

APRIL – JULY 2026



**CARE**  
FOR WHAT  
YOU BELIEVE

# CARE Prayer Diary

## **In this issue:**

Scotland and Wales  
Democratic freedoms  
The NHS  
Caring for the natural world  
Protecting vulnerable children  
Upholding justice  
Education and employment  
Christian truth and grace  
Challenges facing boys and men  
Accommodation needs  
Safeguarding issues  
Hope in hard places  
Memories

Psalm 121 (NLT)

*'I look up to the mountains — does my help come from there?  
My help comes from the Lord, who made heaven and earth!  
He will not let you stumble; the one who watches over you will not slumber.  
Indeed, he who watches over Israel never slumbers or sleeps.*

*The Lord himself watches over you!*

*The Lord stands beside you as your protective shade.*

*The sun will not harm you by day, nor the moon at night.*

*The Lord keeps you from all harm and watches over your life.*

*The Lord keeps watch over you as you come and go, both now and forever.'*



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

To read online please visit:

**[care.org.uk/prayer-diary](https://care.org.uk/prayer-diary)**

 [praynow4.org/care](https://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](mailto:mail@care.org.uk)**.

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

APRIL 26 – MAY 2

## SCOTLAND AND WALES



SUN  
26

O Lord, please bless Your people in Scotland and Wales: uniting them in grace and truth, in obedience to Your Word, in fervent prayer empowered by Your Spirit, in love inspired by Your redeeming sacrifice, and with the joy and certain hope of living forever in Your Father's house. Amen.

MON  
27

Lord Jesus, we ask that the many churches hosting hustings across Scotland and Wales will be experienced as welcoming spaces, enabling those in the local community to meet candidates and fostering ongoing relationships with those who are elected. In Your name. Amen.

TUES  
28

Almighty God, we bring before You the political situation in Scotland, where almost one third of Holyrood's 129 MSPs are not standing for re-election and others may not keep their seat. We pray that the new Parliament will include many Christians and other people of integrity and wisdom who will work together to serve their country according to Your gracious will. In Christ's name. Amen.

WED  
29

Father, we pray about boundary changes in Wales creating 16 new constituencies, each with six Members of Senedd (MSs), and adding 36 new seats. May these and other innovations result in improved law-making, closer links to communities, increased diversity and more responsiveness to people's needs—bringing renewal across the country. By Your grace. Amen.

**'This is what the Lord says: "Stand at the crossroads and ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls."'**

JEREMIAH 6:16 (NIV)

THURS  
30

Dear Lord, please inspire those in leadership in Scotland and Wales in the spheres of family, religion, education, media, arts and entertainment, business and government: to speak out on behalf of the voiceless, uphold justice, and speak the truth in love. To the honour of Your name. Amen.

FRI  
1

**Faithful One, thank You for every Christian in Scotland and Wales who seeks to serve You.** Please encourage all who feel disheartened and weary today because of the battle they are in 'against the powers of this dark world'\* in everyday difficulties of life. In Your mercy. Amen. (\*Ephesians 6:12)

SAT  
2

Father, we intercede for the rising generations as they face challenges of many kinds. May numbers attending church and reading the Bible continue to increase, and result in many believing in Christ and committing themselves to be faithful and courageous disciples. In His name. Amen.

In 2015, the Scottish Bible Society found that 5% of 18–24-year-olds had attended church regularly at some point in their lives. Today, in their late 20s and 30s, 22% of them now come at least monthly. In 2025, 16% of 18–24-year-olds said they go to church at least once a month. These are now the two generations most likely to attend church regularly, reversing the picture of an ageing and declining church in Scotland. There is a similar picture in Wales.

MAY 3 – 9

# DEMOCRATIC FREEDOMS



SUN  
3

## PRESS FREEDOM DAY

God of all truth, please watch over courageous journalists and other media professionals who seek to uncover facts, hold power to account, and speak for the voiceless, even in the face of danger. May more governments adopt the UN Plan of Action for their safety and protection. For Christ's sake. Amen.

MON  
4

Lord, as millions of UK citizens prepare to vote this week, we pray that candidates with integrity and wisdom will be elected. Please expose any wrongdoing during the election process. In Your mercy. Amen.

