

Wave of Prayer for Mothers' Union

Midday Prayers 2025: January Unity in Diversity

Wave of Prayer - January

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

5-7 January: The Kingdom of Eswatini; Ruaha in Tanzania; **Aguata & 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

Final Blessing

May we work together
for the Kingdom of God
May our service be made perfect
in him who died for us
May the Spirit unite us across time and space
May we be one, as God is one

Monday: Children of God

Loving Lord, we pray that we may be united in prayer and worship and reach out as your hands across the world.

'To all who received him, who believed in his name, he gave power to become children of God, who were born, not of blood or of the will of the flesh or of the will of man, but of God.' *John 1:12-13*

Lord of Life, we thank you that we are your children, born of your grace and love, made in your image. Help us to grow in our resemblance of you; that by our lives and our actions we might show ourselves to be yours. Amen.

Tuesday: Brothers and sisters in Christ

Loving Lord, we pray that we may be united in prayer and worship and reach out as your hands across the world.

'There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.' *Ephesians 4:4-6*

As brothers and sisters in Christ,
we are the family of God
Scattered across the world,
we are the family of God
As we support each other in good times and bad,
we are the family of God
As we work to build God's kingdom,
we are the family of God
As member of the Mothers' Union,
we are the family of God

Lord of Life, we offer you praise and thanks that you welcome us as brothers and sisters in your family and part of Christ's Church across the world. Amen.

Wednesday: United in prayer and worship - growing membership

Loving Lord, we pray that we may be united in prayer and worship and reach out as your hands across the world.

Jesus prayed: 'May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one - I in them and you in me - so that they may be brought to complete unity.'

John 17:21b-23a

Lord of all; help us to see Christ in those we seek to serve, and to be Christ's hands and feet for them.

Through Mothers' Union we live our service to others. May our service be a witness to those around us that through our unity of action we may grow the membership of Mothers' Union in our own place. Amen.

Thursday: Celebrating difference

Loving Lord, we pray that we may be united in prayer and worship and reach out as your hands across the world.

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

1 Corinthians 12:4-6

We are all different,
but we are all beloved of God.

All of us are unique,

but we are all beloved of God

We express our faith in different ways,

but we are all beloved of God

We have different hopes and dreams,

but we are all beloved of God

We have had different experiences,

but we are all beloved of God

We belong to different cultures,

but we are all beloved of God

Loving Lord, help us to live our faith in our own way, using our own gifts, celebrating our differences, but filled by the same Spirit, with the same call upon our lives, trusting in the same Lord Jesus Christ, beloved of God. Amen.

Friday: Unity in Diversity

Loving Lord, we pray that we may be united in prayer and worship and reach out as your hands across the world.

'Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptised by one Spirit so as to form one body - whether Jews or Gentiles, slave or free - and we were all given the one Spirit to drink. Even so the body is not made up of one part but of many.'

1 Corinthians 12:12-14

Lord God, we pray: as members of the body of Christ but each with a different part to play, help us to find our place in the building of your Kingdom. Help us to be united in our differences to bring glory to you. Amen.

Saturday: Better together

Loving Lord, we pray that we may be united in prayer and worship and reach out as your hands across the world.

'Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.'

Galatians 6:9-10

We rejoice in the communities to which we belong.

The community of family

The community of neighbourhood

The community of church,

The community of faith,

The community of Mothers' Union

For these communities, and the others we are part of, we give you thanks, O God.

Midday Prayers 2025: February

Mothers' Union Theme: *Membership*

See also the Prayer Diary

Monday: Membership is like a Melody

Our membership in Christ is like a melody in its sweetness, a melody that is soothing to the heart, inspiring to the soul and uplifting to the mind.

Beulah McClanahan, adapted

My heart is confident in you, O God; no wonder I can sing your praises with all my heart!

Psalm 108:1

Prayer:

Heavenly Father, we thank you for all the good things you do for us and for building our union. We ask you to keep guiding us and increasing our numbers in all the countries where we are not yet represented.

We ask you to strengthen existing members so that they should not tire of serving you and that they will have the strength to do more in their communities so that our presence will be felt and will help our church communities.

We pray for our MU leadership in all countries and we ask all his strength through your son Jesus Christ. Amen

Priscilla Mphande, Mothers' Union Malawi

May we continue to be inspired and uplifted by your light and love, by each other as members of the Mothers' Union, and by those we meet whose light shines through in the darkness. Amen

Tuesday: Membership is like a Flower

Real membership in Christ is like a flower in its beauty, and what could be more beautiful than a rose in full bloom. *Beulah McClanahan, adapted*

'I am the spring crocus blooming on the Sharon Plain, the lily of the valley.'

Song of Solomon 2:1

A Wondering:

The Lord is my star,
I am enfolded in his love.
As I open my door each day to a version of heaven
-to trees, birdsong, flowers, sky, loving people –
as the incomparable beauty of the Dales –
the hills, the rocks, the streams and woods –
unfolds before me as I wander
with a surge of joy, I am complete.

He is a constant presence,
As the pole star at night amid the endless galaxies,
as the sun star by day lighting up every corner of
the world, leading me onward and surrounding
me with wonders and marvels.

In times of anxiety I hear his voice,
'Trust in me. Don't be afraid.'

So I go on, acutely aware of the blessings life
brings me, grounding me in love and compassion,
with the knowledge of his presence at its heart.

*Margaret Barker, Langcliffe with Stainforth and
Horton in Ribblesdale, UK*

Heavenly Father, may we remember the beauty of your love and the beauty of your creation as we walk through this day. Amen

Wednesday: Membership an Evergreen

Real membership in Christ is like an evergreen, in that it never changes. The snows will fall and the rains will come. The winds will blow and the sun will shine down in all its intensity...but real membership remains the same...evergreen.

