

JULY – OCTOBER 2025



CARE
FOR WHAT
YOU BELIEVE

CARE Prayer Diary

In this issue:

Listening with Compassion

Care for Creation

Social Media

Rising Generations

Humanitarian Initiatives

Finding Freedom

The Gift of Prayer

Back to School

Christians and Culture

Peace and Unity

Justice for Vulnerable People

Health and Healing

Relieving Poverty

*'The heavens proclaim the glory of God. The skies display his craftsmanship.
Day after day they continue to speak; night after night they make him known.
They speak without a sound or word; their voice is never heard.
Yet their message has gone throughout the earth, and their words to all the world.'*

PSALM 19:1-4 (NLT)



The Lovell Telescope, at Jodrell Bank Observatory in Cheshire, is the world's third largest. Its giant dish collects and 'listens to' invisible radio waves emitted by stars, galaxies, and other objects in space, travelling at 186,000 miles per second. It has made a major contribution to astronomers' understanding of our solar system, the Milky Way and other galaxies. But the universe is infinitely bigger than what our telescopes can observe.

The CARE Prayer Diary is written by Revd. Celia Bowring.
To read online please visit:

care.org.uk/prayer-diary

 praynow4.org/care

To sign up for daily Prayer Diary emails or to update your mailing preferences, please call: **020 7233 0455** or email: **mail@care.org.uk**.

To contribute to CARE's ongoing ministry, please go to: **care.org.uk/donate**

Would someone you know like to receive a free copy of the Prayer Diary? Get in touch and we'll post one to them.



Revd. Celia Bowring

JULY 20 – 26

LISTENING WITH COMPASSION



SUN
20

Loving Father, Creator of the universe, thank You that 'before a word is on my tongue, behold You know it altogether!'^{*} and that we can 'come to take refuge in the shadow of Your wings.'^{*} Help us increasingly to rest our souls in Your listening compassionate heart, by the grace of Jesus. Amen.

(*Psalm 139:4, 36:7)

MON
21

God of eternal hope, we remember all those who have lost a loved one. Please lead them to caring individuals and to providers of appropriate post-bereavement support through medical professionals, hospices and therapists. Grant them Your comfort and strength. In Your mercy. Amen.

TUES
22

Dear Lord, we pray for anyone who has undergone trauma—resulting from a single incident or over a long period of time, whether shared or deeply personal. We especially lift to You survivors of disasters, violence and conflict who have no access to the care they need. In Jesus' name. Amen.

WED
23

Father, please strengthen those who support children and young people with mental health problems with Your compassion and insight. We pray for every teacher, counsellor, listener, leader, mentor and coach who comes alongside the ever-increasing numbers who are affected by anxiety, depression, eating disorders and other distressing conditions. For Christ's sake. Amen.

'Our Father ... the source of all mercy and comfort ... gives us comfort in our trials so that we in turn may be able to give the same sort of strong sympathy to others in theirs.' 2 CORINTHIANS 1:3,4 (PHILLIPS)

THURS
24

24/7 SAMARITANS AWARENESS DAY

Lord, please grant compassion, wisdom and strength to the 23,000 Samaritan volunteer listeners across the UK and Ireland who give 'time, undivided attention and empathy' to those who are struggling. Help them to reduce the distress and despair that can lead to suicide. In Jesus' name. Amen.

FRI
25

Thank You, Father, for those in Your Church whom You have called, inspired and equipped to offer prayerful counsel to people who are experiencing disappointment, anger, guilt, pain and fear. May Your Spirit bring hope and peace through their ministry by Christ's grace. Amen.

SAT
26

Lord, we pray for couples and families who are undergoing therapy to help them to understand one another, improve their communication and build better relationships. Please grant Your insight to counsellors, psychotherapists and other professionals giving support. In Your mercy, Amen.

