

Midday Prayers 2024: Transformation – Now!
January
Faith for the future

Monday: Together with hope

'May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.'

Romans 15:13

O Lord, open my eyes that I might see the needs of others Open my ears that I might hear their cries; Open my heart so that they need not be without succour;

Let me not be afraid to defend the weak because of the anger of the strong, Not afraid to defend the poor because of the anger of the rich.

Show me where love and hope and faith are needed, and use me to bring them to those places. And so open my eyes and my ears That I may be able to do your will
Elizabeth Stickney

Walk with us in our journey of hope

Tuesday: Encounters with God

'Great is the LORD! He is most worthy of praise! No one can measure his greatness. Let each generation tell its children of your mighty acts; let them proclaim your power. I will speak of the glorious splendour of your majesty and meditate on your wonderful works.' *Psalms 145:3-5*

'Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.' *Romans 12.2*

Lord, just as the lives of men and women in the Bible were transformed as they experienced Your living presence, may we be changed as we encounter You afresh today.

This we pray in your name.

Disturb us, O Lord when we are too well pleased with ourselves when our dreams have come true because we have dreamed too little, because we sailed too close to the shore.

Disturb us, O Lord, when, with the abundance of things we possess, we have lost our thirst for the water of life; when, having fallen in love with time, we have ceased to dream of eternity; and when, in our efforts to build a new earth, we have allowed our vision of Heaven to grow dim.

Stir us, O Lord, to dare more boldly, to venture into wider seas where storms show Thy mastery, where we are losing sight of land, and where we shall find the stars.

In the name of Him who pushed back the horizons of our hopes and invited the brave to follow.

Amen

Desmond Tutu from an original prayer by Sir Francis Drake

Walk with us in our journey of hope

Wednesday: Blessed assurance

The Lord gives strength to his people, and the Lord blesses his people with peace.
Psalm 29:11

To you, O Lord, we bring our lives, Troubled, broken or at ease, A sacrificial offering for you to use.

Take away our selfishness and teach us to love as you loved, Take away our sense of pride and show us the meaning of humility. Take away our blindness and show us the world through your eyes. Take away our greed and teach us how to give as you gave.

Show us your ways, teach us your paths, That we might walk with you more closely. Our hand in your hand, our feet in your footsteps; From the baby in a stable to eternity.

This we pray in your name.

Amen.

Liz Pullen

Walk with us in our journey of hope

Thursday: A reconciling presence

Peace I leave with you; my peace I give you. I do not give to as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

The words 'Father Forgive' are used as the response in the Coventry Litany of Reconciliation:

'All have sinned and fallen short of the glory of God.' Romans 3:23

The hatred which divides nation from nation, race from race, class from class,
Father forgive.

The covetous desires of people and nations to possess what is not their own,
Father, forgive.

The greed which exploits the work of human hands and lays waste the earth,
Father, forgive.

Our envy of the welfare and happiness of others,
Father, forgive.

Our indifference to the plight of the imprisoned, the homeless, the refugee,
Father, forgive.

The lust which dishonours the bodies of men, women and children,
Father, forgive.

The pride which leads us to trust in ourselves and not in God,
Father, forgive.

Be kind to one another, tender-hearted, forgiving one another,
as God in Christ forgave you.

(The Coventry Litany of Reconciliation, by Canon Joseph Poole in 1958, is prayed in the new Cathedral every weekday at noon, and throughout the world by partners in the Community of the Cross of Nails.)

Walk with us in our journey of hope

Friday: Faith in the family

'I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in Love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.'

Ephesians 3:14-19

Heavenly Father, thank you for marriage, which reflects Christ's love for us. May it continue to be honoured and recognised within society as a means of providing security and love to a family.

Today we remember all those contemplating marriage, those attending marriage preparation and those seeking marriage enrichment.

Lord of love, we thank you for every marriage and family where love is at the centre. We pray for an increase in understanding and of grace and love to grow in their lives.

We remember the adults and children in relationships badly affected by poverty, conflict, unfaithfulness, neglect or cold-heartedness. May they know your healing presence.

We bring before you, those who have lost a loved one and are experiencing grief and loneliness. God of all comfort prompt caring friends and family members to express their love and support at this difficult time.

Lord in your mercy Hear our prayer

Walk with us in our journey of hope

Saturday: Holy Ground

'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

Creator God, you made the goodness of the land, the riches of the sea and the rhythm of the seasons; as we thank you for your gracious providing may we cherish and respect this planet and its peoples.

Living God, you call us to be good stewards of this earthly home: strengthen us to care for your creation; forgive us when, through our greed and indifference, we abuse its beauty and damage its potential. Empower us, through your Spirit to so nurture and love the world, that all creation sings to your glory.

God of creation and Lord of life, you entrusted us to care for our environment, but in many parts of the world we have failed. Help us to realise how fragile and unstable our surroundings are, because we are not looking after creation. Help us to understand how the most insignificant little flowers, and the tiniest insects, each creature and each individual are all part of a wondrous whole, through Jesus Christ our Lord.

Walk with us in our journey of hope

Wave of Prayer for Mothers' Union
Lord, we pray for Mothers' Union worldwide.

Wave of Prayer

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

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

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

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

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

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

Faith for the future

January prayers from Mothers' Union's Prayer Diary

Flourishing MU

Monday 1st *Monthly prayer*

Loving Lord, our faith is in you. We place our future in your hands as we follow where you lead. Inspire us with your vision and empower us with your Spirit, that we may walk forward together, knowing you are our guide and companion. Amen

Tuesday 2nd

Lord of the harvest, we pray for an increase in the number of members in the Mothers' Union that our mission to give Christian care to families and communities will flourish and grow throughout the world.

Wednesday 3rd

Gracious God, guide us in your plans for Mothers' Union that we may flourish in every way; in our prayers and worship, our fellowship with one another and our service to our communities.

Thursday 4^h

Jesus said: No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. *John 15:4-5*

Friday 5th

Heavenly Gardener, give us your wisdom and discernment to prune back works which are no longer thriving or relevant, that there may be space for flourishing growth as you identify new areas of service.

Saturday 6th Epiphany

This Epiphany may we, as did the Wise Men, bow down in worship to our Saviour, Jesus Christ, and offer ourselves to serve him anew with all the gifts he has given to us.

Trust and hope in God

Sunday 7th

Dear God, we pray for your church here on earth, that putting its trust in you, both clergy and laity may be emboldened in their sharing of the gospel. "All our hope on God is founded".

Monday 8th

Dear God, we pray for the future of our beautiful world. We have faith and trust that solutions will be found to reverse climate change, and we pray that we may all do our part in achieving this. "In you we put our trust".

Tuesday 9th

Dear God, we pray for the nations of the world. For future peace and acceptance of each other and our differences. May there be hope and delight in the rich tapestry of the human race and may trust abound.

Wednesday 10th

Dear God, we pray for the Mothers' Union, giving thanks for all our members throughout the world. As we put our trust and hope in you, our God, may we see the path ahead for this wonderful global community.

Thursday 11th

Happy are those whose help is the God of Jacob, whose hope is in the Lord their God, who made heaven and earth, the sea, and all that is in them; who keeps faith for ever. *Psalm 146:5-6 (NRSVA)*

Friday 12th

Dear God, as we are part of your family the church, we pray for families we know who are under stress and pressure. May we be of help to them and steer them to see the wonder of lives guided by your word and presence.

Saturday 13th

Dear God, we pray for ourselves at the beginning of this year. What will it bring? Having trust in you, our God, we know that we are not alone. We give ourselves to you afresh, in sure and certain hope of your love for each of us.

