

## Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide

on :- 7, 14, 21, 28,

and dioceses as follows:-

- 1 - 3** Johannesburg in South Africa; Kumi in Uganda; Nsukka & Idoani in Nigeria; Derby in England and Madhya Kerala in India
- 4 – 6** Ibba in South Sudan; Maseno North in Kenya; Isiala-Ngwa & Ond in Nigeria; Fredericton in Canada and Amritsar in India
- 8 – 10** Yambio in South Sudan; Garissa in Kenya; Mbamili in Nigeria; Hereford in England; Willochra in Australia and Thailand
- 11 – 13** Mahajanga in Madagascar; Mara in Tanzania; West Buganda in Uganda; Kwoi in Nigeria; Newcastle in Australia and East Kerala in India
- 15 – 17** Bukavu in DR Congo; Nyahururu in Kenya; Gboko in Nigeria; Portsmouth in England and New Guinea Islands in Papua New Guinea
- 18 – 20** Rejaf in South Sudan; Military Episcopate in Kenya; Doko & Owo in Nigeria; Chelmsford in England and Jamaica & Cayman Islands
- 22 – 24** Rumonge in Burundi; Tabora in Tanzania; Kabba & Bukuru in Nigeria; St Albans in England and Nagpur in India
- 25– 27** Table Bay in South Africa; Rift Valley in Tanzania; Evo & Ijebu in Nigeria; Adelaide in Australia and Taejon in South Korea
- 29 - 30** Eastern Zambia in Zambia; Mombasa in Kenya; Gwagwalada & Ekiti-West in Nigeria; Leicester in England and Temotu in Solomon Islands

### Final Blessing

**We go in thanks for the goodness of God,  
our sure and steadfast hope in every  
circumstance.  
Amen**

## Midday Prayers June 2020:

**Building hope and confidence**

**Building hope in times of trouble**

### Monday: Hope in times of uncertainty

**The Lord is good, a strong refuge in times of trouble. He cares for those who hope in him.**  
*From Nahum 1:7*

In our anxiety, fear and uncertainty, when hearts are heavy with the load we bear, and there is no one to turn toward but you; yours is the peace that calms, the peace that comforts, the peace that gives us strength to carry on.

Yours is the voice we long to hear, the persistent whisper in our ear,  
'Be still, and know that I am God'.

Yours is the presence in the dark that banishes our fears.

Yours is the hand that guides, the footprints in which we walk.

**In our anxiety, fear and uncertainty, in confidence we turn to you. Amen** © John Birch

### Tuesday: Hope in times of isolation

**The Lord is good, a strong refuge in times of trouble. He cares for those who hope in him.**  
*From Nahum 1:7*

God of compassion, be close to those who are ill, afraid or in isolation. In their loneliness, be their consolation; in their anxiety, be their hope; in their darkness, be their light; through him who suffered alone on the cross, but reigns with you in glory, Jesus Christ our Lord. Amen  
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**God of family and community, draw near to the lonely and isolated that they may find joy in your company and hope for the days ahead.**

**God of family and community, draw us near to one another to support as we are able with hope for the days ahead. Amen**

### Wednesday: Hope in times of sickness

**The Lord is good,  
a strong refuge in times of trouble.  
He cares for those who hope in him.**

*From Nahum 1:7*

We are beginning to learn  
that this is a fragile world  
you've placed into our care.

But there are times, Lord,  
when we are reminded  
of our human fragility,  
needing your loving care  
through times of anxiety  
and illness.

Touch us, Lord,  
with healing hands and words,  
that we might walk together  
through this temporary darkness  
and into your glorious light.

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**Lord of health and healing,  
draw near to all who are sick  
that they may find hope in you.**

**Lord of health and healing,  
raise us all to fullness of life,  
that we may find hope in you.**

**Amen**

### Thursday: Hope in times of disappointment

**The Lord is good,  
a strong refuge in times of trouble.  
He cares for those who hope in him.**

*From Nahum 1:7*

**God of all hopefulness,  
when disappointments weigh us down  
open our eyes to see your creative ways;  
new plans for life, new instances of grace.**

We pray for renewed vision:  
to see a path of life  
emerging through the wilderness  
of former hopes and dreams.

We pray for clear vision:  
to see a stream of grace  
flowing through the wasteland  
of deep disappointments.

**God of all hopefulness,  
inspire us today with fresh revelation  
of your plans for our lives and our world.  
Instil in us a sense of adventure  
to embrace what lies ahead  
with anticipation and hope. Amen**

### Friday: Hope in times of sadness

**The Lord is good,  
a strong refuge in times of trouble.  
He cares for those who hope in him.**

*From Nahum 1:7*

God of love and mercy,  
embrace all those  
whose hearts today  
overflow with grief,  
unanswered questions  
and such a sense of loss.  
Grant them space  
to express their tears.  
Hold them close  
through the coming days.

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**Loving Lord,  
who wipes away every tear from our eye,  
draw near to all who weep with grief  
and mourn the loss of that which is dear.  
In the midst of sorrow be their comfort,  
in the place of sadness be their hope.**

The Lord is good,  
a strong refuge in times of trouble.  
He cares for those who hope in him.  
**Amen**

### Saturday: Hope in times of need

**The Lord is good,  
a strong refuge in times of trouble.  
He cares for those who hope in him.**

*From Nahum 1:7*

O Lord, open my eyes  
that I may see the need of others,  
open my ears that I may hear their cries,  
open my heart so that they need not be without  
succour.

Let me not be afraid to defend the weak  
because of the anger of the strong,  
nor afraid to defend the poor  
because of the anger of the rich.

**Show me where love and hope and faith are  
needed, and use me to bring them to these  
places.  
Open my eyes and ears that I may, this coming  
day, be able to do some work of peace for thee.**

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