- In 2023, across the UK, 7,055 people were reported to have committed suicide—467 more than in 2022.
- One in four adults in England is likely to experience a mental health problem each year.
- Rates of children and young people with probable mental health conditions have increased from about one in eight in 2017 to one in five in 2023. (Samaritans, Mind, Children's Commissioner)

JULY 27 – AUG 2

CARE FOR CREATION



SUN
27

Creator God, thank You for the waters of the earth—the life-sustaining rivers, lakes, and deep oceans. Keep us mindful of how precious and how vulnerable they are. Help us to work together for clean water and share it with those who have need of it today. Amen. (Rt Revd Christine Hardman)

MON
28

JULY is PLASTIC FREE MONTH

Lord, thank You for the many people who are concerned about the toxic effects of plastic pollution, and for all who are determined to reduce single-use plastic in their everyday lives. We pray that this habit will continue beyond this campaign month and inspire many more of us. In Jesus' name. Amen.

TUES
29

Merciful Lord, we ask You to help all those who are called upon to combat forest fires, which are becoming more widespread—affecting 35,000 square miles in 2023. We pray for effective measures to prevent, extinguish, and minimise future damage. In Your mercy. Amen.

WED
30

Lord, we remember the serious decline in bird numbers in the UK—on farmlands, in woods, and in built-up areas—due to lack of food, pollution, loss of habitat, extreme weather, and disease. We pray for increased support for initiatives seeking to reverse this trend. In Jesus' name. Amen.

'You gave human beings charge of everything You made, putting all things under their authority—the flocks and the herds and all the wild animals, the birds in the sky, the fish in the sea, and everything that swims the ocean currents.' PSALM 8:6-8 (NLT)

THURS
31

Father God, we pray for children and young people right across the world to be inspired to develop habits that help to reduce pollution, recycle waste, and care for the natural world. Please help parents, teachers, church leaders, and others who seek to encourage them. For Christ's sake. Amen.

FRI
1

Creator God, thank You for wetlands across the world:

deltas, estuaries, mudflats, floodplains, bogs, coral reefs, fens, mangroves, lagoons, lakes, wet woodlands and grasslands, which all teem with life, store carbon, protect the land, and support a billion people. Please grant wisdom to protect them. In Your mercy. Amen.

SAT
2

Lord, we pray for breakthroughs for scientists researching the causes and possible remedies for the large-scale death of insects due to climate change and habitat loss, which threatens food security. By Your grace. Amen.

'Insects are an incredibly important part of our ecosystems, pollinating around 80 per cent of flowering plant species and vital for 35 per cent of global food production, yet they are undervalued and understudied.' (Zoological Society of London)

AUGUST 3 – 9

HOSPITALITY



SUN
3

God of grace, we pray that people visiting churches—whether to share in worship, or out of curiosity, loneliness, or spiritual hunger—will be warmly welcomed. Please reveal Your love through Christian hospitality and biblical ministry, that many may accept the gospel. In Jesus' name. Amen.

MON
4

Father, we remember the almost seven million Ukrainians who are registered as refugees, mostly in Europe, including 250,000 living in the UK—many in people's homes. Please strengthen them in this time of exile and in their anxiety for loved ones back in their war-torn country. In Jesus' name. Amen.

TUES
5

Lord, we remember the tens of thousands of children across the UK who need a stable and nurturing foster family. May the right homes be found, especially with the current shortage of foster carers. Please raise up many more Christians and other loving people for this role. In Your mercy. Amen.

WED
6

O God, please grant success to all who campaign on behalf of homeless people: to provide more affordable rented homes, improve and protect tenants' rights, ensure temporary accommodation is safe, and support people who are potentially or actually homeless. In Jesus' name. Amen.

'Keep on loving each other as brothers and sisters. Don't forget to show hospitality to strangers, for some who have done this have entertained angels without realising it!' HEBREWS 13:1,2 (NLT)

THURS
7

Merciful God, we pray that the network of 1,100 refugee-friendly churches being equipped to welcome asylum seekers and other new arrivals to Britain will grow and lead the way in supporting many more people, enabling them to thrive. For Jesus' sake. Amen. (welcomechurches.com)

FRI
8

Gracious Father, thank You for the hundreds of Christian retreat houses, conference centres and other spiritual communities across the UK. Please use them mightily to deepen people's faith and encourage love and unity across the Church. For the sake of Your kingdom. Amen.

SAT
9

Dear Lord, we pray for those—many from overseas—who work in the hospitality industry, which is under pressure due to rising operational costs and staff shortages. Please help managers to support staff who work long hours for low pay, 65 per cent of whom experience poor mental health. By Your grace. Amen.

