

PRAYER DIARY

2026

Uniting members in prayer and
fellowship around the world



**Mothing
Sunday
Reflection**

**Celebrating
Mothers' Union
friendships**

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MARCH

Mothering Sunday reflection
Tenacious, generous, and courageous women of faith

The biblical stories of Sarah, Hannah, and Mary remind us that motherhood, in its truest form, is an expression of tenacity, generosity, and courage rooted in faith.

Sarah shows us the power of tenacious belief. Despite decades of barrenness and the seeming impossibility of God's promise, she remained steadfastly believing in the promise of the unknown. Though she languished at the idea of bearing a child in her old age, she ultimately believed, and through her faith, she bore Isaac (Genesis 21:1-5). Sarah, like bees, as that true faith leads us even when hope seems delayed.

Hannah is a model of generous surrender. In deep anguish, she prayed fervently for a child, not for her own fulfillment alone, but so she could dedicate him back to the Lord (1 Samuel 1:1). When God granted her Samuel, she kept her vow. Hannah's generosity of spirit challenges us to release our most precious gifts back to God, trusting that He will use them for His glory.

Mary, young and humble, displayed remarkable courage. When told she would bear the Son of God, she accepted with faith, knowing it would cost her everything – her reputation, her comfort, and perhaps her safety (Luke 1:38). Mary's courage reminds us that saying "yes" to God often means stepping into the unknown.

Together, these women show us that true motherhood (in all its forms) and true discipleship require tenacity in believing, generosity in giving, and courage in obeying. Their stories invite us to follow their example in every season of life.

Reflective questions:

- ↑ Where in my life is God calling me to remain tenacious in faith, even when I see no immediate results?
- ↪ Am I willing to courageously surrender my most treasured hopes and dreams to the hands and feet of God, trusting that He will use them for His glory?

Mothers' Union Prayer Diary 2026

CELEBRATING THE FRIENDSHIPS OF MOTHERS' UNION

As we look ahead to 30 July, International Day of Friendship, it offers a moment to recognise the power of friendship in promoting peace and building stronger communities. At Mothers' Union, it's a chance to reflect on the relationships that make our movement so special.

Across the world, MUs members find friendship through shared faith and purpose. Whether at events, meetings, diocesan events, or national gatherings, friendships grow through laughter, shared service and mutual care. These connections often become a central part of members' lives.

In the Diocese of **Lichfield**, Deb Tudor recalls the deep bond she shared with Sue Edgerton, a former diocesan president. "What began as our journey to events soon became something much deeper. We travelled together, laughed a lot, and supported each other through everything," says Deb. "Even after Sue's passing, that bond of friendship continues."

In the Diocese of **Chichester**, Jo Waller has a long history of friendship. "I've met so many wonderful people at our events, as well as those who've connected with through social media. We may not meet often, but we always stay in touch. It's really so big a family."

In the Diocese of **Llandaff**, the Cardiff branch created a phone circle during lockdown. Cynis Drysdale was asked to roll away laughter – what began as a check-in soon grew into a lasting friendship. "Those who became a lifeline," says Cynis. Now, despite Andy's move into a care home, they remain in close daily contact.

Across these stories, the thread is clear: friendship is at the heart of Mothers' Union. It sustains, encourages, and reminds us that no one makes this journey alone. We give thanks for every connection, call, prayer, shared prayer and message that has brought people closer together. May we continue to nurture these bonds wherever we are.




Mothers' Union Prayer Diary 2026

26 Mothering Sunday reflection

54 Celebrating the friendships of Mothers' Union

The Prayer Diary is a Mothers' Union members' resource supplement, published once a year and distributed, as part of the annual membership subscription, to members and friends in Britain and Ireland. Overseas members and friends can receive a PDF copy via email from local provinces. The Prayer Diary is translated into Spanish.

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If you would like to be more involved in the prayer life of Mothers' Union don't hesitate to contact us at: faith@mothersunion.org

Connected in Prayer

As members of Mothers' Union, we are united through the power of prayer. For the past 150 years, prayer has been our foundation, our strength, and our inspiration.

Each day at midday, Mothers' Union members around the world pause to pray, using the themes of our monthly Prayer Diary, which can be found by scanning the QR code below.



We invite you to join us for midday prayers on our Facebook page. Praying together strengthens our bond, reminding us that we are always connected in prayer, no matter where we are in the world.

The global wave of prayer reflects our commitment to each other and to the places where we live and work. By joining this wave, we become part of something far greater than ourselves, a unified prayerful community stretching across the globe.

We give thanks for the dedicated Mothers' Union members from across the globe who have worked together to create our 2026 Prayer Diary for this special 150th year. Their tireless efforts have produced prayer resources that help us connect more easily and meaningfully in prayer. We pray that you enjoy listening to different voices as you partner with us in prayer.

Whether you are actively involved or participating in a more reflective way, we thank you for your commitment to Mothers' Union.



As we unite in prayer, we are reminded of the words from **Philippians 4:6-7 (NIV):**

'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'

Introduction from Kathleen Snow

Dear friends,

As we step into this incredibly special year, our 150th, I am filled with deep gratitude and awe for the faithful journey of Mothers' Union. For a century and a half, faith has been the beating heart of our movement. It is the thread that ties us together across time, continents, and cultures. It shapes every prayer we speak and every action we take to serve our communities.

Each day, I begin with our midday prayers on Facebook, a practice that brings me so much joy and a profound sense of unity. Though I'm often just starting my day as I am four hours behind London in Canada, I know I'm joining hands in prayer with sisters and brothers around the world. In that sacred space, I feel the strength of our global fellowship and the presence of God moving among us.

This 2026 Prayer Diary is a gift of love and devotion, crafted by our members. Their faith and dedication shine through every page, offering us prayers that speak into the heart of our shared mission. Whether you pray alone or in groups, aloud or in silence, your prayers are part of a beautiful, unbroken chain that wraps around the world.

May I take this opportunity to thank every member who contributed to this diary; your words inspire us daily.

As we mark 150 years of faithful witness and service, let us celebrate all that God has done – all that He continues to do – through us. Thank you for being part of this movement, rooted in prayer, powered by love, and led by faith.

With every blessing,



Kathleen Snow
Worldwide President, Mothers' Union





JANUARY

Wonder and gratitude
– looking back and looking forward

January



REFLECTION

As we begin this new year, we are full of wonder and gratitude! 150 years ago, Mary Sumner had a vision of women supporting and encouraging each other in their faith and families. The ripples have gone out over those years – to 4 million members in 84 countries, changing families and communities. One woman in one parish began it all.

One small boy had a picnic – but in the hands of Jesus, it fed a multitude, with 12 baskets of leftovers - nothing was wasted! In His hands, every small offering of service and prayer from each of us is used and multiplied, and nothing is wasted.



MONTHLY PRAYER

God of every moment, we pause with wonder at the journey behind us, the grace that carried us, the lessons that shaped us, the beauty we didn't expect. With grateful hearts, we look ahead, trusting that the same love will guide our steps. Open our eyes to possibility, our hearts to purpose, and our lives to Your unfolding story. May we walk forward in faith, rooted in gratitude and filled with awe at what is still to come. **Amen.**



CREATIVE PRAYER

Try starting the new year with action – by using a prayer of movement. Find a hymn or worship song that speaks to you and then move your body to the music in worship to our Lord and King. Let's start the new year as we mean to go on, with action and praise. This can be done from a chair if you feel more comfortable seated. Use scarves or flags to send your praise heavenward!

DAILY PRAYERS

1-3 January

Thursday 1

Thank You, God, for the road behind me – for every joy, every sorrow, every step. Even the hardest days brought hidden gifts. May I carry their wisdom forward with grace and gratitude.

Friday 2

Father, we are grateful for these 150 years. You have backed this vision and mission with signs and wonders. Your goodness cannot be denied. For lives and families touched and transformed over the decades, and the many more yet to be reached we offer our thanks and thanksgiving. Thank You, Jesus.

Saturday 3

Thank You, Lord, for every closed door, every detour, every unexpected turn. You were guiding me, even in confusion. May I treasure those moments as sacred parts of Your plan.



WAVE OF PRAYER

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

DAILY PRAYERS

4-10 January

Sunday 4

'I will remember the deeds of the Lord; yes, I will remember Your miracles of long ago. I will meditate on all Your works and consider all Your mighty deeds.'
Psalms 77:11-12 (NIV)

Monday 5

Thank You, God, for the ways I've changed. For the strength I didn't know I had, and the peace I've slowly found. Even in silence, You were shaping me. I see it now, and I'm grateful.

Tuesday 6 (Epiphany)

God of light and revelation, You lead us by unexpected stars and quiet changes of heart. As we reflect on where we've been, help us recognise how we've grown – and trust You with what's still becoming.

Wednesday 7

Lord, I look back and see progress, not perfection, but growth. You've helped me become more patient, more kind, more aware of who I truly am. Thank You for the unseen work within me.

Thursday 8

I see now, Lord, what once broke me helped me bloom. The struggle grew roots. The waiting grew trust. Thank You for growing me through what I resisted, and loving me through every stage.

Friday 9

Father, thank You for all you have done, all You are doing and all You will yet accomplish through Mothers' Union across the world. Have Your way, O Lord, align and realign us to Your eternal purpose for this vision. We draw strength for the next 150 years; more countries will be reached and many more branches formed globally.

Saturday 10

Lord, I used to rush. Now, I pause. I used to fear. Now, I hope. These shifts are Your work in me. Thank You for the sacred, slow unfolding of growth.

WAVE OF PRAYER

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

DAILY PRAYERS

11-17 January

Sunday 11

‘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 a hope and a future.’
Jeremiah 29:11 (NIV)

Monday 12

Thank You, God, for the journey so far – for every moment of grace and growth. As I look ahead, help me set intentions rooted in wonder, trusting that You will continue to guide me with love.

Tuesday 13

Lord, I marvel at the way You’ve led me, through joy and struggle, each step shaping me. Help me set intentions for the future with grateful hearts, knowing that Your presence will continue to guide my path.

Wednesday 14

God, looking back, I see Your fingerprints on my life, shaping and teaching me. Help me look forward with wonder and purpose, setting intentions that honour You and trust in Your plans for the days ahead.

Thursday 15

Father, I am filled with gratitude for how far I’ve come. Help me look forward with the same wonder, setting my intentions in alignment with Your will, knowing You have more grace and growth ahead for me.

Friday 16

Thank You, Lord, for every lesson learned and every blessing received. As I set intentions for the days ahead, help me walk with awe and gratitude, trusting that You will lead me to new heights of purpose and peace.

Saturday 17

God, as I reflect on the past with wonder and gratitude, I set my intentions for the future. Let my choices be guided by Your love, and my heart stay open to the journey You are unfolding before me.

WAVE OF PRAYER

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

DAILY PRAYERS

18-24 January (Week of Christian Unity)

Sunday 18 (beginning of week of Christian Unity)

‘There is one body and one Spirit, just as you were called to one hope when you were called.’
Ephesians 4:4 (NIV)

Monday 19

Thank You, Father, for all the blessings You have showered upon us daily. You remind us of what we have not done and should do. Help me to do Your will today.

Tuesday 20

Thank You for the gift of one another, for shared stories, laughter, and learning. As we journey together, help us to notice beauty, welcome change with courage, and walk forward with joy and trust.

Wednesday 21

Breathe in:
‘With wonder I look ahead...’
Breathe out:
‘...with gratitude I walk today.’
Repeat slowly for reflection.

Thursday 22

God of all beginnings, we stand with open hearts, thankful for the path behind us and full of wonder for what lies ahead. Guide us with

hope and walk with us into each new day.

Friday 23

God of our journey, thank You for being with us – in growth and waiting, in joy and challenge. As we look ahead, help us to trust, to wonder, and to walk forward in gratitude.

Saturday 24

Today we go with thankful hearts, open to the mystery of what comes next. May we walk with courage, live with hope, and see with eyes of wonder the grace unfolding before us.

WAVE OF PRAYER

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

DAILY PRAYERS
25-31 January

Sunday 25

(end of week of Christian Unity)

'Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.'

Isaiah 43:18-19 (NIV)

Monday 26

God of unfolding grace, open our hearts to what we cannot yet see. Where fear holds us back, plant courage. Where doubt lingers, sow hope. Lead us toward purpose, with trust in all that's possible.

Tuesday 27

God of beginnings and becoming, You call us into lives of meaning. Help us listen for Your whisper in everyday moments. Give us eyes to see new paths and faith to follow them with joy.

Wednesday 28

God of light and longing, Shape our lives with purpose. Let us not shrink from dreams too big or questions too wide. May we live open to surprise, ready for growth, and alive to all You offer.

Thursday 29

God, You call us to more than we imagine. Give us the courage to begin, even when we feel unready. Help us trust that purpose grows in the steps we take – small, faithful, and full of hope.

Friday 30

(Parent Mental Health Day)

Lord, some days feel too heavy. Yet You remind us: we are not alone. Help us notice small breakthroughs, tiny joys, and fresh starts. May we be open to healing, to hope, and to a deeper purpose within it all.

Saturday 31

We stand at the edge of what's next, unsure but willing. God, awaken our hearts to the possibilities You see. Help us step forward with purpose, led not by certainty but by faith and wonder.

WAVE OF PRAYER

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





FEBRUARY

The selfless love of Christ

February



REFLECTION

'God proves His love to us in that whilst we were sinners Christ died for us' Romans 5:8.

God came to us as man, in Jesus, and gave Himself for each and every one of us. Jesus never asked for anything from us, except for us to love one another. Do we do that? We are all sisters and brothers in Christ, but do we follow His example and love each other unconditionally? How can we show Christ's love this month? Maybe through the giving of time to MU programme work, sharing a card and prayer with an indoor member?



