

JANUARY – APRIL 2026



CARE
FOR WHAT
YOU BELIEVE

CARE Prayer Diary

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*'God made you alive with Christ, for he forgave all our sins.
He cancelled the record of the charges against us
and took it away by nailing it to the cross.
In this way, he disarmed the spiritual rulers and authorities.
He shamed them publicly by his victory over them on the cross.'*
Colossians 2:13-15 (NLT)



The CARE Prayer Diary is written by Revd. Celia Bowring.

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Revd. Celia Bowring

JANUARY 18 – 24

PEACE IN THE WORLD



SUN
18

Almighty God, at the start of this year we pray with great sadness and deep longing for peace in our war-torn world, where conflicts are raging in dozens of countries, bringing death, injury and suffering to millions of people. O Lord, have mercy. Amen.

MON
19

Lord, we continue to intercede for a just and workable resolution to conflicts across the Middle East, especially remembering people in Gaza, Israel, Syria, Yemen, and those in neighbouring countries that are affected. Grant wisdom and success to those pursuing peace. In Jesus' name. Amen.

TUES
20

Father, we remember those who, with wisdom, courage and compassion, offer support in hostile situations: through peace-keeping operations, reconciliation and diplomatic activity, humanitarian aid, and communicating accurate information to the wider world. Please watch over them according to Your love and mercy. Amen.

WED
21

Loving Saviour, thank You that You laid down Your life so we might have eternal peace with God. We pray for Christians in situations of danger, great need, bereavement, and pain to experience the peace that passes understanding—unlike anything the world offers—which You promised. By Your grace. Amen.

'You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock. He humbles the proud and brings down the arrogant city.' ISAIAH 26:3-5 (NLT)

THURS
22

Sovereign Lord, we pray that those who are instigating and escalating violence, oppression, and war will be caused to refrain from their wicked ways. Throughout history You have 'brought down rulers from their thrones but have lifted up the humble.'¹ Please do it in our day! In Your mercy. Amen. ¹ Luke 1:52 – Mary's song.

FRI
23

Prince of Peace, we worship and thank You that a Day is coming when hatred and war will cease and You will judge evil and reign in righteousness forever. May we trust You as we await Your coming and, until then, please grant reconciliation and relief where it is most needed. In Your name. Amen.

SAT
24

Creator and Sustainer of all things, we commend to You current efforts to secure wise and peaceful solutions amidst ongoing complex relationships between national government leaders and threats from extremist groups. Only You can deliver us from danger, and so we pray for true faith to be kindled in their hearts and minds. In Jesus' name. Amen.

'It is not enough to say, "We must not wage war." It is necessary to love peace and sacrifice for it. We must concentrate not merely on the negative expulsion of war, but the positive affirmation of peace.'

'Hatred paralyses life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it.' (Dr Martin Luther King)

JANUARY 25 – 31

OVERCOMING EVIL



SUN
25

Father, we rejoice that through Christ's cross and empty grave our sin was taken away, death was cancelled and evil overcome. We long for this good news to spread throughout the world, transferring millions more people from the domain of darkness into the eternal kingdom of Your beloved Son.* May we be Your faithful messengers. Through Your mercy. Amen. (*Col 1:13)

MON
26

Lord Jesus, please strengthen and encourage the millions of Christian believers who are fiercely persecuted. We praise You that even as they suffer, holding on by faith, Your purposes are being mysteriously worked out in many countries where churches are oppressed but nevertheless growing. By Your Spirit's power. Amen.

TUES
27

HOLOCAUST MEMORIAL DAY – Bridging Generations

Holy Spirit, as memories inevitably fade, we pray that our generation will not forget the six million people murdered in the Holocaust and in genocides in Cambodia, Rwanda, Bosnia, and Darfur. Help us always to honour them, and please comfort survivors and bereaved families. In Jesus' name. Amen.

WED
28

Holy God, Your Word says that as time goes on 'evil men and impostors will go from bad to worse, deceiving and being deceived.*' May we in our day respond by preaching the gospel, loving others, standing up for justice, and interceding for Your will to be done. In Your mercy. Amen. (*2 Tim 3:13)

'The devil has been sinning from the beginning. But the Son of God came to destroy the devil's work.'

1 JOHN 3:8 (NIV)

THURS
29

Lord, please reveal to our police and security services any criminal plots to harm others. We pray that individuals, gangs, terrorists, and hostile states seeking to steal, destroy, and disrupt society will be prevented from this. We ask for Your protection over our land. In Christ's name. Amen.