The hospitality industry—encompassing food and drink, travel and tourism, lodging, recreation, and entertainment—is the UK's third-largest employer, with 3.5 million people working in the sector and generating £93 billion annually. By 2027, it is predicted to create an additional 500,000 jobs and contribute a further £29 billion. (ukhospitality.org.uk)

AUGUST 10 – 16

RIISING GENERATIONS



Millennials (born 1981–1996): ‘confident, curious, values-driven, resilient.’

Gen Z (born 1997–2012): ‘self-driven, collaborative, less hedonistic and diverse-minded.’

Gen Alpha (born 2013–2025): ‘the most tech-savvy and digitally empowered generation yet.’

SUN
10

Father, we praise You for growing signs of spiritual awakening among Generation Z, with Bible Society reports of many reading the Bible and 16 per cent of 18-to-24 year-olds attending church at least monthly. Please help us to disciple them well to grow strong in their faith. For Jesus' sake. Amen.

MON
11

Creator God, please help this rising generation to formulate—and, in time, implement—effective ways to address the serious environmental challenges threatening to damage ecosystems and affect the wellbeing of people living in vulnerable parts of the world. In Your mercy. Amen.

TUES
12

INTERNATIONAL YOUTH DAY - Empowering Youth, Building Tomorrow.

Lord, please inspire this generation—facing many concerns and challenges—to think creatively, develop skills, and act with discernment, energy, and commitment to bring hope to their local communities and beyond. Help them to grow in servant leadership and selfless service. For Your glory. Amen.

WED
13

Lord our Healer, we lift to You children and young people experiencing mental disorders—globally, one in seven 10-to-19-year-olds. Please help them recover confidence, develop important life skills, and build supportive relationships that will enrich their lives. For Jesus' sake. Amen.

**‘Even youths shall faint and be weary,
and young men shall fall exhausted; but
they who wait for the Lord shall renew
their strength; they shall mount up with
wings like eagles; they shall run and not be
weary; they shall walk and not faint.’**

ISAIAH 40:30,31 (ESV)

THURS
14

Sovereign Lord, we intercede for young men and women who are sent to war against their will—especially the thousands of child soldiers exploited by armed forces and groups. Please guard them, and cause many to turn to You as their refuge in the midst of danger. In Your mercy. Amen.

FRI
15

**Father, we remember the
millions of young people (aged
15–24) who are not in
employment, education, or training
(NEET)—especially in developing
countries. Please raise up visionary
leaders to create opportunities for them
to develop their talents and skills. In
Jesus' name. Amen.**

SAT
16

Holy Spirit, please continue to inspire and commission today's young Christians through movements like The Send—to surrender, pray, evangelise, serve, and go as You lead them. Fill them with a deep longing to know Jesus and make Him known, and a desire to live holy lives. In Your mercy. Amen.

‘Our cry for the UK & Ireland is “Lord do it again.” Reclaim our heritage. Revive our people. Make us a great sending nation again. We long to see a new generation step into the mantle that past revivalists have formed in our lands, recognising the impact that one can have in leading 1,000 back to the Lord.’ (thesend.uk)

AUGUST 17 – 23

HUMANITARIAN INITIATIVES



Humanitarian aid workers provide essential assistance to individuals and communities affected by natural disasters, conflict, poverty, and other emergencies.

SUN
17

Heavenly Father, we ask You to guide and provide for Christian and other aid agencies that respond to crises, alleviate extreme poverty, and work toward a better future—especially in partnership with local churches. For Christ's sake. Amen.

'Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it?'
JAMES 2:15,16 (NIV)

MON
18

Dear Lord, please grant wisdom and compassion to those working in government, the courts, and other statutory agencies, as well as in charities and community support groups, as they seek to alleviate the suffering of genuine refugees who have fled to Britain from intolerable situations. In Your mercy. Amen.

THURS
21

Lord, please strengthen medical teams sent by organisations offering aid to those affected by conflict, epidemics, disasters, or exclusion from healthcare—especially those working in desperate conditions, in remote areas, or overcrowded camps. By Your grace. Amen.