MONTHLY PRAYER

Loving Lord, we thank You for the endless and selfless love that You have given to us. We know that every one of Your children is known to You and loved by You, no matter what. We give thanks for the example of love that we see in You. Let those who do not know Your love or those who have not experienced love as a person should, feel Your presence, hear Your word and know Your presence, now and always. Amen



CREATIVE PRAYER

Dear Lord, Your son Jesus Christ grew to manhood to be a skilled carpenter, constantly learning at the side of His earthly father, Joseph. Encourage, nurture and bless us, with gifts of creativity, enriching us in so many ways, as we work to share our faith and love through the work of Mothers' Union worldwide.

DAILY PRAYERS

1-7 February

Sunday 1

We thank God for His faithfulness. We praise Him for all He has done for us in Christ and pray to glorify Him with a thankful heart. We praise Him for the opportunity He has given us in working for Mothers' Union.

Monday 2 (Candlemas)

Thanks be to God that, on seeing the Holy Family in the Temple, Simeon held Jesus, praised You and acclaimed Him to be a 'light for revelation to the Gentiles'. The prophet Anna gave thanks and proclaimed Him as her Redeemer.

Tuesday 3

Praise and thanksgiving to Jesus, who conformed to the expected rituals of his day, bringing light into the dark places of the world. Encourage us through Mother's Union to be a source of love and hope in the world.

Wednesday 4

Lord Jesus, Your presence uplifts us and Your words provide courage when needed. Please help us through Mothers' Union to serve others, especially people who are experiencing challenges in their lives.

Thursday 5

Through the selfless love and teachings of our Lord Jesus Christ, help us to always consider the welfare of other people above our own, to encourage them and be encouraged by them.

Friday 6

Lord Jesus, we in Mothers' Union pray for Your compassion and love to support everyone who suffers anxiety, bewilderment and stress. Renew and restore their lives through Your selfless love.

Saturday 7

Lord, we thank You that Mary Sumner responded to Your love and founded Mothers' Union 150 years ago. Now we, enfolded in Your love, seek to share it with others throughout the world.

WAVE OF PRAYER

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

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

DAILY PRAYERS

8-14 February

Sunday 8

Loving Lord, I ask for Your grace to love others generously, being mindful of everyone's needs. I do not expect anything in return, other than the fulfilment of serving You.

Monday 9

In Christ we have our guide, as we see Him constantly giving of Himself. In His name, may we, as members of Mothers' Union, selflessly offer ourselves for the good of others.

Tuesday 10

Loving Lord, we are called to love one another as You love us. Help us to walk in Your footsteps to show Your love to all we see and meet in our daily lives.

Wednesday 11

Lord Jesus, in this groaning world, help us to set our eyes on You, and seek to join with our fellow Mothers Union members as hands across the world in service to You.

Thursday 12

Lord, help us to follow Jesus by being a listening friend, who keeps confidences when others trust us with their concerns or problems. We pray as Jesus taught us, to love our neighbour as ourselves.

Friday 13

Lord Jesus, all things come from You. Please may we be set free to follow Your example and hold all the things You have given us with an open hand, being generous and sharing with others.

Saturday 14

(Feast of St. Valentine) Valentine was a priest martyred at Rome under Emperor Claudius. medieval belief that it was the day when birds mated. For Christians the day is an acknowledgement of an all-loving God who blesses those who love one another.

WAVE OF PRAYER

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

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

DAILY PRAYERS

15-19 February

The son said “Father, I have sinned against Heaven and against you. I am no longer worthy to be called your son” But the Father said “Let’s celebrate. This son of mine was dead and is alive again; was lost and is found”

Luke 15: 21 & 24 (NIV)

Sunday 15

As we reflect on the story of the Prodigal Son, help us to show selfless love to others as we do our best to help those in need. May we, like Jesus, show Christian love and compassion every day.

Monday 16

Jesus forgave sins. May we too know His healing power of forgiveness and acceptance for ourselves; then for our families, our communities and the world around us.

Tuesday 17

Lord, too often we take for granted the One who is our dearest friend. We fail to seek His wisdom and His perfect will for our lives. It is a wonderful privilege to carry everything to God through prayer.

Wednesday 18 (Beginning of Lent, Ash Wednesday)

With the sign of the cross on our forehead in ashes, we acknowledge our sinfulness and need for forgiveness from God. We pray for a new and contrite heart and to rest in God, where true joy can be found.

Thursday 19

Loving Lord, in faith help us in Mothers’ Union always keep a Holy Lent with you. Fill our hearts with sorrow for our past failings and may we have loving confidence in all your plans for us in the future.

WAVE OF PRAYER

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

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

DAILY PRAYERS

20-21 February

Friday 20

Heavenly Father, we thank You for Your love which embraces us all, and for Your son, Jesus Christ, who teaches us to be kind and to love one another. We pray that we will endeavour to do this in our daily lives.

Saturday 21

Lord God, we seek to follow the example of Jesus’ humility. Let us rejoice in being last instead of first and work to be helpful to ease the burden of the most vulnerable in our communities.

‘The Lord is gracious and compassionate, slow to anger and rich in love. Your kingdom is an everlasting kingdom and Your dominion endures through all generations.’

Psalm 145: 8-9 & 13 (NIV)



DAILY PRAYERS
22-28 February

Sunday 22

Almighty God, there are all kinds of love, but none so great as that of our Saviour, who gave His life for us. May His selfless love for humanity be a beacon in our lives, as we strive to be an example in this troubled world.

Monday 23

Eternal Father, Your beloved Son sacrificed His life because of His selfless love for us all. Bless us in Mother's Union with His desire to help as many people as possible through our lives.

Tuesday 24

We pray for the troubled places in the world where there is conflict and war, starvation, and homelessness. We pray that powerful figures will have compassion and heed the plight of innocent men, women and children.

Wednesday 25

Loving Lord, give me the strength to face today with optimism and hope. Remind me I am not alone and that You are with me to guide me through whatever situations I come across.

Thursday 26

All of us are promised to belong to God's everlasting kingdom through the love and mercy of our Lord Jesus Christ. Lord, we pray to be compassionate and share this love freely through the work of Mothers' Union.

Friday 27

Defend O Lord, we thy servants with thy Holy Spirit, that we may continue thine forever and daily increase in Thy Holy Spirit more and more until we come to Thy heavenly kingdom. (Book of Common Prayer)

Saturday 28

On this 150th anniversary of Mothers' Union, we thank You, Lord, for Mary Sumner, who faithfully stepped up to empower women and girls and spoke out in favour of gender equality and women's rights.

WAVE OF PRAYER

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

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



Jesus said 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die'

John 11:25-26 (NIV)



MARCH

Global invitation to prayer and action

March

REFLECTION



A choir sang, 'Come, let us sing unto the Lord!' (Psalm 95) A child heard the call, 'Yes! I wanted to join that chorus of praise.' Today, a bud swells on the 'dead' branch of winter, vibrant green, bursting with new life, stirring hope of new beginnings.

I ponder the source of God's call, how it grows from Scripture, in worship, an attractive life of faith transforming lives, or the wonder of creation. Joining our global community of sisters and brothers in Mothers' Union, the World Day of Prayer, and the United Nations mission, let us be open to receive God's call anew, to widen our vision in prayer and action.



MONTHLY PRAYER

Called by God to be a global family of prayer, action, and service, may God bless us with:

- hands to comfort
- a holy anger at oppression seeking justice
- a restless discomfort with easy answers, so that we can seek the truth boldly
- enough foolishness to believe that we really can make a difference in this world.

So, we are called, with God's grace, to do what others claim cannot be done. Amen.



CREATIVE PRAYER

If you have a globe or a map, use this and praise God for His wondrous creation. Imagine hands and feet reaching out across the whole world, joining each of us with one another, sisters and brothers in Christ, working together for His praise and glory. Leave a picture of the world where you can see it each day to remind you to pray throughout the month for the work of Mothers' Union around the world.

DAILY PRAYERS
1-7 March

Sunday 1

'Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.'

1 Thessalonians 5:16-18 (NIV)

Monday 2

Listening to the Holy Spirit guiding us through prayer, may our vision be clear, our actions show wisdom, and our worship be joyful: allowing Mothers' Union to flourish and grow.

Tuesday 3

We come into Your presence in reverence and humility, seeking guidance, calm and peace. Help us find strength when weary, relief when challenged and hope in adversity.

Wednesday 4

You teach us not to be anxious about anything because we can bring every situation to You. The Mothers' Union project or person that is uppermost in our minds now, we lay at Your feet.

Thursday 5

The prayers of one woman, in a single place, have inspired countless and continuous prayers for 150 years worldwide. Inspire us to continue that commitment as we stride forward with a clear vision, making strong bonds across the world through our daily prayer and worship.

Friday 6

(World Day of Prayer)

We pray with gratitude for the country and people of Nigeria who have prepared today's service: humbled that amidst the constant hardship and turmoil in their country, the theme is 'I will give you rest, come'. May all your people stand firm in the promise that we are stronger when we pray together.

Saturday 7

God chose each one of us: let us listen to His voice, feel His love, embrace His protection and take His peace into our communities every day.

WAVE OF PRAYER

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

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

DAILY PRAYERS
8-14 March

Sunday 8

(International Women's Day)

'For we are God's handiwork, created in Christ Jesus to do good works.'

Ephesians 2:10a (NIV)

Monday 9

Loving Father, we give thanks for women internationally, most of them unnamed and unsung, who have refused to be shamed or silenced, who have stood up for justice and truth. Blessed are You, gracious God, who has created women in Your image.

Tuesday 10

Loving Lord, as Your body here on earth, give us strength, wisdom and confidence to follow where You call. Give us courage and urgency as we 'Rise Up' to not only raise awareness of domestic violence, but bring lasting change. Enable us to bring hope.

Wednesday 11

In moments of uncertainty, dispel our fear of the unknown. Fill us with the confidence that You are steering the course of our lives. Grant us clarity to see beyond challenges and the courage to step forward into something new for Mothers' Union.

Thursday 12

Renew our hearts, our souls and minds; strengthen our faith and make us a people who are Your hands, Your feet and voice within this world.

Amen (John Birch)

Friday 13

We thank You for the gift of this Lent season. Bring about in us the changes we need to more effectively use our gifts, changing the troubled world from darkness to light. To Him be the glory and the power forever.

Saturday 14

May Christ's teaching and example be our inspiration, may hearts and minds be changed, and may Your Holy Spirit be at work transforming each of us day by day. Through Your everlasting grace and mercy,

Amen (The Methodist Church)

WAVE OF PRAYER

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

Mothering Sunday reflection

Tenacious, generous, and courageous women of faith

The biblical stories of Sarah, Hannah, and Mary remind us that motherhood, in its truest form, is an expression of tenacity, generosity, and courage rooted in faith.

Sarah shows us the power of tenacious belief. Despite decades of barrenness and the seeming impossibility of God's promise, she remained alongside Abraham, journeying into the unknown. Though she laughed at the idea of bearing a child in her old age, she ultimately believed, and through her Isaac was born (Genesis 21:1-3). Sarah's life teaches us that true faith holds on, even when hope seems delayed.

Hannah is a model of generous surrender. In deep anguish, she prayed fervently for a child – not for her own fulfillment alone, but so she could dedicate him back to the Lord (1 Samuel 1:11). When God granted her Samuel, she kept her vow. Hannah's generosity of spirit challenges us to release our most precious gifts back to God, trusting that He will use them for His glory.

Mary, young and humble, displayed remarkable courage. When told she would bear the Son of God, she accepted with faith, knowing it would cost her everything – her reputation, her comfort, and perhaps her safety (Luke 1:38). Mary's courage reminds us that saying 'yes' to God often means stepping into the unknown.

Together, these women show us that true motherhood (in all its forms) and true discipleship require tenacity in waiting, generosity in giving, and courage in obeying. Their stories invite us to follow their example in every season of life.

Reflective questions:

1 Where in my life is God calling me to remain tenacious in faith, even when I see no immediate results?

2 Am I willing to courageously surrender my most treasured hopes and plans – like Hannah and Mary – for God's greater purpose?

DAILY PRAYERS

15-21 March

15 March (Mothering Sunday)

'Honour her for all her hands have done and let her works bring her praise at the city gate.'
Proverbs 31:31 (NIV)

Monday 16

We focus on three mothers in the Bible: Sarah, Hannah and Mary, who were tenacious, courageous and generous. May your spirit inspire these same qualities in our members as we put our faith into action to build strong and flourishing communities. (inspired by The Methodist Church)

Tuesday 17

We thank You for the blessings of technology enabling global connection and creativity, but are mindful of its dangers too. By Your Spirit, guide and direct the online presence of Mothers' Union – strengthen our social media communities and keep them safe, we pray.

Wednesday 18

Thank You for every difference made by MU members in their local community. Remind us that no one individual act of love and service is too small or insignificant – all are known to You.

Thursday 19

We pray for our work across generations, whether at a toddler group or a grandparent event: wherever young and old meet. May we all learn from each other, having fun and building faith.

Friday 20

MULOA and Metamorphosis have given us tools and confidence to better engage locally. We pray for the future direction of our community engagement and ask that each of us be alert to where You are already working and get on board.

Saturday 21

Gracious Father, loving Son, and gracious Holy Spirit, You are a community of love, a model for all creation. Help us to see the beauty of unity and diversity within Your Trinity, and to reflect that same love in our own communities. Amen.

WAVE OF PRAYER

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

DAILY PRAYERS

22-28 March

Sunday 22

'Teach me, Lord, the meaning of Your laws, and I will obey them at all times. Explain Your law to me, and I will obey it; I will keep it with all my heart.'

Psalm 119:33-34 (GNT)

Monday 23

Lord, we commit ourselves to learn more, so we can achieve more as we campaign for equality and justice for all. Help us play our part in creating a just and peaceful society for Your people on earth.

Tuesday 24

Forgive us, Loving Lord, when we neglect to read your word or stray from Your work, enticed by our own comfort. Stir us to serve You wholeheartedly, so that we demonstrate our faith through action.

Wednesday 25

(Feast of the Annunciation/Lady Day)
When you ask us, O Lord, as You did of Mary, may our response be to echo those trusting and beautiful words, 'May it be to me according to your word.'