MU global mission

Sunday 14th

Father God, as we pray this week for the global mission of Mothers' Union, we do so because you first loved us and gave your Son for us. Alleluia!

Monday 15th

Triune God, in your three persons, we have all we need, as individuals and as your worldwide church. May the sum of the parts of Mothers Union be greater than the whole, that we may have everything we need to carry out your mission, enabling all people to thrive.

Tuesday 16th

Generous God, thank you for members everywhere, who give so freely of their time, talents and resources to bring your transforming love to all. As we bless others in your name, may we always remember that we too are blessed.

Wednesday 17th

Sustaining God, on days when things go wrong, keep us mindful of those for whom simply living is a daily struggle. Through MU projects throughout the world may they gain practical help and hope for the future.

Thursday 18th

For God so loved the whole world, *John 3:16*, not just the people we agree with or find easy to love. May we continue to show compassion and unconditional love to everyone we pray for and work with.

Friday 19th

In our global mission to promote peace and reconciliation, hope and justice, may we not only look to bring authorities to account, but may each of us have patience and perseverance in our own relationships, that we may show others how to live as you intended.

Saturday 20th

Creator God, we ask for your Spirit to inspire us with creative ways to meet the challenges we face as a global movement. May we be bold to push open doors and try new things. May we always fix our eyes on Jesus.

The Church united (Week of Prayer for Christian Unity)

Sunday 21st

As we gather to worship in our various churches today let us pray for our unity in diversity. We are each uniquely created yet as we work, worship and pray together may we be a light to the nations and may we strive to be one.

Monday 22nd

Father, in unity is strength. May we be united in our love for you, each other and the world; may your peace enfold us as we work for unity in our churches. Enable us to love and respect one another in all areas of life.

Tuesday 23rd

Lord, as individuals and as different churches, show us how many things we have in common and teach us not to concentrate on our differences. Join us together in the love of God that our unity may become even stronger.

Wednesday 24th

We give thanks for the rich tapestry of our different churches. May we rejoice in each other's traditions and come together in love and respect to experience new ways of worshipping God and growing closer to each other.

Thursday 25th

Jesus said: I pray for those who will believe in me... that all of them may be one, Father, just as you are in me and I am in you. *John 17:20-21*

Friday 26th

Lord, we thank you for those you've given to walk alongside us, those who think and act the way we do and those who are different from us. May we see Christ in each one as we journey through life together, supporting and encouraging one another.

Saturday 27th

We thank you, Father, for the relaxation of the weekend. May we rest in your love, be built up in the unity of the Spirit and be forever thankful for your grace at work within us all, whatever our church tradition.

Faith for the future

Sunday 28th

Dear God, we have great excitement and anticipation about our future. Please keep our minds strong so that we always look optimistically at the future. May we always have cause to hope. Amen

Monday 29th

Heavenly Lord, we have so much to look forward to in the coming year. Keep our hearts and minds focused on what is important and help us to be positive for the future. Amen

Tuesday 30th

Lord, help us to hear you saying, "I am your hope". You are the hope for hopeless so we are running to you with both hands stretched out grabbing on to you. Give us a reminder today that hope is an unbreakable spiritual lifeline. Amen

Wednesday 31st Monthly prayer

Loving Lord, our faith is in you. We place our future in your hands as we follow where you lead. Inspire us with your vision and empower us with your Spirit, that we may walk forward together, knowing you are our guide and companion. Amen

Final Blessing

**The love of the Lord Jesus
draw us to himself;
the power of the Lord Jesus
strengthen us in his service;
the joy of the Lord Jesus fill our hearts;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. Amen.**

Midday Prayers 2024: Transformation – Now!
February
Works of Transformation

Monday: Discipleship that Transforms

Opening words – Oh Lord, just as the lives of men and women in the Bible were transformed as they experienced Your living presence, so may we be changed as we encounter You a fresh today.

¹You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. ²I have seen you in the sanctuary and beheld your power and your glory. ³Because your love is better than life, my lips will glorify you. ⁴I will praise you as long as I live, and in your name I will lift up my hands. ⁵I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. Psalm 63:1-5

Generous, loving God, you have provided all the resources for works of transformation which create a sustainable future. Help us to use your provision well to effectively serve our communities, wherever we live in your world.

Lord, You know us better than we know ourselves. Meet with us and show us how to follow your direction and purpose. Give us, we pray, the understanding, resources and supernatural power to effect total transformation, rather than a superficial, temporary covering over issues.

With gratitude and hope
we celebrate the goodness of God.
Amen

Tuesday: Watch and Pray

Opening Words - Oh Lord, just as the lives of men and women in the Bible were transformed as they experienced Your living presence, so may we be changed as we encounter You a fresh today.

³May the righteous be glad and rejoice before God; may they be happy and joyful. ⁴Sing to God, sing in praise of his name, . . . ; rejoice before him—his name is the LORD. ¹⁹Praise be to the Lord, to God our Savior, who daily bears our burdens. ²⁰Our God is a God who saves; from the Sovereign LORD comes escape from death. ²⁶Praise God in the great congregation; praise the LORD in the assembly . . . ³²Sing to God, you kingdoms of the earth, sing praise to the Lord, ³⁵You, God, are awesome in your sanctuary; . . . God . . . gives power and strength to his people. Praise be to God! Psalm 68:3-4, 19-20, 26, 32, 35*

God of love, unconditional love, powerful love, redeeming love. May your love overflow minute by minute, bringing wholeness, wisdom and strength.
You are grace, amazing grace, everlasting grace abundant grace. May Your grace seep into every facet of our lives as we seek to know you and make you know.

You are hope, living hope, breathing hope, soaring hope. We ask for your hope to grow in us as we seek to be light and salt to those around us.

God of love, grace and hope we give you thanks and praise that you are the God of transformation.

Wednesday: Worldwide Membership

Opening Words - Oh Lord, just as the lives of men and women in the Bible were transformed as they experienced Your living presence, so may we be changed as we encounter You a fresh today.

¹⁹ Since we have confidence to enter the Most Holy Place by the blood of Jesus, ²⁰ by a new and living way opened for us through the curtain, that is, his body, ²¹ and since we have a great priest over the house of God, ²² let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. ²³ Let us hold unswervingly to the hope we profess, for he who promised is faithful. ²⁴ And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. Hebrews 10:19–25*

Loving Lord,

We look back this 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

Lord we pray for members and branches across the world that each of us would know how much you love us. Give us the confidence to put our faith in action that we would see transformation now. God we stand in faith to believe that in every situation, You hear us, You are with us and You will make a way where there seems to be no way.

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

Thursday: Peace Makers

Opening Words - Oh Lord, just as the lives of men and women in the Bible were transformed as they experienced Your living presence, so may we be changed as we

encounter You a fresh today.

⁴ As you come to him, the living Stone—rejected by humans but chosen by God and precious to him—⁵ you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ. ⁹ You are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. 1 Peter 2:4-5, 9*

We stand in prayer for the peace of the nations in our world – nations that have been embroiled in needless conflicts and wars at various levels. We pray that the peace of the Lord will flow down like rivers from the mountains to engulf all our communities where wars, conflicts and strife of all forms are experienced. We express our unwavering support for the Churches in conflict zones, and pray that the Holy Spirit will convict warlords and war mongers to reconsider their motivations for resorting to armed conflict and instead seek for the peace of the nations. We pray that our leaders (faith, political, community and other social agents) will appreciate that the true worth of power diminishes if there is no country or people left to be governed and to acknowledge the fact that human life cannot be sacrificed for selfish ambitions or personal interests in the pursuit and exercise of power. Human life is sacred and must be respected and preserved at all costs.
CAPA Prayer Bulletin

Friday: Intergenerational Learning

Opening words - Oh Lord, just as the lives of men and women in the Bible were transformed as they experienced Your living presence, so may we be changed as we encounter You a fresh today.

