England and Barrackpore in India

Sunday 3rd

As we light the candles of our Advent Wreath each week, let us remember that we are waiting to welcome the Lord of Light and Love once again into our world. We pray we will wait with gladness and anticipation.

Monday 4th

Father, we give you thanks for gifts of love and joy this season; for gifts of comfort when we do not or cannot feel that joy; for gifts of healing, mercy and patience; and above all, for gifts of hope as we prepare our hearts for Christmas.

Tuesday 5th

Prince of Peace, we seek you. You sent your son, Jesus, to bring your peace and comfort to the world. In this season of Advent, renew and strengthen us in a commitment to your peace that surpasses all understanding.

Wednesday 6th

Heavenly Father, the meaning of Christmas can be explained in one word - love. You sent your gift of pure love to us that first Christmas. Love descended from heaven to be born of a virgin. This Advent, help us to reflect on Jesus, Love incarnate.

Thursday 7th

Loving Father, thank you that the good news of Jesus' birth has the power to bring us great joy. Joy doesn't depend on giving or receiving gifts but comes from you, and we pray that our hearts will be filled with rejoicing at this time.

Friday 8th

We pray, Father, that you will help us during this time of Advent waiting, not to be drawn too much into the trappings of Christmas, but to remember its true meaning and why we give and receive.

Saturday 9th

As we focus during Advent on Jesus's first coming, let us remember his promise to come again - "not to deal with sin but to save those who are eagerly waiting for him." *Hebrews 9:28 (ESV)*. We pray we will always be ready for his glorious return.

Wave of Prayer

3-5 December: Akot in South Sudan; South West Tanganyika in Tanzania; Aba & Irele-Ese Odo in Nigeria; Coventry in England and Cuttack in India

7-9 December: Namibia; Mount Kenya South in Kenya; Northern Izon & Ijebu North in Nigeria and Durham in England

Sunday 10th

Lord, be with us as we prepare to celebrate the arrival of your Son our Saviour Jesus Christ. Help us to share the good news of your glorious gift, that you loved us so much you sent your Son, Jesus Christ.

Monday 11th

Lord, let us not be distracted by the commercialisation of Christmas, help us to concentrate on the importance of prayer and preparation through Advent, prior to the celebration of our Messiah's birth on Christmas Day.

Tuesday 12th

Lord, let us always be prepared for the unexpected stranger knocking on our door, in need of help. Help us to remember to show them kindness, love and compassion in their time of need. Amen.

Wednesday 13th

Lord, as we remember the excitement and anticipation we felt as children throughout Advent, counting down the days until Christmas Day, with hope and expectation, we pray you will comfort those who are bereaved or are sad, worried or fearful at this time of year.

Thursday 14th

Lord, may those who feel lonely have visitors, be invited to join others and share their love. May those who are homeless, find the warmth of shelter, a comfortable bed, warm meals and love. Amen

Friday 15th

Lord, may those who have nothing, receive gifts of food, clothing and love. May everyone feel your loving presence and comfort. Amen.

Saturday 16th

Lord, may the power of your Word bring light to those who have yet to learn of your love. May they hear your Word and be filled with the joy and anticipation of Christ's birth. Amen.

Wave of Prayer

10-12 December: Lusaka in Zambia; Shyogwe in Rwanda; Sokoto & Ikka in Nigeria; Ely in England and Karimnagar in India

14-16 December: Fianarantsoa in Madagascar; Central Tanganyika in Tanzania; Calabar & Igboima in Nigeria; Derry & Raphoe in All-Ireland and Banks & Torres in Vanuatu

Sunday 17th

Lord, when we hear again the prophetic words of your messengers told many years ago, our faith is strengthened. We praise you as we contemplate their wonderful fulfilment through the coming of our Messiah, Jesus Christ.

Monday 18th

As the people blessed of God may we tell of your glory. Help us to be your messengers proclaiming the glad tidings of your love and mercy to a world in need of a Saviour.

Tuesday 19th

We pray today for those who are waiting and hoping for good news, whether positive medical results, a successful interview, necessary provision or other needs. May they know peace in the waiting and have joy in the outcome.

Wednesday 20th

How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!" *Isaiah 52:7*

Thursday 21st

Lord, help me to boldly speak the words of God out loud today, so that others can hear of your Good News and be inspired to respond in faith.

Friday 22nd

Lord, we are constantly hearing bad news from across the world through the many social media outlets. In the midst of this, please help us to hold on to the good news of your love and salvation, which will last for eternity when all else fades away.

Saturday 23rd

Let us join our voices with the angels to sing of God's love for his people, and to proclaim his faithfulness. The good news that will cause great joy for all in every generation. "Glory to God in the highest heaven, and on earth peace to those on whom his favour rests."

Wave of Prayer

17-19 December: Lui in South Sudan; Embu in Kenya; Orlu & Awori in Nigeria; The Murray in Australia and Medak in India

21-23 December: Archbishops, Bishops and all clergy in the Anglican Communion

Sunday 24th Christmas Eve

On this day, which starts with the busyness of preparation and ends with the most holy night let us take a moment to reflect and rejoice in the birth of Jesus, and also to remember those who for whatever reason, are not joyful at this time.

Monday 25th Christmas Day

Loving Lord, we praise you for the birth of your only Son this day, our Saviour, Jesus Christ. As we marvel at your most precious gift to us, and worship him in humble adoration, so we offer to him the gift of our lives.

Tuesday 26th

Lord Jesus, as we remember that there was no room for you in the inn, so we pray for the homeless and displaced peoples far from their home, for whom this Christmas is a time of sadness and insecurity rather than celebration.

Wednesday 27th

The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. *Isaiah 9:2* Lord, transform us into a people of your light, that we may reflect your saving grace to our needy world.

Thursday 28th

We are so grateful for the faith of Mary who believed that with God nothing is impossible. This Christmastide we pray that our own faith in the omnipotence of God will be strengthened, as we ponder anew the miracle of the Nativity.

Friday 29th

In the busy world in which we live may God help us to make time to reflect on the coming of our Lord and Saviour Jesus Christ. May our hearts be open to receive fresh insight and understanding of the significance of our Messiah's birth.

Saturday 30th

If we could condense all the truths of Christmas into only three words, these would be the words: "God with us." *John MacArthur, US Pastor*. Our hearts are filled with gratitude for the truth of God's constant loving presence with us.

Sunday 31st Monthly prayer

Ever-present God with us, transform us with the glory of Nativity. Illumine our lives as we behold the new-born Christ. Transform us into a people of his light, that we may reflect your glory in the shadows of life. Amen

Wave of Prayer

24-26 December: Refugees, internally displaced families & those living in a climate of fear

28-30 December: All involved with the responsibility of caring for & supporting family life

31 December: Mothers' Union worldwide

With God nothing is impossible.

Luke 1:37



Photo by Dave Hoefler on Unsplash



The Mary Sumner Prayer

All this day, O Lord,
let me touch as many lives
as possible for thee;
and every life I touch,
do thou by thy spirit quicken,
whether through the word I speak,
the prayer I breathe,
or the life I live.

Amen.