TUES  
5

Father, may Thursday's elections for the Scottish Parliament and the Welsh Senedd result in governments that demonstrate vision and the capability to promote stability, righteous legislation and encourage more reasoned civil debate on matters of importance. In Your mercy. Amen.

WED  
6

## THE KING'S SPEECH (NEXT WEDNESDAY OR THURSDAY)

Sovereign Lord, as the new session of Parliament begins with the King's Speech—outlining legislation that the Government intends to introduce and listing planned state visits and invitations to overseas heads of state—may Your wisdom and mercy guide and protect our nation. In Jesus' name. Amen.

'Supplications, prayers, intercessions and thanksgivings should be made on behalf of all men: for kings and rulers in positions of responsibility, so that our common life may be lived in peace and quiet, with a proper sense of God and of our responsibility to him for what we do with our lives.' 1 TIMOTHY 2:1,2 (JB PHILLIPS)

THURS  
7

## ELECTION DAY

Mighty God, we pray about today's Scottish Parliament and Welsh Senedd elections, in addition to local elections across England for thousands of council seats and six directly elected mayors. May the turnout be high with fairness, peace and order in polling stations and count venues. In Your mercy. Amen.

FRI  
8

**Lord, thank You that the UK's justice system is kept separate from our government** so that judges' decisions can be impartial and independent of political bias. Please strengthen the integrity, open-mindedness, competence, and wisdom of all who serve in legal roles. By Your grace. Amen.

SAT  
9

King of justice and mercy, we remember the billions of people who live under the world's 50 or more oppressive regimes and intercede for freedom and hope. May Your will be done and Your kingdom come as many turn to You for salvation, despite opposition. For Christ's sake. Amen.

'Those in power should change. The best way to elect leaders is through honest and free elections. Everyone needs a fair legal system. Corruption destroys the state. There should be no censorship. The future lies in these principles.' (Alexey Navalny, Russia's most prominent anti-corruption activist, poisoned in an Arctic prison in 2024.)

MAY 10 – 16

## THE NATIONAL HEALTH SERVICE



### MAY 11 – 17 MENTAL HEALTH AWARENESS WEEK

SUN  
10

Father, we intercede for those at every level of the NHS who are responsible for making decisions about basic organisation, structural and digital changes, funding, staffing needs, preventative programmes and other issues. Please give them clarity, courage and compassion. In Jesus' name. Amen.

MON  
11

O Lord, we remember those working under pressure in A&E departments and as paramedics and ambulance crews. Please grant the grace they need in the face of suffering and distress, especially in life-threatening situations. We pray for improved staffing levels and provision of beds and other vital resources. In Your mercy. Amen.

TUES  
12

#### INTERNATIONAL NURSES DAY 'Our Nurses. Our Future' The economic power of care

God our Healer, remembering the birthday of Florence Nightingale, we acknowledge today the inestimable support given by nurses to patients in their care. Please encourage and strengthen them daily to carry out their tasks with efficiency, wisdom and kindness. For Christ's sake. Amen.

WED  
13

God of truth, whilst identifying people who are genuinely vulnerable, we pray for change in misguided aspects of the NHS' focus on Equality, Diversity and Inclusion that have led to unreasonable rules and accusations of discrimination being imposed on staff and others. By Your grace. Amen.

'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you sick or in prison and go to visit you?' The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' MATTHEW 25:37-40 (NIV)

THURS  
14

Father, we remember those awaiting appointments, often experiencing anxiety, pain and poor mobility. Please help the NHS across the UK to be able to reduce waiting times to see a doctor, receive a diagnosis and begin treatment, especially for people who are suffering the most. In Your mercy. Amen.

FRI  
15

#### Dear God, thank You for all who work within our local healthcare services: GP surgeries, hospitals, clinics, pharmacies, care homes, mental health, rehabilitation, health visiting, community nursing, speech/language, physio and occupational therapy, and palliative care. By Your grace. Amen.

SAT  
16

Holy Spirit, please strengthen adults and children who have mental health problems: experiencing anxiety, fatigue, sadness, loneliness, panic and other physical and emotional symptoms. Help them to make progress as others encourage and support them day by day. By Your grace. Amen.

Around 1 in 5 adults in England have a common mental health problem. This pattern is reflected across the UK.