FRI
30

Thank You, Lord, for the skill and patience of police and specialist negotiators who communicate with people in crisis situations, sometimes when violence is threatened, to resolve incidents safely. Please grant protection, wisdom, and patience to those involved. For Jesus' sake Amen.

SAT
31

Almighty God, we lift to You all those in authority who desire to govern with justice, equity, and peace. Please strengthen their hearts and equip them to oppose corruption, oppression and other wrongdoing, that we might lead peaceful and quiet lives, godly and dignified in every way.* In Christ's name. Amen. (*1 Tim 2:2)

'The only thing necessary for the triumph of evil is for good men to do nothing.' (Edmund Burke)
"Be strong in the Lord and in the power of his might. Put on the whole armour of God." Do you not hear the bugle, and the trumpet? It is a call to battle; we are being roused, we are being stimulated, we are being set upon our feet.' (Dr Martyn Lloyd-Jones)

FEBRUARY 1 – 7



COMPASSION FOR VULNERABLE ADULTS

SUN
1

Lord Jesus, please bless the ministries of Churches for All, L'Arche, Prospects, Through the Roof, and the many others that work with adults with physical limitations and learning disabilities. We ask that growing numbers will hear and accept the good news of your great love and become Christians. For Your glory. Amen.

MON
2

God our Healer, with one in four adults experiencing at least one diagnosable mental health problem in any given year, we pray for NHS plans to improve mental health services so that vulnerable patients can receive prompt and effective treatment in an appropriate setting for their needs. In Your mercy. Amen.

TUES
3

Father God, we remember adults who as children spent time in care—especially young people now leaving the system and facing unique challenges around housing, education, employment, financial stability, and other support. Please comfort, guard, and provide for them. In Jesus' name. Amen.

WED
4

WORLD CANCER DAY: 'United by Unique'

Lord, You love and know the intricate details of every individual who is affected by cancer. Please continue to grant success to those researching, preventing and treating this disease, and enable more governments across the world to improve access to vital healthcare and support. In Your mercy. Amen.

'A broken reed He will not break off. And a dimly burning wick He will not extinguish. He will not harm those who are weak and suffering; He will faithfully bring forth justice.' ISAIAH 42:3 (AMPLIFIED BIBLE)

THURS
5

Good Shepherd, thank You for people—paid workers, volunteers, friends and family—who care for vulnerable adults, especially those on the margins of society at risk of being overlooked and unsupported. Please help them to be vigilant, compassionate and wise. In Christ's name. Amen.

FRI
6

INTERNATIONAL DAY OF ZERO TOLERANCE FOR FEMALE GENITAL MUTILATION (FGM)

Father God, we lift to You the 230 million girls and women who suffer as a result of FGM, mainly in Africa, Asia, and the Middle East. We pray for this barbaric practice that causes serious physical and psychological harm to end. For Jesus' sake. Amen.

SAT
7

Lord of mercy, please help social workers, caregivers and others involved with particularly vulnerable adults to handle any risk of neglect; physical, sexual, psychological and financial abuse; modern slavery; and discrimination. We commit them to Your loving care. In Jesus' name. Amen.

'A vulnerable adult is a person over the age of 18 who may be in need of extra support. This is because they are elderly or have a learning disability, physical disability, sensory impairment or mental health problems. They also may be unable to take care of themselves or protect themselves from harm.' (AgeUK)

FEBRUARY 8 – 14

CHILDREN'S WELFARE



SUN
8

Holy Spirit, please remind us to pray for all children: to be nurtured and treasured, protected from physical, psychological, and emotional harm, and enabled to reach the potential the Father has placed within them. Above all, may they come to believe in Jesus. For His sake. Amen.

MON
9

Beginning of CHILDREN'S MENTAL HEALTH WEEK – This is My Place

Lord, with one in six young people currently experiencing mental health issues, please grant wisdom to families, teachers, counsellors, medical professionals, and others to help them heal and recover their lives, free from anxiety and negative beliefs. May they find good friends. In Your mercy. Amen.

TUES
10

SAFER INTERNET DAY - Smart tech, safe choices – Exploring responsible use of Artificial Intelligence (AI)

God of all knowledge and wisdom, we pray that children and teenagers will learn to harness the huge benefits of the internet and be equipped to make safe choices, especially as they use AI. Please protect them from accessing harmful material online. In Jesus' name. Amen.

