

JULY – OCTOBER 2026



CARE
FOR WHAT
YOU BELIEVE

CARE Prayer Diary

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At the heart of Parliament, inscribed in the floor of Central Lobby – pictured on our cover – are the words in Latin of Psalm 127:1 ‘*Except the Lord build the House, they labour in vain that build it.*’

Soaring above are huge mosaic panels depicting the UK’s four patron saints: George, Patrick, Andrew and David, and statues of past kings and queens fill the surrounding arches.

Among many magnificent pieces of art depicting biblical stories and illustrating Christian themes throughout the Palace, over the entrance to Westminster Hall, there hangs a painting of Moses receiving the Ten Commandments on Mount Sinai. And twenty-six massive wooden angels support the ancient roof, a reminder of God’s spiritual authority above all monarchy and government.

The CARE Prayer Diary is written by Revd. Celia Bowring. To read online please visit: care.org.uk/prayer-diary

or praynow4.org/care

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Revd. Celia Bowring

JULY 26 – AUG 1

OUR CHRISTIAN HERITAGE

SUN
26

‘King of kings, grant that the hearts and minds of all who go out as leaders before us may be filled with ‘the love of Thy laws’ and that which is righteous and life-giving. May they be worthy stewards of Thy good and perfect gifts. Through Jesus Christ our Lord.’ Amen. (from 700-year-old prayer of the chivalric Knights of the Garter led by the Sovereign that still exists today.)

MON
27

God of all beauty, truth and freedom, we praise You for the impact of Christianity on developing the foundations of our society: such as education, hospitals and healthcare, the legal system, government, national ceremonies and ‘British values’ like fairness, duty and care for others. In Jesus’ name. Amen.

TUES
28

Spirit of wisdom and knowledge, thank You that Your Word has inspired the arts and shaped British culture throughout history. We pray for a growing, widespread rejection of anti-Christian thinking and values that deny its goodness and truth. In Your mercy. Amen.

WED
29

Lord of the Church, please grant to Your people from every Christian denomination, tradition, and stream a renewed love for Your Word and a deepening of ‘sincere and pure devotion to Christ.’* Inspire and empower us to pray for our land. Amen. (*2 Cor 10:3)

THURS
30

WORLD DAY AGAINST TRAFFICKING IN PERSONS

Lord, may Britain’s history of abolishing slavery motivate us still to stand against this evil. Strengthen Christian and other organisations working in this field. In Jesus’ name. Amen.

FRI
31

Lord, thank You for men and women who down the centuries have served You

with conviction, courage and compassion by Your grace: to establish and strengthen Christianity in our land through evangelism, biblical teaching and living as effective light and salt in society. May they continue to inspire us today. For Christ’s sake. Amen.

SAT
1

God of grace and truth, we intercede for the growing number of people who identify as ‘cultural Christians’ but reject Christian doctrine. May many more of them encounter the living Christ and surrender their lives to Him! For Your glory! Amen.

In a recent survey of 2,095 adults, 52% believed Britain risks moral decline if its Christian roots are ignored. 58% said Christianity has something positive to offer in how the UK is governed. This reflects an interest in ‘cultural Christianity – principles such as moral equality, protection of the vulnerable and freedom of conscience are ideas rooted in Christianity continue to shape public life and historically influenced institutions including hospitals, schools and universities.’ (Andrew Hawkins, CEO Whitestone Insight.)

AUGUST 2 – 8

SOCIAL CARE



Social care in the UK provides essential personal, physical, and emotional support for adults and children with disabilities, illnesses, or age-related needs to live independently and safely.

SUN
2

Loving Father, we pray for children and adults, along with their families and carers, who live with severe disabilities, and are dependent on others. Please strengthen and comfort them in times of trial, drawing them to Yourself. In Jesus' name. Amen.