- In England, monthly referrals of children and young people have almost tripled since 2016.
- Mental health services cost £300 billion (England & Wales), £8.8 billion (Scotland), and £3.4 billion in Northern Ireland.
- People in the most deprived areas are far more likely to be affected.

MAY 17 – 23

## CARING FOR GOD'S CREATURES



SUN  
17

Father God, we know that all things were created through and for Your Son, and He taught us that You feed the birds of the air, see each sparrow that falls, and beautifully clothe the flowers of the field. Please forgive our frequent failure to cultivate and develop Your world and help us to care for it better. In Christ's name. Amen.

MON  
18

God of wonders, thank You for the 250,000 species of butterflies and moths, a crucial part of our ecosystem—56 in the British Isles. Please grant success to those working to conserve and protect them from the threats of extreme weather, loss of habitat, pollution and disease. By Your grace. Amen.

TUES  
19

Creator God, we celebrate the beauty and complexity of all You have made and intercede for turnarounds across the world where species of animals, birds, sea creatures and insects are threatened with extinction, praying for everyone who is working hard to protect them. For Christ's sake. Amen.

WED  
20

### INTERNATIONAL BEE DAY

Father, we pray for the good health of bees in the UK, where over 35,000 beekeepers tend 250,000 colonies. May local authorities, farmers, landowners and gardeners continue to plant nectar-rich flowers, leave grasses unmown and guard against pests and harmful insecticides. In Jesus' name. Amen.

**"So, God created human beings in his own image ... Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.""**

GENESIS 1:27,28 (NLT)

THURS  
21

Dear Lord, we lament the fact that since the 1960s more than 30 million birds have vanished from UK skies. Thank You for species that have been rescued and for every enterprise that provides safe nesting sites, adequate food and sheltered environments for birdlife, in people's gardens, local parks and the 200 plus nature reserves across the country. By Your mercy. Amen.

FRI  
22

**Thank You, Lord, for Christian charities that help the environment**, such as A Rocha UK, Climate Stewards, John Ray Initiative, Operation Noah and many local groups and 'eco-churches' seeking to nurture God's creation and encourage good stewardship of the natural world. In Jesus' name. Amen.

SAT  
23

Redeemer God, please grant major success to every good effort to protect the world's oceans: establishing Marine Protected Areas, reforming harmful fishing practices, banning destructive methods, reducing pollution, and other local and international initiatives. In Your mercy. Amen.

Nine threats to life in the ocean: 1. Ocean noise 2. Vessel strikes 3. Climate change 4. Entanglement in fishing gear 5. Plastic debris 6. Overfishing 7. Habitat destruction (e.g. coral bleaching) 8. Chemical pollution, including oil spills and industrial waste. 9. Invasive species, mainly transported by shipping.

MAY 24 – 30

## PROTECTING VULNERABLE CHILDREN



SUN  
24

Lord Jesus, You warned, "See that you do not despise one of these little ones. For I tell you that in heaven their angels always see the face of my Father who is in heaven."\* We thank You for every loving family and community that protects and nurtures children and pray for those who lack such care. In Your mercy. Amen. (\*Matthew 18:10)

MON  
25

### INTERNATIONAL DAY FOR MISSING CHILDREN

Loving Saviour, we intercede for the rescue of these lost ones, exposed to danger of many kinds, often battling with low self-esteem and mental illness. Please give them courage to call a helpline or find other ways to escape and resolve the causes of their heartbreaking predicament. For Jesus' sake. Amen.

TUES  
26

God of life, forgive us for the ever-increasing numbers of abortions in the UK. We pray for changed attitudes: that protecting the unborn and caring for women are both a priority. Please pour out Your compassion and draw many to find forgiveness, grace and peace in You. In Your name. Amen.

WED  
27

Dear Lord, we commend to You every endeavour to lift families out of poverty, inspire children to pursue their education, sports and other activities, and reach out to those at risk of self-harming, criminal activities, addictions and other afflictions. Strengthen them, we pray! Amen.