Beulah McClanahan, adapted

'Jesus Christ is the same yesterday, today, and forever.'

Hebrews 13:8

Prayer:

Lord God, you are perfectly faithful in everything you do.
You show your faithfulness to us in caring for us, protecting us, and providing for our needs.
Forgive us for the times we question you, grumble about our circumstances or turn our backs on you.
We want to trust you even when we're feeling unsure and our confidence is shaky.

Show us one small way we can trust you today.
We want to declare your faithfulness with certainty to those around us so they will put their faith and trust in you.
Show us who we can encourage today.
In Jesus' name. Amen.

Rachel Britton

Heavenly Father, we thank you that you are a constant in our lives. May we continue to be blessed in our devotion and membership in the Mothers' Union and transform our communities. Amen

Thursday: Membership is like a Gem

Real membership in Christ is like a gem in that it is precious.

Beulah McClanahan, adapted

'Wisdom is more precious than rubies; nothing you desire can compare with her.' Proverbs 3:15

Prayer:

Heavenly Father, we praise and thank you for your unfailing love and the infinite mercy you constantly bestow on us, even when we least deserve it.

We pray Lord that you grant us...

...the **humility** to realize that everything is possible, only as a result of your enduring grace and mercy

...the **wisdom** to discern you hold the future, even when we don't know what it holds

...the **confidence** to remember that you are always in full control in our lowest lows and highest highs

...the **faith and understanding** that you will never leave your children and that we shall RECEIVE as long as we BELIEVE.

All of this we ask in the Mighty Name of Jesus. Amen

Gemina Archer-Davies, Mothers' Union USA

Heavenly Father, we praise and thank you for your unfailing love. May we continue to have hearts of gratitude and share your love with others through our work and service in the Mothers' Union. In Jesus' Name we pray. Amen

Friday: Membership is like a Star

Real membership in Christ is like a star in that it is light-giving, illuminating and constant. It is something to which we can aspire. It is high and lifted up...

Beulah McClanahan, adapted

'If we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.'

1 John 1:7

Prayer:

Father in Heaven, you made us your children and called us to walk in the light of Christ.

Free us from darkness and keep us in the light of your truth.

The light of Jesus has scattered the darkness of hatred and sin.

Called to that light, we ask for your guidance.

Form our lives in your truth, our hearts in your love.

Cont...

Through the Holy Eucharist, give us the power of your grace that we may walk in the Light of Jesus and serve him faithfully.

Amen

Missionary Society of St. Columban, adapted

O Lord, as members of the Mothers' Union may we continue to live in the light, to walk in your way, and to see you high and lifted up, in Jesus' Name we pray. Amen

Saturday: Membership in Christ is such a Beautiful Word

'We don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.'

2 Corinthians 4:18

Our membership in Christ and in the Mothers' Union is something to be cherished, something to be cultivated, something to be nurtured, something to be protected, to be appreciated.

We give generously, unselfishly and sacrificially. We receive graciously and appreciatively.

Life is much more meaningful because of our faith and our love for one another. Let us thank God for it and rejoice in it!

Beulah McClanahan, adapted

Prayer: Holy Lord, we pray for members of the Mothers' Union around the world. We give thanks for our membership and how, for many, our faith has grown through the work and service in Mothers' Union. For many it is a way of life. We thank you for this gift of membership. We praise your Holy Name. Amen

Wave of Prayer for Mothers' Union

Please see the Prayer Diary.

Final Blessing

May the God of gentleness be with you, caressing you with sunlight, rain and wind; May God's tenderness shine through you to warm all who are hurt and lonely. May the blessing of gentleness be on you. And may He who is The One bless you and keep you. In Jesus Mighty Name. Amen

Spirit of Gentleness - Lyn Whittal and Judy Hagar

Wave of Prayer for March

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

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

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

19-21 March: **Antisiranana** 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**

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

Final Blessing

My God bless us with enough foolishness to believe that we can make a difference in the world, so that we can do what others claim cannot be done: to bring justice, kindness and love to a hurting world. Amen

**Christ before me, Christ behind me,
Christ beneath me, Christ above me,
This day be within and without me,
and in the heart of friend and stranger.**
St Patrick

Midday Prayers 2025: March – The Power of Love through Christ

Monday: Love found through Christ.

“God’s love was revealed among us this way: God sent his only Son into the world so that we might live through him.” 1 John 4: 8 –9

Come among us, living Lord,

We need to hear your word deep in our hearts.

We come, through prayer, in Christ’s name, to share his mission and his sacrifice to receive the power of the Spirit from our Triune God.

His motive was love; His means, grace.

His gift was forgiveness; His promise for eternity;

His resurrection - the confirmation.

What love!

**In Christ is life,
and that life is light to all people.
May we all know the fulness of life
found in the love of Christ Jesus. Amen**

Tuesday: Love for Creation

“He is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created - all things have been created through him and for him.” Col 1: 15-16

Prayer:

Jesus, you knew this world as fully human.

Felt the hot sun, were refreshed by its waters,

Drank of the fruit of the vine,

Ate the bread of the soil.

In your love you created this planet for us.

You abundantly filled it with all we need.

You made it beautiful for the eye to see, to know, and experience.

**Lord,
we have so often squandered such beauty;
used it selfishly and wantonly.
Forgive us our part.
Help us to cherish this precious gift:
and preserve it for all who will follow us.
Amen**

Wednesday: Love that makes a difference.