MON
3

Lord, please help those responsible for fulfilling local councils' legal duty to inform, advise and consider the wellbeing of individuals and their carers: assessing needs, agreeing benefits and providing practical support. Give them wisdom in often difficult circumstances to find the best possible provision within inevitable budget constraints. In Your mercy. Amen.

TUES
4

Gracious God, we remember the parents and other carers of disabled children with severe and complex needs, especially in the early stages of adjusting to the challenges involved. Help them to access the medical, physical, emotional, practical support they need and work out ways to live as normal lives as possible. In Christ's name. Amen.

WED
5

Lord, we pray that many local churches throughout the UK will prayerfully consider ways to reach out to any in their community with life-limiting conditions and their carers, who feel isolated, under pressure and would appreciate help. For Jesus' sake. Amen.

'Share each other's burdens, and in this way obey the law of Christ... So let's not get tired of doing what is good. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.'
GALATIANS 6:2,9,10 (NLT)

THURS
6

Merciful God, thank You for the skills and commitment of care assistants in people's homes and residential settings, support workers for individuals with learning disabilities, dementia and mental health needs, social workers and those in managerial and other professional roles. Please bless them all in this vital work. In Jesus' name. Amen.

FRI
7

Father, we pray for the 5.8 million unpaid carers in the UK supporting family or friends, often facing immense pressure, financial hardship, and poor physical or mental health themselves. Please give them strength and send them help. By Your grace. Amen.

SAT
8

God of wisdom and compassion, please raise up people of exceptional ability and clear vision to initiate effective reforms to our social care system, strengthening links with the NHS, disability charities and other stakeholders, and ensuring these vital services really work for those who need them. For Christ's sake. Amen.

AUGUST 9 – 15

SUMMER ACTIVITIES



SUN
9

Lord of the Sabbath, we thank You for the opportunity so many have to rest from their studies and work during the summer, whilst remembering those for whom this is not possible. We pray that people will be kept safe and be refreshed. In Your mercy. Amen.

MON
10

Dear Jesus, may tens of thousands of the children and young people who attend summer Christian residential camps, festivals and events, missions and clubs respond to Your Holy Spirit by opening their hearts to believe and follow You more and more. Amen.

TUES
11

Creator God, we pray for more children and adults to engage in sports and other activities that are of physical, social, emotional and spiritual benefit. Please especially encourage anyone who has a disability to find ways to participate. By Your grace. Amen.

WED
12

INTERNATIONAL YOUTH DAY
Father, we commit to You the rising generations of young people who will go on to shape our world, with its daunting challenges and amazing opportunities. We pray for all who have now left school, preparing for a new chapter once summer is over. For Christ's sake. Amen.

'Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.' JAMES 1:17 (NIV)

THURS
13

Dear Lord, as students in England, Wales and Northern Ireland receive their A-level exam results today (this took place in Scotland on August 4 and the new term there begins next week), we rejoice at the successes and pray that those who feel disappointed will find Your way ahead for their lives. In Jesus' name. Amen.

FRI
14

Jesus our Saviour, thank You for Christians who are going on pilgrimages, mission trips and other spiritual journeys this summer. Please renew them by Your loving Spirit and give them boldness to share the gospel with others. For Your glory. Amen.

SAT
15

Lord our Protector, we pray for 'travelling mercies' as many people take holidays at this time. Deliver them from anything that could endanger their lives: accidents, illnesses or malevolent deeds of others. Through Your kindness and grace. Amen.

The 6 C's in social care—Care, Compassion, Competence, Communication, Courage, and Commitment—are core values designed to ensure high-quality, person-centred support. Developed by NHS England, they provide a framework for care workers to deliver safe, respectful, and dignified care to individuals.

Deep peace of the running wave to you.
Deep peace of the flowing air to you.
Deep peace of the quiet earth to you.
Deep peace of the shining stars to you.
Deep peace of the gentle night to you.