TUES
19

WORLD HUMANITARIAN DAY

God of all compassion, we remember humanitarian workers throughout the world who bravely go to help those in need. Please protect any who find themselves in dangerous environments, exposed to physical attack, emotional trauma, and other threats to their health and safety. In Jesus' name. Amen.

FRI
22

Thank You Lord for Christians who give up their home comforts to live in places where their medical, educational, engineering, administrative and other skills can make a major difference sharing the gospel, serving local churches, and encouraging disciples to be light and salt. For Jesus' sake. Amen.

WED
20

Generous God, we pray that funds will continue to be raised—from governments, businesses, philanthropic organisations and trusts, churches, and individuals—to meet the humanitarian needs of our world. May these resources be used wisely and with integrity. In Your mercy. Amen.

SAT
23

Father, we pray for those in the Disasters Emergency Committee (DEC) who coordinate aid charities' responses to natural disasters and other emergencies caused by conflict or accidents. Please help them to assign tasks and mobilise resources swiftly and effectively. In Your mercy. Amen.

'Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.' (John Wesley 1703-1791)

AUGUST 24 – 30

FINDING FREEDOM



SUN
24

We praise You for the freedom we have in Christ, who has released us from the penalty and power of sin. Holy Spirit, may we gladly receive Your comfort, encouragement, guidance, and wisdom—leading us to surrender to the Father and choose His loving will for our lives. By Your grace. Amen.

MON
25

O Lord, please grant an awareness of Your love, joy, faith, and hope to our Christian brothers and sisters whose physical freedom has been taken away—through persecution, imprisonment, and other forms of opposition against those who believe and live faithfully by the gospel. In Jesus' name. Amen.

TUES
26

Strong Deliverer, we ask You to help those who are trapped in modern slavery, abusive and coercive relationships, hostage situations, destitution and other terrible circumstances. Expose the wickedness of those who are hurting them and set these prisoners free! For Christ's sake. Amen.

WED
27

Gracious Lord, we intercede for men and women gripped by serious addictions—to gambling, alcohol, substance abuse, pornography, and other harmful, unmanageable impulses that are ruining their lives and hurting those closest to them. Please help them by Your mercy. Amen.

'By the blood of Christ we are set free, that is, our sins are forgiven. How great is the grace of God, which he gave to us in such large measure in all his wisdom and insight.' EPHESIANS 1:7-8 (GOOD NEWS TRANSLATION)

THURS
28

Saviour, we pray for the seven million UK adults who are behind on basic bills, and for those struggling with rising debts, with no clear way forward—robbed of joy, hope, and opportunity. May they find Christian and other groups offering free advice and support. In Your mercy. Amen.

FRI
29

Thank You Lord for the many government and charitable organisations that are dedicated to searching for people who are missing. Please grant success in finding and reuniting individuals with their families and provide support for those in distress. In Christ's name. Amen.

SAT
30

INTERNATIONAL DAY OF THE DISAPPEARED

Father, we remember the hundreds of thousands of people missing today, because of oppression, conflict, migration and natural disasters—detained, stranded in foreign countries, hospitalised or dead—leaving families in anguish and uncertain of their fate. Grant freedom and comfort. For Jesus' sake. Amen.

Threats to global freedom, which has declined every year since 2005, include:

- Violence and repression of political opponents, particularly during elections
- Ongoing armed conflicts, which endanger lives, stir up extremism, fuel illicit trade, and disrupt global systems
- Spread of authoritarian practices, tightening control over media, courts, communities, and democratic institutions

AUG 31 – SEPT 6

THE GIFT OF PRAYER



SEPTEMBER 1-7 GLOBAL WEEK OF PRAYER – 24-7prayer.com

SUN
31

Our Redeemer, thank You that, through Your death and victorious resurrection—and as we surrender our lives to You—we can be reconciled with the Father and ask Him, according to His will, to bring in Your Kingdom. O stir up our hearts to encourage one another to pray more! By Your grace. Amen.

MON
1

Sovereign Lord, may we learn through prayer to increasingly recognise, receive, and rejoice in the longing of Your Father-heart to show us mercy, in the love of Your Son displayed at the cross, and in the comfort of Your Spirit as He convicts, strengthens, and guides us into all truth. In Jesus' name. Amen.