“No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.” Matt 5: 15

Prayer

Lord, we remember your Mother Mary:
She said Yes!
Her faith enabled you to change the world.
May we love enough to make a decision:
Make the decision to make difference,
Bring hope to the helpless,
Bring joy to the despairing,
Care for those who need love,
Comfort the sorrowful,
Share the light of your love,
And so tell the Good News of a Saviour for all.
Amen

Thursday: Love for your community

“Do not store up for yourselves treasures on earth; but store up for yourselves treasures in heaven . . . For where your treasure is, there your heart will be also.” Matt 6: 19,21

Prayer:

Loving Christ,
you began a community among your followers,
Shared their daily bread,
their lives and their love for you.
You began a new community
even as you suffered on the cross,
as you bound your mother Mary
and your friend John to one another.

Loving Lord, help us to be so gracious,
so gentle, as we share love in our communities.
May we similarly care for one another,
and make our neighbours and friends
fully part of one family in Christ's name.

*‘Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.’
Heb 13: 16*

**May we be sharers of harmony and peace,
comfort and support.
May our hands become the touch of Christ;
the bearer of love that comes from him.**

Friday: Love bringing justice, healing, peace

“You have heard that it was said, “You shall love your neighbour and hate your enemy.” But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven.” Matt 5: 43-45

Prayer

Allow your thoughts, your will, dear Lord,
to fill our waking minds.
As we follow your ways of peace,
grant us the ability, the courage,
to bring life-giving hope
to those suffering violence, abuse,
discrimination, and persecution.

Through the power and force of your love,
coming to us by your Spirit,
may we stand firm against injustice,
and work for healing and peace
between each other and between nations.

**As your Son has set us free
from the power of sin and death,
so may we speak
that others may be so set free,
in the name of Christ, our Lord. Amen**

Saturday: Love that is inclusive.

“So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God,” Eph 2: 17-19

In Him there is neither Jew nor Gentile
neither Roman Catholic nor Protestant,
All are one in Jesus Christ

In Him there is neither black nor white
neither north nor south
All are one in Jesus Christ.

In Him there is neither male nor female
neither master nor servant
All are one in Jesus Christ

In Him there is neither rich nor poor
neither middle class nor working class
All are one in Jesus Christ.

Iona Abbey Worship Book

Prayer

Loving Lord, you created our world;
in all its glory, variety and provisions.
You created humanity,
in awesome variety of culture, language,
colour, and perspectives.
Help us see Christ in each person we meet
and to thank you for unity in diversity.
Help us to be people showing love for others
through inclusion, forgiveness, compassion and
social justice. Amen.

Wave of Prayer for Mothers' Union

1 April: Toamasina in Madagascar; Mukono in Uganda; Ikwerre C Ife East in Nigeria; Down C 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 C Killaloe in All Ireland

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

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

13-15 April: Yirol in South Sudan; Ruvuma in Tanzania; Nike C Benin in Nigeria; Canberra C 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 C Ross in All Ireland and Eastern Himalayas in India

20-22 April: Kinshasa in DR Congo; Victoria Nyanza in Tanzania; Ahoada C 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

27-2G April: Port Sudan in Sudan; Muhabura in Uganda; Niger Delta West C 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; Guyana C Suriname in Guyana and York in England.

Midday Prayers for April 2025

Theme for April: Love Blooms

Monday- God's Goodness

'God saw all that he had made, and it was very good.' Genesis 1.31

'In short, everything owes its existence to the love of God' Julian of Norwich

God our Creator, who laid the foundations of the earth and stretched out the heavens as a tent cloth; how glorious is your name in all the world. Give us grace to wonder at your gift, to treasure the earth and to work for its protection and renewal, through Jesus Christ our Lord. Amen

'A Time for Creation'

What one thing can you pray for that will make a difference to God's creation where you live?

Tuesday: Growing in faith

'I live by faith in the Son of God, who loved me and gave himself for me.' Galatians 2. 20

'Our good God, opens the eye of our understanding so that we might see, sometimes more, sometimes less, according to the ability God gives us to receive it.' Julian of Norwich

Almighty God, may I seek you in good times and difficult and learn to trust you more everyday. May you increase, and I decrease, as I learn to become more like you. In Jesus holy and powerful name. Amen

What one thing can you pray for that will make a difference your faith in God?

Wednesday: Growing Together, Growing Stronger

'Come follow me, Jesus said' Matthew 4.19

Mary Sumner was supported by her husband who said, 'Just share your heart – God will do the rest'.

Almighty God, we boldly pray to grow membership of the Mothers' Union.

Faithful and loving God, who called Mary Sumner to strive for the renewal of family life: give us the gift of your Holy Spirit, that through word, prayer and deed, your family may be strengthened and your people served; through Jesus Christ your Son our Lord, Amen.

Collect for Mary Sumner Day.

What one person could you pray for that you would like to see join Mothers' Union?

Thursday: Growing in Holiness

'Take off your sandals, for the place where you are standing is holy ground.' Exodus 3. 5

Take a deep breath, in and out. Ground your feet on the floor, for it is holy ground, and you are holy.

We pray, most holy God the ground of our beseeching, who through you servant Julian revealed the wonders of your love: grant that as we are created in your nature and restored by your grace, our wills may be made with yours that we may come to see you face to face and gaze on you forever; through Jesus Christ our Lord. Amen

Collect for Julian of Norwich Day

What one person could you pray for today that could be brought closer to God?

Friday: Growing in God's love

'Love never fails.' 1 Corinthians 13.8

Julian of Norwich reassures each one of us that we are loved by God unconditionally.

In her writings, we hear Christ telling us, just as he told her: "I love you and you love me, and our love shall never be separated in two" (58:13-14.307).

Almighty God, we thank you that you are a loving, gracious God. Thank you that you've offered us forgiveness and the gift of new life in you. Thank you that your love is perfect, it never fails, and that nothing can separate us from your love. We pray that our lives would be filled and overflowing with the power of your love so we can make a difference in this world. Amen

What one person could you pray for today that needs to feel God's love at this time?

