

WORLD WEEK OF

PRAYER

9-15 NOVEMBER 2025



JUBILEE

150 YEARS

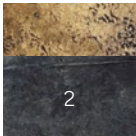
OF PRAYER IN ACTION

WORLD
YMCA



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A JOINT MESSAGE

FROM THE PRESIDENTS OF WORLD YWCA AND WORLD YMCA

More than 150 years ago, our movements set out on a shared journey of faith and fellowship. In 1875, at the 7th YMCA World Conference in Hamburg, it was agreed that the second Sunday of November would mark the beginning of a Week of Prayer. In 1901, the YWCA joyfully joined this spiritual tradition – making prayer not just a practice, but a legacy we hold together as one family.

From that time until today, prayer has been the heartbeat of our work. It has been our strength in facing injustice, our comfort in times of suffering, and our song of gratitude when hope has triumphed. For more than a century, the YWCA and YMCA have lifted their united voices to God – offering prayers for courage, justice, and peace.

This year, in 2025, we celebrate the 150th anniversary of the World Week of Prayer – a Jubilee moment! It is a milestone of joy, yet one lived in a world where so many continue to face war, poverty, injustice, and despair. To honour this reality, we have invited young people – many living in contexts of hardship and conflict – to write the prayers for each day of this week. Their words will carry their longing for peace and justice, and they will remind us all of the hope and resilience that shines through the voices of youth.

The theme for this celebratory year is: Jubilee: 150 Years of Prayer in Action.

From 9–15 November 2025, we invite you to draw inspiration from the values of Jubilee found in Leviticus 25 – restoration, renewal, and release. This week is not only about prayerful reflection but about prayer that moves us into action. Together, we will celebrate God's abundant blessings on our movements, while committing ourselves afresh to stand with young people, women, and children who suffer under the weight of injustice.

As we mark this sacred anniversary, let us lift our voices in thanksgiving for all that has been, compassion for all who are hurting, and hope for all that is to come. May this year's World Week of Prayer remind us that when we come together in faith, unity, and love – our prayers can change the world.

May God bless this Jubilee, and may God bless our YWCA-YMCA family.

Mira Rizeq
President, World YWCA

Soheila Hayek
President, World YMCA

INTRODUCTION

BY JENS CHRISTIAN KIRK, YMCA/YWCA DENMARK

JOIN US IN A WEEK OF PRAYER!

As we enter the YMCA's 150th anniversary for the World Week of Prayer, we have strived to emphasise prayer as the centre of this resource. We have also focused on elevating young voices from around the globe, many from areas of conflict. This means that the introduction and main prayer for each day is written by youth from around the world, and we have done minimal editing as not to distort their unique perspectives of prayer, God and the communities where they live.

As you use this resource and join the YWCA and YMCA in prayer, you can choose to participate individually or form a small group to read through each daily prayer, to add your own prayers, and to participate in the experiential elements together.

The 2025 World Week of Prayer booklet includes six daily devotional prayers and an optional collective worship service on the seventh day. As a special addition for this year's YMCA anniversary, we have included a short history of the World Week of Prayer as a prologue before beginning the daily prayers.

ABOUT THE THEME

The theme for the World Week of Prayer 2025 is Jubilee: 150 Years of Prayer in Action. Each of the days explore aspect of the year of Jubilee as described in Leviticus 25:10-12 (NRSV), which says:

"And you shall hallow the fiftieth year, and you shall proclaim liberty throughout the land to all its inhabitants. It shall be a Jubilee for you: you shall return, every one of you, to your property and every one of you to your family. That fiftieth year shall be a Jubilee for you: you shall not sow or reap the aftergrowth or harvest the unpruned vines. For it is a Jubilee; it shall be holy to you: you shall eat only what the field itself produces."

For each day we have chosen some Christian Scriptures to expand on the daily theme as an inspiration for the reflective prayer. Calling to mind the words of Frederick Douglas, who said, "I prayed for twenty years but received no answer until I prayed with my legs," we hope the World Week of Prayer 2025 will help us experience together the transformative power of prayer turned into action.

HOW TO USE THIS RESOURCE

DAY 1 TO DAY 6

Each day consists of these elements:

- A theme related to the tradition of the Year of Jubilee
- An additional Bible passage that connects to the daily theme
- A short introduction to the young writer for the day
- A prayer of reflection and blessing written by the young writer for the day
- 3–4 prayer points for further prayer and reflection
- An additional prayer from traditional or contemporary writers
- A creative action or activity you are invited to experience each day

If you are leading a group, take some time to read through, pray and prepare beforehand. Ask different group members to read certain parts (e.g., Bible reading, prayer etc.) and to contribute to the daily time together. Please ensure that the space is welcoming, safe, and inclusive for everyone.

DAY 7

Some YWCAs/YMCAs conclude the week with a collective worship service. We've provided the framework for you to plan your own service in your own locality.

BIBLE READING PLAN 2026

At the last segment of this booklet, we have provided a Daily Bible Reading Plan for the year 2026. We hope this will provide you with more encouragement, wisdom and hope for the next year.

WE'D LOVE TO HEAR FROM YOU!

In the run-up and during the week, post your plans, testimonies, personal or group thoughts and experiences of #WWOP25.

PROLOGUE

THE WORLD WEEK OF PRAYER: FROM ONE DAY TO 150 YEARS

BY DORI GORMAN, YMCA OF MIDDLE TENNESSEE, USA

THE FIRST SUNDAY OF NOVEMBER – DAY OF PRAYER

One of the earliest records of the YMCA setting aside a specific amount of time for prayer was in a resolution adopted at the International Convention of Young Men's Christian Associations in Albany, New York in June 1866. In a letter from November of that same year, it was noted that "the first Sunday in November be observed as a day of special prayer, for the increase and prosperity of the Associations of the World."¹ Thus, 4 November 1866, was the first official day set aside for prayer by the YMCA. The Executive Committee declared, "What wait we for in this work but the blessing of God? This is given in answer to prayer."²

THE SECOND SUNDAY OF NOVEMBER – A NEW DAY OF PRAYER

It is uncertain how many YMCAs participated in that first Day of Prayer on 4 November 1866, as one year later the Executive Committee noted, "One year ago there was a very general observance, by the American Associations..."³ A year after Albany, now gathering in Montreal, Canada, a new resolution was adopted, recommending that the "Second Sabbath in November next, and the evenings of the ensuing week, be set apart for special prayer..."⁴ The Executive Committee further encouraged, "...therefore, let us not forget, in this day of prayer, to render sincere and hearty thanks unto the Giver of every good and perfect gift."⁵

1 Root, Elihu, "Letter from Young Men's Christian Association," November 1, 1866, YMCA religious work records (Y.USA.49), box 4, Religious Work: Day & Week of Prayer 1866-1888, Kautz Family YMCA Archives, University of Minnesota Libraries.

2 "Executive Committee of the Young Men's Christian Associations of the United States and British Provinces, No. 4," September 15, 1866, YMCA religious work records (Y.USA.49), box 4, Religious Work: Day & Week of Prayer 1866-1888, Kautz Family YMCA Archives, University of Minnesota Libraries.

3 Executive Committee of the Young Men's Christian Associations of the United State and British Provinces, No. 3," September 20, 1867, YMCA religious work records (Y.USA.49), box 4, Religious Work: Day & Week of Prayer 1866-1888, Kautz Family YMCA Archives, University of Minnesota Libraries.