I will sing of the LORD's unfailing love forever! Young and old will hear of your faithfulness. Your unfailing love will last forever. Your faithfulness is as enduring as the heavens.
Psalm 89:1-2 (NLT)

I think of a woman I know who is an educator, that could be a mum, a teacher or a vicar to name but a few. I think of her in her position of leadership and influence, with all the pressures and stresses that entails. I pray for her now that she will experience the peace of God and wisdom of an open heaven.

Let us pray for parents/guardians and pupils who are joining different levels of the educational ladder this year as the school year begins in most Africa countries. Times are hard, economics of taxes and more taxes are biting hard at the incomes of families and therefore their ability to meet the needs for fees and other provisions for school. Let us pray for God's provision and for governments to live up to their social responsibility of providing easy and equitable access to education for all across all countries.
CAPA Prayer Bulletin

Saturday: A Flourishing World

Opening words - Oh Lord, just as the lives of men and women in the Bible were transformed as they experienced Your living presence, so may we be changed as we encounter You a fresh today.

¹ Sing to the LORD a new song; sing to the LORD, all the earth. ² Sing to the LORD, praise his name; proclaim his salvation day after day. ³ Declare his glory among the nations, his marvellous deeds among all peoples. ⁴ For great is the LORD and most worthy of praise.
Psalm 96:1-4*

Nature serves as a symbol of human life itself.
It serves to remind us of baptism and all that follows,
In the still lakes and tumbling waterfalls.
It serves to remind us of reaching out and never giving up.
As the salmon leaps against the tide with determination and faith.
In the coming of spring we recognise new life, new birth,
Sign of God's enduring faithfulness and forgiveness.
Teach us to learn from your wonderful works. Amen.
Sheila Auld, Newcastle Upon Tyne Diocese

Wave of Prayer for Mothers' Union

Final Blessing

Jesus, brightness of your Father,
guide every event in our lives
for your highest purpose
and for our good,
until we arrive in your house,
and stand before your throne;
you live and reign, now and forever. Amen
The Church of England Book of Common Prayer

Midday Prayers 2024: Transformation – Now!
March: Inspiring Women

Monday: Clothed with Strength and Dignity

Opening Words: Loving God, we come into your presence in faith and hope. Be with us as we pray and help us to listen to your Word.

‘The LORD is my rock, my fortress, and my deliverer, my God, my rock, in whom I take refuge,
my shield and the horn of my salvation, my stronghold, my refuge and my Saviour.’
2 Samuel 22:2-3

Living Lord,
Open our ears to hear Your promises and open our eyes to see Your provision.
May we pursue Your call, despite obstacles.
May our eyes and hearts be open to recognise and encourage the gifts of others,
and may we learn to be content with our weakness as much as we rejoice in your strength.

Encourage us, like Mary, to listen.
Inspire us, like Martha, to serve.

Tuesday: In spite of my weakness

Opening Words: Loving God, we come into your presence in faith and hope. Be with us as we pray and help us to listen to your Word.

‘My grace is sufficient for you, for my power is made perfect in weakness.’
2 Corinthians 12:9

Prayer of personal commitment:
God of Grace,
You are familiar with all my ways and failures.
Here I am, Lord, in all my brokenness and humanity.
I give myself to You.
In Your grace and mercy,
make me useful in Your plan to redeem the world. Amen

Dear Lord,
You created within us a capacity to love and nurture.
You gave us understanding and patience in a troubled world.

Walk beside us, every moment of each day.
Guide us, encourage us and lead us,
to reflect more and more of your life within our own. Amen

Wednesday: Growing Membership

Opening Words: Loving God, we come into your presence in faith and hope. Be with us as we pray and help us to listen to your Word.

'Happy are those who hear the joyful call to worship, for they will walk in the light of your presence, LORD.' *Psalm 89:14-15 NLT*

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.

'First at the cradle and last at the cross.'
Women from every walk of life continue to inspire us.
Whether we are like 'Mary' or 'Martha',
We pray to be blessed with a prayerful heart
and spirit of hope that brings encouragement and light to others.

Thursday: The Ministry of Reconciliation

Opening Words: Loving God, we come into your presence in faith and hope. Be with us as we pray and help us to listen to your Word.

'The LORD is my light and my salvation—whom shall I fear?
The LORD is the stronghold of my life—of whom shall I be afraid?' *Psalm 27:1*

Father, who formed humanity to live in harmony and peace;
we acknowledge before you our divisions, hatreds, injustice and greed.
May we your people demonstrate before the world
the power of the gospel to destroy divisions,
so that in Christ Jesus there may be no barriers
and that all should come to know you.
Everyone a child of God,
members with one another and heirs together
of your everlasting kingdom.

Friday: Mothers Everywhere

Opening Words: Loving God, we come into your presence in faith and hope. Be with us as we pray and help us to listen to your Word.

'When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home. ' *John 19.25-27*

Loving God, we pray for single parents,
and those who have unexpectedly found themselves alone
with the responsibility of raising a family.
May they know Your comfort and your companionship.

A prayer from a mother in Sri Lanka
Lord, we thank you
for your love and compassion to us.
Whenever we face difficult situations in life
you are there to provide us strength
and guidance to overcome them.
Lord, we pray for your presence
through all losses, trauma, and adversity we face in our daily lives.
May your guiding hand be upon us,
may your strength and our faith in your presence
help us to have resilience to face the future.
We pray in Jesus's name. Amen *Uthpala Kalpage, Sri Lanka.*

Heavenly Father,
Give us grace in all our family relationships.
May hope be stronger than struggle,
celebrations more frequent than trials,
May kindness prevail over anger,
and may love build bridges.
Keep us safely gathered in the love of Christ
members of your worldwide family

Saturday: Holy Ground

Opening Words: Loving God, we come into your presence in faith and hope. Be with us as we pray and help us to listen to your Word.

'Know that the LORD, he is God!
It is he who made us, and we are his;
we are his people, and the sheep of his pasture.'

Psalm 100

God of creation,
we give thanks for all that you have made.
We see the beauty of our planet that nurtures us.
We hear your word that enlightens us.
We wonder at all you have done for us
And we pray that you will make us better stewards of the environment.

Father, we thank you for the gift of Jesus Christ
to be the Way, the Truth and the Life.
As we walk the earth, the holy ground of your creation,
as we breathe the air, and drink of the water of life,
Show us the way to treasure the living world
for all the families of the future.

Wave of Prayer for Mothers' Union
Lord, we pray for Mothers' Union worldwide.

Wave of prayer dates.....

Final Blessing

I bind myself today:
To the power of God to guide me.
To the might of God to uphold me.
To the wisdom of God to teach me.
The eye of God to watch over me.
The ear of God to hear me.
The word of God to speak to me.
The way of God to lie before me.
The host of God to defend me. Amen.

Midday Prayers 2024: Transformation – Now! April: Abundant Life

Monday: Power of prayer

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

Holy Spirit, Living breath of God,
Breathe new life into my willing soul.
Bring the presence of the risen Lord
to renew my heart and make me whole.
Cause your word to come alive in me,
give me faith for what I cannot see.
Give me passion for my purity,
Holy Spirit breathe new life in me.