'Give justice to the poor and the orphan; uphold the rights of the oppressed and the destitute. Rescue the poor and helpless; deliver them from the grasp of evil people.' PSALM 82:3,4 (NLT)

THURS  
28

God of justice, we remember those who are bullied online and in person, experiencing fear and injury. Please bring these situations into the light so victims can be supported and perpetrators helped to understand the harm this causes. May the excellent programmes and other anti-bullying resources available be effective. In Your mercy. Amen. ([anti-bullyingalliance.org.uk](http://anti-bullyingalliance.org.uk))

FRI  
29

**Father, thank You for foster carers, social workers, residential support workers, those helping families, counsellors and charities dedicated to caring for vulnerable children.** Help them to provide effective support, not give up and be encouraged by their successes. For Christ's sake. Amen.

SAT  
30

Good Shepherd, please watch over children and young people in care, or now leaving it, who are vulnerable, especially those who have experienced violence, abuse and neglect. Only You can rescue them, so we pray for many lives to be transformed through Your love. In Jesus' name. Amen.

A shocking estimate of eight million children and young people are reported missing each year — 100,000 in the UK. Some are abducted or trafficked. Others run away because of trouble at home, bullying or grooming. They quickly 'fall under the radar' and find themselves in dangerous situations. Many feel they have no one to turn to.

MAY 31 – JUNE 6

## UPHOLDING JUSTICE



SUN  
31

Holy God, You are both 'righteous and a Saviour\*': reigning forever with perfect justice yet rich in mercy. You sent Your Son to fulfil the demands of the law that condemned us by laying down His life to redeem us from sin, death and the evil one. We praise You for His sacrificial love. Amen. (\*Isaiah 45:21)

MON  
1

Lord, please help those in authority to root out corruption, partiality, abuse of power and other unacceptable behaviour in our police forces. We pray blessing upon the majority of officers who are dedicated to protecting the public, preventing crime and convicting criminals. In Your mercy. Amen.

TUES  
2

Creator God, we pray about the increasing role of technology within our justice system, particularly Artificial Intelligence (AI), which will significantly increase efficiency and fairness but, if overused, could affect judges' understanding, rulings and sentencing—impacting people's lives and weakening our democracy. In Christ's name. Amen.

WED  
3

Faithful One, please grant resolution to those who have suffered a miscarriage of justice: innocent individuals and groups such as the falsely accused postmasters and postmistresses in the Horizon case. We pray for the work of the Criminal Cases Review Commission to have success in uncovering the truth and bringing about justice. By Your grace. Amen.

'There are those who oppress the innocent and take bribes and deprive the poor of justice in the courts ... Hate evil, love good; maintain justice in the courts ... Let justice roll on like a river, righteousness like a never-failing stream!' AMOS 5:12, 15, 24 (NIV)

THURS  
4

Father, we intercede for all who are affected by the growing crisis of Britain's overcrowded prisons, resulting in emergency early releases, increasing mental health breakdown, assaults, gang activity, reduced rehabilitation, education and training programmes, and other problems. Have mercy, Lord! Amen.

FRI  
5

**Redeemer Lord, thank You for the many Christian initiatives, organisations and individuals who are working to uphold justice across society.** Please help them to support people trapped in poverty, immigrants who need help, those caught up in the judicial system, prisoners and their families, victims of crime, and others. For Jesus' sake. Amen.

SAT  
6

Sovereign God, we ask for miracles of transformation: to rebuild, reform and repair our justice system, which is burdened with so many problems. Please grant favour to leaders who have the vision and ability to overcome obstacles and encourage all who work within it. In Your mercy. Amen.

'The government should focus attention on rebuilding our overstretched and resource-starved justice system. We need urgent investment to address the inefficiencies in the system so that criminal trials are no longer delayed by crumbling court buildings, courtrooms sitting empty due to the cap on the number of days courts can 'sit', or the failure of prisoner transport to bring defendants to court on time.' (The Bar Council)

JUNE 7 – 13

## EDUCATION AND EMPLOYMENT



SUN  
7

Father, thank You for Your empowerment and our human capacity to develop the gifts You have bestowed upon us to flourish as individuals and to serve those around us. Please give parents, teachers, mentors, trainers, employers and others the ability and opportunity to encourage children and young people to discover and develop their potential. For Your glory. Amen.

MON  
8

God of all wisdom and knowledge, please continue to strengthen and encourage young people who are in the middle of important exams. Help them to rest, revise, and remember what they have learned, and enable them to do their best to prepare for the future. For Jesus' sake. Amen.