4 Ibid.

5 Ibid.

THE SECOND WEEK OF NOVEMBER – A WEEK OF PRAYER

While the Day of Prayer continued, the recommendation from Montreal that the day be expanded to a week, was not established immediately. It wasn't until August 1875, at the YMCA World Conference in Hamburg, that it was recommended "the week beginning with the second Sunday in November be observed as a week of prayer for the blessing of God upon the work of the associations."⁶ From this point onward we find the phrase "Day and Week of Prayer" used to show the expansion from one to seven days of prayerful observance.⁷

In the years that followed, suggested topics for the Young Men's Meetings during the Week of Prayer were distributed, with daily themes and corresponding Christian scriptures provided.⁸ In 1888, the International Committee published "Suggestions to Associations how to Observe the Day and Week of Prayer for Young Men." These suggestions included an initial early morning prayer on Sunday followed by different meetings throughout the week, which included sermons, evangelism and taking up a collection.⁹

Concerning the YMCA's prayer practice, in 1897 "A Bit of History" concludes, "What have been the spiritual results of this annual prayer season observed throughout our associations for thirty years? ... All this can only be revealed in the great hereafter. But we believe the results to be almost beyond computation. Earnest prayer and effort never go unrewarded. No labour is in vain in the Lord."¹⁰

JOINING THE YWCA – A WORLD WEEK OF PRAYER

The labour of partnership and inclusion was most definitely not in vain, as in 1901 the YWCA and the YMCA agreed "on the adoption of the same subjects for the annual Week of Prayer." This partnership expanded in 1904 beyond sharing topics, to working together to create a joint Week of Prayer for the World YWCA and the World Alliance of YMCAs.¹¹ More has been added including messages of the Presidents of the World YWCA and World Alliance of YMCAs in 1927, a publishable booklet since 1942, and incorporating pictures and graphic design along with daily Bible passages since 1948.¹²

6 H.S.N., "A Bit of History," 1897, YMCA religious work records (Y.USA.49), box 4, Religious Work: Day & Week of Prayer History 1897 and How to Observe 1895, Kautz Family YMCA Archives, University of Minnesota Libraries.

7 "Day and Week of Prayer for Young Men, November 14–20, 1886," October 5, 1886 and "Day and Week of Prayer for Young Men, November 13–19, 1887," October 1, 1887, YMCA religious work records (Y.USA.49), box 4, Religious Work: Day & Week of Prayer 1866–1888, Kautz Family YMCA Archives, University of Minnesota Libraries.

8 Ibid.

9 "Suggestions to Associations how to Observe the Day and Week of Prayer for Young Men Issued by the International Committee," November 1, 1888, YMCA religious work records (Y.USA.49), box 4, Religious Work: Day & Week of Prayer 1866–1888, Kautz Family YMCA Archives, University of Minnesota Libraries.

10 H.S.N., "A Bit of History," 1897, YMCA religious work records (Y.USA.49), box 4, Religious Work: Day & Week of Prayer History 1897 and How to Observe 1895, Kautz Family YMCA Archives, University of Minnesota Libraries.

11 "History of the Week of Prayer" accessed 29 September 2025, www.ymca.int/what-we-do/programmes/week-of-prayer/history-of-the-week-of-prayer/.

12 Ibid.

MUCH HAS CHANGED, YET MUCH REMAINS – CELEBRATING 150 YEARS OF PRAYER

This year, 2025, the YMCA celebrates 150 years of annually dedicating the second week of November to prayer. As we reach this milestone sesquicentennial, we recognise that much has changed since that second week of November 1875. A prayer meeting exclusively for British and American young men with significant evangelistic and fundraising undercurrents has grown and transformed.

The World Week of Prayer booklet not only includes prayers written by women but is often led by women. YWCA and YMCA staff and volunteers who help create the World Week of Prayer booklet come from nations across the globe, with youth voices as well as those most vulnerable to violence and marginalisation prioritised and elevated.

Today's World Week of Prayer booklet promotes Christian ecumenism, seeking to tear down the dividing walls of hostility that often exist across denominational differences. And while the World Week of Prayer remains rooted in the Christian tradition, the YWCA and YMCA embrace people of any or no faith, inviting all people to gain deeper inspiration for action through dedicating a week each year to stillness, meditation, and mindful reflection.

When first speaking of observing a day for special prayer, Elihu Root, one of the earliest Chairman of the YMCA Devotional Committee stated, "Your presence is earnestly solicited."¹³ While we recognise that this was written to a select group of men in 1866, the invitation remains the same. Your presence is welcome here. Your presence is needed here.

And above all, may this also be our prayer to our Creator:

Oh God, your presence is earnestly solicited as we celebrate how far you have brought us in the past 150 years. May we change as you transform us, and may we remain grounded in your unchanging love as we continue to seek the guidance of your Spirit. Lead us onward, and by your grace, may the YWCA and YMCA continue to serve and impact our global communities through the next 150 years and beyond. Amen.

13 Root, Elihu, "Letter from Young Men's Christian Association," November 1, 1866, YMCA religious work records (Y.USA.49), box 4, Religious Work: Day & Week of Prayer 1866-1888, Kautz Family YMCA Archives, University of Minnesota Libraries.



DAY 1

PRAYER AS JUBILEE

BY SUSANA ORUNA CARRANZA, AREQUIPA, YMCA PERU

Hello, my name is Susana Oruna Carranza. I am 21 years old, and I belong to the EMERGE programme, one of the development programmes in the city of Arequipa, Peru. As a young person actively engaged in my project, I have recognized that my most direct connection with the YMCA is my commitment to the YMCA youth community. Through this project, I have gained an understanding that we are valuable to God and that each one of us is part of a plan that goes beyond our understanding.

BIBLE TEXT

1 THESSALONIANS 5: 16–18

Rejoice always, pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you.

INTRODUCTION

The word “Jubilee” means a celebration, especially of an anniversary which happens every fifty years. We are kicking off this 150th World Week of Prayer with praise, joy and gratitude to God, but also with a keen understanding of a world in need of healing. You are invited to begin your week of prayer celebrating what God has done in and through the YWCA and YMCA for so many years!

PRAYER OF JUBILEE

O God of Love and Peace,
today we begin the Week of Prayer,
and we long to begin it with You.
Walk beside us,
that we may feel the warmth of Your presence
and the whisper of Your Spirit among us.

In this sacred week,
we join our hearts and voices
with believers across the earth.
We give You thanks for the precious gift of unity
a unity that endures beyond our differences
and transcends the borders that divide us.

Breathe within us a spirit of humility and understanding.
Teach us to see one another through Your eyes,
and to labour together for a world
renewed in justice and compassion.
May our prayers not be bound by words alone,
but become living acts
of service, of reconciliation, of solidarity.

Pour out Your Holy Spirit upon all creation:
to heal what is broken,
to comfort those who suffer,
and to guide every heart toward truth and light.
May Your will be done on earth
as it is in heaven.

Amen.

PRAYER POINTS

1. Take a silent moment reflecting on three things you are grateful you have experienced during the last two days – carry your gratitude to God in prayer.
2. Say a prayer for three things, that you (as an individual or as a group) are grateful for in your YWCA/YMCA.
3. Pray for the broken and the suffering.
4. If you are gathered as a group, join your hands together for a short prayer of gratitude for your community.

ADDITIONAL PRAYER

THE JUBILEE PRAYER BY POPE FRANCIS*

Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.

May your grace transform us
into tireless cultivators of the seeds of the Gospel.
May those seeds transform from within both humanity and the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.
May that same grace spread
the joy and peace of our Redeemer
throughout the earth.
To you our God, eternally blessed,
be glory and praise for ever.

Amen

* www.iubilaeum2025.va/en/giubileo-2025/preghiera.html

CREATIVE ACTIVITY

PRAYER WALK

- Now I'd like to invite you to go outside. At least for 10 minutes, or longer if you need. Take a walk, try to find a quiet place, and simply be with yourself.
- During your walk, reflect on these questions:
- What have you been doing each day last week – from waking up to going to bed?
- Stop and look up. What do you see? How does it affect you?
- When was the last time you paused to spend time with God – in prayer, reflection, or thinking about spiritual matters? If now feels like the right moment, do it.