TUES
2

Almighty God, please prompt us 'to pray for all people ... intercede on their behalf, and give thanks for them'—especially those in authority and positions of influence across the world and in our own neighbourhoods. May they turn to You for wisdom and strength, especially in times of trouble. For Christ's sake. Amen. (1 Timothy 2:1-4)

WED
3

Loving Father, we pray for anyone who is experiencing ill health, loneliness, sadness, disappointment, anxiety, sincere doubt, or other adversities that make it very hard for them to pray. Please help them to come in their brokenness to receive Your mercy and grace. In Jesus' name. Amen.

'I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works, because I am going to be with the Father. You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father ... If you love me, obey my commandments.' JOHN 14:12-15 (NLT)

THURS
4

Thank You, Lord, for every opportunity to pray together—in church, at home, online, and through prayer diaries and guides sent out by organisations that encourage Christians to intercede for their ministries to those in need. Please help us to pray effectively in the power of Your Spirit. Amen.

FRI
5

Gracious God, please continue to inspire church leaders and individual Christians to prioritise thanksgiving, praise, worship, and intercession within the rhythm of each week. We pray for a deepening desire to be in Your presence and greater faith to believe You will act. In Your mercy. Amen.

SAT
6

Lord, we pray for many prayer partnerships and groups to spring up in places of work, learning, leisure, and community. Inspire them to bring the needs of colleagues, friends and neighbours before You, asking for Your generous gifts of salvation, healing and peace. In Christ's name. Amen.

'The one concern of the devil is to keep Christians from praying. He fears nothing from prayerless studies, prayerless work, and prayerless religion. He laughs at our toil, mocks at our wisdom, but trembles when we pray.' (Samuel Chadwick, Wesleyan Methodist minister 1860–1932)

SEPTEMBER 7 – 13

BACK TO SCHOOL



SUN
7

Father, as this academic year begins, we remember children and young people, teachers, and all staff members returning to school or starting in new educational settings. Grant them wisdom, courage, and strength to face the challenges ahead. In Jesus' name. Amen.

MON
8

INTERNATIONAL LITERACY DAY

Lord, we celebrate the steady improvement of the global literacy rate – now at 87 per cent of people of secondary school age and older from 12 per cent in 1820. We pray for those living in regions that still lag behind, especially where girls have fewer opportunities to learn. In Your mercy. Amen.

TUES
9

Gracious Lord, thank You for every local initiative in our schools that supports children living in hardship—impacting their health, wellbeing, and ability to learn. Please grant the resources needed to feed, clothe, educate, and comfort them. In Jesus' name. Amen.

WED
10

God of truth, we ask for change in government guidance on teaching about LGBT and gender identity, so that secular and minority beliefs are taught in the context of the truth of Your Word. We commend vulnerable children to Your compassionate care and pray for parents' rights to be respected. For Christ's sake. Amen.

'Teach people to live disciplined and successful lives, to help them do what is right, just, and fair ... insight to the simple, knowledge and discernment to the young ... Fear of the Lord is the foundation of true knowledge.'

PROVERBS 1:3-7 (NLT)

THURS
11

Righteous God, we lift to You our concerns about worsening behaviour in schools—where some pupils, even very young ones, are being disruptive, violent, or abusive. Please help school leaders, teachers, and governors to establish effective and fair discipline that brings positive transformation. In Your mercy. Amen.

FRI
12

Lord, thank You for all those You have called to be teachers—who nurture young lives and enable them to flourish intellectually, creatively, emotionally, socially, and spiritually. Please sustain them, especially in testing circumstances. By Your grace. Amen.

SAT
13

EDUCATION SUNDAY is tomorrow.

Holy Spirit, may Christians across the land be increasingly inspired to pray regularly about issues in education—for their local schools and all within them. May Your blessings of peace and goodness be released into individual lives, school communities, and society as a whole. In Jesus' name. Amen.

A teacher's prayer: 'Lord, enable me to teach with wisdom, for I help to shape the mind, equip me to teach with truth, for I help to shape the conscience, encourage me to teach with vision, for I help to shape the future, empower me to teach with love, for I help to shape the world.' (Anon)

SEPTEMBER 14 – 20

CHRISTIANS AND CULTURE



SUN
14

Eternal Father, please inspire Your people to declare faithfully the truth and grace of Your Word in creative, accessible ways, without compromising the gospel message. May we share Your wisdom, mercy, and love with others by the power of Your Spirit. In Jesus' name. Amen.