Thursday 26

As we celebrate our 150th anniversary, we thank You, Lord, for all that has been achieved over the years. May all that we have learned in our caring for people experiencing homelessness, our work in prisons and our ministry in hospitals continue to inform and inspire our work in the future.

Friday 27

Heavenly Father, help us to follow Your ways to enable our work to flourish. May the love of God be seen in us as we live out our faith through action. Amen

Saturday 28

As we look towards the joy of Palm Sunday, may we continue in prayer and remember what we have learned this Lent: thus, prepared for the rough road ahead, as we follow Christ's journey to the cross and beyond.

WAVE OF PRAYER

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

DAILY PRAYERS

29-31 March

Monday 29

(Beginning of Holy Week / Palm Sunday)

'They took palm branches and went out to meet Him, shouting, "Hosanna!" "Blessed is he who comes in the name of the Lord!" "Blessed is the King of Israel!" ' John 12:13 (NIV)

Monday 30

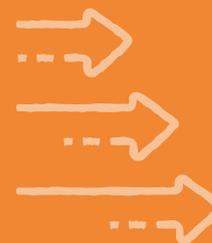
How can we praise You? Through all of our actions, a smile and a greeting, a shoulder to lean on, a word in due season, love and compassion, in all situations. (John Birch)

Tuesday 31

On this Holy Tuesday, O Lord, may the works of our hands to serve others be reflected as hands raised in worship. May all that we do in the service of Christ be an offering of true worship.

WAVE OF PRAYER

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



THINKING AHEAD

As we celebrate 150 years of Mothers' Union in 2026, we're reminded of how faith in action continues to transform families and communities. Already this year, we've come together for World Day of Prayer and International Women's Day, moments that reflect our global reach and shared mission.

Looking ahead to Mary Sumner Day in August, plan an event that honours our founder's vision, something rooted in local need, practical support, and faithful love. Whether it's a community gathering, outreach project, or act of service, let's mark this milestone by making a real difference, together.

For ideas and resources head to www.mothersunion.org/150



APRIL

The measure of love

April

REFLECTION



Eastertide reminds us of the expense of God's endeavour to enfold us in gifts of love and invite a response. The cross and empty grave shape the final chapter in the salvation story – a story of tragedy and triumph, and one which endures to eternity. It is a love that does not count the cost. It is a love which will not let us go. As Christians and as MU members, we are called to reflect God's love in prayer and action. May the joy of Easter warm us, and radiate from us, as we journey through our days.

MONTHLY PRAYER



God of love, in silence and in speaking, we worship You. You are the very breath of our lives; You are the promise of renewal; You are the offer of forgiveness; You are the flame of inspiration; You are the wind of challenging change. Renew, forgive, inspire and challenge us, and fit us for Your service: in Jesus' name.

CREATIVE PRAYER



When you make anything – a garment, a piece of lace, a quilt – the fabric or thread used is measured out. How different with God's love for us – we struggle to grasp how wide and long, how deep and high His love is. It is infinite. As you measure out fabric or wind thread onto bobbins, thank God for His unmeasurable love and, as the item is made, think of the people who are going to use it and pray that they may know God's love and the extent of it.

DAILY PRAYERS

1-4 April

The angel said to the women, 'Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; He has risen, just as He said. Come and see the place where He lay. Then go quickly and tell his disciples: "He has risen from the dead and is going ahead of you into Galilee. There you will see Him." Now I have told you.'

Matthew 28:5-7

Wednesday 1

Lord, our Father, let us be rooted in You as we begin this month of remembrance, grace and hope. Help our members grow deeper in faith and purpose to welcome a new generation of members with love. May the love of God, His presence, Spirit, glory and power abide with us and all our loved ones every day of this month.

Thursday 2

(Maundy Thursday)

Father, may the victory of Jesus Christ over death make us victorious over every challenge, difficulty, problem or situation. Lord, grant us courage to face this month as victors and let every fear and barrier bow to Your risen power.

Friday 3

(Good Friday)

Gracious God, when on others you are calling, do not pass us by. Remember us for good and bless our families and households with divine visitation this day. May we open our hearts as Your dwelling place.

Saturday 4

(Holy Saturday)

Lord, we come before You this on day of waiting. Thank You for the gift of salvation and for the grace and mercy poured out through Jesus Christ. Thank You that through Him I may have a living relationship with You. Help me to wait with a grateful heart, remembering all You have done for me and trusting in the hope of the resurrection to come.

WAVE OF PRAYER

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

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

DAILY PRAYERS

5-11 April

Sunday 5

(Easter Sunday)

Risen Lord, breathe new life into our movement. Let this 150th year be a season of resurrection – new members, renewed purpose, and hope for families and communities. Empower us to live and share Easter's life in homes, schools, hospitals, and beyond. Make us visible, compassionate, and joyful ambassadors.

Monday 6

Lord, spread Your table in our hearts. Feed us, stay with us, and strengthen us – spiritually, physically, mentally, morally, and financially. Let Your goodness and mercy lead us as we abide in You.

Tuesday 7

We declare freedom from sickness, chains, and oppression. Let peace, healing, and provision fill our homes. Restore relationships and open new doors. May we walk daily in Your power and favour.

Wednesday 8

Lord, watch over all children and young people this Easter break. Keep them safe, joyful, and inspired. Fill their days with peace and prepare them to return to school refreshed and ready to shine.

Thursday 9

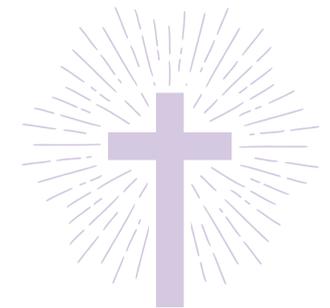
Compassionate God, thank You for parents, grandparents, caregivers, and teachers. Bless them with rest, wisdom, and joy. Provide for families and honour those who care for children, through Jesus Christ.

Friday 10

Father, thank You that we can come boldly to You. Let our lives reflect Your love. Use us to bring peace, joy, and hope wherever we go.

Saturday 11

Loving Saviour, bless our families today. Let Your presence fill every home with healing, restoration, and peace. Comfort the hurting, renew the weary, and surround us with life, hope, and love.



WAVE OF PRAYER

5-8 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

DAILY PRAYERS

12-15 April

'My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest.'

Isaiah 32:18 (NIV)

Sunday 12

Lord, bless Mothers' Union in its mission to support families, communities, and the Church. Remove anything that holds us back. May our work bring hope and healing, and reflect Your love in all we do.

Monday 13

Father God, we lift our children to You at the start of this new term. Protect them from harm and guide their hearts and minds. Fill them with wisdom, joy, and purpose, and surround them with Your love.

Tuesday 14

Almighty God, I ask for Your divine protection over our lives. Shield us from harm, both seen and unseen. Guard our hearts and minds and guide us away from temptation. Surround us with Your love and peace, that we may walk confidently in Your protection.

Wednesday 15

Lord, we lift up our children to You. They are precious gifts entrusted to our care. Grant them wisdom, strength, and a deep understanding of Your love. Protect them from the snares of this world and equip them to be light in the darkness. May they grow in faith, knowing You.

WAVE OF PRAYER

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

DAILY PRAYERS

16-18 April

Thursday 16

Father, we thank You for the privilege of coming before You in prayer. We believe in the power of Your love and the transformation it brings. Strengthen our faith, Lord, that we may continue to seek You, trust You, and witness Your miraculous work in our lives in Jesus' name.

Friday 17

Father, we lift every Mothers' Union member and their families to You this season. Protect our homes and relationships from anything that disrupts peace. Fill us with love, patience, and unity, and may our homes reflect Your presence and grace.

Saturday 18

Lord Jesus, we lift every relationship and marriage to You, within and beyond Mothers' Union. Strengthen relationships with love, trust, and understanding. Remove anything that causes division, and let peace, joy, and unity grow.



DAILY PRAYERS

19-25 April

Sunday 19

Creator God, we thank You for the world You have made and the communities You've placed us in. Help us to care for the earth with wisdom and love, and to serve our neighbours with compassion. Guide our choices so that we protect what sustains life and build peace where we live. May our actions reflect Your care for all creation.

Monday 20

Lord, we decree divine open doors in every area of our lives. May people remember us for good, and may the forces of heaven bring favour, honour, and increase. Let our households flourish and multiply in abundance.

Tuesday 21

Lord, You are the source of all strength, wisdom, and favour. We come before You, recognising Your control over every part of our lives. Strengthen us to overcome what weighs us down, and bring breakthrough, healing, and restoration. We declare abundance, peace, and growth in all areas, so Your name is glorified through us.

Wednesday 22 (Earth Day)

God our Creator, the earth belongs to You. Forgive us when we misuse Your creation. Help us care for the land, sea, and air, live simply, and support people working for sustainability, so future generations inherit a healthy planet.

DAILY PRAYERS

26-30 April

Sunday 26

Lord, we lift our voices in a new song of praise to You. Renew our hearts with joy and gratitude, and help us to worship You with fresh passion each day. May our lives reflect Your goodness and bring glory to Your name.

Monday 27

Let our mouth be filled with new songs of praise for the wonders You have done. Let us sing of Your mercy and truth. Clothe us in garments of glory and crowns of victory, that Your joy will overflow in our lives and households. May we be witnesses of Your power and grace in our community.

Tuesday 28

Lord, open our lips that our mouths would show forth Your praise. May our lips proclaim Your faithfulness, tongues speak blessing, and voices declare the name of Jesus in every place.

Wednesday 29

Lord, we thank You for freedom. Let our families, ministries, and communities walk in liberty and peace. Let joy, provision, and restoration fill our homes.

Thursday 30

Lord, we entrust our legacy and future into Your hands. Renew us, gather new members, deepen our witness in families and parishes. Bless our homes, ministries, and communities with abundance.



WAVE OF PRAYER

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

WAVE OF PRAYER

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 Suriname in Guyana



MAY

Thy Kingdom Come

May

REFLECTION



As we wait for God's kingdom to come, we have time to think about how we can make His kingdom known here and now. Let us spread God's message to as many people as we can through our faith in action at Mothers' Union, working to end poverty, violence and injustice for all Your people at home and around the world.

MONTHLY PRAYER



Our Father, Thy kingdom come, on earth as it is in heaven. Let us make a heaven here on earth, for all, acting as Your hands and feet, ensuring that the world is a place of plenty for all, safe for all, loving for all, comfort for all. Let Your wondrous earth be a place where all can not just grow, but flourish and become everything You wish them to be.

Amen

CREATIVE PRAYER



Prayer flames – get creative with paper and card! Use orange and red card to make flames of Pentecost, writing prayers on them and displaying them at home or in church. Alternatively, make some doves to represent the Holy Spirit and write prayers on those. You could even have a display of doves, which represent both RISE UP and the coming of the Holy Spirit at Pentecost.

DAILY PRAYERS

1-2 May

Friday 1

We enter this month of May with a heart that sings: may our mouths be filled with new songs of praise and thanksgiving. We bless the Lord for His faithfulness. May the victory of our Lord Jesus Christ make us victorious today. Help us to live each hour mindful of the triumph of the cross.

Saturday 2

Heavenly Father, You are the source of wisdom and justice. We lift up leaders in nations, communities, churches, and workplaces. Grant them discernment, integrity, and humility to govern with compassion, pursue justice, and make wise decisions for the good of all.



WAVE OF PRAYER

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

THINKING AHEAD: Thy Kingdom Come

As we approach Thy Kingdom Come, we invite you to join millions worldwide in praying for the growth of God's kingdom.

You could plan to engage your community through prayer events, reflection, or acts of service inspired by the official 2026 theme. Together, let's deepen our faith and invite the Holy Spirit to work powerfully in our lives and neighbourhoods.

For the latest themes and resources, visit thykingdomcome.global

DAILY PRAYERS

3-9 May

Sunday 3

Lord Jesus, You are alive forever, still knocking on the doors of our hearts. Come into our homes and our lives. Sit with us in our everyday moments. Where there is loneliness, bring comfort. Where there is conflict, bring peace. Where we feel empty, fill us with Your presence.

Monday 4

Lord of all seasons, thank You for bringing us into this new month. As the world blossoms around us, help our hearts to bloom with faith, hope, and love. Guide our steps, bless our families, and fill these days with stories of Your goodness.

Tuesday 5

God of creation, thank You for the gift of work and all who labour with their hands and hearts. Be near to people in difficult or unseen jobs. Provide for individuals who are seeking work. Let all we do bring dignity, purpose, and blessing.

Wednesday 6

Creator God, we are sorry for the times we've misused the world You gave us. Teach us to care more deeply for the land, the water, and all living things. May our small actions reflect Your great love for all creation.

Thursday 7

Gracious God, thank You for everyone who cares for others – doctors, nurses, carers, and all who bring comfort. Give them strength when they feel weary, wisdom in their decisions, and compassion in every action. Let their work shine as a sign of Your kingdom.

Friday 8

Heavenly Father, thank You for the grace that carries us. Meet every need in our homes and communities with Your kindness. Give wisdom to parents, patience to teachers, and courage to children. Like Ruth and Joseph, may we find favour in unexpected places.

Saturday 9

Lord, thank You for grace that lifts and restores. In every place where we feel stuck or weary, bring fresh hope. Open doors we cannot see, strengthen what feels weak, and let Your favour lead us into new beginnings filled with purpose and peace.

WAVE OF PRAYER

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

DAILY PRAYERS

10-16 May (Mental Health Awareness Week)

Sunday 10

Father, we come before You with open hearts, ready to receive Your grace. Let Your favour rest on our homes, ministries, and communities. Give us fresh ideas, open doors, and new opportunities. Bring breakthrough where it's needed, joy where it's lacking, and favour that draws the right people and resources into our lives.

Monday 1

God, our help in the past and our hope for the future, we lift Mothers' Union to You. Make it a place of support and compassion, where people feel heard, guided, and cared for. Fill each heart with Your peace, and remind us that even in struggle, You are near to restore and renew us.