Gradually, try to tune in to your body and its sensations. You may not even realise how many of your senses are at work right now, helping you be fully present in this moment:

- **Notice warmth or cold on your skin** – this is thermoreception. What is the air like? How does it change as you move?
- **Pause and feel the pressure of your feet on the ground** – this is nociception. Do you feel firmness, softness, stones, grass?
- **Focus on balance** – how does your body know that you are standing, walking, or turning? Balance is a quiet helper that keeps you steady.
- **Raise your hand, turn your head, close your eyes, and then open them again** – this is proprioception. Your body knows where everything is without you having to think about it.

All of these are beautiful gifts you have been given. During your walk, you can fully appreciate them. Receive them as an invitation to a deeper connection with yourself, with God, and with creation.



DAY 2

PRAYER AS COMING HOME

BY MIRNA SEBA IXCOY, YMCA OF MIDDLE TENNESSEE, USA

Hello! I am Mirna Paola. I am a 17-year-old first-generation American girl and the eldest of four siblings. My Hispanic roots are from Mexico and Guatemala. I was born and raised in Nashville, Tennessee and I am an active participant in the YMCA Achievers programme. My passions are serving Jesus, singing, writing, and learning. I enjoy genuine conversations with strangers and enjoy quality time with my loved ones. My purpose is to be a ray of sunshine during the cloudiest days! The same way Jesus is the light of the world.

The YMCA of Middle Tennessee Achievers programme helps high school students explore both college and career pathways, develop a positive sense of self, and plan for the future. YMCA Achievers currently offers programming at ten high schools in Nashville, working intentionally with students in their last two years of high school. They offer one-on-one advising and help with college applications, creating a resume, and assistance with applying for financial aid.

BIBLE TEXT

JOHN 14:2–3,18

In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also... I will not leave you orphaned; I am coming to you.

INTRODUCTION

During the Jubilee year in Leviticus, the Hebrew people were encouraged to return to their home country and to their families to be together. God longs for each of us to find our people and our place in this world. Today we're invited to thank God for the people and places in our lives that are significant to us. We also pray for those without a home, without a family, who are unable to return home, or who are away from their families. May the Lord provide a place and a people for everyone through the YWCA and YMCA.

PRAYER OF COMING HOME FOR THE PRODIGAL CHILDREN RETURNING HOME

The God of promises,

Father to the fatherless, mother to the motherless, hope of the hopeless and redeemer of our souls. Keep us close toward your loving arms until the day you arrive again and take us by your side. Help us draw near you with great confidence knowing that we'll be secure and at rest in the shadow of the Almighty.

The God who pursues,

Your faithfulness is our shield! You give us rest in the green, peaceful grass fields. Jehovah Shalom – Prince of Peace! Guide the lost, broken-hearted sheep toward your tender heart. Allow us to hear your gentle call back home, where hope is true and none are afraid. King Jesus, you are preparing the way to a bright place where we can delight forever in your light!

The God who cares for the weary spirit,

When we walk through the valley of the shadow of death, and there is no shelter for our oppressed soul – You promised not to leave us orphans, so when no one can understand and the earth feels cold, may Your presence fill the void in our hearts that only you can satisfy.

In Jesus name I pray, Amen.

PRAYER POINTS

1. Pray a prayer of gratitude, thanking God for having a house with many rooms that are prepared for us. Thank God for being the home we can always return to.
2. Pray for those without an earthly home, without a family, who are unable to return home, or who are away from their families. Pray for comfort and community, for safe places of belonging.
3. Pray for the YWCA and YMCA to be a place for all people to find a home, where everyone can belong and be well.
4. Pray for homes that have been destroyed by violence, war, hunger, and all sorts of trauma. May you bring healing to the hurting, hope where there is despair, and move us toward action as we shelter and support the widows and orphans of our world.

ADDITIONAL PRAYER

BEATITUDES BY NADIA BOLZ-WEBER*

Blessed are the agnostics.

Blessed are they who doubt. Those who aren't sure, who can still be surprised.

Blessed are they who are spiritually impoverished and therefore not so certain about everything that they no longer take in new information.

Blessed are those who have nothing to offer. Blessed are the preschoolers who cut in line at communion. Blessed are the poor in spirit. You are of heaven and Jesus blesses you.

Blessed are they for whom death is not an abstraction.

Blessed are they who have buried their loved ones, for whom tears could fill an ocean. Blessed are they who have loved enough to know what loss feels like.

Blessed are the mothers of the miscarried.

Blessed are they who don't have the luxury of taking things for granted anymore.

Blessed are they who can't fall apart because they have to keep it together for everyone else.

Blessed are those who "still aren't over it yet."

Blessed are those who mourn. You are of heaven and Jesus blesses you.

Blessed are those who no one else notices. The kids who sit alone at middle-school lunch tables. The laundry guys at the hospital. The sex workers and the night-shift street sweepers.

Blessed are the forgotten. Blessed are the closeted.

Blessed are the unemployed, the unimpressive, the underrepresented.

Blessed are the teens who have to figure out ways to hide the new cuts on their arms. Blessed are the meek.

You are of heaven and Jesus blesses you.

Blessed are the wrongly accused, the ones who never catch a break, the ones for whom life is hard, for Jesus chose to surround himself with people like them.

Blessed are those without documentation. Blessed are the ones without lobbyists.

Blessed are foster kids and special-ed kids and every other kid who just wants to feel safe and loved.

Blessed are those who make terrible business decisions for the sake of people.

Blessed are the burned-out social workers and the overworked teachers and the pro bono case takers.

Blessed are the kind-hearted football players and the fundraising trophy wives.

Blessed are the kids who step between the bullies and the weak. Blessed are they who hear that they are forgiven.

Blessed is everyone who has ever forgiven me when I didn't deserve it.

Blessed are the merciful, for they totally get it.

* thecorners.substack.com/i/222388/a-benediction

CREATIVE ACTIVITY

MATERIALS: SMALL CARD OR PAPER AND PENS

Write down Hebrews 13:5 on a small card or piece of paper:

“Never will I leave you; never will I forsake you.”

Place it somewhere you will see often – on your mirror, computer, or phone case. Each time you notice it, let it remind you: “Jesus is my home. He is my hope. He calls me His friend. He will never leave me, and He is coming to me.”



DAY 3

PRAYER AS REST

BY ANASTASIYA BERMAS, YMCA ODESA, UKRAINE

Hello, my name is Anastasiia and I'm 29. I was born and raised in Ukraine, in the sunny city of Odesa, but due to the war in Ukraine, I am currently living in Germany. This move has been very difficult for me. Yet in this season God is teaching me to keep trusting and relying on God.

I love working with people, singing in a choir, and being creative. This Autumn, I began studying at the Ukrainian Evangelical Theological Seminary. I believe in the power of God's Church and in work in us and through us. I am part of the Holy Trinity Church in Odesa. Our church cooperates with various organisations, and that's how I first got to know YMCA back in Odesa.

I am inspired by how God unites different people and does wonderful things in us and through us. I am glad to take part in the Week of Prayer. I am praying for this week. Peace and blessings to you and your loved ones!

BIBLE TEXT

GENESIS 2:1–3

Thus the heavens and the earth were finished and all their multitude. On the sixth day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

INTRODUCTION

Hello! How are you?

Of course, I won't hear your answer right now. But with this question I want to invite you into today's theme and into your own conversation with God. Pause and give honest answers to these questions: How do you feel physically? What emotions are you experiencing? What are your thoughts about? How is your spiritual state?

You can answer these questions in your conversation with God. Come to God and share how you are right now.