Deb Lee Carlisle diocese

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.

Loving Lord, we turn to you trusting you hear our prayers
Amen

Tuesday: Life in its Fullness

Whoever would love life and see good days... must turn from evil and do good; they must seek peace and pursue it. *1 Peter 3:10, 11*

Loving Lord, we turn from our selfish ways and seek out the way of peace, that we may embrace abundant life.

What wonders we find in the gift of life. Our joy in the beauty of nature; our delight in loving relationships; our pleasure in a job well done or a new skill mastered.

Each facet of life adds richness to our days. A foretaste of the glory that awaits when we step into the realm of eternity and our cup overflows.

Loving Lord, we turn from our selfish ways and celebrate your abundant life with thankful hearts. Amen

Wednesday: Worldwide Membership

¹⁹ Since 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)*

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 who you bring into our lives.

Heavenly Father, we thank you for the 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.

Loving Lord, we turn to you and ask that you would revive us afresh.

Thursday: Peace Makers

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*

*Go peaceful, in gentleness, through the violence of these days.
Give freely, show tenderness in all your ways.*

*Through darkness, in troubled times, let holiness be your aim.
Seek wisdom, let faithfulness burn like a flame.*

*God speed you, God lead you and keep you wrapped around His heart.
May you be known by love.*

*Be righteous, speak truthfully in a world of greed and lies.
Show kindness, see everyone through heaven's eyes.*

*God hold you, enfold you and keep you wrapped around His heart.
May you be known by His love.*

(Paul Field)

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.

Today we remember the people caught up in conflict: the politicians as they seek solutions; the peacemakers as they seek to bring hope; and the priests and pastors as they seek to bring comfort.

Loving Lord, we turn to you and receive your peace

Friday: Becoming lifelong disciples together

Parents, do not irritate your children, or they will become discouraged.

Colossians 3: 21 (GNT)

Ever loving God, thank you for the gift of family.

In the family your binding love finds expression
and is where dreams, hopes and aspirations are nurtured.

Bless and strengthen every family.

In your loving mercy give us the resilience to trust in you in the midst of hard times.

Help us to focus on our dreams, hopes and aspirations that we may find joy in you. Amen

Dorothy Siep, Papua New Guinea

Father, families are made up in many ways, new and renewed, growing and developing,
conventional or unusual. We pray for the strengthening of marriage and family life. We pray
for all families to learn and accept your unconditional love.

Loving Lord, we turn to you trusting you hold us all

Saturday: Celebrating Mothers Union around the World

As for God, his way is perfect:

the Lord's word is flawless;

he shields all who take refuge in him.

Psalms 18:30

Loving Lord, we pray for your transformational blessing on Mothers' Union worldwide.

We pray for our members throughout the world as they build hope and resilience in others
through their witness and their work.

We give thanks for signs of transformation in families and communities worldwide as we
reach out in love and service.

We pray for the flourishing of Mothers' Union as we adapt for the needs of this present time
and entrust ourselves to God to lead us forward.

Transform our lives, so that we may accomplish your purpose. Amen

Wave of Prayer for Mothers' Union

April 2024

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

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

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

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

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

Final Blessing

Jesus, brightness of your Father,
guide every event in our lives
for your highest purpose
and for our good,
until we arrive in your house,
and stand before your throne;
you live and reign, now and forever. Amen

The Church of England Book of Common Prayer

Midday Prayers May 2024



Wave of Prayer for May 2024

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

3 May: Mothers Union locally / branch leaders

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

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

10 May: Mothers Union nationally / Mary Sumner House staff

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

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

17 May: MU world wide / WW President (Sheran Harper) and CEO (Bev Julien)

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

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

24 May: Mothers Union in the Diocese / Diocesan President and VPs

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

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

In closing we pray the monthly prayer

Our Lord and heavenly King,
fill our lives with the presence of Christ.
Strengthen our faith to trust in you and
set our hearts to pursue your ways,
that we may work in partnership to
build your kingdom on earth

Prayer Diary Theme - Building God's Kingdom

Monday - The power of the Holy Spirit

1 Corinthians 12:4-6

"There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. Different kinds of working, but in all of them and in everyone it is this same God at work."

'Fan into flame the gifts of the Holy Spirit! Use them to build up everyone else! The least, greatest, youngest and oldest can all do this and the church will grow in love. Expect prophecies, healings and other miracles whenever you meet - then on the streets and by sick beds. See the Kingdom of God come.'

Jackie Pullinger MBE Founder of St Stephen's Society

Almighty God, your ascended Son has sent us into the world to preach the good news of your kingdom: inspire us with your Spirit and fill our hearts with the fire of your love, that all who hear your Word may be drawn to you, through Jesus Christ our Lord.

Prayer Practice: Pray today about who you could invite to a MU activity.

Tuesday - The God who walks with us

"The Lord gives strength to his people; the Lord blesses his people with peace." *Psalms 29.11*

"In every step, the God who walks with us guides our journey's path." *Paula Gooder Theologian and Anglican Lay Reader*

Eternal God,
where war has destroyed and divided, kindle the flame of hope;

where poverty has diminished and demoralised, kindle the flame of hope; where confidence has been drained and damaged, kindle the flame of hope.

In Jesus' name. Amen.

Prayer Practice: Go on a prayer walk around your neighbourhood; or recall a prayer walk you have made in the past.

Wednesday - The God who listens

Ephesians 3:10,12

“God’s wisdom, in all its rich variety, is made known, through the church, to the rulers and authorities in the heavenly places... In him, and through faith in him, we may approach God with freedom and confidence.”

“In the stillness, the God who listens bestows solace and wisdom.” *Tim Keller Co-founder City to City*

Almighty God, may Your kingdom reign in every corner of our existence.

Guide us according to Your divine will, and may Your purpose unfold in our journey. Empower Your church to shine, serve, and share Your love.

Grant us the wisdom to align our lives personally and corporately with the values of Your heavenly kingdom, reflecting Your glory. Amen.

Prayer Practice: As a group of MU friends, why not read the Lord’s Prayer, discuss and then pray it together, with a pause between each phrase?

Thursday - The God who challenges & encourages

Psalms 62:8:

“Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us.”

“... What I have found essential is an attitude in every way of praying: open hands ready to receive and an honest heart – never hiding anything.” *Archbishop Justin Welby*

Almighty God, may Your name be glorified. Let Your kingdom manifest in our lives, bringing forth Your holiness and righteousness. To those whose faith has grown stale, we pray the joy of freshness. To those estranged from family and friends, we pray the joy of reconciliation. To those who live with conflict, we pray the joy of peace.

To all people in all places, we pray the joy of knowing Jesus as Lord and Saviour. Amen.

Prayer Practice: In praying, ‘Thy Kingdom Come’, may we commit to playing our part in the renewal of the nations and the transformation of communities.

(Archbishop Justin Welby)

Friday – The God who loves

John 15:4: “Abide in me as I abide in you.”

“A characteristic of Ignatian prayer is that at the start we are invited to ask for a grace, a gift from God. Today you are invited to ask for an intimate knowledge of the many blessings you have received; so that, filled with gratitude for all, you may in all things love and serve God.”

Sister MaryAnne Francalanza FCJ

Gracious God, we pray for those longing to be accepted... longing to be acknowledged... longing to be given a second chance... longing to be loved... May your kingdom come and transform their longing into joy. Amen.

Prayer Practice: Write a gratitude list and thank God for all the blessings bestowed upon you.

Saturday - The God who empowers

Joshua 24:15c ‘... but as for me and my household, we will serve the Lord.’