TUES  
9

Lord Jesus, Teacher and Master, we pray for places of learning and employment to reflect Your excellent ways of grace and truth. Please reveal instances of error and wrongdoing within school curricula, study and workplace culture, and expose any unacceptable behaviour. In Your mercy. Amen.

WED  
10

Lord, we remember the tens of thousands of pupils who are excluded from school, with persistent disruptive behaviour accounting for half of suspensions and 38% for permanent exclusions. We intercede for a turnaround for these children, their teachers and families. In Your mercy. Amen.

**'Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.'** COLOSSIANS 3:23,24 (ESV)

THURS  
11

Gracious Shepherd, we ask You to watch over individuals with a disability or other difficulties to overcome who are unable to engage in education and receive other opportunities to progress physically, academically, emotionally and socially. Please help them to find their significance, security and self-worth, especially through knowing You. By Your grace. Amen.

FRI  
12

**WORLD DAY AGAINST CHILD LABOUR**  
Father, we pray for the **138 million individuals engaged in child labour worldwide** (a decrease of 20 million since 2020), 54% of them in hazardous conditions. Please empower governments and other organisations to create ways to ensure they are enabled to attend school or work. In Jesus' name. Amen.

SAT  
13

God our Creator and Sustainer, we pray for the almost one million 'NEETs' in the UK (16–24-year-olds not in education, employment or training) to find the energy, opportunities and hope to find their place in school, college, apprenticeship or other work and training. Please bless the many initiatives set up to help them. In Your mercy. Amen.

'If you are called to be a street sweeper, sweep streets as Michelangelo painted or Beethoven composed music or Shakespeare wrote poetry. Sweep streets so well that all the hosts of heaven and earth will pause to say, Here lived a great sweeper who did his job well.' (Martin Luther King, Jr.)

JUNE 14 – 20

## CHRISTIAN GRACE AND TRUTH



SUN  
14

Jesus, Son of God, You lived on earth and displayed the glorious perfection and infinite love of the Father through Your teaching of truth and justice, Your acts of mighty power, Your deep compassion—and supremely by dying to save us from sin, death and Satan. We worship You. Amen.

MON  
15

Author of salvation, we pray for the growing number of people in the UK, even some atheists, who call themselves ‘cultural Christians’, and those championing ‘Christian nationalism’ but do not accept the gospel. May many repent, believing that You died and rose again to take away the sins of the world, and submit their lives to You. For the glory of Your kingdom. Amen.

TUES  
16

‘Blessed Lord, who caused the holy Scriptures to be written for our learning; Grant that we may so hear them, read, mark, learn, and inwardly digest them, that through patience, and the comfort of your holy Word, we may embrace, and for ever hold fast, the blessed hope of eternal life, which you have given us in our Saviour, Jesus Christ. Amen.’ (Book of Common Prayer)

WED  
17

Holy Spirit, please inspire, direct and empower us, and in our churches, to be filled with both grace and truth in every area of our lives; faithful to speak and act according to Your Word, and humble and gentle in all our dealings with others. Ripen more of Your fruit in us! In Jesus’ name. Amen.

**‘The Word became flesh and dwelt among us, and we have seen his glory as of the only Son from the Father, full of grace and truth ... And from his fullness we have all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ.’**

JOHN 1:14,16 (ESV)

THURS  
18

God of all grace and truth, we pray about those who are intent on silencing reasonable debate in public discourse and even thought—in politics, education, the workplace and other arenas, whether face to face, via the media or online. Please bring about a desire for true tolerance, respect, wisdom and open-mindedness in our society. In Your mercy. Amen.

FRI  
19

**Sovereign Lord, thank You for placing each of us as Christians in the place ordained for us:** to witness for You, living out Your grace and truth. Please strengthen Your people to be faithful and loving, especially those who are in positions of influence and authority across the ‘spheres’ of society. For Christ’s sake. Amen.

SAT  
20

Good Shepherd, please inspire and empower those whom You have called ‘to equip the saints for the work of ministry, for building up the body of Christ’\* as evangelists, teachers, pastors and in other roles. Keep them safe and help them to walk ever closer to You. By Your grace. Amen.