MON
15

Creator God, thank You for the historic Christian heritage of the British Isles and mainland Europe, and for believers who, through the centuries, have demonstrated Your wisdom, goodness, and beauty—through innovative scientific discoveries, music, art, literature, social reform, and many other accomplishments—to the glory of Your name! Amen.

TUES
16

Loving Redeemer, we intercede for the growing numbers who call themselves 'cultural Christians', identifying with biblical values, but not believing in You. Please reveal to them Your truth: that all have sinned and need to seek Your forgiveness. In Your mercy. Amen.

WED
17

Lord Jesus, please help Christians who have influence and authority in government, medicine, education, business, entertainment, online culture and other spheres to speak up courageously on behalf of vulnerable people in society, bringing godly solutions to the problems they face. For Christ's sake. Amen.

'Don't let the world around you squeeze you into its own mould, but let God re-mould your minds from within, so that you may prove in practice that the plan of God for you is good, meets all his demands and moves towards the goal of true maturity.' ROMANS 12:2 (JB PHILLIPS)

THURS
18

Sovereign Lord, please teach and empower us to live out our faith with sincerity and love through our Christian witness and works wherever You have placed us. May we shine as lights and live as 'salt', bringing hope and transformation to lost people in our broken world. In Jesus' name. Amen.

FRI
19

Holy Spirit, in a world full of fear and uncertainty, we give thanks for growing signs that many people in the UK—especially the young—are exploring the Christian faith. We entreat You to continue breathing upon this 'Quiet Revival' for the glory of Your name. Amen.

SAT
20

Lord, we pray for a major reversal of the secular attitudes that pervade many areas of today's society. May the deep roots of Christianity that have shaped our history and culture be reactivated to release the truth and grace of Your Word into the life of our nation. In Christ's name. Amen.

'It is in Christianity that our arts have developed; that the laws of Europe—until recently—have been rooted. It is against a background of Christianity that all of our thought has significance ... I do not believe the culture of Europe could survive the complete disappearance of the Christian faith ... If Christianity goes, the whole culture goes.' (T.S. Eliot)

SEPTEMBER 21 – 27

PEACE AND UNITY



SUN
21

INTERNATIONAL DAY OF PEACE

Lord, You urge 'that petitions, prayers, intercession and thanksgiving be made ... for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.*' In our world of strife, please intervene and draw people to receive Your peace through Jesus Christ our Lord. Amen. *1 Timothy 2:1,2 (NIV)

MON
22

Sovereign God, we intercede for peace in our broken world, where many countries are engaged in major conflicts and suffering the effects of cyber-attacks, terrorist threats, drug wars, and oppressive governments. Please help all who care for the victims of these tragic events. For Christ's sake. Amen.

TUES
23

Father, where suspicion, envy, enmity, and fear pit nations, religious and ethnic groups, and superpowers against one another, we ask You to raise up wise and courageous peacemakers—able to guide their leaders in seeking peace for the sake of their people. In Jesus' name. Amen.

WED
24

God of love, we lift to You our own communities and pray for harmony: for generous responses to those in need, unity through shared commemoration and celebration, and cooperation that brings increased safety, peace, and prosperity for everyone. In Your mercy. Amen.

THURS
25

Lord of the Church, where unnecessary disputes, wrongdoing and pride have fractured relationships among Your people and dishonoured Your name before the world, please help leaders, and all believers to seek Your forgiveness, wisdom and peace to rule in our hearts. In Your mercy. Amen.

FRI
26

NATIONAL DAY OF PRAYER FOR SCHOOLS

(paismovement.com/ndopfs)

Father, we thank You for Christians and others in our schools who are committed to upholding a healthy environment—where all are respected and cared for, wise discipline leads to good behaviour, and creativity and learning are encouraged. We ask for Your blessing. In Jesus' name. Amen.

SAT
27

Dear Lord, we pray for reconciliation for families whose members are estranged from one another. Where it is possible, please help both the aggrieved and those who have offended them to put aside their hurt and pride for the sake of peace and unity within the family. By Your grace. Amen.