“This is our routine: before bedtime we sit together as a family, light a candle, pray and sing some hymns and songs. If the little one says just one or two words – “thank you” – then that was it, that was their prayer.’

Raheela Irfan & Revd Irfan John Synod Enabler for Culturally Diverse Congregations (Wales)

Lord of the Way, the Truth and the Life, guide families to weave discipleship into daily life, nurturing faith, love and wisdom in each other; and guide us in nurturing our own families in faith, that they may be assured of the love of Christ in their lives. Amen.

Prayer Practice: Pray for Mothers’ Union as we seek to encourage Christian families to teach discipleship in their homes.

Wave of Prayer: June 2024

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

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

7 June: MU locally / branch leaders

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

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

14 June: MU nationally / Mary Sumner House staff

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

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

21 June: MU worldwide / WW President and CEO

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

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

28 June: MU in the Diocese / Diocesan trustees

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

Prayer of the month

God of unchanging power, your Holy Spirit enables us to proclaim your love in challenging times and places.

Give to all members of Mothers' Union steadfastness, fresh understanding and a clear vision that, together, we may continue the mission to which we are called.



Midday Prayer: June 2024

**Prayer Diary Theme:
Mission and Vision**

Monday: Footsteps in Faith

*'In him we live and move and have our being'
(Acts 17.28)*

Mothers' Union is all about Footsteps in Faith. We make them.

We look ahead to judge the terrain.

We look back to see where we've come from.

We journey together, though sometimes we feel alone. Sometimes our path is well lit, sometimes we stumble in the darkness; but always, like the saints of old, we mark the landscape with our footsteps in faith.

(MU Chaplain, Newcastle Diocese)

Heavenly Father, give us the faith to look to Jesus crucified and risen from the dead.

Faith to see the invisible, and do the impossible;

faith invincible in the face of evil and death.

Faith to pass the good news of Jesus to the next generation;

faith to live in sustainable ways to bless the earth you created.

Faith to take up our cross and follow Jesus all our day until we come to our eternal home.

In Jesus name, Amen

(Margaret Vivian (Sheffield Diocese))

Tuesday: Community transformation

*'You are the light of the world. Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.'
(Matthew 5:14,16)*

Pray for the work of Mothers Union bringing hope and help for a new start to those in prison, a voice for the unjustly convicted, and practical compassion for victims of circumstance.

God our Saviour, we come to you with broken hearts. We see the world in pain and hunger, not only for food but also for justice. Our minds are full of questions, though the innermost of our hearts could feel your love and compassion. Your grace shines on humanity whether righteous or wrong. Let us be your helping hands for the bereaved and the persecuted. God of hope, please hear our prayer, in Jesus name. Amen
(Annabel Khinn sett Lin, Myanmar)

Wednesday: Worldwide fellowship

'You are members of God's family. You are being built together into a house where God lives through his Spirit.' (Eph 2.19,22)

Ever loving God, thank you for the gift of family. In the family the binding love of God finds expression and is where dreams, hopes and aspirations are nurtured. Bless and strengthen every family. In your loving mercy give us the resilience to trust in you in the midst of hard times. Help us to (be faithful members of your world-wide family) that we may find our joy in you. Amen
Dorothy Siep, Papua New Guinea

Thursday: Peace and safety

'Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.' (Hebrew 12:14)

We pray for nations torn apart by war, for communities disrupted by anger, for individuals tormented by guilt.

May I know peace

Peace in this world
Peace in this country and this city
Peace for my neighbours and my community...
Peace for my friends and my family

May I know peace in myself,
And may I be a giver of peace...

As a peacemaker to my friends and family
As a peacemaker to my neighbours and my community...
As a peacemaker for this city and this country
And a peacemaker for this world.

A Hope for Peace (Newcastle Chain of Peace)

Friday: Nurturing family faith

'We will not hide these things from our children; we will tell the next generation about the glorious deeds of the Lord, about his power and his mighty wonders.' (Psalm 78:4)

Nurturing children is a both a joy and challenging task; testing the limits of our patience and stretching the boundaries of our faith. We pray for God's help us to reflect his love in our families and to our children.

Thank you for my family and the important part I play in mine. You are the perfect father: always loving, kind, encouraging, forgiving, patient and faithful; always available to hear my prayers, requests, complaints and fears; always ready to lead, guide, help, strengthen, encourage and support. Help me to learn from your example, trust you in my weakness, believe you when I doubt and quickly turn to you for help. Show me that today's opportunities are not limited by yesterday's shortcomings. Amen. *(Author Unknown)*

Saturday: Vision for the environment

'God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea and the birds of the air, over the earth and over all the wild animals of the earth."' (Gen 1.26)

Dominion, God-style, is not domination, but wise stewardship, mindful of balance and interdependence, of responsibility & thankfulness.

God of life,

we praise you for the beauty of creation, its richness and variety;
yet, through greed and ignorance,
we scar your world with plastic waste and throw so much away.
Make us more like Jesus,
treading gently on our common home,
and breathe your Spirit on us,
that we may care more deeply for your Earth.
We ask this through Jesus Christ our Lord.
Amen.

*Rt Revd Graham Usher. Bishop of Norwich and
Lead Bishop on the Environment*

July 2024 Midday Prayers - Transformation of Relationships

Monday – Across generations and cultures

‘Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.’ *Isaiah 1:17*

O Lord, open my eyes that I may see the need of others, open my ears that I may hear their cries, open my heart so that they need not be without succour.

Let me not be afraid to defend the weak because of the anger of the strong, nor afraid to defend the poor because of the anger of the rich. Show me where love and hope and faith are needed and use me to bring them to these places.

Open my eyes and ears that I may, this coming day, be able to do some work of peace for thee.
Amen ©Alan Paton

Tuesday – Relationship with God

‘Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.’ *John 15:4*

Lord, we would grow with you

New shoots reaching out
Hands stretched upward
Like leaves newly formed
Soaking up your light and warmth
Lord, we would grow with you.

Lord, we would grow with you

In sunshine and rain
In darkness and light
In cold days and summer days
From Springtime to Winter
Lord, we would grow with you.

Lord, we would grow with you

And bring forth fruit
That is pleasing to you
Fed by your living water
Giving sustenance to others
Lord, we would grow with you.
Amen © John Birch

Wednesday – Support for relationships

‘Each of you should look not only to your own interests but also to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus’ *Philippians 2:4-5*

**Almighty God of all creation,
we join our voices to praise you today,
singing of your wonders,
giving thanks for your grace and care.**

We celebrate the joys of life
and all you have blessed us with:
family and friends;
new relationships and deeper relationships;
new life and transformed lives;
reconciliation and restoration. © John W. Vest

As we share our lives together
help us reflect the perfect relationship
between Father, Son and Spirit;
perfectly loving, perfectly equal,
united in total harmony.

**For then we will see true transformation
as we value each other above ourselves. Amen**

Thursday – Family challenges

“I know the plans and thoughts that I have for you,” says the Lord, “plans for peace and well-being and not for disaster, to give you a future and a hope.” *Jeremiah 29:11 (AMP)*

**Gracious God,
make known to us your plans
for peace and wellbeing;
to bring lasting transformation.**

Lord, we pray for lives to be transformed
into ones of self-respect and sufficiency
through effective use of your resources.

We pray for families to be transformed
into strong and loving households
as they explore your ways for relationship.

We pray for communities to be transformed
into ones of resilience and prosperity
through trust and cooperation.