We live in a hectic world where something is always happening. Our attention and resources are constantly being fought for. Different areas of life demand our involvement and focus. The pace of life seems overwhelming and we feel we must accomplish so much. The influence of our surroundings, social media, television, and so on creates a lot of unnecessary noise. In the midst of this noise, it can be difficult to hear the gentle whisper of God and to catch His rhythm for our lives. That is why we may feel confused, burdened, and exhausted. We need pauses for renewal, to refresh our spiritual, emotional, and physical strength. Sometimes this may be just a few minutes, sometimes a year or even more. For me, 2023 was a year of renewal, rest, and it was sincere prayer that marked the beginning of this decision.

Prayer can be our rest or the beginning of it...

PRAYER OF REST

Lord of our lives, we come to You just as we are right now. We come to submit to You and humble our hearts before Your throne. We acknowledge You as the Lord of our lives and surrender to Your will.

We lay down all our own attempts to control our lives. We come to You tired, weary, and burdened, seeking renewal in Your presence and to be filled with Your peace. Thank You for Your peace and Your yoke. Thank You for caring for us and for our land. Thank You that You remain the unchanging and faithful God. Thank You for Your unchanging, faithful Word! Thank You that nothing and no one can separate us from Your love! Thank You for the grace revealed to us in Jesus Christ! Thank You for mercy that is new every morning! Thank You for the Comforter, the Holy Spirit!

Saviour, now, when there are so many anxieties and worries around us, we come to You and wait for Your gentle breeze. Grant us to hear Your whisper, to see Your greatness, to feel Your presence, and to receive all that You desire to pour into us in this time of rest. Help us renew our minds in You, to know Your will, and to act according to Your plans for our lives. Bless us with everything necessary for a good life lived for Your glory! Bless us, our families, communities, and countries with true peace and rest! May Your Holy Name be glorified in us and through us!

Amen.

PRAYER POINTS

Give room for sitting together in silence and reflecting with and contemplating on God:

1. Pray for rest for body, soul and mind.
2. Pray for rest for the weary and restless.
3. Pray for rest for the earth, the land, the fields, the waters, the mountains and the woods.

ADDITIONAL PRAYER

A BLESSING FOR WHEN YOU WAKE UP TIRED (AGAIN, TODAY)

BY KATE BOWLER*

God, it's morning and I'm already tired.

This is the kind of tiredness that muffles promise in a day,
cluttering it with the messes of the past
and the unfilled hopes of the future.

Blessed are we who say,
God, I know that there is goodness and love and beauty somewhere.
It calls, but from beyond my reach.

God, help me.
Sit me down and give me faith like a weighted blanket.
Settle me until each breath, each sigh
can release into your hands
all that is beyond my ability to fix or change or even understand.

Blessed are we
when a new and peaceful path opens
to take the rest that we need
and do the small thing that is possible
with the little that we have
even today.

* [katebowler.com/blessings/a-blessing-for-when-you-wake-up-tired-again-today](https://katebowler.com/ blessings/a-blessing-for-when-you-wake-up-tired-again-today)

CREATIVE ACTIVITY

PLAN YOUR REST

- **Spiritual Rest** – set aside intentional time in a quiet place, free from distractions. Use this time to give thanks, to worship, to read Scripture, and to meditate on God’s Word. Begin with prayer, and ask the Holy Spirit to guide you.
- **Rest for the Soul** – take a break from gadgets and social media. Do something life-giving: read, paint, sing, play music, work on puzzles, pursue your hobby, or spend meaningful time with loved ones.
- **Physical Rest** – care for your body. Prioritise good sleep, prepare nourishing meals, enjoy exercise, go for a walk, or treat yourself to moments of physical renewal.



DAY 4

PRAYER AS JUSTICE: SETTING OTHERS FREE

BY ANTHONY KHAIR, EAST JERUSALEM YMCA, PALESTINE*

I am a 23-year-old, Christian theologian and activist from Bethlehem in Palestine, the land of peace that has never seen peace. For the past ten years, I have been a volunteer at the YMCA in Beit Sahour, serving my community through youth initiatives, public service, and programmes that empower people. Alongside my work, I am deeply passionate about presenting papers, writing articles, and speaking to audiences whether in academic settings or in the streets during protests. My greatest hobby is travelling, and my dream is to visit every country in the world.

BIBLE TEXT

LUKE 4:16–21

When Jesus came to Nazareth, where he had been brought up, he went to the synagogue on the Sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: "The Spirit of the Lord is upon me, because He has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to set free those who are oppressed, to proclaim the year of the Lord's favour." And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, "Today this Scripture has been fulfilled in your hearing.

* Editor's Note: The prayer for this day was written before the ceasefire and the proposed peace plan of October 2025, the rest of the material for the day was equally compiled before this day.

INTRODUCTION

As a Palestinian Christian, this passage from Luke speaks deeply to me and to my YMCA community: Jesus declared freedom for the oppressed and release for the captives, and yet, we live in a land where many remain bound by fear, injustice, and violence. Palestinian prisoners are held captive by the chains of empire and locked away behind walls of grief and despair.

To pray for freedom today is not only to remember the year of Jubilee, but to seek the restoration of justice for those who have never experienced it. This year, our calling echoes Micah 6:8: *“To act justly and to love mercy and to walk humbly with your God.”* In such times, it is not enough to hope. All over the world, people have taught us to hope for a better future, but hope has become a colonial term, something used to defer justice and pacify the oppressed. Today, we no longer merely hope for justice; we act upon it.

Therefore, our YMCA is called to act upon justice and work towards liberation, proclaiming freedom in our beloved communities. We continue to be the living stones of this land, a land too often marked by destruction, but also a land where faith, resistance, and steadfastness endure.

PRAYER OF LAMENT

Please read Anthony's thought-provoking lament out loud to increase its powerfulness:

Ya Rab (which means, "Dear God"),

In the midst of these uncertain times,
make your justice fall down like rain
and nourish this dry land covered in scars.

God, I hope you hear the screams
of the wounded loud and clear,
as we hear them from here.

Our loved ones' cries echo louder
than sermons.

Where is the Holy Spirit falling on us?
Because all we see are missiles.

Where is your holy fire? The only thing
being burned are tents.

I lament the homes that are turned to ash
and those dreams that turned into rubble.

The holy soil is soaked in the blood of the
innocent and the olive trees no longer
blossom.

The land once called holy forgot how to
be sacred when your children were driven
from their homes. Holiness left with the
breath of the thousands who screamed
their last as the bombs fell like judgment.

They said this was a promised land,
but who promised this?

Not a God of mercy.

Not a Christ who weeps.

This land has forgotten how to pray
because every time we say "peace,"

it is answered with destruction.

But still, we gather our broken voices
and we sing.

Still, we gather our shattered hearts
and we pray.

Still, we hold onto memory, and memory
becomes steadfast.

Because even the stones know our names.
Rubble became our witness.

Ya Rab,

Teach us to grieve, without forgetting.

Teach us to hope without letting
go of truth.

And when your justice finally comes,
let it be like spring after a thousand
winters.

Let it come not in missiles, but in mercy.

Not in fire, but in freedom.

Let it come.

Let it come.

Let it come.

Amen.

PRAYER POINTS

1. Pray for all who are oppressed, that they may find freedom in spirit, body, and mind. Especially those who have experienced death and destruction.
2. Pray that YWCA and YMCA would be an instrument of justice and reconciliation in our communities.
3. Pray that God's mercy would replace fear, greed, and violence with dignity, peace, and freedom.
4. Pray that justice will roll down like waters and nourish the land filled with scars from the mass destruction.

