

One Voice in Prayer

Your weekly prayer resource

The logo for tearfund, featuring the word "tearfund" in white lowercase letters on a blue rectangular background. The background of the header banner also features a faint world map and a white line representing a path or prayer journey.

Approach God's throne with confidence

'Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to feel sympathy for our weaknesses, but we have one who has been tempted in every way, just as we are – yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.' (Hebrews 4:14–16)

The writer of Hebrews 4, in the passages before verses 14–16, has been talking about rest. How God rested, how some did not enter into God's rest, and how entering into God's rest is a promise for those who believe.

In a world filled with fear, pain and suffering, we need rest to carry on. It's in our design! And the reason we can rest is not because we don't face difficult things, but because of who we put our faith in and hold firmly to. Our high priest.

Once we understand who our saviour is, who our God is, we know that it is safe to take that rest. We know that we can stop striving for a moment, because we – and all that we face – are held in his hands. In his power. In his compassion and grace.

Jesus faced every human challenge – hunger, thirst, pain, loss, grief, rejection. And he has sympathy for us, including when we are tempted to live like we can't possibly let go, even for a moment, of all the tensions we hold and just be and breathe in his presence.

The world around us is full of need. But the throne is where we can confidently go to find grace and mercy for every situation. To find rest.

Join us in bringing challenging situations around the world before the throne of God this week.

Flooding in Bangladesh

Flooding and landslides in Bangladesh due to heavy rains since 4 July have caused deaths, destruction and loss. More than 1.1 million people have been affected. Read more at tearfund.org/stories and please join us in praying for all those impacted.

Prayer relay during the Commonwealth Games, 23 July to 2 August

Tearfund is partnering with *24-7 Prayer Scotland* for an *11-day Prayer Relay* during the Commonwealth Games. Go to tearfund.org/prayer-relay to join us in covering our global family in prayer, passing the spiritual baton across 11 Commonwealth countries with a daily prayer guide and videos from our work in each place.

Thank you for praying with us again this week. Your prayers make a difference.

Pray with us

As we approach our prayers today, let's take a moment to decide to spend time in rest in God's presence after we have prayed. We have so many hard things to bring before him, but he is faithful. And he promises that he hears our prayers.

Pray for the world



Tensions in Ethiopia

In the face of complex political tension and instability in Northern Ethiopia, we ask for prayers for the protection of the most marginalised people and communities, and for the safety of our partners and other humanitarian workers. Pray for leaders at all levels to commit to dialogue, uphold peace and prioritise the wellbeing of the most vulnerable.



Flooding and landslides in Bangladesh

Pray for protection and safety for families living in the affected districts, especially those who have been displaced by the rising floodwaters or who are at risk of further landslides. Lift up the Tearfund partners assessing the situation in Cox's Bazar and Moulvibazar. Ask God to grant them wisdom, strength and safety as they navigate difficult conditions to reach those most in need. Pray for a swift end to the heavy rain and for the floodwaters to recede quickly so that vital relief and aid can reach cut-off communities. Pray for God's comforting presence to be with those who are frightened, grieving, or have lost their homes and livelihoods. Pray that their immediate needs for shelter, clean water and food will be met.



Dengue fever in Sri Lanka

Pray for Sri Lanka as the number of cases of dengue fever recorded reached a record 50,000 people last month. Dengue fever is a virus spread through mosquitoes and causes fever, swelling and extreme discomfort in the body. Without proper treatment, it can be fatal. Pray for those suffering from the virus to receive the treatment they need and to recover. Lift up Sri Lanka's National Dengue Control Unit as they monitor and respond to the developing medical emergency. Pray that effective measures can be put in place to curb the mosquitoes spreading the virus.

Prayer Diary: peace in the Middle East

The conflict across the Middle East continues to bring widespread devastation and displacement. Pray for lasting peace to settle over the entire region and for all whose lives have been devastated. This week, we're focusing on the impact in Gaza. Please pray for sustainable solutions that allow Israelis and Palestinians to live in peace and security.

Sunday 19 July

As we begin this week of prayer, spend some time meditating on 1 Timothy 2:1: 'I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people.' Thank you, Lord, that you hear our voice. Amen.

Monday 20 July

Join together in praying for the millions of people in Gaza who've endured relentless bombardment and conflict – that life in all its fullness will be restored. Pray that families who have fled their homes will be able to return and that schools will once again be full of students.

Tuesday 21 July

Early last year, this is how Safa Hijazeen, Tearfund's Middle East Regional Director, described the situation in Gaza: "Risk being shot or watch your family starve" is not a choice – it's a barbaric, real-life "Hunger Games", complete with powerful leaders watching from well-stocked places of safety. Tearfund's partner, Anera, told us two boys were shot at while trying to salvage a packet of macaroni from the rubble of their home.' Pray for healing for people still traumatised by these events.

Wednesday 22 July

More than 73,000 Palestinians have been killed in Gaza, and over 172,000 have been injured. More than half a million people – almost a quarter of the whole population of Gaza – are now in famine, with a very real risk of starving to death. Pray that lasting peace would reign across the region.

Thursday 23 July

Praise God for all the church leaders and faith leaders who have stood together in unity during this time. Pray for greater connection and mutual understanding so that they can bring people together and show kindness.

Friday 24 July

'The UK government and world leaders must demand, and continue to demand, that aid be allowed into Gaza immediately, freely and at scale – words are not feeding anyone,' says Safa Hijazeen. Pray for safe access to food and treatment for those who are starving and suffering from malnutrition.

Saturday 25 July

Hospitals and medical staff have been overwhelmed and depleted throughout the onslaught. Pray today for strength as they continue to provide life-saving medical care. Lord, we cry out in faith that they will receive the resources they need to treat the wounded and sick. Amen.

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