

**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