**Gracious God,
guide us in your plans
for peace and wellbeing;
to transform lives for good. Amen**

Friday – Love one another

'I was a stranger, and you invited me into your home. 'When you did this to one of the least of my brothers and sisters you were doing it to me!'

Matthew 25: 35,40

God of family and community, draw us near to the lonely and isolated that they may find a place of welcome, purpose for their days, and company to enrich their lives. Amen

God of compassion, be close to those who are ill, afraid or isolated.

In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.

Amen

©Church of England

Saturday - Transformation

'I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.' *John 15:1-2*

**Abundant God,
dig deeply in our lives
to prepare us for acts of service
that will produce a good return.**

Loving Father,
our heavenly gardener,
we open ourselves to your spiritual nurture.

Clear away the debris amassed over time –
the dead works, the lurking selfishness,
the weeds of doubt and disappointment.

Draw us close to the truest of vines,
to the blessing of relationship with Christ,
that we may yield a fruitful harvest
of service and love for a needy world. **Amen**

Prayer of the Month

As we share our lives together,
we pray to reflect the perfect relationship
between Father, Son and Holy Spirit; perfectly
loving, perfectly equal, united in total harmony.
For then we will see true transformation as we
value each other above ourselves. Amen

July 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

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**

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

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

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 **Royalaseema** in India

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

Midday Prayers 2024: Transformation – Now! August - MU at Prayer

Monday: Bless the work of Mothers' Union

The same Lord is Lord of all and richly blesses all who call on him. *Romans 10:12*

The Lord bless us and keep us

We pray God's blessing for ourselves;
may we be sustained in all we do.
We pray God's blessing on those we love;
may they be upheld by the presence of Christ.

The Lord make his face to shine upon us and be gracious to us

We pray God's light to shine clarity on our plans for loving kindness.
We pray God's grace to encircle all who serve and those they support.

The Lord turn his face towards us and give us peace

We pray God's divine favour and peace, that surpasses all understanding, will fill our lives today. **Amen**

Tuesday – The words we speak

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. *Ephesians 1:3*

Eternal God, the refuge and help of all your children, we praise you for all you have given us, for all you have done for us, for all that you are to us.

In our weakness, you are strength,
in our darkness, you are light,
in our sorrow, you are comfort and peace.
We cannot number your blessings,
we cannot declare your love:
For all your blessings we bless you.

**May we live as in your presence,
and love the things that you love,
and serve you in our daily lives;
through Jesus Christ our Lord.
Amen** *St. Boniface, 675-754*

Wednesday – The prayers we breathe

See, I am doing a new thing! Now it springs up; do you not perceive it? *Isaiah 43:19*

Loving Lord, transform our lives that we may reflect the glory of Christ and share his love in the world.

You are the potter, Lord,
and in your skilful hands
even the unlikeliest of clay
becomes a thing of beauty
and useful, bringing glory
not to the pot, but its creator.

So take these lives, this clay,
and in your loving hands
transform and make us
into what we long to be;
made useful, Lord, for you.

Transform our struggles into victories.
Transform our doubting into certainty.
Transform our stumbles into confidence.
Transform our sorrow into worshipping, gracious God, we pray.
Amen © *John Birch*

Thursday – The witness of our lives

We are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit. *2 Cor 3:18*

Breathe in me O Holy Spirit
that my thoughts may all be holy;

Act in me O Holy Spirit
that my works, too, may be holy;

Draw my heart O Holy Spirit
that I love but what is holy;

Strengthen me O Holy Spirit
to defend all that is holy;

Guard me then O Holy Spirit
that I always may be holy.

St. Augustine of Hippo

**Loving Lord, transform our lives
that we may reflect the glory of Christ.
Continue in us the work of your Spirit;
the miracle of transformation
from the gloom of sin
to the glory of Christ. Amen**

Friday – Faith in Action

‘My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest.’ *Isaiah 32:18*

God of compassion, your eyes are turned to the poor and needy. Turn our gaze to see the need around us. Give us a vision of an equal society where everyone has a place.

God of justice, your face is set against poverty. Shake us out of our comfort. Challenge us to counter injustice whatever the cost to ourselves.

God of hope, your kingdom will come in its fullness. Envision us to act and pray. Inspire us to work for an equal society of fullness of life for all that poverty may be overcome. Amen

Saturday – Blessed to be a Blessing

God is able to make every blessing of yours overflow for you, so that in every situation you will always have all you need for any good work. *2 Corinthians 9:8 (ISB)*

**God bless each step that we take today,
whether that road is rough or smooth.**

And in God’s strength - step out in faith,
step out in love, step out in peace,
and bless this world with God’s presence
in and through our lives

**May we be a blessing
to every life we touch,**

and the Spirit within,
that life-giving water,
be a gift of refreshment
in love shown and shared
with all who are thirsty
along the road we travel. **Amen**

© *John Birch*

A person of blessing will be enriched,
and he who gives water also will be refreshed.
Proverbs 11:25 (LEB)

Wave of Prayer for August

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

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

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

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; Sambalpur in India

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

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.

Prayer of the Month

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

Mary Sumner

Midday Prayers 2024: Transformation – Now! September: Seasons

Monday – Peace and reconciliation

‘Afflicted city, storm-tossed and not comforted, I will rebuild you with stones of turquoise, your foundations with sapphires. I will make your battlements of rubies, your gates of sparkling jewels, and all your walls of precious stones.’ *Isaiah 54:11*

Christ our King, you were storm-tossed by those you died to save; rejected by those you came to build into your kingdom.

Yet now you shine with resurrection glory, radiating bejewelled light, as you stand on the foundations of eternity.

So, in your mercy, transform us in our hardships and rebuild the foundations of our lives, with sparkling jewels of your love and grace.

May we shine as precious living stones, reflecting the light of Christ our King, and may his light transform the world. Amen

Tuesday – Seasons of creation

‘Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.’ *John 15:4*

Lord, we would grow with you

New shoots reaching out
Hands stretched upward
Like leaves newly formed
Soaking up your light and warmth
Lord, we would grow with you.

Lord, we would grow with you

In sunshine and rain
In darkness and light
In cold days and summer days
From Springtime to Winter
Lord, we would grow with you.

Lord, we would grow with you

And bring forth fruit
That is pleasing to you
Fed by your living water
Giving sustenance to others

Lord, we would grow with you.

Amen

© *John Birch*

Wednesday – Serving God and every season

‘Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord.’ *Ephesians 5:19*

**We will be glad and rejoice in you;
We will sing the praises of your name,
O Most High.**

He rules the world in righteousness and judges the peoples with equity.

**The Lord is a refuge for the oppressed,
a stronghold in times of trouble.
Those who know your name trust in you,
for you, Lord, have never forsaken those who seek you.**

‘Sing the praises of the Lord, enthroned in Zion; proclaim among the nations what he has done.’ *Psalms 9: 2, 8-11*

**Righteous Lord,
may our songs of celebration
bring praise to your name
and joy to your world. Amen**

Thursday – Seasons of peace and conflict

‘Come now, let us settle the matter’, says the Lord. ‘Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.’ *Isaiah 1:18*

**Christ, our spotless Redeemer,
who cleanses us from sin,
look upon us with mercy and grace.**

In shame, I come to Christ, carrying the filthy rags of my sin, stained in crimson guilt.

In faith, I lay them at Christ’s feet, whispering words of penitence, helpless to make amends.