Moon and stars pour their healing light on you.
Deep peace of Christ,
Of Christ the light of the world to you.
Deep peace of Christ to you.
(Scots Celtic blessing)

AUGUST 16 – 22

HUMAN DIGNITY



SUN
16

Lord Jesus Christ, though 'being in very nature God' You 'took on the form of a servant, being made in human likeness*' and having given Your life to save us You have kept Your glorified human body for eternity. Help us to understand this wonderful truth and live a life worthy of Your great love. By Your grace. Amen. (*Philippians 2:6-8)

MON
17

Holy Spirit, please inspire us as Christ's people to value and protect human life from conception to natural end, speaking up for the oppressed, caring for the weak and protecting the vulnerable as You lead and inspire us. In Your mercy. Amen.

TUES
18

Creator God, we grieve the death of every unborn life. Please comfort every woman who has experienced baby loss, whether through stillbirth, miscarriage or having a termination. Please equip medical and nursing staff, counsellors, family and friends seeking to help them to come to terms with what has happened. For Christ's sake. Amen.

WED
19

WORLD HUMANITARIAN DAY
Merciful God, we pray for humanitarian workers who step into crisis situations to help those in need – regardless of race, religion, or politics – reducing suffering and upholding human dignity. Please grant them courage and protect them from danger. For Christ's sake. Amen.

'You watched me as I was being formed in utter seclusion, woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book... How precious are your thoughts about me, O God. They cannot be numbered!' PSALMS 139:14-17 (NLT)

THURS
20

Lord of life, we praise You for hearing our prayers, and that the attempts in both Holyrood and Westminster to legalise assisted suicide were defeated. We ask for any plans to introduce new bills to be unsuccessful and for greater emphasis to be made on palliative care. In Jesus' name. Amen.

FRI
21

FIRST NATIONAL DAY FOR VICTIMS AND SURVIVORS OF TERRORISM
Today, as the nation unites to honour and remember victims and survivors of terrorist acts, we ask for the comfort, healing and peace that comes only from You for those affected by such horrific attacks. May they receive support to rebuild their lives. In Your mercy. Amen.

SAT
22

Compassionate Father, we remember those who suffer from dementia and other conditions that deprive them of so much. Please grant patience and strength to those caring for them to do everything possible to uphold their human dignity. In Jesus' name. Amen.

AUGUST 23 – 29

THE GIFT OF MUSIC



SUN
23

Holy Spirit, in our worship with music may the Lord Jesus be honoured and glorified. We especially pray for those who write songs and hymns, play instruments, sing and lead others in praise, that their hearts will be increasingly attuned to the eternal song of heaven. By Your grace. Amen.

MON
24

Lord, thank You for the gift of classical music. May many acknowledge Your creativity as they experience its beauty, especially during the 'Proms', taking place over the summer at the Royal Albert Hall and other venues across the UK. For Your glory. Amen.

TUES
25

Creator God, we pray for the 220,000 people working in the music industry contributing £8 billion to the UK economy each year. Please grant provision in times of unemployment, strength when the schedule is demanding, help to assess opportunities wisely, and inspiration and innovation as they grow in their gifting. In Your mercy. Amen.

WED
26

Lord, may Christian composers, performers, sound engineers, and others working in the world of music be faithful witnesses to You and express rhythms, harmonies, and melodies that spring from Your heart as they share with others. In Jesus' name. Amen.

'And David and all the house of Israel were celebrating before the Lord, with songs and lyres and harps and tambourines and castanets and cymbals.'
2 SAMUEL 6:5 (ESV)

THURS
27

God of all harmony, thank You for the universal language of music that by Your grace transcends human cultures and situations: freeing emotions, creating memories, and bringing people together. Open our ears to Your songs of love. In Christ's name. Amen.

FRI
28

Lord our healer, please grant Your insight and guidance to therapists who use music to help adults and children who have been affected by injury, illness or disability to communicate, manage stress, and recover, when words are difficult to use. May this bring peace and healing to many. For Jesus' sake. Amen.