(\*Ephesians 4:11,12)

‘Grace is the overflowing favour of God, and you can always count on it being available to draw upon as needed. Prayer is the exercise of drawing on the grace of God.’

‘When the truth is preached, the Spirit of God brings every person face to face with God Himself.’ (Oswald Chambers, *My Utmost for His Highest*.)

JUNE 21 – 27

## CHALLENGES FACING BOYS AND MEN



SUN  
21

### FATHERS' DAY

Lord, today please encourage fathers, whether they are content in their role within the family, concerned about problems, sad because they are separated from their children, regretting past decisions, or rejoicing in Your blessings. May they call upon You for strength. In Christ's name. Amen.

MON  
22

Father, although many boys are excelling, a concerning number are underperforming across each stage of education. We pray for wise and practical approaches to be identified, adopted, funded and fast-tracked to raise expectations and support boys who struggle, restoring confidence and aspiration to apply themselves well. In Jesus' name. Amen.

TUES  
23

Lord of all compassion, we pray about the tragic rate of male suicides, with 14 men dying every day—overwhelmed by external pressures, by loss of hope, meaning and social connection, or when radical changes in their lives act as a tipping point. Please lead those at risk to seek help urgently and, by Your grace, rescue and restore them. For Christ's sake. Amen.

WED  
24

Lord Jesus, we praise You—the ultimate example of godly manhood who experienced and understands the joys and pressures of childhood, adolescence and adult life. Thank You for men and boys who follow You in showing courage, faith and gentleness. Strengthen them by Your Spirit! Amen.

THURS  
25

God of truth and integrity, we intercede for a reversal of current influences in our culture that promote ideas of masculinity and promote gender stereotypes that distort Your command to 'be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love.\* Please instil the desire in boys and men to be like You, Jesus. In Your mercy. Amen. (\*1 Corinthians 16:13,14)

FRI  
26

**Jesus our Redeemer, we praise You that more young men are attending church and discovering the life-changing power of the gospel.**

We pray for them to be well disciplined and nurtured, to find the joy and purpose for their lives that You have ordained. Through Your amazing grace. Amen.

SAT  
27

Father, we pray for more boys and young men to engage in physical and social activities that increase their sense of wellbeing and identity, build strong relationships and bring them great enjoyment and satisfaction. Thank You for all who train and mentor them. In Jesus' name. Amen.

'Recent reports highlight a surge in Bible sales driven largely by young people, particularly young men as "a foundational guide for building a resilient character and a meaningful life." They are turning to the Bible in increasing numbers as a response to the "crisis of meaning" in modern culture ... seeking objective truth in an era of digital confusion, discipline to counter a culture of comfort, and a sense of responsibility and legacy.' (eden.co.uk)

JUNE 28 – JULY 4

## ACCOMMODATION NEEDS



SUN  
28

Father, Your will is that those who are destitute should be cared for and helped to establish themselves by finding somewhere to live, peace in their relationships and gainful occupation. We pray for all statutory and charitable initiatives that seek to achieve this. In Christ's name. Amen.

MON  
29

God of compassion, we intercede for people who are: sleeping rough; living in hostels, shelters and temporary accommodation; families seeking help from local authorities; and those who are 'hidden homeless' living in unsuitable, hazardous and overcrowded places. Have mercy, Lord. Amen.

TUES  
30

Lord, please enable local councils to provide housing for people in need in the face of growing demand, soaring costs and limited resources. We pray for successful cooperation between them and charities, building companies and environmental groups. In Christ's name. Amen.

WED  
1

Father, we remember rural and coastal areas across the UK where residents are affected by the shortage of affordable housing—often caused by growth in short-term lets and second homes. Please protect these communities and help them to find stable ways to support the people who live in them. By Your grace. Amen.

**'Share your food with the hungry and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help.'**  
ISAIAH 58:7 (NLT)

THURS  
2

Good Shepherd, we pray for organisations that reach out to people who are sleeping rough—many with complex physical and mental health needs, some struggling with addictions. Please encourage them in their vital work with these vulnerable individuals. For Jesus' sake. Amen.

FRI  
3

**Thank You, Lord, for the development of '3D housing',** using large-scale robotic printers guided by computer-aided design models to layer materials to construct buildings very quickly at low cost. Please prosper such innovations and may they be used in many more places. In Jesus' name. Amen.