Saturday: Growing in God's Grace

'Grow in the grace and knowledge of our Lord and Saviour Jesus Christ.' 2 Peter 3.18

God's grace makes possible a godly life, that we are to grow in that grace. Grace is applied freely to us through the power of the indwelling Holy Spirit. Growth is possible even when life is faced with hardships.

Almighty God, who showed Julian of Norwich that, 'It was necessary that there should be sin; but in that, all shall be well, and all shall be well, and all manner of thing shall be well.' Help us to grow in grace and love throughout all our life. Amen.

What one person could you pray for today that needs to know, 'all shall be well?'

Blessing Prayer

Lord, may your warmth and light nurture our relationships.

May each encounter be filled with beauty and growth.

May our interactions with the world around us be fruitful. And may Christ be our encouragement, our strength and our joy.

Amen.

Wave of Prayer - May

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

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

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

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

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

Final Blessing:

May the peace of Christ reign
in our hearts and in our work,
guiding us as we walk together in His love.

May the Lord bless and keep us,
may His face shine upon us,
and may His peace be with us
now and forever.
In Jesus' Name, Amen.

Mothers' Union Midday Prayers 2025: May - Theme: Thy Kingdom Come

Monday: Our Father in Heaven, Hallowed Be Your Name

The name of the Lord is sacred and worthy of all honour. As we gather together in the Mothers' Union, we unite in reverence to glorify His name, knowing that it is through His name we are strengthened, uplifted, and sustained. Just as we seek to honour Him in all we do, may our lives reflect the holiness of His presence, bringing light and grace to those around us.

"Hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven."
Matthew 6:9-10

Heavenly Father, we come before You with reverence, thanking You for the gift of the Mothers' Union and for the many blessings You have poured into our lives. May we always honour Your name in our hearts, our actions, and our service. We pray that Your kingdom will be made known through our work, and that Your will be done in our lives and in our communities. May we continue to be vessels of Your love and grace. In Jesus' Name, we pray. Amen.

May we as Mothers' Union be a reflection of God's holy name, always striving to honour Him in all that we do.

Tuesday: Give Us This Day Our Daily Bread

Just as God provides us with what we need each day, we are called to provide for one another—nurturing and sustaining each other with the love and care that reflects God's provision.

"Give us today our daily bread." Matthew 6:11

Father, we thank You for providing for our needs, both physical and spiritual. Help us to be mindful of those in our communities who are in need, and may we share generously from the blessings You have given us.

As we serve in the Mothers' Union, may we always be a source of nourishment and care to those around us, just as You have cared for us. In Jesus' Name, Amen.

cont...

May we as Mothers' Union continue to share the bounty of Your love and provision with others, serving as a daily reminder of Your sustaining grace.

Wednesday: Forgive Us Our Trespasses, As We Forgive Those Who Trespass Against Us

In our journey with Christ, forgiveness is at the heart of healing. As members of the Mothers' Union, we are called to embrace forgiveness and extend grace to those who may have wronged us.

"Forgive us our debts, as we also have forgiven our debtors." Matthew 6:12

Lord, forgive us when we fall short, and help us to forgive others as You have forgiven us. May we live in peace with one another, embracing reconciliation and healing within our communities.

As we move forward in the Mothers' Union, may we exemplify the transformative power of Your forgiveness in all our relationships. In Jesus' Name, we pray. Amen.

May we as Mothers' Union embody the peace of forgiveness, bringing healing to our hearts and our world.

Thursday: Lead Us Not into Temptation, But Deliver Us from Evil

We are constantly faced with trials and challenges, yet God promises to protect us from harm. As members of the Mothers' Union, we are reminded to walk in His strength and trust in His deliverance.

"And lead us not into temptation, but deliver us from evil." Matthew 6:13

Lord, we know that You are our protector and deliverer. We pray for strength in the face of temptation and for Your guidance to lead us away from the snares of evil.

May we, as Mothers' Union, be a beacon of Your protection and light, bringing hope to those who are facing trials.

In Jesus' Name, Amen.

Cont...

May we as Mothers' Union always walk in Your protection, bringing light to a world in need of Your deliverance.

Friday: For Thine is the Kingdom, the Power, and the Glory, Forever and Ever, Amen

The kingdom of God is everlasting, and we give thanks for His sovereignty. We are called to live as citizens of His kingdom, extending His love and power through our lives and the work of the Mothers' Union.

"For thine is the kingdom, the power, and the glory, forever and ever. Amen." Matthew 6:13

Father, we give You all glory, honour, and praise. You are the ruler of all creation, and we are humbled to be a part of Your kingdom. May Your power and glory be made known through our work in the Mothers' Union, as we serve Your people with grace and humility. We thank You for the eternal hope we have in Christ. In Jesus' Name, we pray. Amen.

May we as Mothers' Union continue to live for Your kingdom, embodying Your power and glory in all that we do.

Saturday: A Prayer of Gratitude and Commitment

We are united in the love of Christ, and we offer our lives in service to His will. Through the Mothers' Union, we are blessed to walk in His footsteps, serving one another with love and dedication.

"We do not look at the things which are seen, but at the things which are unseen." 2 Corinthians 4:18

Lord, we thank You for the gift of the Mothers' Union and the strength You provide to us each day. May we always be committed to serving You and each other with love, kindness, and humility. We pray that our work will always reflect Your will and that we will continue to grow in faith as we walk together in Your light. In Jesus' Name, we pray. Amen.

May we as Mothers' Union always cherish the gift of our calling, walking in the light of Christ and serving with grace and love.