'God can't give us peace and happiness apart from Himself because there is no such thing.'

'Life with God is not immunity from difficulties, but peace within difficulties.' (C.S. Lewis)

SEPT 28 – OCT 4

JUSTICE FOR VULNERABLE PEOPLE



SEPT 22 – OCT 5: FAIRTRADE FORTNIGHT

SUN
28

DISABILITY AWARENESS SUNDAY – ‘Made in God’s Image’

Loving Saviour, please inspire church leaders and congregations to consider how they can welcome people with mobility and other physical impairments, learning disabilities, and additional needs—to be included and given opportunities to receive and to give—because they are made in Your image. By Your grace. Amen.

MON
29

O Lord, we intercede for children and adults who have been trafficked into slavery in the UK, experiencing life-shattering cruelty and despair. May many be set free and treated with compassion by the authorities dealing with them, so they can regain their health, dignity and hope. For Jesus’ sake. Amen

TUES
30

God of justice, please help Justice Secretary Shabana Mahmood in her determination to expose and convict those involved in dismissing and covering up the crimes of grooming gangs that raped and trafficked hundreds of children between 1997 and 2013, denying them justice. In Your mercy. Amen.

WED
1

INTERNATIONAL DAY OF OLDER PERSONS

Ageless One, thank You for Your care for all people. We lift to You older women and men who are vulnerable, and we pray for their contributions to society to be recognised and celebrated. May they live with dignity, whether independently or in the care of others. By Your grace. Amen.

‘The Lord secures justice for the poor and upholds the cause of the needy.’

PSALM 140:12 (NIV)

‘Whoever oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honours God.’

PROVERBS 14:31 (NIV)

THURS
2

Father, please reveal just ways to meet the needs of the most vulnerable groups in society: the indebted, hungry and homeless, victims of domestic and other violence, people with addictions and serious mental health problems, children in broken families and disconnected from education, people from ethnic and racial minorities, refugees, and others. For Christ’s sake. Amen.

FRI
3

Thank You Lord for progress made by Fairtrade and similar initiatives

in prompting governments, businesses, and consumers to insist on ethical working practices in farming, manufacturing, mining, and other industries—especially in countries where conditions remain unacceptably poor. In Jesus’ name. Amen.

SAT
4

Lord Jesus, You were a refugee and Your heart is for the ‘quartet of the vulnerable’ – the poor, widows, orphans, and foreigners who need help. We pray for just solutions for the complicated issues around both illegal immigrants and lawful asylum seekers to be found. In Your mercy. Amen.

‘Doing justice includes not only the righting of wrongs but generosity and social concern, especially toward the poor and vulnerable.’ (Timothy Keller)

OCTOBER 5 – 11

HEALTH AND HEALING



SUN
5

Lord, we know that true *shalom*—health and healing—springs from believing and opening our lives to You by trusting in Jesus Christ, who died to save us from sin and death. May more people turn to You and experience this wonderful gift. For Christ's sake. Amen.

MON
6

OCTOBER 2 – 8 is PUBLIC HEALTH WORKFORCE WEEK

Jesus, our Great Physician, please bless all those in the UK public health workforce who face many challenges: midwives, addiction support officers, cleaners and caterers, GPs, Allied Health Professionals, palliative care doctors, district nurses, and many others. By Your grace. Amen.

TUES
7

Father, we pray about the UK's continuing backlogs in secondary healthcare, and the implications of patients waiting longer for GP appointments and subsequent treatments. Please grant strategic wisdom to those responsible for improving this situation at every level. In Your mercy. Amen.

WED
8

Dear God, please give governments and agencies in low- and middle-income countries—where healthcare is inadequate—the will, resources, and strategies to address the root causes of disease and to strengthen health systems to prevent, prepare for problems, and respond effectively. In Jesus' name. Amen.

'That evening, people throughout the village brought sick family members to Jesus. No matter what their diseases were, the touch of his hand healed every one. Many were possessed by demons; and the demons came out at his command.' LUKE 4:40,41 (NLT)

THURS
9

OCTOBER 9-15 is BABY LOSS AWARENESS WEEK

(babyloss-awareness.org)

Compassionate Healer, during this week dedicated to those who have experienced baby loss we 'remember all babies that have died too soon.' We trust that these young souls are in Your loving presence and ask for comfort and strength for those who grieve their passing. In Your mercy. Amen.