SAT  
4

God of all the earth, we pray about the growing shortage of adequate housing—expected to affect three billion people by 2030. Please inspire and equip governments, urban planners, architects, investors, humanitarian bodies and local communities to create enough safe, affordable homes for everyone. In Your mercy. Amen.

United Nations Sustainable Development Goal 11: by 2050, to 'make cities and human settlements inclusive, safe, resilient and sustainable', which includes ensuring access for all to adequate, affordable housing and basic services, and upgrading slums. It aims to provide for today's needs whilst protecting and preserving the environment for the sake of future generations.

JULY 5 – 11

## SAFEGUARDING ISSUES



Involving actions or inactions that put children and vulnerable adults at risk or cause harm, abuse or neglect.

SUN  
5

O God, You are righteous, merciful and just and have promised that: 'everything that is hidden will eventually be brought into the open, and every secret will be brought to light.\*' In the present time please reveal the identity and deeds of people who are guilty of harming defenceless children and others, to bring them to justice. For Christ's sake. Amen. (\*Mark 4:22)

MON  
6

Loving Father, we pray for individuals who have suffered neglect, abuse, exploitation, physical, mental and emotional injury at the hands of others, especially in their childhood. Please give them comfort and hope to recover from the effects of their ordeal, and strength as they go through investigations and life-changing decisions are made that affect their future. In Your mercy. Amen.

TUES  
7

God of truth, please protect anyone who has been accused of wrongdoing or negligence in their safeguarding responsibilities but is innocent. We ask You to expose such false allegations so that people can be exonerated and their accusers dealt with appropriately. In Jesus' name. Amen.

WED  
8

Spirit of wisdom, we pray about the issue of children's vulnerability to certain content on social media and elsewhere online. Guide politicians and others who are considering banning phones in schools and restricting online access to balance the benefits and the dangers. By Your grace. Amen.

THURS  
9

Lord God, we remember victims of modern slavery in sexual exploitation, domestic servitude, county lines drug smuggling, forced labour and other ways—sometimes 'hidden in plain sight'. We pray for their discovery, liberation and ongoing support and care. For Christ's sake. Amen.

FRI  
10

**Jesus, thank You for the serious efforts now to establish robust, legally binding safeguarding measures** to pre-empt and identify any intentions to distress and harm children and others. We pray for those who oversee training, checking and following through any concerns. In Your mercy. Amen.

SAT  
11

Gracious Father, social workers, teachers and other professionals dealing with children face so much pressure in their important and demanding work. We intercede that more effective procedures and sufficient resources be put in place to identify and protect vulnerable children across the country. In Christ's name. Amen.

'Let love be genuine. Abhor what is evil; hold fast to what is good ... Repay no one evil for evil, but give thought to do what is honourable in the sight of all ... It is written, "Vengeance is mine, I will repay, says the Lord." ... Do not be overcome by evil, but overcome evil with good.'

ROMANS 12:9,17,19,21 (ESV)

'Our fragmented children's services need desperate reform, focused on prioritising resources, transformed information sharing and proper, professional accountability. But recommendations are nothing without action and implementation.' (Children's Commissioner Dame Rachel de Souza, on the tragic death of a 10-year-old at the hands of her parents in 2023.)

JULY 12 – 18

## HOPE IN HARD PLACES



**SUN 12** **UN INTERNATIONAL DAY OF HOPE** **'Higher levels of hope are more likely to mean setting and achieving ambitious goals, solve problems, take action and turn vision into reality.'** Father, thank You for the strength of the human spirit to overcome difficulties. But we pray that many more people will recognise that the only lasting hope is rooted in the gospel! In Jesus' name. Amen.

**MON 13** Gentle Saviour, we bring to You people we know who are suffering from poor mental health: depression, anxiety, bipolar and other disorders that seriously affect their lives and those caring for them. Please strengthen them and shine rays of hope into their hearts today. By Your grace. Amen.