**MOTHERS' UNION MIDDAY PRAYERS
FOR JUNE 2025**

THEME – SUPPORTING OUR CLERGY

MONDAY – CALLED TO SERVE

“Come follow me” Jesus said “and I will make you fishers of men.” At once they left their nets and followed him. Matthew 4:19,20

Jesus invites all of us to follow him: to repent of our sins and receive his gracious salvation.

We give particular thanks for all clergy who make a full commitment to their ministry.

We pray for them and their families. During a busy ministry it can be difficult to keep in touch with family and friends. As they offer care and compassion to their congregations, we pray that they may also feel supported, encouraged and loved.

TUESDAY – INSPIRED TO SERVE

Again Jesus said to them “Peace be with you! As the Father has sent me, I am sending you.” And with that he breathed on them and said, “Receive the Holy Spirit” John 20:21,22

In the power of the Holy Spirit the disciples were transformed and inspired. They boldly proclaimed the good news of salvation through Christ’s death on the cross and miraculous resurrection.

May we all be transformed as resurrection people, not just at Easter, but every day. We pray that the work of our clergy will be supported, sustained and inspired through all the ups and downs of life. Each day at morning prayer they say;

“As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you: now and for ever”
May that be a reality for us all.

WEDNESDAY – EQUIPPED TO SERVE

It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, to prepare God’s people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God, and become mature, attaining the whole measure of the fullness of Christ. Ephesians 4: 11-13

We give thanks that as you call people to serve, you equip them with a range of skills. We give thanks for those many supportive roles in our churches.

“Be still and know that I am God” Psalm 46:10

In the midst of busy lives give us times of peace to bask in the loving presence of God. We cannot serve in our own strength. Jesus gave us an example of regularly seeking times of prayer through his ministry. Refuel us Lord to do your will.

THURSDAY – CELEBRATING THE FAMILY OF GOD

Jesus said: “Go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age.” Matthew 29:19,20

We give thanks for clergy and churches who support Mothers’ Union and we pray for churches not yet involved to join us and join in. In the words of the Mothers’ Union prayer, may they join with us in our worldwide ministry and mission, “empowered by your spirit, may we be united in prayer and worship, and in love and service reach out as your hands across the world”.

Just as faith spread across the world through the work of the missionary’s and MU members bringing faith, joy and hope to whole communities, may we in turn be inspired by their faith and witness.

May we prayerfully, and where possible, actively support the diverse needs of our world.

FRIDAY – MAKING AND NURTURING DISCIPLES

The harvest is plentiful but the workers are few. Ask the Lord of the harvest therefore to send out workers into his harvest field. Matthew 9:37,38

Jesus taught, nurtured and encouraged his disciples to continue his work. Before his death he prayed for them and continues to intercede for us.

We pray for our clergy as they share the gospel, and bring people to a knowledge of Jesus, and then continue to develop and nurture faith.

We pray for people that we only see rarely in our churches, whether they visit at Easter or Christmas or for a baptism, wedding or funeral. May they be welcomed and feel the peace and love of Christ. We all have a part to play in developing God's Kingdom.

SATURDAY – JOINING GOD'S PLANS

For I know the plans I have for you declares the Lord. Plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

We pray that in all things we may seek God's will and be prepared to join in with his plans. As we pray and read our bibles give us open ears and hearts and minds to hear what God would want us to hear and do what he wants us to do.

We pray for our clergy, as they develop their ministry and seek new ways to proclaim the gospel. We have a God of surprises. May we be prepared to be flexible and try new approaches.

Final Blessing Prayer

The Lord bless us and watch over us:
the Lord make his face to shine upon us
and be gracious to us;
the Lord look kindly on us and give us peace.
Amen

Wave of Prayer - June

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

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

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**

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

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

**MOTHERS' UNION MIDDAY PRAYERS
FOR JULY 2025
THEME – REFRESHMENT AND
ENRICHMENT**

This July, we consider families and celebrate the 'Away From It All' scheme in Britain & Ireland that provides vital breaks for those facing challenges, especially vulnerable families. Holidays are important, to recover from the busyness of our lives and to spend time with those we love. But we do not have to travel far to follow the long Christian tradition of a pilgrimage. Committing to undertake a sacred journey to meet with God is allowing ourselves to be refreshed and enriched by him. May we use this July to find ways to rest in the Lord, to reflect on experiences of his amazing grace and allow ourselves to be restored.

MONDAY

Lord Jesus, throughout your ministry, you cared for and came alongside the vulnerable and those in despair: widows; orphans; abused women; the sick and disabled. We bring before you now the women and their families in our society and in the world who face fear, persecution, physical and emotional violence, and marital rape, often daily. Please may they feel your presence and hear your words, 'Wherever you are, so am I; come to me and I will help you get through this.'

TUESDAY

Lord Jesus, throughout your ministry, you recognised the need for personal rest and refreshment and would go and find this in quiet and peaceful places. We bring before you now the families and single mothers and women who work day after day, month after month to nurture their children and provide loving homes. Lord they are exhausted, anxious and in pain. Please send your Holy Spirit to strengthen and encourage them and to provide them with times of rest and refreshment to lighten their darkness.

WEDNESDAY

Lord Jesus, throughout your ministry, you always gave but never counted the cost even to the point of your painful death. We are blest that in our country we will never have to count the cost with our lives. Lord, give us the compassion, freedom, and the courage to give and not count the cost. To give in humility and in joy to help those families that can only dream of a holiday, a day at the seaside, a visit to a funfair or a special meal in a café or restaurant.

THURSDAY

Loving Lord, to be able to get away on holiday is a luxury we look forward to each year, a chance to recharge our batteries and return to work refreshed to face our responsibilities again. But, dear Lord, there are many who have never had this chance due to lack of money or opportunity.