ADDITIONAL PRAYER

PRAYER FOR LENT BY MUNTHER ISAAC, DEAN AT BETHLEHEM BIBLE COLLEGE AND PASTOR*

O Lord God, our hearts are burdened with great sufferings, burdened with wars and massacres of peoples, our hearts are burdened with contemporary conflicts. We pray for peace in Palestine. For an end to the evil of occupation and all manifestations of injustice and inequality. We pray that your light will shine on our land, especially on our brothers and sisters in Gaza, for their protection, peace and security. To the Lord we pray. Hear our prayers, Lord...

We pray for the besieged in Gaza, who live in the most difficult conditions, under the bombardment. We pray especially for the children and youth of Gaza, who dream of a better and peaceful future. We pray for the end of the siege. We beseech you to look at Gaza with compassion, to support the weak and the oppressed, and to bring relief, freedom and dignity to the people of Gaza. To the Lord we pray. Hear our prayers, Lord...

We pray for the detainees, the imprisoned, the exiled, the homeless, the persecuted and the refugees, for the grieving, the bereaved, the widows and orphans, for all the martyrs who gave their lives for freedom and peace, for the innocents whose blood was shed, for the wounded and tortured, for the afflicted families. To the Lord we pray. Hear our prayers, oh Lord...

* gazalentendevotional.substack.com/p/217-a-prayer-by-rev-dr-munther-isaac

CREATIVE ACTIVITY

WRITE A LETTER TO JESUS

Is there something that weighs you down – anxiety, stress, a painful memory, or a burden that keeps you from breathing freely? Write these things down in a short letter to Jesus, and be encouraged by His promise that He has power to transform us and set us free. Psalm 107:16 states, “For he breaks down gates of bronze and cuts through bars of iron.” Ask Jesus to set you free and give you peace. Speak the name of Jesus over each one of them.

Then, think of someone you know who is broken or in a challenging situation. Pray for them specifically and send them a short word of encouragement – maybe a simple message to remind them they are not alone.



DAY 5

PRAYER AS FORGIVENESS: FORGIVING DEBT

BY LINO KUOL AROP, Y-GLOBAL, SOUTH SUDAN

I am Lino Arop Kuol, a 29-year-old male from South Sudan. I love reading and writing. This has made me a creative writer of sorts and as a result, in 2024, my short story was shortlisted for the African Writers Awards.

I first got involved with the YMCA in 2022 when the organisation I was working for – that's South Sudan National Deaf Children and Youths – had a joint programme with YMCA South Sudan. Since then, I have gone on to become a member of YMCA, volunteering to mobilize youths with hearing impairment for the YMCA power space programme.

BIBLE TEXT

MATTHEW 6:12, 14–15

And forgive us our debts as we also have forgiven our debtors... For if you forgive their trespasses, your heavenly Father will also forgive you, but if you do not forgive others, neither will your Father forgive your trespasses.

INTRODUCTION

Forgiveness is an integral part of Christian living. To forgive means to forget and stop feeling angry and resentful towards others. Forgiving debt therefore means letting go and forgetting what is owed to us like the Lord our Father has shown us. Even though the Lord provides us with water, oxygen, food and the land to till and live on, the Lord does not hold us in debt because He is a loving and forgiving God. We are therefore called upon to follow the example of our Father in Heaven and be merciful to those who owe us.

PRAYER OF FORGIVENESS

Almighty God,

For decades the children of South Sudan have cried and year after year, our cries have only gotten louder

And still the guns never go quiet. More and more people die and others get displaced.

The youths lose their minds and all they can think about is revenge-

Faction against faction, tribe against tribe.

God,

I pray that you give us wisdom and understanding to discuss our differences and arrive at solutions without resorting to war.

I pray that you comfort those who have lost their loved ones in these endless wars.

I pray that we may achieve lasting peace so that those who have spent their lives as refugees finally return home.

Lord, please touch the hearts of our leaders and the youth so that they can forgive each other like you have instructed us to in the good book.

Creator God,

Even as the whole world sometimes seems to have forgotten our plight,

I have full faith that you have not forgotten us and are working on our case and that when the timing is right, we shall be free from these painful and endless wars that wrench our loved ones from our grasp.

Heavenly Father,

May you empower the members of the YWCA and YMCA movement and mandate them to lead efforts towards world peace by encouraging and preaching forgiveness in our societies. In Jesus' name I pray.

Amen

PRAYER POINTS

1. Pray that the spirit of forgiveness may enter us.
2. Pray for the courage to ask for forgiveness.
3. Pray for the love to forgive others.
4. Pray for the wisdom to set our debtors free.

ADDITIONAL PRAYER

PRAYER BEFORE THE PRAYER BY DESMOND TUTU AND MPHO TUTU*

I want to be willing to let go, to forgive.

But dare not ask for the will to forgive,

in case you give it to me

And I am not yet ready.

I am not yet ready for my heart to soften.

I am not yet ready to be vulnerable again.

Not yet ready to see that there is humanity
in my tormentor's eyes

Or that the one who hurt me may also have
cried

I am not yet ready for the journey.

I am not yet interested in the path

I am at the prayer before the prayer of
forgiveness

Grant me the will to want to forgive.

Grant it to me not yet but soon

Can I even form the words?

Forgive me? Dare I even look?

Do I dare to see the hurt I have caused:

I can glimpse all the shattered pieces of
that fragile thing

That soul trying to rise on the broken wings of
hope

But only out of the corner of my eye.

I am afraid of it.

And if I am afraid to see

How can I not be afraid to say: Forgive me?

Is there a place where we can meet?

You and me

The place in the middle where we straddle
the lines

Where you are right and I am right too.

And both of us are wrong and wronged;

Can we meet there?

And look for the place where the path
begins

The path that ends when we forgive.

* presbyphl.org/2020/11/06/in-need-of-the-prayer-before-the-prayer-by-rev-ruth-faith-santana-grace/

CREATIVE ACTIVITY

LETTING GO OF DEBT

MATERIALS: SMALL STONE OR COIN, A BOWL OF WATER AND WORLD MAP

Take a small stone or coin in your hand. As you hold it, think of a hurt, a grudge, or a “debt” you’ve been carrying. In prayer, tell Jesus what it is and ask Him to help you release it. Then place the stone/coin somewhere away from you or drop it into a bowl of water as a sign of letting it go.

If you gather as a group of friends, you can print out a world map. Together, pray specifically for the places marked by conflict, violence, or deep pain. Ask God to bring forgiveness, peace, and reconciliation across nations and peoples.



DAY 6

PRAYER AS ACTION: MOVING FORWARD IN PRAYER

BY KLEIN FAUSTO EMPERADO, PHILIPPINES

Klein Fausto Emperado, 35, is from the Philippines and has participated in various peacebuilding programmes launched by the Interfaith Cooperation Forum-Asia Pacific Alliance of YMCAs. For 20 years, he has served in the church as a cantor, choir director, church musician, and liturgy writer.

He has written and led creative liturgies for the Iglesia Filipina Independiente (IFI) as well as other ecumenical organisations, including the National Council of Churches in the Philippines, the Ecumenical Bishops Forum, the Philippine Ecumenical Peace Platform, and the Christian Conference of Asia. Klein is a mass communications graduate from Silliman University and has earned some units in liturgy and church music at the Silliman University Divinity School (SUDS).

For the past few years, he has been a member of staff of Silliman University, the Silliman University Divinity School, and the Christian Conference of Asia. He was part of the communications staff of the 11th Assembly of the World Council of Churches in Karlsruhe, Germany. At present, he works as a documentation staff member at the IFI Obispado Maximo, as a project officer of the Ramento Project for Rights Defenders, and as an instructor in church music at the Aglipay Central Theological Seminary.

BIBLE TEXT

1 JOHN 3:17–18

How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help? Little children, let us love, not in word or speech, but in truth and action.

