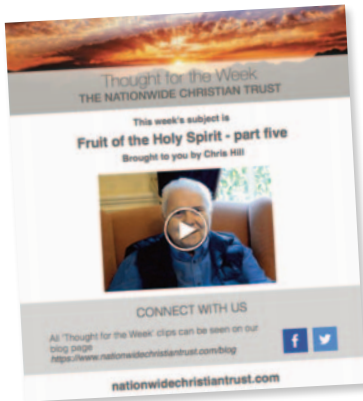




## Thought for the Week THE NATIONWIDE CHRISTIAN TRUST

A weekly video brought to you by Chris Hill



### God isn't just for Sunday!

He is loving and concerned about everything that happens, in every part of the world, both day and night. He has revealed that love and care in many ways, especially in revealing his truth and will in his Word - the Bible. For example, the Psalmist tells us that 'Your Word is a lamp to my feet and a light for my path' (Psalm 119:105).

But we are living in a world where many ignore God and are ignorant of his Word. The Bible has been described as 'the least read best seller'! But we desperately

need to have God's wisdom and to know God's mind in many everyday situations.

'Thought for the Week' aims to bring God's word to more people, young and old, who are concerned with the events, problems and challenges that we all face. In a brief, four-minute 'thought' week by week, we pray that doubt is replaced with hope and fear with confidence.

We hope you will be blessed by listening to 'Thought for the Week' and will pass the message on to others.

Visit: [www.nationwidechristiantrust.com](http://www.nationwidechristiantrust.com)

Click on Thought for the Week and fill in the simple on-line form

Or call: 01277 365 398 option 4



@NCTMulberryLife

Nationwide Christian Trust  
Mulberry House, Chelmsford Road, High Ongar, Essex CM5 9NL  
Tel: 01277 365398 [nationwidechristiantrust.com](http://nationwidechristiantrust.com)



# PRAYER GUIDE

FOR  
Parliament  
AND THE  
Nation

September  
October  
November  
2019



The  
Nationwide  
Christian Trust

### CLIMATE CHANGE

The Climate Change Act 2008 committed the UK to cut net CO<sub>2</sub> emissions by 80% by 2050. In June, the then Prime Minister Theresa May, announced a legally binding target to cut greenhouse gas emissions to “net-zero” by 2050. Mrs May said there was a “moral duty to leave this world in a better condition than what we inherited.” Cutting emissions would also benefit public health and cut NHS costs, she said. Britain is the first major nation to propose this target, which has been widely praised by green groups. The move comes after the Government's advisory Committee on Climate Change called for the new legal target to be brought in as soon as possible.

This means emissions from homes, transport, farming and industry will have to be avoided completely. However, in the most difficult examples, emissions would need to be offset by planting trees to remove CO<sub>2</sub> from the atmosphere.

Nevertheless, if ministers decided to clamp down on meat-eating or on flying, that would meet serious opposition. But the government will attempt to make this ‘clean revolution’ as painless as possible. Technology improvements like LED light bulbs and more efficient electrical appliances, for instance, reduce emissions without people noticing.

However, Dr Shaun Fitzgerald, director of

the Royal Institution, warned that the public might not support measures such as turning down thermostats in the home. Others have said the goal is unrealistic. Partly because the technology does not exist for things like the electric aeroplanes and ships that would be needed to meet this target.

**CONTINUE TO PRAY** for the UK government as it takes a lead in attempting to cut CO<sub>2</sub> emissions. Pray for clarity in how the substantial investment necessary in clean energy generation will be funded. Give wisdom to the government when it reviews this policy in five years time, especially if other nations have not taken similar action.

### CRICKET WORLD CUP 2019

The 12th ICC Cricket World Cup took place in England and Wales from 30th May to 14th July. It was the fifth time England and Wales have hosted the competition and the fourth time England had reached the final. Before the competition started, England were considered to be the favourites. After faltering a little during the group stages, they went on to beat New Zealand in the final at Lord's. The final itself was one of the most dramatic in recent history. England won based on the number of boundaries scored, after both the match and the “super over” finished as ties.

**CONTINUE TO PRAY** for sport in general to help foster unity. Also, that more people are encouraged to take up sport in the UK, to improve the health and wellbeing of the nation.

Over the past five years or so, there has been a marked increase in political parties from different European countries who are described as being nationalistic. This is considered to be a negative development and a kind of shorthand political insult. In part, this can be seen as a backlash against the political establishment. But the wave of discontent also taps into concerns about globalisation, immigration, a dilution of national identity and the EU itself.

One definition of nationalism is the belief that your own country is better than all others. Sometimes this belief can inhibit people from working with other countries to solve shared problems. However, it is important not to confuse nationalism with patriotism. Patriotism is considered to be something positive. It is considered a healthy pride in one's country that brings about feelings of loyalty and a desire to help others. A very well known example of patriotism is the flag waving and singing at the Last Night of the Proms. Nationalism, meanwhile is the belief that your country is superior, without question or doubt.

In some cases, nationalism can inspire people to break free of a foreign oppressor, as in the American Revolution. However, it can also lead a country to cut itself off from the rest of the world.

Of course, it is possible for political parties to tread a very thin dividing line between nationalism and patriotism. President Trump's 'America first' policy has played well

with voters who feel marginalised and left behind. However, this and the USA's ongoing trade war with China are seen as examples of nationalism.

When people refer to the word 'nationalism', they often think back to the German nationalism of the 1930s that manifested itself in the rise of Adolf Hitler and the Nazi party. After coming to power, they attempted to create a 'Greater German Reich.' This would emphasize ethnic German identity and German greatness to the exclusion of all others. This eventually led to the extermination of Jews, Slavs and others deemed "subhuman" in the Holocaust of World War 2.