SAT
29

Holy Lord, please watch over anyone who is exposed to harmful influences through the music they perform or listen to that glorifies violence and other destructive actions and words. Please deliver them from evil to turn to what is good. In Your mercy. Amen.

'You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die.' (Dame Cicely Saunders, founder of the modern hospice movement.)

'The aim and final end of all music should be none other than the glory of God and the refreshment of the soul.' J.S. Bach - who often wrote on his compositions 'Soli Deo Gloria' (to God alone the glory) and 'Jesu Juva' (Jesus, help me.)

AUG 30 – SEPT 5

EDUCATION MATTERS



SUN
30

Gracious God we pray for Christians working across the field of education to be effective light and salt. Thank you that one third of all UK state schools are 'faith schools' (98% of them Christian) with many in the private sector too. Please help them to retain their distinctive aim to educate children in a spirit of truth and love. For Christ's sake. Amen.

MON
31

Lord, we intercede for children across the world who are unable to go to school because of disability or poor health, extreme poverty, political and religious pressures, refugee status or other reasons. We long for this to change. By Your mercy. Amen.

TUES
1

Heavenly Father, as the new term begins in England, Wales and Northern Ireland, we ask for Your rich blessing of protection and peace to rest upon every school community, especially those that are in our own locality. In Jesus' name. Amen.

WED
2

Holy Spirit, please continue to raise up Christians with a vision to see every school a prayed-for school. We ask for faith and encouragement for this crucial ministry. By Your grace. Amen.

(26 September is National Day of Prayer for Schools: youthscape.co.uk/ndopfs)

'Whatever you do, work at it with all your heart, as though you were working for the Lord and not for people. Remember that the Lord will give you as a reward what he has kept for his people. For Christ is the real Master you serve.'
COLOSSIANS 3:23,24 (GNT)

THURS
3

Lord, thank You for the people who work in schools, from nursery age through to young adulthood: head teachers, senior leaders, teachers, teaching assistants, nursery workers and managers, special education teams, carers, caterers, cleaners, administrators, advisors and technical staff. Please help them day by day. In Jesus' name. Amen.

FRI
4

God of all wisdom, we remember the challenges facing many Universities and other Further and Higher Education establishments: serious financial pressures, a drop in international student numbers, technological changes, staff issues and student wellbeing. Please grant the support needed to tackle these and other issues. In Your mercy. Amen.

SAT
5

Lord, we pray for those who are responsible for planning and allocating the UK's £122 billion education budget: at national government level, through local authorities and within individual schools, colleges and universities. Grant them great wisdom. By Your grace. Amen.

SEPTEMBER 6 – 12

RESCUERS



SEPTEMBER 6-13 – GLOBAL WEEK OF 24-7 PRAYER (24-7prayer.com/weekofprayer)

SUN
6

God, our 'rock of refuge', thank You that You hear us when we cry out to You and send us help in our time of need. We lift to You anyone who is 'in the hands of the enemy' today, praying for their rescue and restoration*. In Jesus' name. Amen. (*Psalm 31:2-8)

MON
7

Lord, we pray that the Disasters Emergency Committee's 15 UK aid charities can continue to respond rapidly and effectively to crises caused by earthquakes, tsunamis, floods, hunger, drought, and impacts of conflict and climate change. In Your mercy. Amen.

TUES
8

Lord Jesus, we intercede for the millions trapped in modern slavery, around 122,000 here in the UK. Please grant the information, strategy and resources needed for those in the National Crime Agency, Border Force, local police and other agencies to act effectively to rescue those in danger. In Your mercy. Amen.

WED
9

EMERGENCY SERVICES DAY
(999day.org.uk)
Thank You, Father, for the dedication, courage and skill of 'the two million people who work and volunteer in the emergency services and the NHS, including the 250,000 first responders who run toward danger to protect and save lives.' Please watch over them. By Your grace. Amen.