INTRODUCTION

God moved across waters, breathed life into all of creation, and parted the seas to lead the captive people to freedom. God's salvific work for all of creation was completed through the act of incarnation in Jesus, inside the womb of Mary, a young woman from Nazareth. God's movement was manifested in the life of Jesus Christ, who preached the Jubilee through profound actions of solidarity and compassion for the poor, enslaved, marginalised, and oppressed. God sent the Holy Spirit to the apostles through tongues of fire at Pentecost.

As God's co-workers in rebuilding and renewing the world that is broken, divided, and fractured, we are called to proclaim the Jubilee through prayer and meaningful actions of compassion, solidarity, and justice.

PRAYER OF ACTION

Constantly moving God
Calling us to pray and service
Grant your people, we plead
Courage to speak truth to power
To oppose with courage
injustice, oppression, slavery
Empower us to proclaim
To all peoples – the Jubilee!

Constantly moving God
Help us proclaim the Jubilee
Inspire us all, we plead
To act in solidarity
With the oppressed, enslaved
Guide them to paths of liberty
Embolden them, through faith
To journey towards Jubilee!

Constantly moving God
Journey with us to Jubilee
Transform our lives, our prayers
To acts of solidarity
Stir our hearts, minds and souls
To act as co-workers, partners
In advancing Your reign
To spring forth love, justice and peace!

Constantly moving God
Author of the Great Jubilee
Lead us into action
Compassion and collective work
Move us, by Your Spirit
To take part and conspire
For renewal, transformation
Of the whole creation!

Constantly moving God
Lead us onward to Jubilee!

People of God,
May God's blessings be upon you
As we carry on with the journey of faith.

May the Holy One who has called
you to proclaim Jubilee
Through prayer and actions,
fill you with the Holy Spirit
And ignite your hearts to pray
and act in solidarity
With the sufferings of humanity
and the whole creation.

May the Holy One
who sends you forth to serve
As God's co-workers, to tell
out the Jubilee for all
And inspire you to share the world's
resources to the needy
To improve the lives of those
who are in the margins.

May the Holy One
who has authored the Jubilee
Empower you to bear courage
and love amidst conflict
And embolden you to conspire
in the birthing of a new community
Where love, peace and justice springs
forth like trees and flowers.

PRAYER POINTS

1. For people suffering from poverty and hunger
2. For families living in conflict areas
3. For women and children faced with abuse and injustice
4. For human rights advocates and defenders.

ADDITIONAL PRAYER

THE BUILDING HOPE PRAYER, ROMAN CATHOLIC CHURCH*

Pilgrim God, we give you thanks and praise.

You constantly journey with us even in our darkness and doubts.

We seek your way of loving kindness to walk together as one family.

Open our eyes to recognize you in the faces of one another,

in the breaking of bread and in the splendour of creation.

May the risen Christ sow seeds of hope and new life deep within us.

May our hearts and minds be filled with your Word,

bringing forth truth, justice and peace.

May the Holy Spirit working in and through us

do much more than we can dare to imagine

as we live out our baptismal calling in humble and loving service.

We make this our prayer through Christ Our Lord.

Amen.

* dublindiocese.ie/the-building-hope-prayer/

CREATIVE ACTIVITY

MATERIALS: COLOURED PAPER, SCISSORS AND PENS

1. Trace your hand on the paper and then cut the traced part of the paper.
2. On the palm part, write your prayers for your nation and community.
3. On the five fingers, write down five actions that you believe will move towards the Jubilee of a better community life – where justice and peace are felt by all.
4. During a prayer with a small or big group, place the Jubilee prayer hands in a worship space.
5. Instruct the others to pick a random Jubilee prayer hand and pray according to the intentions written on it.



DAY 7

A COLLECTIVE WORSHIP SERVICE

The details below have been provided as a guide to help YWCAs and YMCAs create their own local worship service during or at the end of this year's World Week of Prayer, and based on our theme, Jubilee: 150 Years of Prayer in Action, with a special focus on Prayer as Communion.

00:00 | WELCOME AND INTRODUCTION

The Leader welcomes the participants and introduces the service in whatever way is appropriate to their context. Here is a suggested introduction:

Throughout this past week as we have celebrated the World Week of Prayer and its 150-year anniversary.

It has been a week of prayer and Jubilee, and we gather at the end of the week for a collective worship service with a special focus on Prayer as Communion.

00:03 | OPENING PRAYER

Leader: May the grace, mercy and peace from our Source of Life, our Creator and Sustainer Jesus Christ be with you.

All: And also with you.

Leader: This is the very day God acted

All: Let's celebrate...a free and full life!
(from Psalm 118:24-25, The Message)

00:04 | SONG

'FOR EVERYONE BORN' BY SHIRLEY ERENA MURRAY/DANIEL CHARLES DAMON

This song choice is a suggestion as to the type of worship content that will fit with the theme of the service. You may wish to use an alternative song. If so, choose another song;

- www.hopecublishing.com/find-hymns-hw/hw9008_37.aspx
- www.youtube.com/watch?v=hmUIJvzRaI4

00:09 | THE PRAYER OF ST. FRANCIS

Lord, make me an instrument of your peace.

Where there is hatred, let me bring love.

Where there is offence, let me bring pardon.

Where there is discord, let me bring union.

Where there is error, let me bring truth.

Where there is doubt, let me bring faith.

Where there is despair, let me bring hope.

Where there is darkness, let me bring your light.

Where there is sadness, let me bring joy.

O Lord, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love,

for it is in giving that one receives,

it is in self-forgetting that one finds,

it is in forgiving that one is forgiven,

it is in dying that one awakens to eternal life.

00:11 | THREE READERS

Three Scriptures (choose readers who represent a diverse cross-section of the participants). If you choose to do this service during the week, you are invited to use some of the Scripture readings for that day instead.

PSALM: PSALM 119:33–41

*Teach me, O Lord, the way of your statutes,
and I will observe it to the end.
Give me understanding, that I may keep your law
and observe it with my whole heart.
Lead me in the path of your commandments,
for I delight in it.
Turn my heart to your decrees
and not to selfish gain.
Turn my eyes from looking at vanities;
be gracious to me according to your word.
Confirm to your servant your promise,
which is for those who fear you.
Turn away the disgrace that I dread,
for your ordinances are good.
See, I have longed for your precepts;
in your righteousness be gracious to me.
Let your steadfast love come to me, O Lord,
your salvation according to your promise.*

GOSPEL: MATTHEW 6:9–13

*Pray, then, in this way:
Our Father in heaven,
may your name be revered as holy.
May your kingdom come.
May your will be done
on earth as it is in heaven.
Give us today our daily bread
And forgive us our debts,
as we also have forgiven our debtors.
And do not bring us to the time of trial,
but rescue us from the evil one.*

LETTERS: 1 THESSALONIANS 5:16–18

*Rejoice always, pray without ceasing, give thanks in all circumstances,
for this is the will of God in Christ Jesus for you.*

00:17 | PRAYING WITH OUR BREATH

This prayer is to be read slowly with the leader guiding/modelling to everyone, breathing in and out, as we pray together. It is adapted from *Black Liturgies* by Cole Arthur Riley at: colearthurriley.com/writing/project-one-64g3t

Leader: Our Creator breathed life into the first human and with that same breath, the Spirit of God lives and moves within and through us in this world. As we pray, all are invited to slowly breathe in and' out in between each prayer we say aloud together.

Leader: Inhale

All: We resist isolation

Leader: Exhale

All: We push back despair

Leader: Inhale

All: We ground ourselves in our bodies

Leader: Exhale

All: This breath carries wisdom

Leader: Inhale

All: We remember the Spirit's still small voice within us

Leader: Exhale

All: We are not alone

00.21 | THE LORD'S PRAYER

To be prayed in your native tongue.