WED
11

Dear Father, we want every school to be prayed for, and we ask You to bless each one, pouring Your grace and truth into children's lives. Please continue to raise up Christian pupils, school staff, parents, and churches to intercede for their local school communities. By Your grace. Amen.

THURS
12

INTERNATIONAL RED HAND DAY AGAINST THE USE OF CHILD SOLDIERS

Compassionate Saviour, we pray for more progress in global efforts to end the recruitment and use of child soldiers as fighters, scouts, cooks, porters, guards, messengers, and many exploited sexually. Please deliver them from the heartless neglect, danger, and cruelty they suffer. For Jesus' sake. Amen.

FRI
13

Thank You Lord for safeguarding policies and practices in place to protect children

from abuse and maltreatment. Please help those responsible for this in schools, churches, and other settings to be vigilant, thorough, and wise. May anyone with intent to harm be stopped and dealt with appropriately. In Your mercy. Amen.

SAT
14

Loving Lord, please bless the dedication of Sunday school teachers, youth leaders, schools workers, and all who seek to introduce children to Your love and truth. Bring forth a wonderful harvest in this generation with many girls and boys giving their lives to You. Through Your grace. Amen.

'If I could relive my life, I would devote my entire ministry to reaching children for God!' (Dwight L. Moody, prominent 19th-century American preacher, well known for the impact of his mass evangelism, including in Britain. He founded several educational institutions.)

FEBRUARY 15 – 21

CHRISTIAN LIGHT AND SALT



SUN
15

Holy Spirit, we know that the gospel alone offers hope for our dark and broken world. Revive Your Church to shine brightly and live for Christ! May Your people infiltrate every sphere of society with Your grace and truth, that many may believe that Jesus is Lord. In Your mercy. Amen.

MON
16

Sovereign God, we remember Christians who serve in local and national government as elected representatives and civil servants, responsible for the ordering of society and the welfare of all people. Please guard and guide them to be able to make a difference, by the power of Your Spirit. Amen.

TUES
17

RAMADAN BEGINS

Father, we pray for Muslims during the coming month as they fast, pray, and observe traditions. Open their minds to understand the truth about Jesus (Isa), and draw many to receive Him as Saviour and Lord. Help them to navigate the consequences of this decision within their family and community. By Your grace. Amen.

WED
18

LENT BEGINS

Loving God, let the light You have brought to the world shine in the darkness of our hearts, and bring new life, new hope, and new possibilities. Help me to walk more closely with Jesus, to know that I am deeply loved, and to share His love with others. Amen. (Prayer of former Archbishop of Canterbury, Justin Welby)

THURS
19

Father, we pray for Christians with a presence in the arts, media, and academia to be a godly influence in the current culture, which so often promotes secular ideas that lead to intolerant attitudes. Please help them to speak out Your truth and demonstrate Your grace. In Jesus' name. Amen.

FRI
20

Lord, thank You for enabling Christians to be Your faithful ambassadors in workplaces, homes, and other environments - walking in wisdom towards outsiders, our speech always gracious, seasoned with salt,* and shining so others see our good works and give glory to the Father. ** By Your grace. Amen. (*Col 4:5-6 **Matt 5:16)

SAT
21

Our Redeemer, please grant us boldness to share the gospel, and support more evangelists to faithfully preach the Word so that many will trust in You. We ask too for Your blessing on church leaders, who are called to equip the saints for the work of ministry. * By Your grace. Amen. (*Eph 4:12)

'You're here to be salt-seasoning that brings out the God-flavours of this earth. If you lose your saltiness, how will people taste godliness? Here's another way to put it: You're here to be light, bringing out the God-colours in the world. God is not a secret to be kept. We're going public with this, as public as a city on a hill.'
MATTHEW 5:13,14 (MESSAGE)

'We should not ask, "What is wrong with the world?" for that diagnosis has already been given. Rather, "What has happened to salt and light?" You can't blame the meat for going rotten. That's what meat does. You blame the salt for not being there to preserve it.' (John Stott)

FEBRUARY 22 – 28

MIGRATION AND REFUGEES



SUN
22

Gracious Lord, please bless newcomers arriving here, and send Christians and other people who will show kindness and help them to settle in. May they engage with the best of British society, whilst preserving and celebrating the richness of their own culture. For Christ's sake. Amen.

MON
23

Father, please help the tens of millions of forcibly displaced people, the vast majority living in or near their own countries, often in refugee camps and other desperate situations. We pray for compassion to be shown to the few who seek safety further afield, such as the UK, but use irregular routes, and then enter complex asylum systems. In Your mercy. Amen.