'I (Job) rescued the poor who cried for help, and the fatherless who had none to assist them. The one who was dying blessed me; I made the widow's heart sing... I was eyes to the blind and feet to the lame. I was a father to the needy; I took up the case of the stranger. I broke the fangs of the wicked and snatched the victims from their teeth.' JOB 29:12-17 (NIV)

THURS
10

Christ our Healer, we thank You for government provision, suicide prevention organisations, counsellors and other agencies and individuals dedicated to helping vulnerable people to find new strength and hope. Please rescue them from the despair and pain that threatens to destroy them. In Your mercy. Amen.

FRI
11

Loving Father, please send help to children who are subjected to domestic and other abuse, affected by poverty, family breakdown, mental health issues and other tribulations. We pray for professionals and those who know them to recognise any signs of risk and activate appropriate intervention. For Christ's sake. Amen.

SAT
12

Strong Deliverer, we remember Christian missions and movements across the centuries and those working today to minister to those who are destitute, poor and needy. Please continue to call, send and equip Your people to preach salvation and to show Your compassion and care. In Jesus' name. Amen.

Latest UK state-provided education government figures – all showing decreases from previous years:

- 10,046,026 pupils in schools
- 565,523 full-time equivalent teachers
- 3,110,815 FE (post-GCSE, A levels, training and skills) students
- 2,991,100 HE students (university level)

'While women weep, as they do now, I'll fight. While little children go hungry, as they do now, I'll fight. While men go to prison, in and out, in and out, as they do now, I'll fight. While there is a drunkard left, while there is a poor lost girl upon the streets, While there remains one dark soul without the light of God, I'll fight - I'll fight to the very end!'
(William Booth, who with his wife Catherine, founded the Salvation Army in 1865)

SEPTEMBER 13 – 19

INTERNATIONAL SECURITY



Refers to the measures states and international organisations take to ensure mutual survival, safety, and stability, and to address threats to national sovereignty and global order. It involves military defence and other issues like climate change, cyber warfare, and terrorism.

SUN
13

God, 'our refuge and strength, a very present help in times of trouble' please give us courage not to fear amid the dangers of our unstable world. We rejoice that 'You will be exalted in the earth' and be with us whatever happens. Thank You. Amen. (Psalm 46)

MON
14

Lord of Creation, please grant strategic insight to those examining and preparing for likely impacts of ongoing global environmental damage on the supply of food, water and other necessities, political and social stability, and the natural world. We ask You to help us to care for our planet and its people ever more responsibly. By Your mercy. Amen.

TUES
15

INTERNATIONAL DAY OF DEMOCRACY

Lord, we are grateful to be living in a democratic society. May we never take this for granted but promote and protect our freedoms and the rule of law. Please give grace to the 5.8 billion people under autocratic rule, many experiencing serious oppression. For Christ's sake. Amen.

WED
16

O God, prosper the work of the United Nations and its agencies bringing together the peoples of the world to pursue truth and justice, equity and peace, that the welfare of each may be the concern of all, the suffering of each evoke the compassion of all, and the achievement of each be a gift to all. Amen. (U.N. prayer)

'You are my servant, I have chosen you and not cast you off: fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.'
ISAIAH 41:9,10 (ESV)

THURS
17

Lord, please grant wisdom and unity to the government officials, industry leaders, and cybersecurity experts attending the London Global Cyber Summit (29-30 September) to discuss how to protect national infrastructures and other systems vulnerable to attack. In Your mercy. Amen.

FRI
18

Father, thank You for the vigilance and preparedness of our armed forces and other agencies responsible for defending this nation from military and other threats to our peace and security. Please guide our leaders in times of crisis. For Christ's sake. Amen.

SAT
19

Sovereign God, we lift our war-torn and troubled world to You, interceding for peace; for forces of darkness and destruction to be subdued and innocent people delivered from fear, harm and poverty, many finding their refuge in You. In Jesus' name. Amen.

SEPTEMBER 20 – 26

PLASTIC POLLUTION



SUN
20

Creator God, we ask for Your mercy upon our world which has been marred because of harmful human activities. Please teach us to be the good stewards You intended, especially addressing the problem of plastic pollution. For Jesus' sake. Amen.