You have said that we should love our neighbour as ourselves; in supporting AFIA projects, we seek to do your will on earth, enabling more people to rest and have a break.

For some it will be a chance to enjoy time together as a family, for others it might be time to mourn after a bereavement, a rest after illness or just the first ever holiday. Whatever the reason, we pray that all who use the project will return home refreshed and with hope for the future. We give thanks for our members who arrange these holidays and all who donate money to keep them running. Amen

FRIDAY

Dear Lord, we thank you that there are Mothers' Union members who happily give their time and talents to assist families who badly need this help.

This wonderful Holiday Scheme, started by Mothers Union members in 1965, is still going strong. Sadly, 60 years later the need is still there, more than ever in some cases. We ask you Lord to be with the families during their time away and hope that they will see Your hand providing help through the MU members.

Also be with the MU members as they carry out your words "everything you do for mankind; you do it for me".
We ask all this in your name Lord.
Amen

SATURDAY

Reading: Luke 6:38 Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For the measure you use, it will be measured to you.

Lord God, as You love your children and have compassion on all, especially those who are in trouble, adversity and need, we pray that we may share your compassion for these families. Thank you, Father, for the generosity of all those who have given money towards the work of AFIA.

We thank you for the inspiration which led to the setting up of Away From It All, and for all the families who have so far benefited from our holidays. We pray in hope that they will look back on their holidays with joy, remembering how they were given in love. Bless them now in whatever they are doing and bring them into Your kingdom.

As AFIA evolves into new pastures, giving in Your love to many projects to help families and children to enjoy activities and events, we pray that You will guide and bless this work for the benefit of those who participate. Inspire the leaders with new ideas to help and encourage young people to grow in maturity and love for You and each other.

We give thanks for Mothers' Union as we seek always to reach out as Your hands across the world.

In Jesus' precious name we pray.
Amen.

FINAL BLESSING PRAYER

Dear Lord, let our thoughts and actions be Holy as we remember that everything we do for mankind, we do for you as we are all one in the body of Christ. In the name of the Father and of the Son and of the Holy Spirit,
Amen

Wave of Prayer – July

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; Kondoia 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 Rayalaseema 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

Wave of Prayer – 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; Northwest 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 and Sambalpur in India

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

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

MOTHERS' UNION MIDDAY PRAYERS - AUGUST 2025 THEME: MARY SUMNER DAY

Mary Sumner Day is on 9th August, leaving us with a model to follow, exemplified in her 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.' Mothers' Union began with the small seed of Mary Sumner's vision and obedience to God; nearly one hundred and fifty years later we have grown into the huge international organisation that is Mothers' Union today. Let each one of us follow Mary Sumner's lead and support one another in prayer and action.

MONDAY

Lord Jesus, you valued the love and trust of women in your life; the obedience of Mary your mother, whose heart was pierced; the faith and humility of the Canaanite woman; penitent Mary who washed your feet with her tears and hair; Mary and Martha whose love of their brother made you weep and Mary Magdalene, the first to see and speak with you after your resurrection. Thank you for the women in our generations who have lived out your love to show that all are equal: Mary Sumner; Corrie ten Boom; Mother Teresa; Rosa Parks. Lord, in your mercy: Hear our prayer.

TUESDAY

Lord Jesus, on your ascension, you fulfilled your promise of God's Holy Spirit on everyone who repented and said, 'I believe.' Your Holy Spirit has

allowed many to have the insight and the discernment and then achieve what many considered impossible. We thank you for the vision and dedication of Mary Sumner in the advocacy and support of mothers and families in this world and their presence with you in the next. We pray for all members of the Mothers' Union to share the strength of Mary Sumner and to do amazing things for you and in your Father's glory.

Lord, in your mercy: Hear our prayer.

WEDNESDAY

The words I speak

Gracious Lord, let the words that we speak build up our sisters and brothers, let us speak truth, love and grace to those who need to hear Your voice. Let us listen, not just hear, what it is others are saying. Let us be aware that words can harm the spirit as well as heal our wounds. When the words of others are so loud, give us space, silence, and quietness in our hearts, to hear **Your** voice, oh Lord.

Lord, in your mercy: Hear our prayer.

THURSDAY

The prayer I breathe

Holy Lord, Let us take time this month to rest in Your stillness to pause and breathe. As Mary Sumner was faithful, we too are faithful in our prayers to You. We know that You hear us when we call to You. Remind us that it is **Your** will be done, not ours. Help us to pray unceasingly for Your glory and for Your kingdom to come. We put our trust in You, our strength and shield.

Lord, in your mercy: Hear our prayer.

FRIDAY

The life I live

Loving Lord, we are called to love one another to show that we are Your disciples, so let Christ live in us, let our work and all that we do, make Your love visible in the world. Let us touch many lives and where there is darkness, let us show your love in action. Let us run with perseverance the race that is set before us, looking always to You.

Lord, in your mercy: Hear our prayer.

SATURDAY

Everyday Lord, wherever we are, whatever we are doing, let us remember our founder Mary Sumner and her wish for a better future for women. Let us help families at home and around the world. Wherever and whenever we can, let us strengthen relationships, work with communities, create safe spaces, break down barriers and equip people to make a change, challenging injustice, poverty, and violence. Let us ensure that all houses are houses of light, spreading their quiet beams far and wide.

Lord, in your mercy: Hear our prayer.

FINAL BLESSING PRAYER

Every beat of our heart, every breath of our mouth.

Be blest as an act of love and bind us forever with God. Amen

Adapted by John Shevlin, England/USA

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.**

Wave of Prayer – September

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; 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

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

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

MOTHERS' UNION MIDDAY PRAYERS FOR SEPTEMBER 2025 THE POWER OF RECONCILIATION

MONDAY: FORGIVENESS

Heavenly Father, help us first to recognise our own failings and neglect to 'forgive and forget', in order that unburdened, we may work towards a future free of resentment or animosity. We pray that in our healing we may be transformed and reconciled with you. Amen.