TUES
24

God of mercy, watch over the thousands making perilous journeys into Europe, many crossing the Channel dangerously at the hands of unscrupulous gangs. Bless politicians of integrity who do not seek to score political points, but find wise, just, and workable solutions to this desperate situation, now and in the longer term. In Jesus' name. Amen.

WED
25

Lord, we realise there are complex reasons for using hotels to accommodate some asylum seekers, including slow processing of claims, and a rising backlog of initial decisions and appeals. Please grant wisdom to those responsible for this system, and for finding more cost-effective accommodation. May all people seeking asylum find healing in body and mind. In Your mercy. Amen.

'You must see that justice is done and must show kindness and mercy to one another. Do not oppress widows, orphans, foreigners who live among you, or anyone else in need. And do not plan ways of harming one another.'

ZECARIAH 7:9-10

(GOOD NEWS TRANSLATION)

THURS
26

Almighty God, we intercede for global solutions to the terrible predicament of the growing number of displaced people on every continent. Raise up leaders of vision, integrity, and influence to persuade governments and other organisations to work together for their welfare. In Your mercy. Amen.

FRI
27

Dear Lord, we praise You for the many immigrants who are Christians, blessing churches with their devotion to prayer, testimonies of Your goodness, gifts of leadership and service, and in many other ways. Thank You, too, for all who make a significant contribution to society by their hard work, skills, and expertise. In Jesus' name. Amen.

SAT
28

Father, please prosper the ministry of Welcome Churches, linking thousands of refugees to local churches that offer practical help and friendship. We pray for Christians to increasingly engage with people arriving in the UK, and speak up for those who are very vulnerable. For Christ's sake. Amen.

'Christians are called to love and welcome the stranger, whatever their cultural background. Churches are well placed to provide community and care for those who have lost homes and family and are recovering from trauma. The Church should be at the forefront of challenging injustices faced by refugees and asylum seekers and fear and prejudice within our wider communities.' (welcomechurches.org)

MARCH 1 - 7

SAFETY AND SECURITY



SUN
1

Lord Jesus, we praise You for the abundant and everlasting life You have given to everyone who trusts in You! Our names are engraved on the palms of Your hands,* and because of the cross, no power can ever snatch us away from the Father's love.** May many look to You for this salvation. Amen.

(*Isaiah 49:16 **John 10:28)

MON
2

Sovereign Lord, we intercede for places across the world that are troubled by conflict, injustice, poverty, and pain. Please raise up wise leaders who are committed to protect and build security for the people. Send out Your gospel that has power to transform and bring peace. In Jesus' name. Amen.

TUES
3

WORLD WILDLIFE DAY

Creator God, please grant success to all who care for the world's wild animals and plants, and counter threats such as poaching, habitat destruction, pollution, impacts of climate change, and the introduction of invasive species. May there be more concerted efforts to counter these issues. In Jesus' name. Amen.

WED
4

Heavenly Father, we are dismayed to learn about the resurgence in the UK of antisemitic acts: damage and desecration of property, insults, threats, intimidation, and actual violence. We pray for the safety of our Jewish neighbours. May many turn to You in times of trouble. In Your mercy. Amen.

'The Lord is good, a strong refuge when trouble comes. He is close to those who trust in him.' NAHUM 1:7,8 (NLT)

THURS
5

Dear God, we pray for organisations that are potential targets for cyber attackers for financial, political, ideological, and other malicious motives. Please enable their staff to implement strong, effective measures to reduce risk, counter attacks, and, if needed, repair damage. In Your mercy. Amen.

FRI
6

Thank You, God, for local policing teams that serve communities across the country. Help them to understand local issues, make wise decisions, find effective ways to prevent and detect crime, and provide assistance to the public when accidents or unrest occur. In Christ's name. Amen.

SAT
7

Lord our Refuge, we ask You to guard and guide the 5,000 staff at MI5, Britain's domestic counterintelligence and security agency. Please equip, alert, and enable them to detect hostile activities, neutralise threats, and help them to work efficiently with other agencies. By Your grace. Amen.

MI5 (pictured above) works in cooperation with police and other agencies to combat threats to national security and economic well-being.

- Protecting the United Kingdom from national security threats: terrorism, espionage, and cyber attacks.
- Gathering and analysing intelligence to disrupt these threats
- Providing advice to help businesses and government organizations stay safe.