Tuesday 12

Merciful Lord, giver of sight to the blind and the restorer of broken lives. Look upon us with compassion and ask us again: 'What do you want Me to do for you?' Father, open our eyes to see, our ears to hear, and our hearts to receive Your blessings.

Wednesday 13

God of comfort, You are close to the broken-hearted. We lift everyone who lives with anxiety, depression, or despair. Calm their thoughts, lift their burdens, and surround them with care and understanding. Remind them they are loved, never alone, and always held by You.

**Thursday 14
(Ascension Day)**

Heavenly Father, thank You for the gift of the Holy Spirit. Fill us with power to live boldly, love deeply, and serve faithfully. As we remember Christ's Ascension, keep us anchored in Your mission until He returns in glory.

Friday 15

Compassionate God, we lift to You all who are hurting in mind or spirit. Bring peace to anxious hearts, light to people in darkness, and strength to people who feel weary. Remind them of Your constant love and restore hope where it feels lost.

Saturday 16

Loving Father, we pray for families and carers supporting individuals with mental health challenges. Give them patience, wisdom, and strength when they feel worn down. Let them know they are not alone. You are their refuge, their helper, and their peace.

WAVE OF PRAYER

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

DAILY PRAYERS

17-23 May

Sunday 17

Lord, we thank You for new beginnings. Do new things in our homes, finances, and communities. Open rivers in wilderness places. Release fresh opportunities, divine strategies, and heavenly wisdom.

Monday 18

Father, give us strength to overcome every obstacle in growing the work of Mothers' Union. Where there's delay, bring movement. Where there's fear, bring courage. Unite us in purpose, guide us by Your Spirit, and let all we do bring blessing and lasting impact.

Tuesday 19

Lord, remove every barrier to the growth of Mothers' Union. Lead us forward with boldness and joy. Break through where things feel stuck and open doors to new opportunities. We trust You for the victories ahead and give You all the glory.

Wednesday 20

Spirit of the Living God, fall afresh on us. Shake our homes, churches, and nations with revival fire. Fill us with boldness to witness to the people You bring to our paths.

Thursday 21

Father, we receive courage to face challenges. Strengthen weary hands and steady trembling hearts. May breakthroughs manifest in education, careers, and communities. Let Your presence go before us into every new season.

Friday 22

Eternal God – Father, Son, and Holy Spirit – we worship You. You created us, saved us, and sustain us. Surround us with Your presence, guide us in truth, and fill us with love. May our lives reflect Your glory and honour Your name.

Saturday 23

Lord, our strong tower, fill us with perseverance and strength for the work ahead. Pour Your love into us until it overflows into the world around us, that others may hear Your knock and welcome You in. We offer these prayers with thanksgiving in the name of Jesus Christ, our risen, ascended, and reigning Lord.

WAVE OF PRAYER

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

DAILY PRAYERS

24-30 May

Sunday 24**(Pentecost Sunday)**

Holy Spirit, on this day of Pentecost, fill Your Church again with boldness, love, and faith. Drive out fear, unite every nation and language, and set our hearts on fire with a passion to share Christ with the world.

Monday 25**(Pentecost Monday)**

Holy Spirit, breathe new life into this 150th year of Mothers' Union. Call new members, awaken gifts within our churches, and guide us to invite others into roles where they can serve with joy and purpose.

Tuesday 26

Gracious Lord, thank You for teachers who shape lives each day. Give them patience and strength, joy in their calling, and encouragement when they feel weary. Bless classrooms with kindness, curiosity, and safety for every learner.

Wednesday 27

Lord, be with students preparing for exams. Calm their fears, help them recall what they've learned, and bless their efforts. Guide them to grow not just in knowledge, but in character and faith, supported by families and teachers.

Thursday 28

Father, watch over children and young people in all they do. Keep them safe, kind, and wise. Surround families and caregivers with Your peace and fill homes with love, learning, and hope for the days ahead.

Friday 29

Loving God, be near to parents and carers. Give them strength for busy days, wisdom for hard moments, and peace in their homes. Provide where there is need and let love and joy shape daily life.

Saturday 30

Lord of peace, help us find our rest in You. Restore tired hearts, heal hidden worries, and renew joy in everyday living. Give us balance in life and help us serve You with gladness and grace.

WAVE OF PRAYER

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

DAILY PRAYERS

31 May

Sunday 31

The God of everlasting to everlasting, You are the Father of every generation. Empower us for the work ahead. May our 150th celebrations be seeds that grow into faithful service, attracting new members and deepening commitment across the Church. Amen



PRAY FOR UPCOMING EVENTS – JUNE 2026

In 2026, we celebrate 150 years since Mary Sumner founded Mothers' Union with a bold vision: women united in faith to support families and the Church. From that small beginning in Old Alresford, the movement has grown to over 4 million members worldwide.

June is a special time of national celebrations. On 10 June, a service at St Paul's Cathedral, London, will bring members together to give thanks and reflect. The Annual Gathering at The Emmanuel Centre on 11 June will offer fellowship, inspiration, and focus on the future.

Please pray for these events – may they be filled with joy, unity, and a strong sense of God's presence. Pray for the organisers and attendees, that they find encouragement, renewed passion, and a deeper commitment to the MU mission.

As we mark this milestone throughout the year, your prayers and support are vital. Join us in giving thanks for the past and seeking God's guidance for the journey ahead.

Join Us, Join In!





JUNE

Join in and celebrate!

JUNE

REFLECTION



In June we have the climax of our 150th year. At the heart of our celebration is the opportunity to give our joyful thanks and praise to God for His love – especially for giving us His only Son, for faithfulness, guidance and provision for all past and present members. We will be worshipping together at our service in St Paul's Cathedral and our Annual Gathering in the Emmanuel Centre. We thank God too during June for parents, the courage of refugees, Petertide Ordinations and commitment to awareness raising for ending plastic pollution. 'Come on and celebrate, celebrate and sing to our King!'

MONTHLY PRAYER



Father God, we join in and celebrate your love to us through Mothers' Union. We praise you for the past 150 years, for the vision of Mary Sumner and for all who have followed her, praying and serving in Your name. We delight in all Your gifts to us, the joy of family, the wonders of Your creation, the fellowship of our fellow members and, most of all, Your love to us through the gift of Your son, Jesus Christ. May we always walk in Your footsteps. Give us the strength to be different, to stand up for justice and peace, and be a sign of Your reconciling love for all. We ask this in your name. Amen.

CREATIVE PRAYER



Deliver a prayer postcard to a friend who doesn't know about MU or hasn't been to a meeting. Write a prayer on the card, but also invite them to an MU event this month, a branch meeting or a service. Tell them why you want them to come along and be part of our family of activists. Ask them to Join us, Join in!

DAILY PRAYERS

1-6 June

Monday 1

(Global Day of Parents)

Heavenly Father, we praise You for the joys of parenting. Please give wisdom and patience to all parents and anyone who has stepped into the role of parent as they teach their children, by word and example. May they emulate Your loving parenting that their children may know Your love.

Tuesday 2

Lord Jesus, we pray that MU continues to educate, encourage and nurture relationships and marriage, built on respectful and worthwhile foundations. Thus, teaching and inspiring children to become upstanding citizens and future role models.

Wednesday 3

We pray for parents whose children have grown up and left home. May the bonds of family stay strong and relationships develop in love, trust and commitment. Amen

Thursday 4

(Corpus Christi)

Lord God, we pray for our Mothers' Union parenting campaigns, all over the world. May our members never be discouraged, and may they know the joy of seeing families reunited and growing in love and strength in You.

Friday 5

(World Environment Day)

Creator God, You have given us a beautiful world, wonderfully diverse in its plant and animal life. Help us to involve ourselves in its nurture. Give us the courage to speak out against all that would harm our planet, and the commitment to keep it safe.

Saturday 6

Divine Creator, the beauty and health of Your world is suffering. Humanity has exploited its resources selfishly. Thank You for organisations dedicated to redressing this, and for those balancing productivity with replenishment. Inspire us all to care for Your creation and to become co-creators of a renewed world, shining with Your glory.

WAVE OF PRAYER

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

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

DAILY PRAYERS

7-13 June

Sunday 7

'And God saw all that He had made, and it was very good. And there was evening and morning, the sixth day.'

Genesis 1:31-32 (NIV)

Monday 8

When we find our rest in You Lord, nothing hinders, nothing worries. Holding us in the palm of Your hand in safety and rest, we only have to gaze in wonder at nature's beauty in all its glory. To see Your power, we are so blessed.

Tuesday 9

Lord, we pray for all who work on the land. May they nurture it and care for it, always knowing that they are responsible for its preservation, as well as its produce. Help them to resist the desire to exploit their land and to remember that they pass it on to future generations.

Wednesday 10

Father God, we pray for the inhabitants of villages, towns and cities, that they may seek the welfare of their environment and strive to prevent pollution and harm to their environment. May all who work in industry and manufacturing take care to protect air quality and emissions into water courses.

Thursday 11

Lord God, be with all who sail the seas. They see Your greatness in the heavens and experience Your majesty in storms and tempests. They also see the pollution which is spoiling the oceans and poisoning marine life. Allow them to tell others about it, and the ability to prevent it when they can.

Friday 12

We thank You Lord, for all your bounteous gifts on earth, all left in our care. We pray for people affected by climate change, facing failed crops, famine, disease and homelessness caused by natural disasters. Give Your guidance to global leaders that they may reach just and fair decisions for the good of Your world and its people. **Amen**

Saturday 13

Thank You Lord, for all that Mothers' Union has achieved in the past 150 years. We praise You for our many campaigns and rejoice in the knowledge of lives changed through them and through our ongoing projects. **Amen**

WAVE OF PRAYER

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

DAILY PRAYERS

14-20 June (Refugee Week from 15 June)

Sunday 14

'I was hungry and You gave me something to eat, I was thirsty and You gave me something to drink, I was a stranger and You invited me in, I needed clothes and You clothed me, I was sick and You looked after me, I was in prison and You came to visit.'

Matthew 24:35-36 (NIV)

Monday 15

(start of Refugee Week)

God of all compassion, we lift before You the plight of millions of people in refugee camps and displaced people still in transit. May Your love and comfort uphold both them and aid workers who minister to them.

Tuesday 16

Saviour of all, we share with You our concern for Your world and we yearn for peace. Bring comfort to people living in troubled areas. Instill into people in power the values of justice, reconciliation and human rights, and a true desire for harmony between all nations.

Wednesday 17

Lord, we pray for refugees who are trying to settle into new countries where they know that they are safe, even though everything is strange and different in their lives. May they find new hopes, new opportunities and new friends ready to welcome them.

Thursday 18

Thank You, Lord, for members of Mothers' Union who work with asylum seekers, refugees and the homeless. Bless their work, and bless them in the doing of it.

Friday 19

Father, we ask your blessing on the refugee camps where thousands of people live, some of them for many years. May they never give up hope and find comfort in Your promise that You are with them always, wherever they are.

Saturday 20

(World Refugee Day)

We bring all our prayers this week together as we remember everyone we have prayed for, individuals and families forced from their homes by war or climate change, children born in refugee camps, people settling into new countries. May we strive to help them. Lord, who was once a refugee, hear our prayer.

WAVE OF PRAYER

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

DAILY PRAYERS

21-27 June

Sunday 21

(Father's Day)

'This then, is how you should pray: Our Father in heaven. Hallowed be Your name. Your kingdom come. Your will be done.'

Matthew 6:9-10 (NIV)

Monday 22

We give thanks for fathers everywhere for their selfless commitment to their children. We pray that they learn to trust in You, Father God, so that they may understand that You are their ultimate, eternal role model. Show us, as MU members, how we can offer practical help and encouragement.

Tuesday 23

Heavenly Father, Your love and faithfulness always surrounds us. May fathers realise the vulnerability and trust that their children place in them. Please help them to respond, just as You treat us, with loving kindness and patience.

Wednesday 24

Father, You love us so much that You gave your only Son, Jesus, to die for us. We praise and thank You for that love, which is greater than any human father can ever imagine. May we never allow ourselves to be separated from that love.

Thursday 25

Dear Lord, we give thanks for grandfathers, who bring so much love and blessing into the lives of their families. May they always be a source of love, comfort, wisdom and strength to their own children as well as to their grandchildren.

Friday 26

Father, we pray for Mothers' Union members working with young fathers in prisons. Show them how they can encourage them to understand their responsibilities and to discover the joys and riches of fatherhood.

Saturday 27

We offer grateful thanks that in God, we have a Father who knows us all by name and loves us unconditionally. Together, may we encourage everyone to develop a regular prayerful relationship with Him.

WAVE OF PRAYER

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

DAILY PRAYERS
28-30 June

Sunday 28
(Petertide)

Here is a trustworthy saying 'If anyone sets his heart on being an overseer, he desires a noble task.'
1 Timothy 3:1 (NIV)

Monday 29th

Lord Jesus, You declared that You will build Your church and have gifted women and men for the call of ordination. Guide, strengthen and embolden these servants by Your Holy Spirit to preach the unadulterated Gospel which You have established. Amen

Tuesday 30th

At the end of the month, we praise You for all that You have done for Mothers' Union, for all the prayers that You have heard and for everything that You have done through the work of our members.

WAVE OF PRAYER

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

PETERTIDE REFLECTION



Petertide, celebrated around the feast of Saints Peter and Paul, invites us to reflect on courage, faith, and mission. Peter, a simple fisherman, was called by Jesus to 'put out into deep water' (Luke 5:4), stepping beyond fear into faith. Despite his doubts and failures, Peter became a bold witness, proclaiming Christ with unwavering conviction (Acts 2:14-41).

Petertide reminds us that God calls each of us, regardless of our weaknesses, to be part of His work in the world. Like Peter, we are invited to trust God's guidance, step out in faith, and serve with courage. The day also marks ordinations, a time to pray for those stepping into leadership and ministry roles, empowered by the Holy Spirit to shepherd God's people.

As we celebrate, may we embrace our own calling with confidence, knowing that Christ equips and strengthens us to be His hands and feet in the world.