All: Our Father in heaven,

hallowed be your name,

your kingdom come,

your will be done,

on earth as in heaven.

Give us today our daily bread.

Forgive us our sins, as we forgive those who sin against us.

Lead us not into temptation,

but deliver us from evil.

For the kingdom, the power,

and the glory are yours, now and forever.

Amen.

00:23 | CREATIVE ART AS WORSHIP

Use this section to perform a selection of creative art to enhance your worship. It requires pre-preparation to produce a montage, reflection, poem, visual art or dance focused on the still small voice of God that leads us through our day and into the world.

00:29 | A SHORT SERMON

(OPTIONAL)

Request a local YWCA/YMCA leader or Christian minister to speak on our 'Prayer as Communion' theme, using Matthew 6: 9-13. You can use any of the other texts as well, but Matthew is recommended.

00:34 | REFLECTION AND CENTRING PRAYER MOMENT

Instrumental music can play throughout this session.

The worship leader begins this session with the following words:

Today, as we close our time together, we want to take time to listen to God in the midst of the world's jubilation and sorrow. It is important that we practice this together because it is not easy. It can also be tempting to only be still and listen to God when we are in a worship service. But our hope today is that being still to listen will become a part of our regular daily rhythm. What would it look like if we moved through our day and into the world with the ability to dial down the static and noise all around us, the earthquakes and the strong winds, to connect with the divine in a whisper?

I invite us to again breathe in and out together slowly, sitting up and grounding your feet on the floor. Pay attention to how the seat underneath you feels and come to a place of rest in your body. Inhale and exhale slowly as I say these words and then we will sit in silence together. And when we get distracted by our thoughts, or our neighbour sitting next to us, or a noise in the room, ever so gently I invite us to return to our intention to be still and listen to the still small voice.

Be still and know that I am God.
(pause – inhale and exhale slowly)

Be still.
(pause – inhale and exhale slowly)

Be still and know that I am.
(pause – inhale and exhale slowly)

Be.
(pause – inhale and exhale slowly)

Be still and know.
(pause – inhale and exhale slowly)

(Allow for 2 minutes of silence
– it will feel long, but it is important
to practice together).

00:39 | SONG**“STILL SMALL VOICE” BY JOHAN GLIDDEN, SOLI DEO GLORIA**

This song choice is a suggestion as to the type of worship content that will fit with the theme of the service. You may wish to use an alternative song. If so, choose another song.

■ youtube.com/watch?v=tD9dlqhOCVg

00:43 | THE BENEDICTION**A BLESSING FOR COMMUNITY AND CONNECTION BY KATE BOWLER**

www.instagram.com/p/C7CA_Nvu8jO

Leader:

God, we are surrounded by our loves.
They need you. And we need you to carry them.
Let love bear up the weight of us all.

Bless our kids and grand kids.
Children here and those gone.
Bless the people who quicken our hearts,
now and years past.
Bless our parents and grandparents,
strengthen our roots and our branches.
Bless our pets and your creation,
and the comfort they bring.
Bless our friends and chosen families,
all the bonds that hold us.

God, I will openly admit
that my plan was to rescue us all.
Pry this out of my hands.
Absolve my guilt.

Calm my spirit.
Let me allow you to do the impossible
and bear up the weight of the world
I am determined to carry alone.

Bless us as we practice interdependence,
Needing and being needed.
Helping and being helped.
As unnatural as it might feel.
Thank you for these reminders that we are
not meant to do life alone.
And hey, if you're more alone than you
meant to be today, hang in there.

All: Amen

00: 45 | CLOSE

BIBLE READING PLAN 2026

JANUARY	
1	Revelation 21:5
2	Psalms 33:1–9
3	Psalms 33:10–15
4	Psalms 33:16–22
5	John 2:1–12
6	John 2:13–17
7	John 2:18–25
8	John 3:1–8
9	John 3:9–15
10	John 3:16–18
11	John 3:22–30
12	John 4:1–14
13	John 4:15–30
14	John 4:31–38
15	John 4:39–42
16	John 4:46–54
17	John 5:1–9a
18	John 5:9b–18
19	John 5:19–30
20	John 6:1–15
21	John 6:16–21
22	John 6:22–27
23	John 6:41–47
24	John 6:66–71
25	John 7:37–44
26	John 7:45–53
27	John 8:1–11
28	John 9:1–12
29	John 9:13–23
30	John 9:24–34
31	John 9:35–38

FEBRUARY	
1	Jonah 1:1–16
2	Jonah 2:1–11
3	Jonah 3:1–10
4	Jonah 4:1–11
5	Psalms 116:1–7
6	Proverbs 1:7
7	Proverbs 2:1–8
8	Proverbs 2:9–14
9	Proverbs 3:1–4
10	Proverbs 3:5–8
11	Proverbs 3:13–26
12	Proverbs 3:27–30
13	Proverbs 4:20–27
14	Proverbs 6:6–11
15	Ezekiel 1:1–3
16	Ezekiel 2:2–3:3
17	Ezekiel 3:4–11
18	Ezekiel 4:1–8
19	Ezekiel 5:1–8
20	Ezekiel 11:14–21
21	Ezekiel 13:1–3, 10–16
22	Ezekiel 13:17–23
23	Ezekiel 33:30–33
24	Ezekiel 34:1–10
25	Ezekiel 34:11–22
26	Ezekiel 34:23–31
27	Ezekiel 36:22–25
28	Ezekiel 37:1–14

BIBLE READING PLAN 2026

MARCH	
1	Psalm 95:1–7a
2	Psalm 100:1–5
3	John 10:1–6
4	John 10:7–10
5	John 10:11–16
6	John 10:22–30
7	John 11:1–16
8	John 11:17–27
9	John 11:28–44
10	John 11:45–54
11	John 12:1–11
12	John 12:12–19
13	John 12:20–26
14	John 13:1–11
15	John 13:12–17
16	John 13:21–30
17	John 13:31–35
18	John 13:36–38
19	John 14:1–7
20	John 14:15–26
21	John 14:27–31
22	John 15:1–8
23	John 15:12–17
24	John 16:5–11
25	John 16:12–15
26	John 18:1–11
27	John 18:12–18
28	John 18:19–27
29	John 18:28–38a
30	John 18:38b – 19:7
31	John 19:8–16a

APRIL	
1	John 19:16b–22
2	John 19:23–27
3	John 19:28–37
4	John 19:38–42
5	John 20:1–10
6	John 20:11–18
7	John 20:19–23
8	John 20:24–29
9	John 20:30–31
10	John 21:1–14
11	John 21:15–19
12	John 21:20–25
13	Amos 1:1–5
14	Amos 2:4–7
15	Amos 3:1–8
16	Amos 4:6–8, 12–13
17	Amos 5:4–7
18	Amos 5:11–15
19	Amos 5:21–24
20	Amos 7:1–9
21	Amos 9:11–15
22	Psalm 85:1–8
23	Psalm 85:9–14
24	Judges 2:6–15
25	Judges 2:16–23
26	Judges 4:1–16
27	Judges 6:1–10
28	Judges 6:11–24
29	Judges 6:25–32
30	Judges 6:33–40

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1	Judges 7:1–8
2	Judges 7:9–14
3	Judges 7:15–22
4	Judges 8:22–28
5	Ruth 1:1–13
6	Ruth 1:14–22
7	Ruth 2:1–7
8	Ruth 2:8–16
9	Ruth 2:17–23
10	Ruth 3:1–13
11	Ruth 3:14–18
12	Ruth 4:1–12
13	Ruth 4:13–17
14	Psalms 68:19–20
15	Psalms 68:33–36
16	1 John 1:1–4
17	1 John 1:5–10
18	1 John 2:1–6
19	1 John 2:18, 22–26
20	1 John 3:1–3
21	1 John 3:4–6
22	1 John 3:16–17
23	1 John 3:18–24
24	1 John 4:7–12
25	1 John 4:17–21
26	1 John 5:13–15
27	Psalms 34:5–9
28	Romans 8:18–23
29	2 Corinthians 1:3–11
30	Hebrews 2:17–18
31	Matthew 28:16–20