MARCH 8 – 14

SEXUAL EXPLOITATION AND ABUSE



Sexual exploitation is a form of abuse that occurs when an individual or a group takes advantage of a child or adult through coercion, force, manipulation, or using a position of power for sexual purposes.

SUN
8

INTERNATIONAL WOMEN'S DAY – 'Give to Gain'

Father, we celebrate all who have fought to improve female education, employment, justice, political opportunities, and access to other basic rights. We continue to pray for those affected by gender-based violence in conflict zones, modern slavery, and other situations. For Christ's sake. Amen.

MON
9

Jesus, You welcomed women whose lives were ruined because of prostitution and set them free. Today we remember those who have been drawn into this dark and dangerous life, almost always from a background of neglect and abuse. We know that You love them and long to deliver them. Please rescue them for Your name's sake. Amen.

TUES
10

Loving Saviour, we intercede for ongoing success of the 2025 Online Safety Act's measures, especially age recognition, to protect children from exposure to pornography and other harms. Please enable IT experts to enhance safeguards, and law enforcement agencies to ensure that offending online platforms are properly policed and dealt with for flouting the law. In Your mercy. Amen.

WED
11

God of all compassion and mercy, we lift to You the millions who are exploited sexually across the world. Please grant liberty to those who are desperate to escape, and help them find the legal, emotional, and practical support they need. In Jesus' name. Amen.

'Speak up for those who cannot speak for themselves; ensure justice for those being crushed. Yes, speak up for the poor and helpless, and see that they get justice.'
PROVERBS 31:8,9 (NLT)

THURS
12

O Lord, we pray earnestly for robust improvements in the faltering inquiry into 'grooming gangs', following the Casey review into the widespread institutional failure to protect hundreds of thousands of vulnerable girls abused sexually from 1997 to 2013 – and its cover-up. Please let truth prevail, and provide compassion and justice to the victims. In Your mercy. Amen.

FRI
13

Thank You, Father, for the compassion of the many ministries that are dedicated to rescuing and supporting women and children who are trapped in modern slavery and prostitution. Please provide the finances, staff, volunteers, and opportunities they need, and fill them with Your courage and determination to continue in their vital work. For Christ's sake. Amen.

SAT
14

Lord, we pray that UK governments will proceed with legislation to adopt the 'Nordic Model', whilst ensuring that extremely vulnerable women are properly helped to exit prostitution and protected from traffickers and other criminals who are controlling their lives. In Your mercy. Amen.

The Nordic Model approach to prostitution decriminalises selling sex, provides support services to help those involved to exit, and makes paying for sex a criminal offence, to reduce the demand that drives sex trafficking. This has been adopted in Sweden, Norway, Iceland, Northern Ireland, Canada, France, Ireland, and Israel. There are moves to implement this in England, Scotland and Wales.

MARCH 15 – 21

PRESSURES ON FAMILIES



SUN
15

MOTHERING SUNDAY

Dear God, the compassionate care that we so appreciate in mothers reminds us of Your tender heart for us. Please encourage mothers, grandmothers, and the many other women who look after children. Give them daily strength, patience, and reminders of Your deep love for all of us. In Jesus' name. Amen.

MON
16

Lord, we pray for a cultural shift towards a stronger commitment to Your biblical design of marriage as the basis for family life, with so many proven benefits of well-being, good health, and higher achievements for individuals, children, and society as a whole. For Christ's sake. Amen.

TUES
17

Father, we bring to You troubled families where children are being removed through a court order and placed in care. Please help social workers and local councils to make wise decisions, and provide foster or adoptive homes where they can flourish. Touch them with Your healing love. Amen.

WED
18

Lord of compassion, we pray for the 1.3 million people in the UK—and rising—identified as 'the sandwich generation', who are often overstretched caring for dependent elderly relatives as well as their children. Please provide resources that can ease the pressure through statutory assistance, and support from family, friends, and the community—including churches. By Your grace. Amen.

THURS
19

Good Shepherd, we pray for the mothers and fathers who are raising children in the UK's 3 million single-parent families—statistically more likely to experience poverty, mental health issues, and other pressures. Please place many of them who are lonely in families* who can care for them. In Jesus' name. Amen. (*Psalms 86:6)

FRI
20

God of love, thank You for Care for the Family, which began as part of CARE—supporting couples, parents, and those who are bereaved—through amazing resources, courses, events, and counselling care. Please continue to inspire and bless their work. To Your glory. Amen. (careforthefamily.org.uk)

SAT
21

WORLD DOWN SYNDROME DAY
Father, we pray for the 40,000 to 47,000 individuals with Down Syndrome in the UK to be given encouragement, medical care, and educational support to lead fulfilling lives. May families surround them with love, and be especially strengthened in the challenging times. In Jesus' name. Amen.