**TUES 14** Holy Spirit, please encourage Christians in places where persecution is rife, in danger because of their faithfulness to You, and others in hard situations with no apparent way of escape. Please help them to 'hold unswervingly to the hope we profess, for He who promised is faithful.\*' In Your mercy. Amen. (\*Hebrews 10:23)

**WED 15** Lord, we pray for those who are nearing the end of life. Please bring Christian chaplains and others who can willingly share the gospel alongside family and friends to minister Your grace to them. We know that the only true and lasting hope is found through trusting You as Saviour. In Your mercy. Amen.

**'We who have fled to him for refuge can have great confidence as we hold to the hope that lies before us. This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary. Jesus has already gone in there for us.'**  
HEBREWS 6:18-20 (NLT)

**THURS 16** Father, we ask You to keep hope alive in people who are separated from loved ones, not knowing if they are safe and well, especially those trapped in places where conflict, oppression, deep poverty, or natural disasters have placed them in danger. Please send Your angels to protect and preserve their lives. For Christ's sake. Amen.

**FRI 17** **Dear God, thank You for the determination of those who strive to make this world a better place,** in spheres of human welfare, protection of the environment, justice and fairness, economic and political stability, and thousands of other challenging situations. Keep their hope alive we pray, by Your grace. Amen.

**SAT 18** Lord of the Church, we pray for preachers and others who have been called by You to communicate Your Word of grace and truth, that they may stay anchored in their hope in Christ and encourage believers to do the same: trusting in Your promises of eternal life through His resurrection and having confidence in Your merciful justice and gracious rewards. In Jesus' name. Amen.

'Hope is called the anchor of the soul because it gives stability to the Christian life. But hope is not simply a "wish" (I wish that such-and-such would take place); rather, it is that which latches on to the certainty of the promises of the future that God has made.' (R.C. Sproul)

JULY 19 – 25

## MEMORIES



SUN  
19

Creator God, we are indeed 'fearfully and wonderfully made'\*. Thank You for the amazing capacity You have given us to think, feel, understand and remember. Help us to dwell on 'whatever is honourable, just, pure, lovely, commendable and excellent'\*\* to glorify You in our lives. Amen. (\* Psalm 139:14 \*\*Philippians 4:8)

MON  
20

Dear Lord, may we not forget to remember and honour both Your departed and still living servants who have walked with You through the centuries, leaving precious legacies of many kinds. Thank You for their examples of faith and the encouragement of their godly lives. In Jesus' name. Amen.

TUES  
21

Jesus, Word of God, we pray for a deepening desire to read, contemplate, study and memorise the Bible, for 'the law of Your mouth is better for me than thousands of gold and silver pieces.\* Please restore the habit of scripture memory in our generation. By Your grace. Amen. (\*Psalm 119:72)

WED  
22

### **TISHA B'AV': the saddest day in the Jewish calendar.**

God of eternity, we remember our Jewish friends on this day of mourning over tragedies across their history: from the destruction of the Temple in Jerusalem 2000 years ago to the Holocaust in WWII, and more recently the Hamas attack on Israel on October 7th 2023. Grant Your salvation and peace. Amen.

**'You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book ... This I know: God is on my side! Yes, I praise the Lord for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?'**  
PSALM 56:8-11 (NLT)

THURS  
23

Lord our Healer, we pray for people who have experienced traumatic events and suffer from bad memories causing panic attacks, depression, nightmares, and other symptoms. Please strengthen them and reveal roads towards recovery. May they seek Your peace. In Jesus' name. Amen.

FRI  
24

**Gracious Lord, may we never forget all the good things You have done for us!** Help us often to bring to mind Your acts of mercy and kindness: redeeming us from death and crowning us with love and tender mercies. We praise You with our whole heart and trust You for the future. Amen. (Psalm 103:1-4)

SAT  
25

Father of all compassion, please comfort men and women whose memories are failing. Grant patient gentleness to those who care for them, especially in times of confusion and distress. Thank You that though our earthly 'tent' grows weak, we have the sure hope of resurrection and abundant life with You for all eternity! We entrust their souls to You. Through Christ our Lord. Amen.

A human brain is complex and mysterious, made up of 86 billion cells, each capable of making thousands of connections. Information in the brain travels at up to 300 mph—Japan's most powerful computer took 40 minutes to process the same data our brains process in one second. Our memory has incredible capacity, storing the equivalent of 3 million hours of video.

# 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