Litany of Reconciliation

All have sinned and fallen short of the glory of God.

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.

TUESDAY: Give Us This Day Our Daily Bread

Risen Lord Jesus, we come to you prayerfully, not because we have to, because we want to. You came into our world to redeem us by your death and glorious resurrection each day may we

remember what we are ashamed of and turn to you for forgiveness.

Change us, dear Lord, that we may remember what we are ashamed of and turn to you for forgiveness.

Change us dear Lord, may we be lights in the darkness and may we encourage and welcome people to enter our wondrous worldwide fellowship of Mothers' Union, loving both God and neighbour. Amen.

WEDNESDAY: EMPOWERMENT

Hebrews 12:14

Make every effort to live in peace with everyone and be holy; without holiness no one will see the Lord.

Loving Lord, help us to remember that we are all created in your image. Empower us to look for you in all others and especially in those that are different from us. Aiming to love our neighbour, help us to learn to live with the differences and to celebrate and cherish our diversity. Amen.

THURSDAY: HOPEFULNESS

Psalms 33:22

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

Loving Lord, we thank you for your love for each one of us and the hope that we have in you. As we seek to share that love and that hope in our own communities, we pray that others will be drawn to you and the transforming power of your love. Amen.

FRIDAY: RECONCILIATION

O Lord, you have searched me out and known me; you discern my thoughts from afar. Such knowledge is too wonderful for me, so high that I cannot attain it. (Ps 139)

But I know that you have reconciled us through the cross of our Lord Jesus which has restored our broken relationship and brought justice and peace into our lives. Amen.

SATURDAY: JUSTICE AND PEACE

Amos 5:24

But let justice roll on like a river, righteousness like a never-failing stream!

Compassionate God, be with us all as we hold out hands of blessing to our Mothers' Union family wherever they may be, and hands of reconciliation and peace to those in need whatever their circumstances, Amen.

Final Blessing

Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you, and may God's blessing be with you as you journey on in faith and trust.

Amen.

MOTHERS' UNION

MIDDAY PRAYERS FOR

OCTOBER 2025

THEME – KEYS OF THE

KINGDOM

Reflection for 'Keys of the Kingdom'

The disciples asked Jesus 'Who is the greatest in the kingdom of heaven?', Jesus told them that 'Unless you turn and become like children, you will never enter the kingdom of heaven. Whoever humbles their self like this child is the greatest in the kingdom of heaven.' Matthew 18:1-4

During October we have both Prisons week and Anti-Slavery Day. We remember that all those who are caught up in modern slavery and those who are in prison are still children of God and worthy of God's love and forgiveness. Let us heed Jesus' commandment to 'love your neighbour as yourself.'

Monday – Prison

Loving Lord, we pray for those in prison, their families outside the prison gates and all who work in the criminal justice system. We pray for the families of prisoners who serve their own sentence on the outside, living with stigma and shame. We pray also for the victims of crime, that they may know that God hears them as they cry out in their pain and frustration. Help them to find peace. Amen.

Tuesday – Forgiveness

God of love and strength, Your Son forgave His enemies even while he was suffering shame and death. Strengthen those who suffer. When they are accused, save them from speaking in hate, when they are rejected save them from bitterness, when they are imprisoned, save them from despair. Give us grace to discern the truth. We ask this in the name of Jesus Christ our Lord, Amen.

(Adapted from Anglican Church of Canada. Alternative Service Book)

Wednesday – Children

Father of all, let us be like children each and every day, seeing the wonders of Your creation through new eyes. Let us be in awe of all you have created. As the season begins to change let us find joy in falling leaves and crisp fresh mornings. Let us remember that we are stewards of Your world and treat it with the love and care that it deserves. Amen

Thursday – The Kingdom of heaven

King of Heaven, lead us ever onward to Your Kingdom. Let us know the breadth of Your blessings and the length of Your promises. We desire nothing more than to dwell, with You, so let us be like children and enter in, where we can sit at Your feet, watch You on Your throne and enjoy Your perfect love. Amen

(Adapted from Francis of Assisi, 1182-1226)

Friday – Our Father

Heavenly Father, may everyone upon the earth honour You. May Your rule be accepted and Your purpose accomplished. Forgive us the wrong we have done and let us forgive those who have wronged us. Give us a childlike love for You, which casts out all fear and while we gaze on You, let our love for You grow more and more each day. Amen

Saturday – Social Justice

Look with pity, O heavenly Father, upon the people in this land who live with injustice, terror, disease, and death as their constant companions. Have mercy upon us, help us to eliminate our cruelty to these our neighbours. Strengthen those who spend their lives establishing equal protection of the law and equal opportunities for all. And grant that every one of us may enjoy a fair portion of the riches of this land; through Jesus Christ our Lord. Amen

(Episcopal Church of the United States of America. Book of common prayer)

Final Blessing Prayer

May God give us light to guide us when we cannot see His way, courage to support us when we are afraid, and love to unite us all, His children, now and evermore. Amen

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** SouthWest in Nigeria; **Tasmania** in Australia and **Central Melanesia** in Solomon Islands

8-10 October: **Ethiopia;** **Zanzibar** in Tanzania; **Awgu/Aninri** in Nigeria; **Freetown** in Sierre 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

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; **Diocese of Guinea** in Guinea; **Blackburn** in England and **Bhopal** in India

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

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

MOTHERS' UNION

MIDDAY PRAYERS FOR

NOVEMBER 2025

Theme - Spreading Our Wings

Reflection for - Spreading Our Wings

The success of the RISE UP campaign is helping so many people who have been affected by domestic abuse, as well as raising awareness of Mothers' Union and what we do. As we move into November and the 16 days of Activism against Gender Based Violence, let us pray that we continue to spread our wings and reach out to more and more people that many more may know the love of God and the fellowship of Mothers' Union.