'Nothing you can do can make God love you more and nothing you do can make God love you less. I ask parents all over the world: what is the greatest gift we can give one another? They all say love. That's probably true, but there's another gift and if this gift is not given, people will never believe they are loved: it is acceptance. The theology of the local Church needs to say: 'I accept you.' (Rob Parsons, Founder: Care for the Family).

MARCH 22 – 28

ENERGY RESOURCES



SUN
22

WORLD WATER DAY – Water and gender equality

Dear Lord, with women and girls disproportionately bearing the burden of water collection and management across the developing world, we pray for governments to improve their lives and invest more in clean water and safe sanitation for the 2.2 billion people living without it. In Jesus' name. Amen.

MON
23

Almighty God, we marvel at Your power 'throughout the universe displayed.' Please show us how best to harness the unlimited and diverse energy sources throughout creation to sustain the wellbeing of our planet and benefit its people, creatures, and plants. In Your mercy. Amen.

TUES
24

Sovereign God, we remember the impact of war, sanctions, and other factors on international trade in oil and gas. Please grant wisdom and effective strategies to those with the power to implement greater energy security, economic stability, efficiency, and use of alternative sources. In Your mercy. Amen.

WED
25

Father, while physical energy is crucial, humanity has a far deeper need for the power of Your life-giving Spirit that raised Christ from the dead—to give us new birth, to strengthen and transform us as we trust in Him. We intercede for mighty moves of revival across the world. By Your grace. Amen.

'By his power God made earth. His wisdom gave shape to the world. He crafted the cosmos. He thunders and rain pours down. He sends the clouds soaring. He embellishes the storm with lightnings, and launches the wind from his warehouse.' JEREMIAH 51:15,16 (MESSAGE)

THURS
26

Merciful God, we pray about increasing energy prices sending many households into fuel poverty, hitting businesses, hampering economic growth, and causing other problems. Please reveal remedies to government, energy suppliers, and finance institutions. In Jesus' name. Amen.

FRI
27

Thank You, Lord, for inventions and discoveries about the use of energy sources throughout history that have developed agriculture, industry, transport, exploration, construction, communication, and other creative enterprises that have enhanced people's lives. Help us to be wise and generous in sharing these benefits with others. To Your glory. Amen.

SAT
28

Lord, we commend to You ongoing technological advances that can protect the natural environment, animals, birds, marine life, and human health from any collateral damage caused by producing, operating, and disposing of wind turbines, power stations, solar panels, batteries, and other items. For Jesus' sake. Amen.

There are 9 types of energy sources:

- Fossil fuels (oil, coal, and natural gas) and nuclear fuels are finite and non-renewable.
- Biofuel, geothermal, hydroelectricity, solar, wind, and waves are renewable —replenished either by human action (e.g., new trees replace those cut down for biofuel) or natural processes (e.g., water let through a hydroelectricity dam is replaced through the water cycle).

MAR 29 – APR 4

FREEDOM FROM ADDICTIONS



Addiction: not having control over doing, taking, or using something to the point where it could harm. Can involve drugs, alcohol, solvent abuse, gambling, online activity, work, shopping, and sexual compulsions.

SUN 29 Gracious Redeemer, please lead anyone living with an addiction to find help to turn from it and to identify underlying causes, whether through recovery groups, counselling, medical and psychiatric care, or the support of family and friends. Above all, may they cry out to You for mercy and healing. For Christ's sake. Amen.

MON 30 Lord, as internet addictions increase with the growth in computer and mobile phone use, particularly among adolescents and young adults, we pray for stronger measures to be implemented to protect them, and to enable parents and others to help by example and advice. In Jesus' name. Amen.

TUES 31 Father, we intercede for people who are addicted to drugs, alcohol, and other substances, dragged down by their dependence which is robbing them of so much. Give them strength and courage to own up to their problem and take steps to break free. Through Your power and grace. Amen.

WED 1 Gracious God, we ask for progress in restricting betting advertising, especially at sporting events. Please impress on those in government the need to discourage gambling, and help them to find ways to decrease its promotion. In Jesus' name. Amen.