CELEBRATING THE FRIENDSHIPS OF MOTHERS' UNION

As we look ahead to 30 July, International Day of Friendship, it offers a moment to recognise the power of friendship in promoting peace and building stronger communities. At Mothers' Union, it's a chance to reflect on the relationships that make our movement so special.

Across the world, MU members find friendship through shared faith and purpose. Whether at branch meetings, diocesan events, or national gatherings, friendships grow through

laughter, shared service and mutual care. These connections often become a central part of members' lives.

In the Diocese of **Lichfield**, Deb Tudor recalls the deep bond she shared with Sue Edgerton, a former diocesan president. What began as car journeys to events soon became something much deeper. 'We travelled together, laughed a lot, and supported each other through everything,' says Deb. Even after Sue's passing, that circle of friendship continues.



In **Derby and Hereford**, Emily Brailsford and Linda McKinley formed a strong connection after meeting at the 2021 Canterbury Provincial Conference. A shared love of Derbyshire and moments of joy in worship have deepened their friendship. 'We even danced during the hymn *And Can It Be* – it was pure joy,' says Emily.

In the Diocese of **Chester**, Di Waller has built long-standing friendships with Carlisle members, as well as others she's connected with through social media. 'We may not meet often, but we always stay in touch. MU really is one big family.'

In the Diocese of **Llandaff**, the Caerphilly branch created a phone circle during lockdown. Glynis Drysdale was asked to call Avery Vaughan – what began as a check-in soon grew into a lasting friendship. 'Those calls became a lifeline,' says Glynis. Now, despite Avery's move into a care home, they remain in close daily contact.

Across these stories, the thread is clear: friendship is at the heart of Mothers' Union. It sustains, encourages, and reminds us that no one walks this journey alone. We give thanks for every conversation, car journey, shared prayer and message that has brought people closer together. May we continue to nurture these bonds wherever we are.





JULY

Sharing our faith

July



REFLECTION

Jesus tells us to go and make disciples of all nations. At this time of year, we seem to have more time to do things, but do we have the courage to witness to our faith with pride, showing respect for others while remaining steadfast to our calling? St. Francis of Assisi said, 'Go out to preach the Gospel, and only if necessary should we use words.' Mothers' Union was founded on faith; it continues to be built on faith by lives lived in faith for the future of our faith. Let us share this rich faith generously.



MONTHLY PRAYER

Heavenly Father, we thank you for the gift of faith that we have received from you. Please help us to know more deeply for ourselves the transforming power of the Gospel in our own lives. As we draw encouragement from your gracious gift to us, give us a greater desire to share the Good News with the people we meet, so that they, too, may find hope and may know for themselves the riches of your love. Through your Holy Spirit, may our words and actions bear witness to your presence, through Christ our Lord, Amen.



CREATIVE PRAYER

Take a walk around your community and pray as you walk, for the local businesses, for those who live there, for those who serve in the community such as police, fire and ambulance services, for the schools and school-crossing people, for the town council and for those who keep our parks and green spaces looking their best.

DAILY PRAYERS

1-4 July

Wednesday 1

Heavenly Father, in this summer month, help us to be more aware of the warmth of Your love. Enable us, we pray, to share it with all people, that others may be inspired to 'Join Us, Join In.'

Thursday 2

As we sit on Your bus of life, remind us of journeys, in our heart that bring You flooding in; for experiences like the sand between our toes, and walking in the small waves, feet washed, prepared and ready. What's next, Lord?

Friday 3

Lord Jesus, as the doubts of St Thomas were dispelled by your living presence, give us confidence in taking your love into our world. May troubled hearts come to know that by your wounds we are healed.

Saturday 4

Heavenly Father, teach us to reach out our hands to others whose experiences are so different from our own; that we may find a common thread, standing together, prepared to share our Mothers' Union, our gem of support and love.



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; Cyanguu in Rwanda; Arochukwu/Ohafia & Ile- Oluji in Nigeria; St Andrews, Dunkeld & Dunblane in Scotland and Sittwe in Myanmar

DAILY PRAYERS

5-11 July

Sunday 5

'In your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.'

1 Peter 3: 15 (NIV)

Monday 6

Creator God, in this anniversary year we give thanks for the unity and fellowship that Mothers' Union brings to people throughout our world. Help us to learn from one another as we unite to sing your praise.

Tuesday 7

Remind me, God, of the lightness of love as well as its depths. Help me to keep a sense of humour and an openness to the wonders around us that shine in the darkness of our world.

Wednesday 8

I look out of my window open, blowing in, the smell of sweetness, mixing flowers, dew and newly mown lawns - teach us to be able to share, with each word, a grateful witness to You, and Your never-ending love!

Thursday 9

Help me, God, to discern what I may share with others of my own faith journey. May I be a source of solidarity, hope and encouragement.

Friday 10

Lord, we thank You for all that AFIA is doing to show your compassion to families in need of support. Bless the children and parents, that they may know the wonder of Your care for them.

Saturday 11

Dear Lord, thank You for sharing our life in this world. Help us to see how our joys and sorrows, hopes and fears unite with the story of Your love. Show us how to share our faith in You.

WAVE OF PRAYER

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

DAILY PRAYERS

12-18 July

Sunday 12
(Sea Sunday)

'Some went out on the sea in ships; they were merchants on the mighty waters. They saw the works of the Lord, His wonderful deeds in the deep.'
Psalm 107:23-24 (NIV)

Monday 13

Jesus, help us to be unafraid of plumbing the depths of our darkness, so that our actions may be based on reality and truth, with trust in Your love.

Tuesday 14

Amongst the troubles around us, help us to look to the light, to see the actions that will help. As Jesus avoided wordy arguments, help us to give others food for thought.

Wednesday 15

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.
(Reinhold Niebuhr, 1992-1971)

Thursday 16

Father God, open our minds and our hearts so that we may see and understand the struggles that others face. Help us to know how to bring healing into troubled lives.

Friday 17

Help us to do as we would be done to, and then to go further in charity. May we be able to put ourselves into the shoes of others and, with our resources, respond in the way that is best.

Saturday 18

Father, help us to remember that nothing in this world can separate us from Your love in Christ Jesus. May we never despair. Enable us to bring peace into the turmoil of our society and our world.

WAVE OF PRAYER

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

DAILY PRAYERS

19-25 July

Sunday 19

'Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness.'
Matthew 9:35 (NIV)

Monday 20

Father, as school holidays approach I pray for patience and wisdom, in all the long days hold. Let us be ready and open to the small things of nature, to illuminate young, inquisitive minds: learning and sharing the journeys of the summer together.

Tuesday 21

I recall the people who wander our streets and who have no home of their own. Almighty God, help them to find their home in You, and help us to serve the needs of those whom our society forgets.

Wednesday 22

So, I sit, I stand, I wander and listen; my senses refreshed with the sounds around me. My thoughts turn to now and to possibilities for the future, the call to new ways. Bless Mothers' Union, bless You.

Thursday 23

Servant King, teach us to look beyond our own needs and to see that no one is excluded from Your kindness and care. Bless our outreach to prisoners. Help them to experience Your forgiveness and to walk in Your light.

Friday 24

Release me from the craving to straighten out everybody's affairs. Make me thoughtful, but not moody, helpful but not bossy.
(Excerpt from the prayer of a 17th-century nun)

Saturday 25

'Nobody made a greater mistake than he who did nothing because he could only do a little' (Edmund Burke) Help us to see where we can add the drops of water that can create an ocean of compassion.

WAVE OF PRAYER

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

DAILY PRAYERS

26-31 July

Sunday 26

'When you are brought before synagogues, rulers and authorities, do not worry about how you will defend yourselves or what you will say, for the Holy Spirit will teach you at that time what you should say.'

Luke 12:11-12 (NIV)

Monday 27

Thank You, Father, for rest: time not doing the usual things. For time apart, in the stillness and quiet. Thank You for the space within my heart, for me, for others, granted by You.

Tuesday 28

Holy Spirit, the fire of God's love, help us to speak to the hearts of people who do not yet know You as their creator and redeemer. We pray for transformation in their lives and in our own.

Wednesday 29

Lord Jesus, we pray for a childlike faith that does not lay claim to things beyond our understanding. Help us to be curious about people we meet and to find the words to point them to Your kingdom.

Thursday 30

Lord, help us to speak with humility and insight. May we avoid misunderstandings as we seek to share with others the hope and faith that fill our hearts.

Friday 31

Heavenly Father, in this anniversary year, we give thanks for the faith and vision of Mary Sumner. May our hearts be filled with the same eagerness to share Your Gospel with joy, in word and in action.

WAVE OF PRAYER

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





AUGUST

Be still- a time to rest,
reflect, rejoice, replenish

August



REFLECTION

Rest and peace go together. Instead of racing through another task-driven month, be encouraged by Proverbs 14:30: 'A heart at peace gives life to the body.' As we may gift others a retreat or a welcome break from routine this month, do take time for some self-care. Whatever the circumstances we find ourselves in, let us take our lead from Scripture and our founder, Mary Sumner, and pause to pray before we rush to action. On 9 August, we celebrate her legacy – 150 years of faith in action. This August, let us take time to be still, to rest, reflect, rejoice and replenish ourselves for future faithful actions.



MONTHLY PRAYER

Lord, in this quiet month of August, help us to be still, to rest from our busyness, reflect on Your goodness, rejoice in Your faithfulness, and replenish our hearts with Your peace. As we remember Mary Sumner, we thank You for her vision and love. May her example inspire us to walk in faith, speak with courage, and serve with joy. Amen



CREATIVE PRAYER

August is, for many, a time to enjoy a holiday or a change to routine life; for others, it's a busy harvest time or family time. Loving Lord, help us to take the time to pause and to be still for the presence of the Lord, if only for a minute in each busy day. Look at your hands, entwine your fingers together, and as you do, take a moment to reflect on your day, to rejoice about the good things that have woven together and then, as you separate your fingers, take a moment to replenish yourself, praising the Lord for the day ahead.

DAILY PRAYERS

1 August

MARY SUMNER
REFLECTION**'Just as I have loved you, you also should love one another.'** – John 13:34

As we remember Mary Sumner, we're reminded that her legacy wasn't about keeping people in line with Victorian ideals and judgments, but about responding to real needs with love, faith, and courage. She saw the struggles of women and families in her time and chose not to stand by, but to act, offering practical help, spiritual support, and a place of belonging.

Mary wasn't trying to create copies of herself. She followed Christ's example and, in doing so, became a pioneer for social and spiritual change. That same Spirit that stirred her can stir us too, calling us to be Christ's hands and feet in our own communities.

It's easy to think we need to have all the answers or fit a certain mould to make a difference. But really, we're just called to love – to put Christ at the centre of all we do and let that love lead us.

So may we be encouraged by Mary's life, and step forward in faith, love, and action.

Lord, awaken in us the same compassion and courage that Mary Sumner showed. Help us to love as You have loved us. Amen.

Saturday 1

'To everything there is a season, and a time to every purpose under heaven.'

(Ecclesiastes 3:1)

Father, You have given us a time for everything. Show me how to have a time to just be... a time of quiet, a time of peace, a time to listen to what You have to tell me.

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 Prayer

DAILY PRAYERS

2-8 August

Sunday 2

'Come to me, all you who are weary and burdened, and I will give you rest.'

Matthew 11:28

'There remains, then, a Sabbath-rest for the people of God.'

Hebrews 4:9 (NIV)

Monday 3

Oh Lord, help me to be still, and silent, and calmly pray for people whose lives are full of turmoil. For people in prisons, for refugees, for people experiencing homelessness and hunger.

Tuesday 4

The fruit of silence is prayer, the fruit of prayer is faith, the fruit of faith is love, the fruit of love is service, and the fruit of service is peace.

Wednesday 5

Father, let me relax, let up and slow down and quietly pray for my family, friends and neighbours. Thank You for the love and joy of everyday life.

Thursday 6

Oh Lord, let me be, breathe and pause a while to give thanks for my faith. For those who shaped it, for my churches and clergy and even my teachers.

Friday 7

Father, let me get used to stopping during listening to a piece of music or pausing while reading to think of You, and thank You for everything You have given to me.

Saturday 8

Loving God, we thank You for Mary Sumner's faithful vision. Bless all who follow in her footsteps today. Unite us in prayer, strengthen us in love, and guide us as we serve families and communities in Your name.

WAVE OF PRAYER

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

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

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

DAILY PRAYERS

9-15 August

Sunday 9

'At that time Jesus declared, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and understanding and revealed them to infants; yes, Father, for such was Your gracious will. All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal Him.'

Matthew 11:25-27 (NIV)

Monday 10

Oh Lord, I reflect on all that's been achieved in the last 150 years of Mothers Union. All the programmes, policies and influence we have levelled at the government. I pray for all the Worldwide Presidents, trustees and leaders who have guided us.

Tuesday 11

Father, we pray for everyone who has influenced us in our MU journey. Teach us to set an example in the journeys of others. Let us pray for all members around the world.

Wednesday 12

'Just as I am, Thou wilt receive, wilt welcome, pardon, cleanse, relieve; because Thy promise I believe, O Lamb of God, I come.' (Hymn written by Charlotte Eliot, 1836)

Thursday 13

Oh Lord, I honour all past members and MSH staff. I pray for all present members and MSH staff. I pray for our Indoor Members and thank them for their prayer life.

Friday 14

Father, teach me the way to give back and mirror the contributions of members in the past. Let me shine as a beacon in my community.

Saturday 15

Lord, as You healed people who were sick, I ask You to heal everyone I lift to You in the quiet of my heart. I also pray for carers, people who are housebound and hospital and hospice staff.

WAVE OF PRAYER

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

DAILY PRAYERS

16-22 August

Sunday 16

'Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise him.'

Psalms 33:1

'Rejoice in the Lord always. I will say it again: Rejoice!'

Philippians 4:4 (NIV)

Monday 17

Lord Jesus, give me the child-like simplicity and purity of faith to gaze upon Your face with joy and confidence in Your all-merciful love and rejoice in Your name.