Monday

Father of all, we pray that You will bless those who have been affected by domestic abuse, so that they will find a way to live lives full of hope, love and joy. May we be inspired by them to spread our wings as people of faith and strive to bring justice and peace to the world around us. Amen

Tuesday

God of compassion, bring healing to those wounded by domestic abuse. Shelter them in Your peace, restore their strength, and surround them with love and safety. Soften hearts hardened by violence, and guide all toward justice and mercy. May hope rise where pain once dwelled, and light overcome every shadow. Amen.

Wednesday

Loving Father, we pray that our members will spread their wings to support not only those abused by their partners, but also children who have witnessed domestic abuse and those, including teenagers who may not realise that they are victims of coercive control. Amen

Thursday

Loving God, spread your healing wings over all wounded through injustice and Domestic Abuse. Teach us to spread our wings, too. Fill us with courage to challenge violence by breaking silence, raising awareness and standing with survivors. Guide us to be voices of compassion, instruments of peace and hope. Amen.

Friday

Loving Lord Jesus, we pray for all those who are trapped Behind Closed Doors into relationships where abuses of power are perpetrated, corrupted expressions of love are peddled, and freedoms are curtailed through false representation of your Word. May we as members of Mothers' Union Rise Up and offer ourselves as signposts towards the Open Door to a new Restored life of freedom, safety and genuine love as seen through your life and witness. In Jesus' name Amen

Saturday

Gentle God, we offer to you all who will weep tonight due to fractured relationships. With your tender love, bring them comfort. Guide us to ways we can support and bring hope. That, we may all soar like eagles. Spreading our wings to reach our full potential. Living life to the full in healthy relationship, as you intended
Amen

Final Blessing Prayer

May we wait on the Lord and find our strength renewed by Him

May the love of Christ, help us to soar with wings like an eagle.

May we run and not grow weary, walk and not faint, as the Spirit of God lifts us up.

And the blessing of God the Father, Son and Holy Spirit, bless us and keep us

Amen

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

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

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**

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

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

MOTHERS' UNION MIDDAY PRAYERS FOR December 2025

Theme – Invitations and gifts

Reflection for – Invitations and gifts

Before we were formed in the womb, God knew us each individually. Whilst we move into the season of Advent, we think not only of the gift of Jesus Christ, but also the many gifts and talents that the Lord has given each and every one of us. Let us think, this month, how we can use these gifts for the glory of God, the spreading of His Gospel and in the growing of His Kingdom through the work we do within Mothers' Union.

Monday

Dear Lord, with every breath we take we will sing of Your great goodness. You brought us light in the darkness. As we gather together during this time, let us remember the first coming of Your Son, Jesus. We thank You for this gift beyond measure, given to us, despite our faults and failures, to bring peace on earth. Amen

Tuesday

God of light, lead us to justice and peace. Grant us that Your light may shine where we are, so that we share the life and the hope You have given us.

We pray throughout the season of Advent, that love and peace will reign and abundant life will come to all Your children. We await the light of the world that has come to us in Jesus Christ, the Prince of Peace. We trust in Your steadfast care for all. You are our refuge and our strength. Amen.

(Adapted from CBTI)

Wednesday

O Holy are you O God, you assure us with your message 'Do not be afraid', indeed Lord you bring us good news. Holy are you, wonder of wonders, for your beloved reigns in peace, you set aside your glory, and you always load us with the riches of your grace. Holy are you oh God, you lead us beside quiet waters and quieten our noisy lives so we might hang onto your word of joy. As we celebrate your Chosen one, prepare us to listen with our lives. Speak to us Lord and enable us to share joy to all your people. Amen

(Church of Scotland)

Thursday

Heavenly Father and Almighty God, soften our hearts to the plight of migrants and refugees, through the example of the Blessed Mary, Mother of Mercy, who sought refuge in Egypt to protect her son, our saviour. Fill our hearts with love, compassion and generosity, and with the Holy Spirit may we speak up against the ambivalence of the world. May we never forget the teaching of your son Jesus Christ, that, as we do to the least, we do to him. Amen

(The Church in Wales)

Friday

Lord Jesus, Master of both the light and the darkness, send your Holy Spirit upon our preparations for Christmas. We who have so much to do seek quiet spaces to hear your voice each day. We who are anxious over many things look forward to your coming among us. We who are blessed in so many ways long for the complete joy of your kingdom. We whose hearts are heavy seek the joy of your presence. We are your people, walking in darkness, yet seeking the light. To you we say, "Come Lord Jesus!". Amen

(Henri Nouwen)

Saturday

We pray that throughout the whole world, as in Bethlehem so many centuries ago, we make space for God to enter our families, our work and our lives, and that we recognise and celebrate God's presence. Let us welcome God with open minds and open hearts so that as people of Christ, we can answer more fully the call that Jesus gave us over 2000 years ago, to "love one another" as we are loved. Amen

(Based on a prayer by Maryknoll Lay Missioners)

Final Blessing

May God himself, the God of peace, make you perfect and holy, and keep you safe and blameless, in spirit, soul and body, for the coming of our Lord Jesus Christ; and the blessing of God Almighty, Father, Son and Holy Spirit, be with us now and forever. Amen

(The Church of England)

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

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

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 & Igbomina** in Nigeria; **Derry & Raphoe** in All Ireland and **Banks & Torres** in Vanuatu

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

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

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

31 December: Mothers' Union worldwide