MON
21

Lord our Healer, please grant understanding to those researching long-term health implications of micro- and nano-plastic particles that are present in human bodies. May they find solutions that can reverse and prevent further harm. In Your mercy. Amen.

TUES
22

God of hope we pray that more EU and other countries will agree to develop 'a circular economy for plastics' to eliminate production of unnecessary and harmful material and enable more items to be reused and recycled efficiently. In Christ's name. Amen.

WED
23

Dear Father, please help us all to be diligent in caring for our environment by choosing reusable and plastic-free items instead of single-use ones, avoiding excess packaging, recycling waste and joining 'cleanups' in our community. By Your grace. Amen.

'The hope is that in the end the whole of created life will be rescued from the tyranny of change and decay and have its share in that magnificent liberty which can only belong to the children of God! ... At the present time all created life groans in a sort of universal travail.'
ROMANS 8:21,22 (PHILLIPS)

THURS
24

WORLD MARITIME DAY

Lord, we ask You for clarity of vision, willingness to cooperate and the release of necessary resources for the International Maritime Organisation's aim to achieve zero plastic waste discharges to sea from ships by 2030. By Your grace. Amen.

FRI
25

Gracious God, thank You for organisations like Ocean Cleanup

that aim to rid the oceans of 90% of floating plastic by 2040 and intercept as much of it as possible in rivers. Please prosper all projects seeking to protect sea life from its harm. For Christ's sake. Amen.

SAT
26

Saviour, we intercede for solutions to end the devastation of plastic on wildlife. Especially marine mammals, fish, seabirds and the corals and other habitats that are being destroyed by entanglement in fishing gear and other debris, and ingestion of microplastics, killing a million birds and 100,000 marine animals each year. In Jesus' name. Amen.

'Democracy, powered by the will of the people – by their voices, their choices, and their participation... is under assault from disinformation, division, and shrinking civic space'. The International Day of Democracy honours 'the courage of people everywhere who are shaping their societies through dialogue, participation, and trust.' (UN Secretary General, António Guterres)

Tiny pieces of plastic have been found everywhere around the world, from the highest mountain peaks to the deepest ocean trenches - in the water we drink, the food we eat, the air we breathe, the soil below us, and even inside our bodies. Plastic pollution is a human health, social justice, environmental, climate and wildlife issue. (plasticpollutioncoalition.org)

SEPT 27 – OCT 3

SHARING GOD'S WORD

SUN 27 Holy Spirit, You 'guide us into all truth'* – 'God-breathed scripture' that can teach, shape and transform us more into the likeness of Christ.** Please help us to build our lives on this rock and share it with others. In Jesus' name. Amen. (*John 16:13, **2 Tim 3:16,17)

MON 28 Father, we pray for all who are studying Christian theology and training for ministry. Please strengthen their faith and love for Your Word, encouraging them in their spiritual learning and growth as they prepare to serve. According to Your perfect will. Amen.

TUES 29 'Blessed Lord, who caused the holy Scriptures to be written for our learning; Grant that we would so hear, read, mark and inwardly digest them, that through patience and the comfort of Your holy Word, we may embrace and forever hold fast the blessing of eternal life, which You have given us in our saviour, Jesus Christ. Amen. (Church Society)

WED 30 Lord, we pray for more opportunities and a growing desire among children and young people to learn about You through Your Word. Please bless the work of Sunday Schools, youth groups, Christian Unions and other gatherings. For Christ's sake. Amen.

'As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: it will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.'
ISAIAH 58:7 (NLT)

THURS 1 **INTERNATIONAL DAY OF OLDER PERSONS – emphasising their value, wisdom, and contributions in every community.**

Faithful God, we pray that the Church will increasingly draw upon the wisdom of older Christians, steeped in Your Word, to mentor and encourage those who are younger. And may those who need care and support continue to receive this. For Christ's sake. Amen.