Tuesday 18

Father, clothe me in a spirit of beatitude, such that I may be a source of joy for others today. Holy Spirit, fill me with joy so I can be a source of joy to others every day.

Wednesday 19

Oh Lord, I acknowledge Your loving goodness and am very grateful that you sent Your Son, Jesus Christ, to lay down His life for me, a sinner. I thank You also for all the blessings You have bestowed on me.

Thursday 20

Father, I glorify You because You are the King of Glory. You made the world and all that is in it. Help me care for Your planet and help repair it where I can.

Friday 21

Lord Jesus, in this week of rejoicing and delight, I give thanks for 150 years of Mothers' Union. For the blessings received by all those connected to MU, and for the hope and expectation of continued blessings with Your favour.

Saturday 22

O Lord, today may I sing and dance and rejoice in Your name. I give thanks for the joy and happiness You fill my life with. Thank You for the smiles and hugs.

WAVE OF PRAYER

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

DAILY PRAYERS
23-29 August

Sunday 23

'Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its creator.'

Colossians 3: 9-10 (NIV)

Monday 24

Thank You, Lord, for the chance to retreat from a busy life for a few minutes and to be encircled by Your peace and loving care. I thank You that in this way I can be refreshed in love.

Tuesday 25

Lord Jesus, cause me to notice the glimpse of Your kingdom that shines through the good work in this world and strengthen my hope for the future. I pray for all aid workers and people who care for Your world.

Wednesday 26

Father, I ask for Your blessing before I start each task I attempt today. Top me up with Your spirit so I can be a better person, grounded in Your loving kindness.

Thursday 27

Loving Lord, help me carve out space in my days to still my heart and for You to refill it with Your Word so that I can be refreshed and recharged.

Friday 28

Holy Spirit, I ask that You fill my heart with Your healing love. Help me remember Your blessing, as we do the work You have called us to do each day for Your glory.

Saturday 29

Lord, replenish us, inspire us, fill us with the fire to get out there and carry on the work Mary Sumner started, to make this world a better place for all, especially the children.



WAVE OF PRAYER

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

DAILY PRAYERS
30-31 August

Sunday 30

'He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.'

Mark 4:39 (NIV)

Monday 31

'Calm me, Lord, as you calmed the storm; still me, Lord, keep me from harm. Let all the tumult within me cease, enfold me Lord in your peace.'

(David Adam)

He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'

Psalms 46:10 (NIV)

WAVE OF PRAYER

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

THINK AHEAD



September often brings with it a return to routine, full calendars, and busy lives. Before we are swept up in the demands of autumn, why not take time to pause together? Consider organising a quiet day or day of prayer for your branch or diocese, an opportunity to step away from the noise, reconnect with God, and reflect on the themes we've explored this August.

Use this day to gently focus on the rhythm of rest, prayer, and stillness. Whether it's held in a church, a garden, or someone's home, let it be a space for restoration, time to simply be. You might include guided reflections, silent prayer, a shared meal, or space for creative expression.

We all need moments to slow down. Let this be a sacred pause, a gift of stillness before the busyness begins again.

BFCS Welcome
May all who enter as guests,
Leave as Friends



SEPTEMBER

Peace and reconciliation

September



REFLECTION

Each September, Mothers' Union celebrates its strong connection with the Community of the Cross of Nails – a worldwide network of churches and peace-building organisations, inspired by the Coventry story of destruction, rebuilding and renewal. The concepts of forgiveness, healing, development, shared understanding and, of course, peace lie at the heart of all the work we undertake in Mothers' Union and are at the core of our Christian faith. As we pray especially this month for peace, reconciliation, hope and unity in our world and in our lives, let us reiterate the prayer central to CCN worship – 'Father Forgive'.



MONTHLY PRAYER

God of mercy and love, we come before You seeking peace and reconciliation. Heal the wounds of division within our hearts, families, and communities. Teach us to forgive as You forgive, to speak with kindness, and to listen with compassion. May Your Spirit guide leaders toward justice and unity among nations. Calm our anxious thoughts and renew our spirits with Your peace that surpasses all understanding. Help us to become instruments of Your love, building bridges where walls have stood. May Your light shine through us, bringing healing, hope, and harmony to a hurting world. In Your name, we pray. **Amen**



CREATIVE PRAYER

Make a colourful shell bead bracelet and, with each shell you add, pray for a person/group that you know needs God's reconciling love. Perhaps make it international by praying for a different part of the world where conflict needs transforming. Each shell will symbolise your love and desire for a more Christ-like world.

Wear your bracelet and tell anyone who notices it that each shell means a different prayer. Seashells are also a Christian symbol of protection and rebirth.

DAILY PRAYERS
1-5 September

Tuesday 1
Father, we surrender our pride and pain. Help us take the first step toward healing. Replace resentment with understanding, and silence with conversation. Make our brokenness a testimony of grace.

Wednesday 2
Lord, soften our hearts where bitterness lives. Help us forgive and seek peace. Restore what has been lost through love, humility, and grace. Let Your healing flow between us.

Thursday 3
Heavenly Father, break down walls of division. Fill our hearts with compassion and patience. Heal the hurt we've caused each other and lead us to peace through Your perfect love.

Friday 4
Lord, where there is distance, bring closeness. Where there is pain, bring comfort. Help us listen, forgive, and rebuild our bond through Your grace and mercy. Make us whole again.

Saturday 5
God of restoration, mend what's broken between us. Let words of kindness replace anger, and understanding silence pride. Bring reconciliation through Your Spirit and teach us to love again.



WAVE OF PRAYER

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

DAILY PRAYERS
6-12 September

Sunday 6
'Blessed are the merciful, for they will be shown mercy.'
Matthew 5:7 (NIV)
Merciful Father, help us to show mercy as You do. Teach us to forgive freely, love deeply, and reflect Your compassion daily. Blessed are the merciful, make us among them.

Monday 7
We continue to wound You by selfish actions, yet You are always there with open arms and ready to forgive. May we follow Your example and forgive people who, by word and action, give us cause to retaliate.

Tuesday 8
Lord, it is so difficult to turn the other cheek, and it sometimes takes a lifetime to forgive past wrongs. Help us to lay that burden down, that healing might replace the scars of past hurts.

Wednesday 9
We pray for Your world where anger, fear and yearning for power and control dominate so many lands. Where pain and hurt are inflicted by so few on so many. And we can only help by prayer.

Thursday 10
Merciful Lord, make us instruments of Your love and peace by our words and actions. Give us the ability to have time to stop and listen, no matter how much we have to do.

Friday 11
Give us the grace to know that You are always there beside us. Help us to keep faith and hold on to You with one hand and hold out the other hand to someone who needs encouragement.

Saturday 12
Father, remind us that forgiveness is freedom. Release us from the chains of hurt and pride. May mercy reign in our hearts, and healing begin through grace.

WAVE OF PRAYER

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

DAILY PRAYERS
13-19 September

Sunday 13

'He will judge between the nations and will settle disputes for many peoples. They will beat their swords into ploughshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war any more.'
Isaiah 2:4 (NIV)

Monday 14

God of all nations, break down barriers of hate and fear. Unite our leaders in wisdom, our people in love, and our world in peace. May justice and mercy reign.

Tuesday 15

Lord of all people, draw the nations into harmony. Let justice guide our leaders, compassion shape our actions, and peace fill our borders. Make us one in Your perfect love.

Wednesday 16

Prince of Peace, we pray that the world may be filled with peace and harmony. Bind all nations together with respect and understanding to end conflict and lead to lasting peace.

Thursday 17

Prince of Peace, silence the weapons of war. Teach nations the way of peace. Replace conflict with cooperation, and division with unity. Let Your kingdom of harmony grow on earth.

Friday 18

Lord, may Your Spirit of unity flow across borders. Bind leaders in mutual respect and inspire communities to build peace. Let love overcome fear, and hope rise in every nation.

Saturday 19

God of reconciliation, bring nations together in truth and grace. Heal historical wounds, mend broken trust, and unite us in our shared humanity. May peace be more than a dream.

WAVE OF PRAYER

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

DAILY PRAYERS
20-26 September

Sunday 20

'Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.'
Colossians 3:13 (NIV)

Monday 21

Holy Spirit, move among us. Heal divisions, calm unrest, and bring fresh vision. Let Your peace reign in our midst, drawing us deeper into love, truth, and spiritual vitality.

Tuesday 22

Lord, as one body, we come before You. Calm our hearts, renew our minds, and align our purpose with Yours. Let Your Spirit restore and empower us to serve faithfully.

Wednesday 23

Gracious God, as one people we seek Your peace. Still our anxious thoughts, restore our passion for Christ, and renew our strength to serve with joy, humility, and faithful hearts.

Thursday 24

Heavenly Father, breathe renewal into our churches. Let distractions fade and Your peace take root. Restore our joy in worship, strengthen our unity, and set our hearts aflame with purpose.

Friday 25

Lord Jesus, make us a peaceful and renewed people. Let our gathering be filled with Your Spirit. Refresh our mission, deepen our faith, and unify us for Your kingdom work.

Saturday 26

Father, draw us together in stillness and hope. Heal our weariness, renew our vision, and let Your Spirit flow through every heart. May our unity bring light to the world.

WAVE OF PRAYER

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

DAILY PRAYERS
27-30 September

Sunday 27

'And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'
Philippians 4:7 (NIV)
Lord of reconciliation, bless the Community of the Cross of Nails. Strengthen their witness of healing, peace, and unity. May their work sow hope where there is hurt and love instead of division.

Monday 28

God of peace, gather us in unity and grace. Silence confusion and revive our souls. Let Your love bind us together as we walk forward in strength, hope,

and spiritual renewal.

Tuesday 29

Lord, unite our hearts in peace. Quiet our spirits as one body. Renew our love for You and one another, that we may reflect Your presence in all we do together.

together.

Wednesday 30

Jesus, centre of our fellowship, still our striving. Fill our Church with peace that heals and hope that strengthens. Renew our shared commitment to love, serve, and glorify You

**'The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.'**

Psalm 23:1-3 (NIV)

WAVE OF PRAYER

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





OCTOBER

Caring is sharing
– sharing is caring

October

REFLECTION



At the very beginning of His ministry, Jesus declared that one of the tasks God had sent Him to do was, 'to proclaim liberty to the captives, to let the oppressed go free' (Luke 4.18). He announced that He had been anointed to fulfil Isaiah's prophecy, which He quoted in the synagogue at the beginning of His ministry (Isaiah 61.1). Throughout His life, He continued to reveal in word and action God's love and compassion, God's desire for freedom and justice for all who are oppressed or held captive, whether in physical or spiritual bondage. Jesus' call is also one for us all, especially those of us in Mothers Union, to pray and to work for the liberation of others.

MONTHLY PRAYER



Gracious God and Father, As we welcome a new day and a new month, we pray that You will put a song in our hearts and on our lips to celebrate the glorious freedom won for us by Jesus in His death and resurrection. Freedom from sin and guilt; freedom to be who we are meant to be in Christ. May our joyful response be to join our MU brothers and sisters across the world 'to proclaim liberty to the captives and let the oppressed go free.' We give thanks for all that MU has done in Your name and pray with hope and confidence that it will continue to serve You and show Your love now and in the future. Amen

CREATIVE PRAYER



Hold out your hands and look at them, these are the hands God gave you to care and to share. Trace one hand on a piece of paper and, on each finger, write or draw one way you can care or share this week. As you decorate your hand, pray: "Jesus, bless these hands. Make them caring and sharing hands, just like Yours." Take your handprint home or place it somewhere you'll see it, to remind you each day that caring is sharing, and sharing is caring.

DAILY PRAYERS

1-3 October

Thursday 1

(International Day of Older Persons)

Dear Heavenly Father, thank You for the wisdom and experience that age brings. Help us to use these qualities to support and encourage our fellow pilgrims. Like Simeon and Anna, may we be faithful in prayer and worship, always alive to the promptings of the Holy Spirit as we seek to build Your kingdom on earth.

Friday 2

Loving Lord, we pray for people who are suffering the burdens of old age – for people whose frailty confines them in their homes; for people who are lonely or afraid. May they know the comfort and strength of Your presence with them. Thank You for the kindness and help from good neighbours. Show us who needs us to be a good neighbour to them today.

Saturday 3

Lord Jesus, You came that we might have life and have it in all its fullness. May we discover that abundant life does not depend on circumstances but on our faith and love for You. Give us grace to share that love with others through our words and deeds.



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

DAILY PRAYERS

4-10 October

Sunday 4

(Grandparents' Day)

Grandchildren are a crown for the aged, and parents are a glory to their children.

Proverbs 17:6 (NRSV)

Monday 5

Loving Father, we give thanks for grandparents. Strengthen people raising grandchildren alone, and comfort those grieving loss or separated by distance or estrangement. May they know Your peace, Your presence, and Your sustaining love.

Tuesday 6

We pray for everyone living with fear, control, or violence in their relationships, and for the impact on family wellbeing. Grant strength to seek safety and support. Bless the Mothers' Union 'Rise Up' campaign in raising awareness and driving change.

Wednesday 7

Loving Lord, thank You for your promise never to leave or forsake us. In the challenges of illness, dependence, or care, bring comfort, strength, and hope. In pain and frustration, may Your presence be deeply known and felt.

Thursday 8

We pray for all experiencing restrictions, discrimination, or persecution for their faith. In fear and uncertainty, may strength, comfort, and hope be found in Your presence, Lord, our refuge and constant source of peace and justice.

Friday 9

Dear Lord, we give thanks for the impact of the Mothers' Union literacy programme. Bless all who take part and those who help make it possible. May this work continue to build confidence, skills, and lasting change in communities.

Saturday 10

Hope flows like a river, reaching dry and weary places, bringing freedom and new life. We give heartfelt thanks for the hope found in Jesus and the love that sustains us. May this hope be shared through our words and actions, near and far.