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1	Revelation 1:1–3
2	Revelation 1:4–6
3	Revelation 1:7–8
4	Revelation 1:9–11
5	Revelation 1:12–19
6	Revelation 3:14–18
7	Revelation 3:19–22
8	Revelation 5:1–5
9	Revelation 5:6–14
10	Revelation 7:1–3
11	Revelation 7:9–12
12	Revelation 7:13–17
13	Revelation 19:6–10
14	Revelation 20:11–15
15	Revelation 21:1–4
16	Revelation 21:5–7
17	Revelation 21:9–11, 22–27
18	Revelation 22:1–5
19	Revelation 22:6–10
20	Revelation 22:16–21
21	Psalms 97:1–5
22	Psalms 97:6–9
23	Psalms 97:10–12
24	John 6:35
25	John 8:12
26	John 10:9
27	John 10:11
28	John 11:25–26
29	John 14:6
30	John 15:5

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JULY		AUGUST	
1	1 Samuel 1:1–11	1	1 Samuel 20:24–34
2	1 Samuel 1:12–20	2	1 Samuel 20:35–21:1
3	1 Samuel 1:21–28	3	1 Samuel 23:14–28
4	1 Samuel 2:1–8	4	1 Samuel 24:1–8a
5	1 Samuel 2:18–21, 26	5	1 Samuel 24:8b–23
6	1 Samuel 3:1–9	6	1 Samuel 31:1–7
7	1 Samuel 3:10–4:1a	7	2 Samuel 1:1–4, 11–12
8	1 Samuel 8:1–9	8	2 Samuel 5:1–12
9	1 Samuel 8:10–22	9	2 Samuel 6:1–15
10	1 Samuel 9:1–13	10	2 Samuel 6:16–23
11	1 Samuel 9:14–27	11	2 Samuel 7:1–16
12	1 Samuel 10:1–12	12	2 Samuel 7:17–29
13	1 Samuel 10:17–27	13	2 Samuel 9:1–13
14	1 Samuel 12:1–5	14	2 Samuel 11:1–13
15	1 Samuel 12:13–25	15	2 Samuel 11:14–27
16	1 Samuel 13:1–14	16	2 Samuel 12:1–12
17	1 Samuel 15:10–23	17	2 Samuel 12:13–25
18	1 Samuel 15:24–31a	18	2 Samuel 15:1–12
19	1 Samuel 16:1–7	19	2 Samuel 15:13–16
20	1 Samuel 16:8–13	20	2 Samuel 18:1–8
21	1 Samuel 16:14–23	21	2 Samuel 18:9–18
22	1 Samuel 17:1–11	22	2 Samuel 19:1–9a
23	1 Samuel 17:12–30	23	2 Samuel 22:1–7, 29–31
24	1 Samuel 17:31–40	24	Psalms 57:1–12
25	1 Samuel 17:41–54	25	Psalms 51:3–10
26	1 Samuel 17:55–18:5	26	Psalms 51:11–17
27	1 Samuel 18:6–16	27	Psalms 32:1–5
28	1 Samuel 19:1–7	28	Psalms 32:6–11
29	1 Samuel 19:8–17	29	Psalms 3:1–9
30	1 Samuel 20:1–9	30	Psalms 23:1–4
31	1 Samuel 20:10–23	31	Psalms 23:5–6

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1	Acts 17:16–21
2	Acts 17:22–34
3	Acts 18:1–8
4	Acts 18:9–11
5	Acts 19:1, 8–10
6	Acts 19:23–31
7	Acts 19:32–40
8	Acts 20:1–6
9	Acts 20:7–16
10	Acts 20:17–24
11	Acts 20:25–31
12	Acts 20:32–38
13	Acts 21:1–9
14	Acts 21:10–14
15	Acts 21:15–19
16	Acts 21:27–40
17	Acts 22:22–29
18	Acts 23:11–22
19	Acts 23:23–35
20	Acts 24:1–9
21	Acts 24:10–16
22	Acts 24:22–27
23	Acts 25:1–12
24	Acts 27:1, 7–12
25	Acts 27:13–26
26	Acts 27:27–38
27	Acts 27:39–44
28	Acts 28:1–10
29	Acts 28,11–16.30–31
30	Psalm 96:1–6

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1	Psalm 126:1–6
2	Ezra 1:1–11
3	Ezra 2:1, 64–70
4	Ezra 3:1–7
5	Ezra 3:8–13
6	Ezra 4:1–5
7	Ezra 5:1–17
8	Ezra 6:1–12
9	Ezra 6:13–18
10	Ezra 6:19–22
11	Ezra 7:1–10
12	Ezra 7:11–20
13	Ezra 7:21–28
14	Ezra 8:15–20
15	Ezra 8:21–30
16	Ezra 8:31–36
17	Ezra 9:1–6, 15
18	Nehemiah 1:1–11
19	Nehemiah 2:1–10
20	Nehemiah 2:11–20
21	Nehemiah 3:1–5, 33–38
22	Nehemiah 4:1–8
23	Nehemiah 4:9–17
24	Nehemiah 5:1–11
25	Nehemiah 5:12–19
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27	Nehemiah 6:10–16
28	Nehemiah 8:1–12
29	Nehemiah 8:13–18
30	Nehemiah 9:1–3, 32–33
31	Nehemiah 10:1, 29–30

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1	Esther 1:1–12a
2	Esther 1:12b–22
3	Esther 2:1–11
4	Esther 2:12–18
5	Esther 2:19–23
6	Esther 3:1–6
7	Esther 3:7–15
8	Esther 4:1–17
9	Esther 5:1–8
10	Esther 5:9–14
11	Esther 6:1–13
12	Esther 6:14–8:2
13	Esther 8:3–17
14	Esther 9:1–2, 20–22
15	Psalms 124:1–8
16	Hebrews 1:1–5
17	Hebrews 2:1–4
18	Hebrews 4:14–16
19	Hebrews 10:32–36
20	Hebrews 11:1–3, 6–7
21	Hebrews 11:8–12
22	Hebrews 11:17–19
23	Hebrews 11:23–29
24	Hebrews 11:30–31, 39–40
25	Hebrews 12:1–3
26	Hebrews 13:1–3
27	Hebrews 13:5–6
28	Hebrews 13:7, 17
29	Hebrews 13:8
30	Hebrews 13:20–21

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1	Psalms 117:1–2
2	Isaiah 56:1–2, 6–7
3	Isaiah 58:1–9a
4	Isaiah 58:9b–12
5	Isaiah 59:9–15a
6	Isaiah 59:15b–21
7	Isaiah 60:1–3
8	Isaiah 60:19–22
9	Isaiah 61:1–3
10	Isaiah 61:10–11
11	Isaiah 62:6–12
12	Isaiah 63:15–19a
13	Isaiah 63:19b–64:3
14	Isaiah 65:17–25
15	Isaiah 66:18–19
16	Zechariah 1:1–6
17	Zechariah 1:13–17
18	Zechariah 2:5–9
19	Zechariah 2:10–17
20	Zechariah 8:1–8
21	Zechariah 8:14–17
22	Zechariah 8:20–23
23	Zechariah 9:9–10
24	Matthew 1:18–25
25	Matthew 2:1–12
26	Matthew 2:13–18
27	Matthew 2:19–23
28	Psalms 103:1–5
29	Psalms 103:6–12
30	Psalms 103:13–18
31	Psalms 103:19–22

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