In love, Christ transforms my life, making me clean as newly-fallen snow with his crimson blood of righteousness

**Christ our spotless Redeemer,
who takes away the sin of the world,
we bring you our worship and praise.
Amen**

Wave of Prayer - September

Friday – The radiance of Christ

‘Like the appearance of a rainbow in the clouds on a rainy day, so was the radiance around him. This was the appearance of the likeness of the glory of the Lord.’ *Ezekiel 1:28*

Christ our Lord,
radiant in splendour and glory,
shine your love into the darkness
and paint our lives with the rainbow hues
of your multi-faceted blessing.

Lift our eyes that we may delight
in the brightness and beauty
of your transformational love
which colours our lives with joy and hope.

**O Christ our Morning Star,
Splendour of Light Eternal,
shining with the glory of the rainbow,
come and waken us
from the greyness of our apathy
and renew us in your gift of hope.
Amen** *The Venerable Bede*

Saturday – Lord of heaven

‘Give praise to the Lord, proclaim his name;
make known among the nations what he has
done.

**Sing to him, sing praise to him;
tell of all his wonderful acts.**

Glory in his holy name; let the hearts of those
who seek the Lord rejoice.’ *Psalms 105:1-3*

How can we not sing your praise
with heart and soul and proclaim your name
throughout the world?

**God of creation,
Awesome in power, Sustainer,
Provider, Saviour, Father of all,
there is none like you!**

How can we not declare your glory
through all that we are,
and proclaim your name
throughout this world? © *John Birch*

**Lord of heaven and earth,
may our songs of celebration
bring praise to your name
and joy to your world.
Amen**

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

3-5 September: Khartoum in Sudan; **Dares 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

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

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**

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

Prayer of the Month

As the tides wash over the shores of my life,
bless me with the joy of living.
As I sift through the shifting sands of my
years, bless me with understanding.
As the seasons of bidding and fruiting come
and go, bless me with a thankful spirit. Amen

Midday Prayers 2024: Transformation – Now! October: Social Justice

Monday – Education for life

‘The desert and the parched land will be glad; the wilderness will rejoice and blossom. They will see the glory of the Lord, the splendour of our God.’

Isaiah 35:1, 2

**God of rebuilt people and rebuilt places
you have plans for deserts and
wilderness.**

Rebuild through education for all:

‘Water will gush forth in the wilderness
and streams in the desert.

The burning sand will become a pool,
The thirsty ground bubbling springs.
In the haunts where jackals once lay,
Grass and reeds and papyrus will grow.
And a highway will be there;
it will be called the Way of Holiness.’

Isaiah 35: 6-8

**God of transformation
we look forward to what you will do with
our lives and with grace
on the journey of faith.**

**Far we have come,
far we must go. Amen**

From the Grace website archive

Tuesday – Hope for social justice

‘Greater love has no one than this:
to lay down one’s life for one’s friends.’

John 15:13

**Christ the true vine,
beloved of the Father,
we marvel at your selfless love;
your supreme act of friendship
for a helpless people,
that we may have eternal life.**

Love poured out
on that cruel cross,
a blood offering
so we might go free.

Love poured out,
infusing this world
with rivers of grace
and hope of rebirth.

Love poured out,
and into these hearts,
who drink from a stream
that never runs dry.

© John Birch

**Christ the true vine,
beloved of the Father,
we stand in awe
of your supreme act of friendship;
we are blessed that you call us your
friends. Amen**

Wednesday – Prisons work

‘May your unfailing love be with us, Lord,
even as we put our hope in you.’

Psalms 33:2-5, 21-22

**Sing to the Lord a new song;
play skilfully, and shout for joy.**

For the word of the Lord is right and true; he
is faithful in all he does.

**The Lord loves righteousness and justice;
the earth is full of his unfailing love.**

We wait in hope for the Lord;
he is our help and our shield.

**In him our hearts rejoice,
for we trust in his holy name.**

Thursday – challenging racial injustice

‘Jesus led them up a high mountain, where
they were all alone. There he was trans-
figured before them. His clothes became
dazzling white, whiter than anyone in the
world could bleach them.’ *Mark 9:2-3*

Chosen One, Beloved of the Father,
lead us to the heights of your presence
that we may behold your dazzling radiance.

**Bathe us in the rays of your glorious truth
that we may be transformed by your
perfect love.**

**Open our ears to listen to your voice,
that we may be transformed
by your words of life.**

Then lead us on by the light of your
presence, renewed in spirit and envisioned
in faith; to works that bring lasting
transformation in the world you have called
us to serve. **Amen**

Friday – a voice for the vulnerable

‘We all are being transformed into his
image with ever-increasing glory, which
comes from the Lord, who is the Spirit.’
2 Corinthians 3:18

**Take your canvas, God,
and sketch on it a new life for me.
Shape me, style me
and shade me with your Spirit.**

Paint over the old me
with all my blemishes and flaws
and then, with Jesus as your model
draw my heart again and colour it with love.

God, paint over the old me
and draw me again
so that I can see the world
from your perspective.
Then, after growth and in wisdom
perhaps one day
someone will look and see in me
your masterpiece
a portrait of the glory of Jesus.

Amen

© Tony Burnham

Saturday – Justice for creation

‘Then the One sitting on the throne said,
“See! I am making all things new. Write, for
these words are true and faithful.”

Revelation 21:5 (NLV)

**We pray for our beloved planet,
scarred by conflict and natural disaster:
bring healing to its lands
and cleansing to its waters;
bring justice to its peoples
and peace to its nations;
bring life for today
and hope for the future.**

God of all eternity, ignite in us, your people,
the faith to believe that you will
one day heal our broken world,
and grow in us the perseverance
to keep praying and working
towards that day when your creation
will once again be whole and free.

**We ask all these things in the name
of your matchless Son, Jesus Christ.
Amen**

©Lyndall Bywater

Prayer of the Month

Let us not turn from the world,
but be engaged within it.
Where there is injustice
let us strive for equality and dignity.
May our actions
be based upon Gospel values,
our motives be to serve God alone,
and through him to transform this world.
Amen

**Please also refer to the Prayer Diary
for daily prayers and Wave of Prayer.**

**Midday Prayers 2024:
Transformation – Now!
November
Women's equality and
empowerment**

**Monday – Women's equality and
empowerment**

'The Lord is my shepherd I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.'

Psalm 23:1-3

When our lives are dull and dry,
the colour drained by the demands we face:

Lord, lead us to pastures green.
Transform our parched souls
into abundant places of fruitfulness
with your verdant refreshment.

Shelter us in leafy shade.
Restore us in times of dryness
by the waters of the Spirit
as we soak in your Word.

Plant us in fertile places.
Transform our barrenness
into lives that will produce
a vibrant harvest of faith.

**Surely your goodness and mercy
will colour all the days of our lives,
until we dwell in your house
forevermore. Amen**

Tuesday – Created equal by God

'Encourage one another and build each other up, just as in fact you are doing.'

1 Thessalonians 5:11

**God of transformation
who has created us equal in your
image, show us how to value all people
and to work towards equality for all.**

Help us to appreciate
each other's unique qualities.
Help us to treasure
each other's special gifts.

May we be slow to judge
and quick to forgive;
ready to treat others
as we wish for ourselves.

May relationships be transformed
as we seek each other's good
by encouragement and support;
sharing together the love of Christ.

**God of transformation,
who has created us in your image,
help us to accept each other
unconditionally,
as we live out your call
to love our neighbour
as ourselves.
Amen**

**Wednesday – Gender justice
matters**

'Let us not get tired of doing what is right,
for after a while we will reap a harvest of
blessing if we don't get discouraged and give
up.'