FRI
10

WORLD MENTAL HEALTH DAY

Dear God, thank You for the growing global awareness of the importance of good mental health—wellbeing that enables people to realise their potential, cope with stress, and work productively. We pray for those affected by anxiety, depression, and other disorders to find healing. In Jesus' name. Amen.

SAT
11

WORLD HOSPICE AND PALLIATIVE CARE DAY -

Saviour, thank You for hospice and palliative care that 'eases the physical and emotional pain of death and dying, letting people focus on living, right until the end.'* We pray for more funding and other support to be forthcoming to provide this service for all who need it. In Jesus' name. Amen. *(hospiceuk.org)

Ipsos World Mental Health Day Report 2024 (survey in 31 countries): 3 out of 5 people have felt stress that impacts daily life; 45 per cent cite mental health as one of the main health issues facing their nation; 40 per cent of young women felt sad or hopeless several times; 41 per cent say physical health is treated as more important by their healthcare system.

OCTOBER 12 – 18

RELIEVING POVERTY



SUN
12

Lord, please inspire Your Church worldwide to minister to those in need: feeding the hungry, sheltering the homeless, providing education and healthcare, caring for the outcast and sharing with neighbours. May this take place alongside the life-giving message of Your gospel. For Christ's sake. Amen.

MON
13

Father, please continue to grant wisdom and discernment to Sir Stephen Timms, Minister for Work and Pensions, and his team as they grapple with complex problems around poverty. Thank You for his strong Christian witness in Parliament over 21 years. In Jesus' name. Amen.

TUES
14

Lord, we intercede for a reversal in child poverty rates across the UK—currently estimated at 31 per cent of all children. Help those in government to implement effective policies and provide well-targeted benefits to ease many kinds of hardship and lift families into places of hope. In Your mercy. Amen

WED
15

Father of compassion, we remember the growing number of families and individuals who are struggling with serious debt—many at the mercy of unscrupulous lenders—experiencing fear, suffering and insecurity. Please lead them to individuals and organisations that can help them. By Your grace. Amen.

'...You shall not harden your heart or shut your hand ... For there will never cease to be poor in the land. Therefore, I command you, "You shall open wide your hand to your brother, to the needy and to the poor"'
DEUTERONOMY 15:7,11 (ESV)

THURS
16

Jehovah Jireh*, thank You for the 2,500+ UK foodbanks and other initiatives that provide food and other necessities for people in need. Enable those who can to be generous with their time, donations and financial support as this situation worsens. In Jesus' name. Amen. **The Lord will provide.'*

FRI
17

INTERNATIONAL DAY OF ERADICATION OF POVERTY
Lord, we remember the millions across the world who are trapped in 'multi-dimensional poverty', lacking sufficient money and also deprived of education and basic infrastructure services. We pray for unified, clear-sighted, determined and effective measures to reverse this tragedy. In Your mercy. Amen.

SAT
18

ANTI SLAVERY DAY
Lord Jesus, You took on the form of a slave, humbled Yourself, died, and rose again to free us from sin. We plead for Your mercy for those still enslaved today—suffering cruel bondage, pain, and despair. You love each individual, and we trust that You will one day impose Your perfect justice upon all Creation. By Your grace. Amen.

'When a poor person dies of hunger, it has not happened because God did not take care of him or her. It has happened because neither you nor I wanted to give that person what he or she needed.' (Mother Teresa)

'The measure of a society is found in how they treat their weakest and most helpless citizens.' (Jimmy Carter, 39th President of the USA)

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



CARE
FOR WHAT
YOU BELIEVE



CAREORGUK



CARE.ORG.UK

CARE (Christian Action Research & Education)
Chief Executive Ross Hendry | Co-founder Revd. Lyndon Bowring
53 Romney St, London, SW1P 3RF | 020 7233 0455
mail@care.org.uk | PrayerMate: praynow4.org/care
Care is a company limited by guarantee,
registered in England and Wales (No 3481417)
Charity No: 1066963 | Scottish Charity No: SC038911
This product is recyclable