'The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favour.' LUKE 4:18,19 (ESV)

THURS 2 Saviour, we are thankful for every provision of help that is available to those affected by addictions. We pray for counsellors and others to receive insight to encourage people to break harmful habits and to remain free from them. In Your mercy. Amen.

FRI 3 **GOOD FRIDAY**
Father, thank You that 'for our sake' You made Christ 'to be sin who knew no sin, so that in him we might become the righteousness of God.* **Lord Jesus, thank You** for dying at Calvary so we could be forgiven and receive eternal life. **Holy Spirit, thank You** for revealing the wonder of the cross to us. Amen.
(*2 Corinthians 5:21)

SAT 4 Holy God, we pray about the evil influence of pornography that is seeping into our culture, especially spoiling the lives of young people who access it. We intercede for increasing public outcry against the easy availability of such material, and pray for more robust measures to protect and deter children and adult users. In Christ's name. Amen.

Admit powerlessness – Believe a greater Power could restore us – Decide to turn ourselves over to God's care – Make a searching and fearless personal moral inventory – Admit to God, ourselves, and another person the exact nature of our wrongs – Be ready and humbly ask God to intervene – Be willing to make amends to those we have harmed – When we fail, promptly admit it – Pray for knowledge of God's will and the power to carry that out – Try to share this with others in need. (Taken from The 12 Steps of Alcoholics Anonymous)

FRAIL AND ELDERLY PEOPLE



SUN
5

EASTER SUNDAY

Jesus our Lord, we praise You that nothing could keep You from rising to new life from the grave, for You have defeated the devil and are infinitely stronger than death. Help us, therefore, to remember that we may fear no evil because You are alive and by our side now and always. Amen.

MON
6

Lord of life, we continue to pray about attempts to legalise assisted suicide in Westminster and Holyrood. Please comfort and relieve anyone who feels 'a burden' and those experiencing great pain and disability. May they approach their end at peace with You. In Your mercy. Amen.

TUES
7

WORLD HEALTH DAY – 'Global Action for Universal Health Coverage'

Mighty God, we pray that many more countries will take up the ambitious goal of providing people access to healthcare without the worry of financial hardship. We particularly remember those who are frail and elderly and in need of medical help and compassionate care. In Jesus' name. Amen.

WED
8

Loving Saviour, please help every older person who is moving into a care home to have the courage and understanding to accept and adapt to their new situation. We pray for staff members to be kind and patient as You bless them in their work of caring. By Your grace. Amen.

'You who have been carried by Me from your birth and have been carried in My arms from the womb, Even to your old age I am He, and even to your advanced old age I will carry you! Be assured I have made you, and I will carry you and I will save you.' ISAIAH 46:3,4 (AMPLIFIED BIBLE)

THURS
9

Lord, we pray for older people who are vulnerable because of their experience of loneliness or others' uncaring attitudes. Please reveal cases of theft, coercion, abuse, and neglect, and rescue them. Bless everyone offering practical support, warmth, and friendship. For Christ's sake. Amen.

FRI
10

Spirit of comfort, thank You for the skill and compassion of those working in palliative medicine in

hospitals, homes, hospices, and other places. We ask You for Your blessing, guidance, and provision across the country so everyone who needs this care can access it. In Your mercy. Amen.

SAT
11

Gracious Father, we pray for men and women who have dementia, and their families. In the midst of frailty and confusion, may Your love touch their inner being and bring understanding and assurance of hope, so they can depend on You in this life and the one to come. By Your grace. Amen.

- The UK population is ageing steadily, with over-65s projected to make up a quarter of the population by 2050.
- The number of people aged over 90 is growing, as well as the number of centenarians.
- Almost one in four, or 3.9 million, older people could be in poverty by 2040.
- Many older people, especially women, are also unpaid carers.

APRIL 12 – 18

RIISING COST OF LIVING



SUN
12

INTERNATIONAL DAY FOR STREET CHILDREN

Father, we commit to Your loving care the millions of homeless children on the streets, sleeping in parks, doorways, or bus shelters. Please send people to rescue them from danger and destitution through advocacy, emergency provision, and long-term help. In Your mercy. Amen.

MON
13

Lord, as living costs for housing, energy, food, and other essentials increase while, for many, earned income and benefit payments fall behind, please grant to politicians the will and discernment to implement wise economic and social measures that help people and give greater hope for the future. For Christ's sake. Amen.