Galatians 6:9

**Loving Lord,
nurture us with your goodness
and fill us with joy
that our lives may produce
the fruit of transformation.**

What a privilege to serve,
to share your love
through word and action.
What a joy to know
that what we say
can bring change in others.
What a blessing to see,
hearts touched
by the riches of your grace.
What a harvest to be,
when seeds we sow
produce fruitfulness.
John Birch

**Loving Lord,
transform us by your Spirit
that our lives may yield
a fruitful harvest of blessing. Amen**

Thursday – Opportunities for empowerment

‘Live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might.’ *Colossians 1:10-11*

Lord, we would grow with you
New shoots reaching out
hands stretched upward
like leaves newly formed
soaking up your light and warmth
Lord, we would grow with you

Lord, we would grow with you
In sunshine and rain
in darkness and light
in cold days and summer days
from Springtime to Winter
Lord, we would grow with you

Lord, we would grow with you
And bring forth fruit
that is pleasing to you
fed by your living water
giving sustenance to others
Lord, we would grow with you.
Amen ©John Birch

Friday – Faith in Action

‘Those who sow with tears
will reap with songs of joy.’ *Psalms 126:5*

**Lord of fruitful transformation
we celebrate your goodness
with songs of joy.**

Lord, fill us with the compassion of Christ,
who wept over the plight of Jerusalem:
Transform our tears of concern into action
that will enable communities to thrive.
Transform our tears of concern into prayer
that our action may be Spirit-led.

We pray for a harvest of joy
over families who are living well.

We pray for a harvest of joy
over lives which are being made whole.

We pray for a harvest of joy
over hearts who respond to God’s love.

**Lord of fruitful transformation
we celebrate your goodness
with songs of joy. Amen**

Saturday - The goodness of God

“I know the plans *and* thoughts that I have for you,” says the Lord, “plans for peace *and* well-being and not for disaster, to give you a future and a hope.”
Jeremiah 29:11 (AMP)

**Gracious God,
make known to us your plans
for peace and wellbeing;
to bring lasting transformation.**

Lord, we pray for lives to be transformed
into ones of self respect and sufficiency
through effective use of your resources.

We pray for families to be transformed
into strong and loving households
as they explore your ways for relationship.

We pray for communities to be transformed
into ones of resilience and prosperity
through trust and cooperation.

**Gracious God,
guide us in your plans
for peace and wellbeing;
to transform lives for good. Amen**

Prayer of the Month

May our championing
of women’s equality and empowerment
provide women with the means
to lift themselves up in their communities;
highlighting God’s restoration
of human dignity in relationships,
based on love and justice, not domination.
Amen

**Please refer to the Prayer Diary for
other prayers and the Wave of Prayer**

Midday Prayers 2024: Transformation – Now! December : Emmanuel

Prayer of the Month

As we journey through Advent
we praise God for his Word
which leads us to the stable of salvation.
As we draw near to adore the Christ-child,
we share in the joy that the risen Lord
accompanies us every step of the way. Amen.

*Inspired by MU resources, the O Antiphons for
Advent, and the O Emmanuel sonnet in 'Sounding
the Seasons' by Malcom Guite: Canterbury Press*

Monday: Emmanuel- Rooted in Love

**'O Root of Jesse, you stand as a sign among
the peoples.'** *Isaiah 11.10*

Rooted in the Love of God, Christ is a sure
foundation for our faith. He is the alpha and
the omega, the beginning and the end.

**Lord, for the years your love has kept
and guided, we bring our thanks today.**

Lord of the years, all things come from you
and of your own do we give you. Rooted in
Love you give more than we deserve and
entrust us to safeguard creation.

Stand as a sign to those who lead and all who
follow – a sign that the earth is in our care;
a sign that the welfare of its people is our
responsibility; a sign that you are with us and
call us to be with you as servants in the world.
Keep us rooted in your Love.

**God be with us in our working and in
our resting. Amen.**

Tuesday: Emmauel– Bearer of Light

**'O Morning Star, splendour of light eternal
and sun of righteousness: Come, enlighten
those who dwell in darkness.'** *Malachi 4.2*

**Lord, for the times when darkness
overpowers us, be our guiding light.**

Creator of light and darkness, as we make our
footsteps in faith into the dawn of salvation,
may your Word be a lantern to our feet and a
light upon our path.

May your presence be a light of comfort, peace
and understanding to those for whom
Christmas time holds difficult memories.

May your Light illumine the dark places of
danger or despair bringing hope and courage.

God be with us in light and dark. Amen.

Wednesday: Emmauel - Key to Freedom

**'O Key of David, you open and no one can
shut; you shut and no one can open: Come
and set the prisoners free'** *Isaiah 22.22, 42.7*

**Lord for our land in this our generation
be pleased to hear our prayer**

Saviour of our souls,
be the guardian of our coming and our going.

Set us free from the guilt which imprisons and
disables us. Assure us of your forgiveness.

Be the hope of new life in the hearts and
minds of prisoners. Bless those who offer
rehabilitation and fresh start opportunities.

Be the hope of freedom for those imprisoned
by injustice or abuse, those disabled by
infirmity or fearfulness.

Be the open door to compassion and care for
all in distress.

**God be with us in our comings and our
goings. Amen.**

Thursday: Emmauel – Word of God

**'O Wisdom, O holy Word of God, you reach
to the ends of the world. You govern all
creation with your strong yet tender care:
Come and teach us the way of prudence.'**
Wisdom 8.1

**'In the beginning was the Word and the Word
was with God and the Word was God.'** *John 1.1*

**Lord, for the word of life which fires us,
receive your people's praise.**

As we make our footsteps in faith in our daily
tasks, unfold for us the mystery of your grace:
the grace to accept whatever lies ahead;

grace to see each other as you see us;
grace to be thankful in all circumstances.

We give thanks for the work and witness of our worldwide President, Sheran Harper, and pray for her successor, Kathleen Snow.

Bless all who bring the gift of literacy to women and the skills to enable them to make a living and contribute to their communities.

God be with us in our praying and our doing. Amen.

Friday: Emmanuel- King and Cornerstone

'O King of the nations, a precious cornerstone for a sure foundation, come to save the human race from fear.' Isaiah 28.14

In a world where people live in fear and with the consequences of conflict, injustice, poverty, homelessness and the abuse of power, Christ calls us to be a voice for change.

Lord, for our world of hunger, doubt and helplessness, we pray that Christ may reign.

For the homeless, for refugees and asylum seekers, we pray for hearts of welcome.

For the unjustly accused, and the innocent victims of conflict, we pray for resolution.

For the leaders of the nations, we pray Christ to be their cornerstone and foundation for community welfare.

God be with us as we witness to God's kingdom values. Amen.

Saturday: Emmanuel – Hope of Heaven

'O Emmanuel, our king and lawgiver, the desire of all the nations, Saviour of all people: Come and save us.' Isaiah 7.14

Rejoice: God is with us: now and evermore.

We thank you that you have kept and guarded us through many challenges and trials; a constant companion in sorrows and in joy.

Lord for ourselves; in living power remake us to live for Christ alone.

Lord of Life,
God-with-us in our current troubled times:
hold out your hands to our dying world and redeem the rags of our making into the swaddling bands of life. Be born in us today.

Hope of heaven, God-with-us as we face the challenges of life, sustain us as we seek to reflect your love in our lives, through prayer and action.

Name above all Names, God-with-us in joy and in sorrow, in success and in failure, and in all times and circumstances, unfold for us the mystery of your grace.

God be with us today, and in our good intentions. Amen.

Wave of Prayer: December

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

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

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

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

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

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

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

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

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

31 December: Mothers' Union worldwide