FRI 2 **Thank You, Lord, for Bible-based resources** that enable people to encounter the Living God and develop their faith: through the internet and social media, publications, film and audio, as well as face-to-face meetings. May these bear rich fruit. By Your grace. Amen.

SAT 3 Prayer-answering God, thank You for signs of change within our culture of people moving from secular humanist beliefs to explore the Bible and seeking the Way, the Truth and the Life that is Jesus. We long for this to increase. For Your glory. Amen.

OCTOBER 4 – 10

ONLINE PROTECTIONS

SUN 4 God of mercy, amidst the darkness and suffering caused by cyber-attacks, pornography, misinformation, exploitation of children and other ills, we intercede that those exploiting the internet for evil purposes would be exposed. Grant wisdom, insight and strength to people seeking to fight this deeply disturbing problem. In Jesus' name. Amen.

MON 5 O God, we remember those who are vulnerable to online fraud and pray for more people to realise when they are being targeted. Please help the police stop criminals from stealing personal data and money and make many arrests. For Christ's sake. Amen.

TUES 6 Father, please rescue young people who have been groomed, victims of 'sextortion' (blackmail over explicit personal images they have been tricked into sharing), and others drawn into harmful activities and affected by online crime. In Your mercy. Amen.

WED 7 Lord, we pray for Ofcom to be successful in monitoring and regulating the wide range of communication channels for which they are responsible. Please especially help Oliver Griffiths, Ofcom's lead in this area, as he oversees the work of ensuring online safety. In Jesus' name. Amen.

'Take no part in the unfruitful works of darkness, but instead expose them... Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.'
EPHESIANS 5:11,15,16 (ESV)

THURS 8 Dear God, please help businesses, local and national government offices, health and education establishments and other organisations to guard themselves against cyber-crime. Thank You for the sterling work of the National Cyber Security Centre and other agencies combatting these serious threats and grant them success. In Your mercy. Amen.

FRI 9 **Holy Spirit, thank You so much for the amazing technology of the internet,** this tool of global communication and connection that has been harnessed in so many ways for good, especially by sharing the gospel to millions of people. To God be the glory! Amen.

SAT 10 **NATIONAL WEEK OF PRAYER, 10-18 OCTOBER.**
(nationalweekofprayer.uk)
Please pray for this event, which brings together followers of Jesus from every denomination, from large congregations to house churches, businesses, schools and homes, to humble ourselves before God, pray for our nation, and believe for spiritual awakening. Amen.

The Bible is the best-selling book of all time. Over 5 billion copies have been distributed since printing began in 1454. It has been translated into over 3,600 languages, more than any other book in the world. Sales reached a record high in the UK in 2025, up by 134% since 2019, driven largely by young people, particularly young men. (eden.co.uk/blog)

Ofcom is the UK regulator for the communications services we all use and rely on. This covers TV and radio broadcasting, broadband, home phone and mobile services, the postal service, and the internet: ensuring that agreed standards of efficiency are met, that users are protected from harmful or offensive material, and that online platforms meet their legal responsibility to keep them safe.

OCTOBER 11 – 17

TACKLING INEQUALITY



SUN
11

INTERNATIONAL DAY OF THE GIRL CHILD – celebrating the incredible potential and recognising and promoting the rights and well-being of girls worldwide. Father, you care for every individual. Please prosper initiatives that improve the prospects of girls who may be overlooked, abused and deprived of an education. In Jesus' name. Amen.

MON
12

Lord our Healer, we pray about the many health inequalities across the UK that affect people's life expectancy, wellbeing, access to treatment and care, and are exacerbated by adverse social conditions. May local NHS Trusts receive more of the resources they need to remedy this and use them wisely. By Your grace. Amen.