WAVE OF PRAYER

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

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

DAILY PRAYERS

11-17 October (Prisons Week)

Sunday 11
(Prisons Sunday)

'When did we see you ill or in prison and come to visit you?' And the king will answer, 'Truly I tell you; anything you did for one of my brothers here, however insignificant, you did for me'.
Matthew 25:39-40

Monday 12

Merciful Father, we pray for all people unjustly imprisoned. We remember the many across the world whose human rights are ignored. Bless the work of campaigners who bring injustices to light. May we keep ourselves informed and do what we can to support this work.

Tuesday 13

Heavenly Father, we remember today people in prison especially those serving their first sentences. May they feel safe and find companionship to help them through their time inside. Thank you for MU initiatives which seek to maintain relationships between prisoners and their families and demonstrate Christ's unconditional love for all.

Wednesday 14

Loving Lord, we thank You that Your grace and forgiveness reach every life. Bless all who work in the Prison Service and support others in challenging circumstances. Be with chaplains as they offer comfort, peace, and hope through the Gospel.

Thursday 15

Lord Jesus, You reached out to those on the margins and befriended the friendless. We pray for families affected by imprisonment, seeking strength to hold together. Thank You for Mothers' Union members worldwide who welcome, include, and serve with love.

Friday 16

God of healing and wholeness, we pray for those facing addiction within prison walls. May they find support and fresh beginnings, and continued care beyond their sentences. Help us to recognise our own bonds and come to You for healing and grace.

Saturday 17

Heavenly Father, as we mark 150 years of Mothers' Union, grant us confidence to continue as agents of change – supporting families, empowering women, and strengthening communities. Renew our faith and enthusiasm and guide us to those who will join our work.

WAVE OF PRAYER

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

DAILY PRAYERS

18-24 October

Sunday 18
(Anti-Slavery Day)

'Speak out for those who cannot speak, for the rights of all the destitute. Speak out, judge righteously, defend the rights of the poor and needy.'
Proverbs 31:8-9

Monday 19

Lord Jesus Christ, we join with others worldwide to ask for Your guidance and grace. Help us to notice people who are unseen, especially caught in modern slavery. Bless all working to bring freedom and justice.

Tuesday 20

We pray for sisters and brothers suffering forced labour, exploitation, and injustice in many forms. May they find hope, safety, and a way to new life.

Wednesday 21

Almighty God, surround all who have experienced abuse with Your care and protection. Bring healing, peace, strength, and a deep sense of Your presence and love.

Thursday 22

God of peace, many live without Your peace, especially women and children fearing violence at home. Grant protection and wisdom to people who support and safeguard them.

Friday 23

We pray for people who feel powerless or confused in their relationships. Help them find healthy ways to express frustrations and hopes. Work in the world to bring healing and peace.

Saturday 24

Make us faithful in every encounter, ready to do good, show kindness and mercy, live humbly, and bring peace. So, glorifying you here, we may be glorified with You.
(John Wesley)

WAVE OF PRAYER

19-21 October: High Veld in South Africa; Nambale in Kenya; Niger-Delta in Nigeria; 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

DAILY PRAYERS

25-31 October

Sunday 25

'Come to me all who are weary and whose load is heavy; I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble-hearted and you will find rest for your souls. For my yoke is easy to wear, my load is light.'

Matthew 11:28-30 (REB)

Monday 26

Lord, support people held in captivity to addictions. Give them the courage to take the first steps to recovery, and sustain them through their struggle on the long road to freedom. May Your love surround their families as they journey together through testing times.

Tuesday 27

Lord, we thank and praise You that in Christ we have been set free and His Spirit releases us from fear. We pray for all living with memories of trauma or abuse. Bless the work of Mothers' Union in places affected by conflict and suffering. May healing and true reconciliation come to every community.

Wednesday 28

Thank You, Lord, for Your grace and new life. We remember people facing poverty and limited choices. Bless MU's work helping women with literacy and leadership around the world.

Thursday 29

Lord, be close to everyone who is carrying heavy burdens. Help us see who needs encouragement and give us the words to offer hope.

Friday 30

We thank You for Mary Sumner's vision and 150 years of MU. Help us keep empowering women to build strong communities.

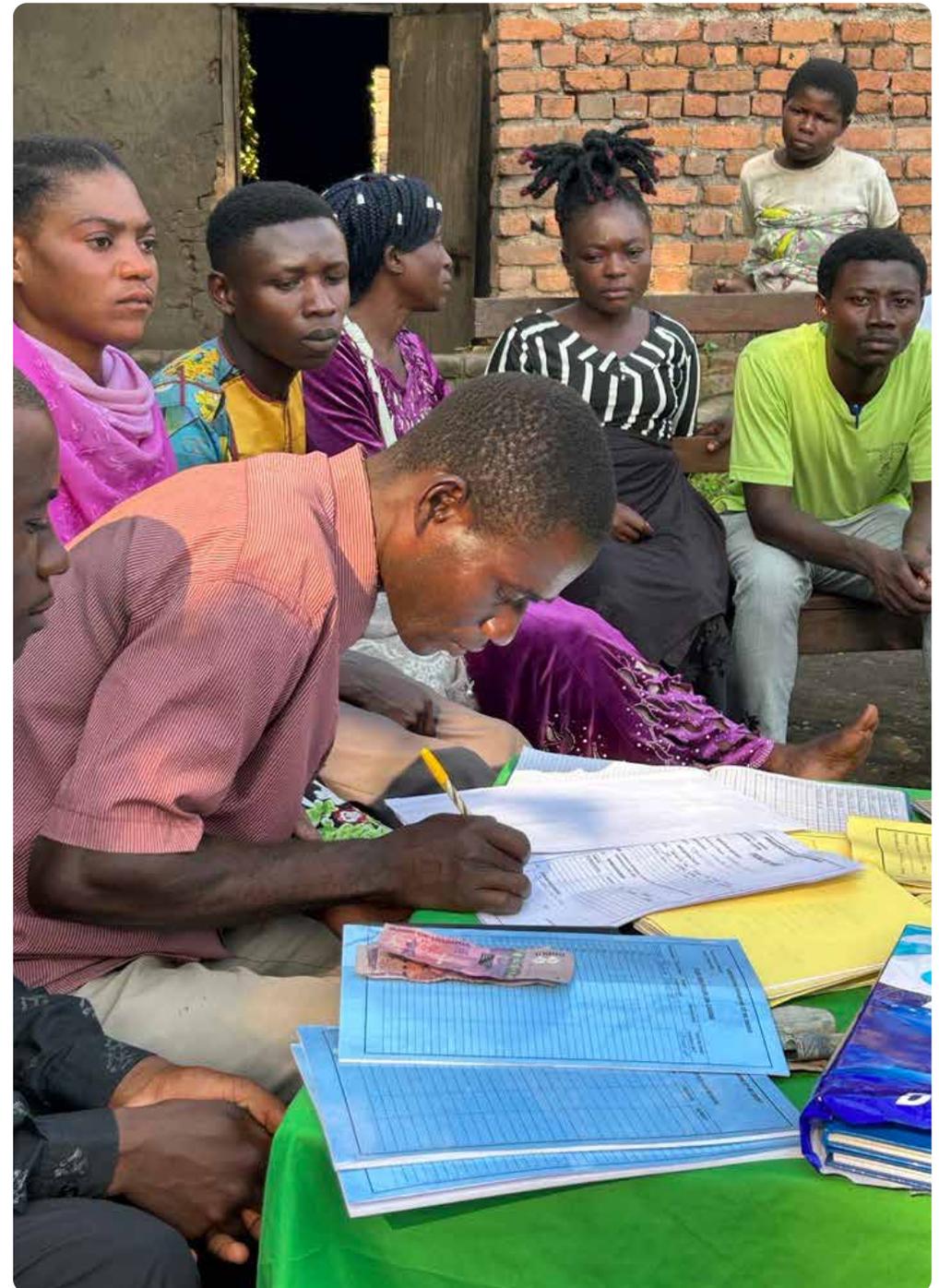
Saturday 31

Praise Jesus for freedom from sin and new life in the Spirit. Help us share this Good News with everyone today.

WAVE OF PRAYER

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





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NOVEMBER

Who is on the Lord's side?

November



REFLECTION

In the so-called 'Western World', we live with the illusion that the possibility of being safe and secure exists. But 'in that day' – when God puts everything right – we will experience real safety and security. Trusting God, whatever our circumstances, we can experience perfect peace today. The double-minded swaying from pride to fear is calmed by the mind focused on God, who alone can be trusted. Shocking as it may seem, this God we trust in is partisan. He takes sides with the oppressed and the poor. Who is on the Lord's side? Are you?



MONTHLY PRAYER

God our creator and sustainer, whose mission brings life and growth to all who call on your name in faith; help and guide us to seek: your vision in our prayers and planning, your wisdom in our practical action, and your power at work within us as we continue to work towards moral, social and economic justice for all. Through your very precious gift of prayer, enable us to reflect your abundant hope and love to those we seek to serve; that they may discover life in all its fullness, finding a place of refuge and of peace. **Amen.**



CREATIVE PRAYER

'Who is on the LORD's side? **Exodus 32:26**
Help us to be challenged and changed regarding where each one of us stands today:
Justice or Just Us?
Open or Obstinate?
Involved or Ignore?
Nurture or Neglect?
Let your gentleness be known to everyone.
Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
Philippians 4:5-6

DAILY PRAYERS

1-7 November

Sunday 1**(All Saints' Day)**

'Joyful in our God, for He has clothed us with the garments of salvation; He has covered us with the robes of righteousness.'
Isaiah 61:10 (KJV)

Monday 2**(All Souls' Day)**

We give thanks to God for the everyday saints throughout history, whose quiet devotion and faithful deeds have marked the way of holiness down the generations. May we respond to this call to serve others today.

Tuesday 3

In our life of prayer, may we remember that we are also surrounded by a great cloud of witnesses, allowing us to run with perseverance the race that is set before us, looking only to Jesus, the pioneer and perfecter of our faith.

Hebrews 12:1-2**Wednesday 4**

Celebrating 150 years of Mothers' Union, help us to continue to follow in the footsteps of Mary Sumner – seeking justice, obedience, and inspiration by helping those who need us most.

Thursday 5

We look back with gratitude to individuals who have been an inspiration in our pilgrimage of Christian faith, and pray that we might inspire others to journey with Christ, encountering him as their redeemer and friend.

Friday 6

God of relationship, we look to Your example of how to value the people who are part of our lives. May our relationships today with family and community continue to flourish and grow – as we pray and work towards the coming of Your kingdom here in our midst.

Saturday 7

Father God, thank You for Your unconditional love for us, for Your Word teaches us to 'let love be genuine; to hate what is evil, and hold fast to what is good; loving one another with mutual affection'.

(Romans 12:9-10)

WAVE OF PRAYER

2-4 November: Lebombo in Mozambique; Makuani 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

DAILY PRAYERS

8-14 November

Sunday 8

'O taste and see that the Lord is good, happy are those who take refuge in Him'.

Psalms 34:8 (NRSV)**Monday 9**

Help us to listen as well as to walk alongside others, especially through the engagement with prisoners and their families using the 'Big Book Share' scheme, encouraging and developing family relationships.

Tuesday 10

'Today, offer a stranger one of your smiles, it might be the only sunshine they see all day.'

(H Jackson-Brown Jnr)

Heavenly Father, we pray for wisdom, humility, patience and compassion as we continue to serve You through supporting projects like AFIA.

Wednesday 11**(Remembrance Day)**

Lord, we thank You for people who displayed such courage in all the horror of conflict – for people who fought so bravely, who served so faithfully, and who sacrificed so greatly – we pray that their sufferings may never be forgotten.

Thursday 12

Forgive us, Lord, when we lack faith or are distracted from our purpose; and may we always express our gratitude for Your reconciling love, that through Your grace and forgiveness we can begin afresh each day.

Friday 13

Help us reach out as Your hands across the world, through generosity in projects such as the supply of sewing equipment for training workshops in Melanesia. May projects such as this continue to help lift people out of poverty.

Saturday 14

Lord, make us open and willing to transform our hearts and attitudes that we may become more like Jesus and serve Him faithfully in the world.

WAVE OF PRAYER

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

DAILY PRAYERS

15-21 November

Sunday 15

'I am the way and the truth and the life, no one comes to the Father except through me,' says Jesus.

John 14:6 (NRSV)

Monday 16

Lord, we ask that positive, trusting relationships be built via the zonal trustees, enabling us all to always work together in partnership.

Tuesday 17

Father in heaven, through your very precious gift of prayer, we ask that Mothers' Union members will continue to work in partnership with others across the world. May they share their Christian faith and take positive action when needs are identified within their local communities.

Wednesday 18

In this 150th celebration year, help us to remember the past life and vision of our founder, Mary Sumner. We give You thanks for her strong base of faith, upon which we can build her vision and way forward today.

Thursday 19

Lord God, show us how to play our part in ushering in Your kingdom, by abiding in Your truth, always showing the love of Christ, and helping those in need – as we seek to live out the values of Your kingdom.

Friday 20

Lord, like the woman who took the risk to touch Your cloak, help us to have such faith that we can help to empower the lives of others, that they may encounter the peace that passes all understanding.

Saturday 21

Lord, give us courage to stand on Your side, where justice, mercy, and truth prevail. Strengthen our hearts to choose You daily, to walk in Your light, and to lead others in love and faithfulness.

WAVE OF PRAYER

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

DAILY PRAYERS

22-28 November

Sunday 22

'Now, listen to the laws and commands I will teach you. Obey them so you will live.'

Deuteronomy 4:1

Monday 23

Help us to identify those today who care for families and communities like Naomi's daughter-in-law, Ruth, who remained loyal by walking alongside her, willing to give up everything she knew to do so.

Tuesday 24

Witnessing the transformation in Naomi, as she cares for her relatives, we pray for our members across the world who gently facilitate, through hospitality and love, the pursuit of peace in families and communities.

Wednesday 25

(International Day for the Elimination of Violence Against Women)

God, we cry to You for justice for women and girls; help us to dig out the roots of gender-based violence and discrimination; inspire us to break down the structures that silence and disempower women and make us united in condemning abuse, in all its forms.