TUES
14

God, we pray for government plans to build more social housing. Please reveal ways to provide affordable homes and to help those in hardship, with 300,000 families facing homelessness. In Jesus' name. Amen.

WED
15

Lord, please inspire those in the Department of Health working with the food industry to advance 'a healthy food revolution' that will help tackle the obesity epidemic (28% of adults and 26% of 2–15-year-olds) and improve health. By Your grace. Amen.

THURS
16

Dear God, we intercede for individuals, businesses, organisations, and governments across the world who are reeling from the effects of soaring bills for energy and other commodities, and from the human costs and economic burdens of war and other disasters that diminish resources. In Your mercy, please provide ways to navigate these international crises, especially to sustain those in greatest need. Amen.

FRI
17

Jehovah Jireh — the Lord our Provider — thank You for every opportunity given to Your Church to minister to people in material need through food provision, housing projects, debt support, warm spaces, advice, and compassion. Please help each of us to share what we can. For Jesus' sake. Amen.

SAT
18

Compassionate God, we intercede for the millions of people who are in debt and bearing the deprivation, anxiety, and hopelessness this can bring. You have redeemed us through Christ, and we pray that the same spirit of mercy might spread through our society. In His name. Amen.

Joseph Rowntree Foundation May 2025 report on low-income UK families:

- Over 7 million were going without essentials, with food the most common item.
- The Food Foundation's 'basket of goods', costing £40 in 2022, rose to £53 in 2025.
- Foodbank use went up from 9% to 13%.
- Sixty-six percent of these families with children were in arrears on bills. Four million had outstanding loans, 2.4 million of these with unregulated 'loan sharks', payday lenders, and pawn shops — worth £3.8 billion.

APRIL 19 – 25

CITIES



In 2025 4.8 billion people lived in urban areas—that's 58% of the global population.

SUN
19

King of kings, we rejoice that You have redeemed us and that 'our citizenship is in heaven'* along with 'the saints and household of God.'** Yet for now, You call us to serve in this world as Your light bearers and ambassadors. Send us out in the power of Your Spirit. Amen. (*Phil 3:20 ** Eph 2:19)

MON
20

Compassionate Lord, we intercede for millions in cities throughout the world who are forced to live in unsafe, unhealthy, overcrowded situations, lacking basic services, susceptible to climate extremes, and at risk from other dangers. Please grant success to those who are determined to improve such conditions. In Your mercy. Amen.

TUES
21

God, our refuge, we pray for those involved in city planning, construction, and infrastructure — transport, utilities, public services, and other provision. Help them to shape sustainable communities that enable people to live productively and to care for those who are vulnerable. In Jesus' name. Amen.

WED
22

Lord, we ask that those responsible for protecting the public will have increasing success, especially in towns and cities seriously affected by criminal behaviour, to deter, prevent, detect and prosecute individuals and gangs who break the law and cause suffering and anxiety to others. In Your gracious mercy. Amen.

'Seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare.'
JEREMIAH 29:7 (ESV)

THURS
23

Creator God, we pray that more cities across the world will invest in clean energy and transport, reduce waste and pollution, and create more green spaces that protect and improve the environment for plants, living creatures, and human beings. For Christ's sake. Amen.

FRI
24

Thank You, Lord, for the rich cultural life of cities where innovation thrives and where art, architecture, language and customs, spiritual vitality, literature, music, sport, and other aspects of human creativity and enjoyment flourish. May these, Your gifts, bless many people. By Your grace. Amen.

SAT
25

Loving Saviour, we long for children and adults across the nation to enter Your kingdom. We pray that many who live in towns and cities will connect with churches and Christian individuals who speak and live out Your gospel in joyful obedience and loving faith. In Your precious name. Amen.

'I saw the holy city, the new Jerusalem coming down out of heaven from God, its radiance like a most rare jewel, like a jasper, clear as crystal. Its temple is the Lord God the Almighty and the Lamb. The city has no need of sun or moon for the glory of God gives it light, and its lamp is the Lamb. By its light will the nations walk, and the kings of the earth will bring their glory into it, and its gates will never be shut by day—and there will be no night there.' (taken from Revelation 21)

At CARE, our vision is simple:

we want to see politics renewed and lives transformed.

For more than 40 years, we have sought to bring truth and grace into the public square.

We believe Christians have a better story to tell than what our broken world can offer, rooted in Scripture and modelled by Jesus. We long to see a society in which everyone can flourish as God intends them to.

WHAT WE DO



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FOR WHAT
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