TUES
13

Sovereign God, we rejoice that we 'are all children of God through faith in Christ Jesus... There is no longer Jew or Gentile, slave or free, male and female. For all are one in Christ Jesus.*' May Your Church demonstrate this through treating vulnerable people with dignity and kindness. For Your glory. Amen. (*Galatians 3:26-28)

WED
14

Lord, we pray for continuing progress in tackling inequality and other hardships faced by women. Please guide and bless organisations that are dedicated to speaking out for justice and denouncing violence and discrimination. In Christ's name. Amen.

'Whoever oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honours God.'
PROVERBS 14:31 (NIV)

THURS
15

Thank You, Lord, for the inauguration after World War II of Britain's 'Welfare State'

– a comprehensive system of social insurance from 'cradle to grave'. We pray that in our day this crucial provision of universal education, healthcare and other help for those in need will be sufficiently funded and wisely distributed. For Christ's sake. Amen.

FRI
16

WORLD FOOD DAY - 'Innovate today. Nourish tomorrow.'

Lord, we intercede for people facing hunger because of poverty, conflict and displacement, and climate issues. Please enable safe, nutritious food to reach them and proactive action to be taken to provide for a better future. In Your mercy. Amen.

SAT
17

INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY

Gracious God, may more governments and influential organisations act decisively to redress the injustice and hardship suffered by the millions of people who are trapped in poverty and suffering the ills that this causes. According to Your great mercy. Amen.

OCTOBER 18 – 24

'GEN-Z'



SUN
18

Father God, we commit to Your benevolent mercy this unique generation that has already experienced the upheaval of Covid and is growing up in a world beset by conflict, uncertainty and many other challenges. Please draw them to Yourself and grant them freedom and a sure hope. In Jesus' name. Amen.

MON
19

Lord, we pray for the many teens and young adults scrolling through news sites who feel overwhelmed by current events. Please help them to be wise in their internet usage and detect information that is exaggerated, harmful or false. In Your mercy. Amen.

TUES
20

Gracious God, we ask You to grant special wisdom to the government in the wake of the Milburn Report as they consider how to address the plight of the 16% of young people in the UK who are unemployed, many applying for scores of jobs each week. Please reveal strategies to turn this around and help individuals to find work. In Your mercy. Amen.

WED
21

Lord, please enable more young people to be accepted as apprentices, especially through incentives to employers to take them on. We pray for opportunities to learn skills and adjust diligently to the expectations of working life. By Your grace. Amen.

'Young people, it's wonderful to be young! Enjoy every minute of it. Do everything you want to do; take it all in. But remember that you must give an account to God for everything you do.'
ECCLESIASTES 11:9 (NLT)

THURS
22

Thank You, Holy Spirit, that growing numbers of 'Gen-Zers' are discovering Christian preachers, digital devotionals and church communities through online platforms. Speak powerfully into their minds and hearts through these channels! In Jesus' name. Amen.

FRI
23

Lord our Healer, we remember the reported 28% of this age-group – doubled since 2016 – who have high levels of anxiety, and the 53% who self-identify as neurodivergent*. Please release them from any problems this creates. For Christ's sake. Amen.

(*a neurodivergent person's brain functions, learns, and processes information differently from what society considers standard or "neurotypical".)

SAT
24

God of grace and truth, we pray for young people as they pursue 'spirituality' not to be deceived and led astray by false religion but to encounter and believe the gospel. Please help churches to welcome them with understanding and love. In Jesus' name. Amen. their souls to You. Through Christ our Lord. Amen.

- 840 million women aged 15 or older have experienced physical and/or sexual violence at least once.
- 130 million girls are out of school
- Women in work earn on average 20% less than men
- The richest 1% of the population owns over 43% of all financial assets, with the wealthiest billionaires controlling up to 11% of the world's entire wealth.

Generation Z refers to the demographic cohort born roughly between 1997 and 2012. They are the first generation who have never known a world without the internet and smartphones. They tend to have a heightened awareness of social justice, sustainability, and mental health and have lower rates of binge drinking, drug usage and smoking than previous generations of young people.

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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