(© Christian Aid 2023)

Thursday 26

Lord of hosts, hear our cries for justice and to break the chains of abuse, that all may live in safety and enjoy freedom, whatever their gender.

Friday 27

Lord, we pray Your blessing on all who highlight the plight of gender-based violence through imaginative and thought-provoking events: including Silent Vigils, Red Chair displays and Souls of their Shoes.

Saturday 28

Father, forgive those who exploit others for profit or through violence. Forgive us, too, when we look the other way, neglecting our neighbour in need. Gender-based violence exists down our street as well as across the world.

WAVE OF PRAYER

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

DAILY PRAYERS
29-30 November

Sunday 29
(1st Sunday of Advent)
They will see 'the Son of Man coming in clouds' coming with great power and glory
Mark 13:24 (NRSV)

Monday 30
Father in heaven, help us to remain on the Lord's side, looking beyond the commercialisation of this season and to approach Advent with renewed anticipation and hope as we daily 'put on the Lord Jesus Christ.'

WAVE OF PRAYER

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



16 DAYS OF ACTIVISM

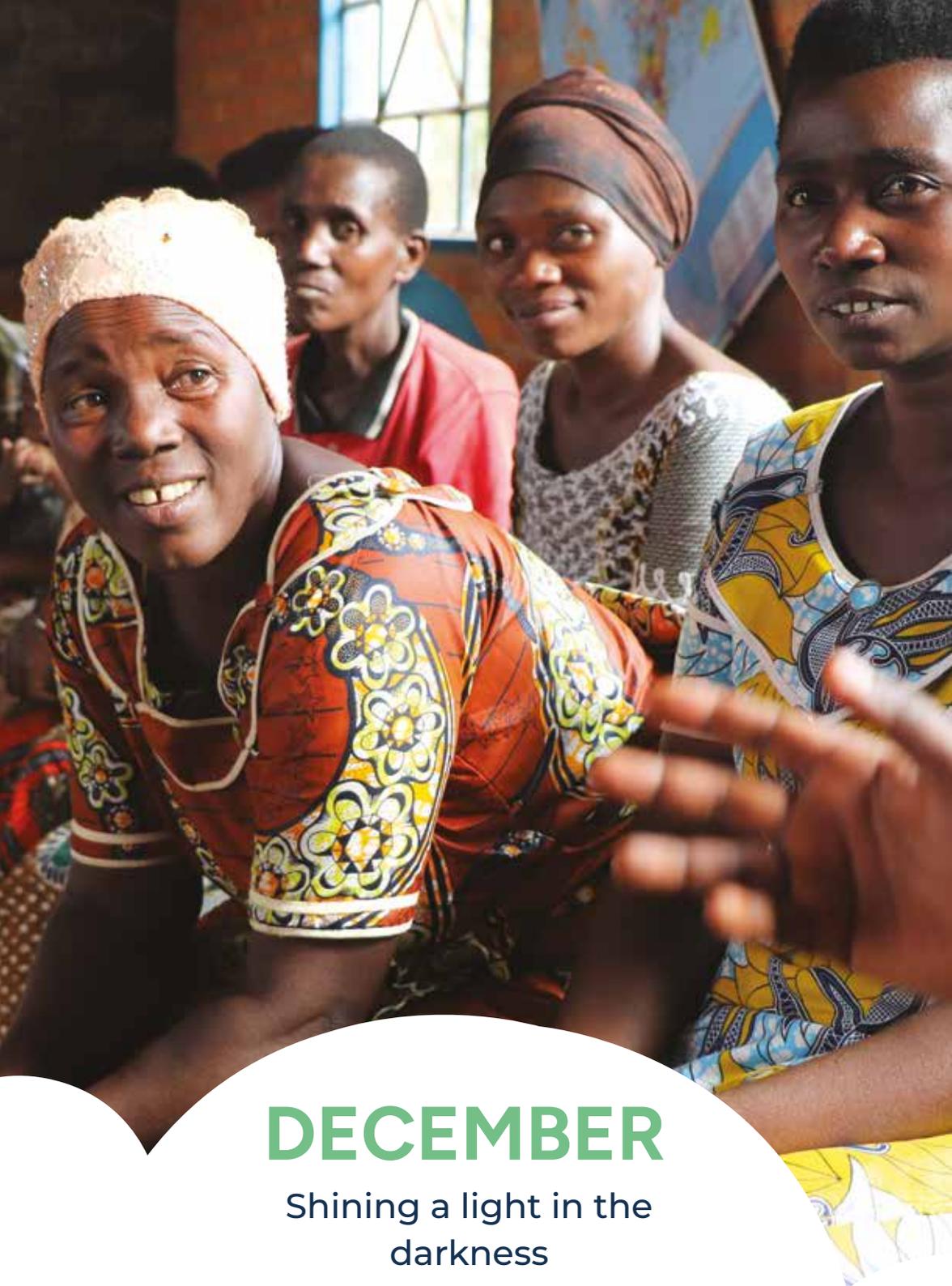


The United Nations 16 Days of Activism Against Gender-Based Violence is an international campaign.

It takes place from 25 November (International Day for the Elimination of Violence Against Women) until 10 December (International Human Rights Day).

Mothers' Union works alongside communities to help end domestic abuse and gender-based violence and to support those affected by it, 365 days of the year. Our midday prayers on Facebook during this time will focus on women and girls and will incorporate these prayers.





DECEMBER

Shining a light in the
darkness

December

REFLECTION



'He was in the beginning with God. The light shines in the darkness and the darkness cannot overcome it.' John 1:2,5
As we get ready to step into another new year, after the celebrations of our 150th year, let us take the joy and motivation with us into another year, carrying the light of Christ with us. During this time of cold and dark, let us shine the light of Jesus on all those around us. Let people see how much Mothers' Union impacts our faith and actions.

MONTHLY PRAYER



You bring light to the darkness, You bring hope and restore every heart that is broken, great are You, Lord. Let us shine a light for the whole world to see, a light for the glory of the Risen King. The darkness cannot overcome Your mighty power Jesus, Lord, now and forever more. Amen (Inspired by Hillsong Worship)

CREATIVE PRAYER



Shine a light into the darkness with a torch. Write the names of those you wish to pray for on pieces of paper and wait until it is dark, then shine your torch around until you come upon a name. Pray for that person when your light shines upon them. Get some children in your life involved in this creative prayer, it's a lot of fun!

DAILY PRAYERS

1-5 December

Tuesday 1

During this time of 16 Days of Activism, Father God, we ask that You be very close to survivors and victims of violence. Father, grant them strength and resilience.

Wednesday 2

As Mothers' Union highlights the issue of domestic violence around the world, Father God, offer those who are suffering a resolution to their situation. For through You, Father, nothing is impossible.

Thursday 3

For the women and children who live with abuse daily, may they know the love of Jesus alongside them, and may the Holy Spirit inspire hope in the darkness.

Friday 4

Lord, bring healing to all who are suffering from pain and hurt caused by domestic violence. Let Mothers' Union members bring hope to the hopeless and bring light into dark places.

Saturday 5

You, O Lord, will never leave us or forsake us, for we are your chosen children. Help us persevere in crisis. Jesus, light the path towards peace and resolution.



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

DAILY PRAYERS

6-12 December

Sunday 6

'When Jesus spoke again to the people, he said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'

John 8:12 (NIV)

Monday 7

Empower Mothers' Union members to reach those who are hurting and to bring ease to pain and suffering. May our voice be heard across all nations, seeking peace for the victims and fairness for the downtrodden.

Tuesday 8

Jesus, shine a light on the dark places in our lives and show us the door to escape from the temptations that beset us. Send Your Holy Spirit to guide and lead us to change our ways and to reach safety.

Wednesday 9

Comforter, healer and friend, be close to all who are suffering in silence, and those who are living in fear of retribution. Empower them by Your Holy Spirit to seek help and lead them to a place of safety.

Thursday 10

(International Human Rights Day)

On this last day of 16 Days of Activism, we pray for all affected by domestic violence and gender-based violence, and we pray that all nations will recognise the right of every person to justice, fairness and equity.

Friday 11

Help us to prepare through Advent for the coming of Your precious Son, Jesus. Let it not be all about presents, glitter and tinsel, but the true message of revelation, the birth of the saviour of the world.

Saturday 12

In the busyness of preparations, remember the baby – born to be a king, born to be the saviour, born to be a light to the whole world, one who would lead us back into relationship with Father God.

WAVE OF PRAYER

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

DAILY PRAYERS
13-19 December

Sunday 13

'The virgin will conceive and give birth to a son, and they will call him Immanuel. (which means 'God with us').'

Matthew 1:23 (NIV)

Monday 14

The importance of this baby for the world is immeasurable. The love, grace and mercy that gave us the one and only Son of God to save all humankind is truly amazing. Thank You, God, for this marvellous gift.

Tuesday 15

In Mothers' Union, we remember Mary, the mother of Jesus, on Lady Day, and wonder at how such a young girl could have been so brave, but we are thankful that she was. May we be as open to God's promises as Mary was when she said 'Yes' to God.

Wednesday 16

God be with us in Mothers' Union, lead and guide us in the projects You want us to take up, light our pathway to see the needs around us.

Thursday 17

A baby is a life full of promise and hope for the future. As Christ brings hope to all who live in darkness, may we in Mothers' Union help to shed light in dark places.

Friday 18

May the Christ-light in each Mothers' Union member shine out before all people, so that Christ will be in our words, Christ will be in our touch, and Christ will grant us compassion for all whom we meet.

Saturday 19

Lord of Life, Lord of hope and Lord of peace, be with Mothers' Union members as they assist in church services and events for Christmas and may they bring glory to Your name.

WAVE OF PRAYER

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

DAILY PRAYERS
20-26 December

Sunday 20

'The light shines in the darkness, and the darkness has not overcome it.'

John 1:5 (NIV)

Monday 21

The wise men started on their journey following a star that led to Jesus. May Mothers' Union follow Christ in all we seek to do, helping families and children in adversity.

Tuesday 22

As Joseph was obedient to God, so may Mothers' Union grow in faith in You, Lord Jesus, that we shall see mountains move and wondrous miracles take place. Light up the dark places of our world so all shall see You as King of kings and Lord of lords.

Wednesday 23

How uncomfortable Mary must have been, about to go into labour, riding on a donkey, and there not even being an inn where she could give birth. Father God, many live in poverty and insecure housing. Lead Mothers' Union as we seek to improve living conditions for people in need.

Thursday 24 (Christmas Eve)

As the angels foretold the wonderful news of the birth of the Christ child to the shepherds, so may all nations come and seek the baby who saved the world. May we all kneel before Him, lost in wonder, love and praise.

Friday 25 (Christmas Day)

Celebrate today the birth of our Saviour, for Jesus, the light of the world, has come. God is with us in every stage of our lives. Father God, we are so grateful that you sent Jesus to us.

Saturday 26

God's planning was perfect. The birth in a stable was foretold by the prophets, and His plans for us are still before us. Help Mothers' Union members fulfil their God-given destinies in this New Year.

WAVE OF PRAYER

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

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

DAILY PRAYERS
27-31 December

Sunday 27

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

Hebrews 13: 8 (NIV)

Monday 28

As the Christ child grew from a baby to a man and faced a new life as Christ on earth, so we look towards a new year and a new beginning on our walk with Christ. God behind us, God beside us and God ahead leading the way.

Tuesday 29

In the celebrations of 150 years to come, Jesus Christ, be beside the leadership of all Mothers' Unions everywhere to lead and guide as we move through a New Year, celebrating our successes and encouraging new members.

Wednesday 30

Lead us, Father God, on the new paths that You place before our feet. Encourage us to step out in the name of Christ. May Your Holy Spirit give us confidence to move forward as we hear Your voice assuring us of Your love.

Thursday 31

An exciting year for Mothers' Union unfolds tomorrow as we all celebrate 150 years of Mary Sumner's vision. Father God, guide us through this year, that we will say Your words to those we meet as we build Your kingdom here.

WAVE OF PRAYER

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

31 December: Mothers' Union worldwide



THINKING AHEAD

As Advent draws to a close, we've been holding space for stillness, reflection, and expectation. As we step into the new year, consider how the spirit of Advent might continue to shape your journey.

How might the themes of hope, peace, joy, and love guide your plans for 2027?

Now is the time to begin prayerfully shaping the year ahead – building rhythms of reflection, action, and connection that draw your branch, group or diocese deeper into spiritual growth and community life.

Let's carry forward what Advent and our 150th year has stirred in us and let it shape a Mothers' Union year marked by faith, fellowship, and purpose.

Use pg 104-105 to help with your planning

MY MOTHERS' UNION INTENTIONS FOR 2027

A space for prayerful reflection and commitment

As we begin 2027, take time to reflect on how you can live out your Mothers' Union membership with intention, faith, and love this year. Let this be a space to set meaningful goals – spiritually, personally, and within your MU community.



MY PRAYER FOR 2027

What is your personal prayer for the year ahead – for your family, your MU branch or group, your community, or the wider world?



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HOW I WILL LIVE OUT MU VALUES

This year I will support families by:



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I will put my faith into action by:



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I will serve my MU branch, group or community by:



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RELATIONSHIPS I WANT TO NURTURE

Is there someone in your MU community or beyond you feel called to encourage, connect with, or pray for?



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ONE LOCAL ISSUE I WANT TO PRAY INTO OR SUPPORT

Every MU member can make a difference – what need or concern in your local area touches your heart?



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A BIBLE VERSE OR MU PRAYER I WILL CARRY THIS YEAR

Is there a verse or a line from an MU prayer that you want to hold onto throughout 2027?



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PRAYER REQUEST



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THINGS I'M THANKFUL FOR



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**Together, our prayers are transforming lives
around the corner and around the world**

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**'I am inspired when I
speak to you as members
and hear of your prayer
life and faith. We are
stronger together and we
are making an impact in
building God's Kingdom.'**

**Kathleen Snow,
Worldwide President**



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