In May's European elections, Marine Le Pen's National Rally beat President Macron's Renaissance alliance. While in Italy, Matteo Salvini's League Party came top with 34.3% of the vote compared with the centre-left Democratic Party that received nearly 23% of the vote. In mainland Europe, opponents of National Rally and the League Party often portray them as being nationalistic and anti-immigration.

Nevertheless, in Hungary, Prime Minister Viktor Orban has long presented himself as the defender of Hungary and Europe against Muslim migrants, once warning of the threat of "a Europe with a mixed population and no sense of identity." In 2018, Mr Orban secured a third term in office with a landslide victory in an election dominated by immigration.

In the UK, the Brexit Party led by Nigel Farage, was also very successful in May's European elections. Winning seats throughout the UK, at the expense of Labour and the Conservatives, Mr Farage's party came first in all areas outside of London and Scotland. As in mainland Europe, the Brexit Party is perceived as being nationalistic by its opponents.

**CONTINUE TO PRAY** – for the political situation in Europe which is becoming more polarised. Pray that genuine refugees will be shown tolerance and respect. At the same time, may governments listen carefully to voters' concerns about globalisation, immigration and a dilution of national identity.



## WELCOME TO OUR PRAYER GUIDE

On 23rd July, Boris Johnson was elected as the new leader of the Conservative Party and the new Prime Minister. His margin of victory over Jeremy Hunt was 92,153 votes against 46,656 for Mr Hunt. Mr Johnson's most immediate challenge is to take the country out of the European Union; having described it as a "do or die" event. Political commentators believe the Conservative Party performed very badly in May's European elections, mainly because the United Kingdom had not left the EU on 29th March as originally planned.

However, it is worth remembering that the Labour Party also performed poorly in the European elections. Their policy of "constructive ambiguity" did not go down well with voters. Therefore, the two main winners were the Brexit Party who campaigned for the UK to leave the EU as soon as possible and the Liberal Democrats who want to stop Brexit altogether.

Because of continuing uncertainties over Brexit, there was talk of a general election taking place once the new Prime Minister had been announced. Mr Johnson, however, has ruled one out until after the UK is due to leave the European Union on 31st October.

Continuing the theme of leadership, the Liberal Democrats have also chosen a new leader. Jo Swinson was revealed as their new party leader on 22nd July. She received 65% of the votes of Liberal Democrat members compared with Sir Ed Davey who received 35%.

Issues of anti-Semitism have continued to dog the Labour Party throughout this year. In February, a group of MPs left to form Change UK. Several of them cited continuing concerns over anti-Semitism as one of their reasons for leaving. One of those who departed, Luciana Berger, criticised what she considered to be increasing anti-Semitism in the Labour Party and said that, under Jeremy Corbyn, Labour contained "institutional anti-Semitism."

Prince George, who is third in line to the throne, celebrated his sixth birthday on 22nd July. A series of photos were released by his mother to mark the occasion. In addition, his cousin Archie Harrison Mountbatten-Windsor was christened in the Private Chapel at Windsor Castle on Saturday 6th July.

May God bless you.

*Neil* Neil Smith, Editor

*Please use these prayers both in your individual and church prayer times to hold the nation and its leaders before God in prayer, petition and with thanksgiving (1 Timothy 2:1-4).*



*Neil Smith*  
PRAYER GUIDE EDITOR

*Neil graduated with a degree in Applied Chemistry from the University of Hertfordshire and worked for many years in the pharmaceutical industry. He enjoys singing both at home and in church. He really values the liturgy in the Book of Common Prayer.*

*Neil also sits on the Governing Body at his local school and is a youth leader at his church. He lives with his wife in a house where their children visit frequently to enjoy plenty of home cooking and fellowship.*

Scripture quotations taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION. Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Hodder and Stoughton, a member of Hodder Headline Ltd. All rights reserved. "NIV" is a registered trademark of International Bible Society. UK trademark number 1448790

'Righteousness exalts a nation, but sin is a disgrace to any people.'  
*Proverbs 14:34*



#### SUNDAY 1

Dear Lord, we thank you for the many Christian denominations in England, including Anglicans, Roman Catholics, Methodists, Baptists and many others. We pray for them to minister well to their congregations. May they be guided by you and give them a spirit of humility in serving others, we pray. Amen.



#### MONDAY 2

Good Shepherd, we offer our grateful thanks for the freedoms of speech and religion we have in this country. We remember the citizens of other countries who do not have this freedom. May we always use it wisely and never take it for granted. Amen.



#### TUESDAY 3

Creator God, we thank you for the many distinctive traditions that help to make England the country it is. Whether it be events such as Pancake Day, Guy Fawkes Night and the solemn Remembrance Day commemorations, let us be grateful for the different ways we can express our identity. Amen.



#### WEDNESDAY 4

**Awesome Saviour, we praise you for the natural beauty of your creation in England. Thank you that tourists have the opportunity to visit and experience such a varied landscape and many scenic places. Let them appreciate and be grateful for your imagination as the Creator God. Amen.**



#### THURSDAY 5

Caring Lord, we know that 53.4% of voters in England voted Leave in the 2016 EU referendum. Please give politicians on all sides of the debate the sensitivity to deal with the concerns of Leave and Remain voters, in a way that is honouring to you. Amen.



#### FRIDAY 6

Prince of Peace, we pray for London. You know this city has suffered several terrorist attacks in the last few years. Please protect from harm, all who live or visit there, we pray. Thank you for the security services who help to keep people safe as they carry out their daily lives. Amen.



#### SATURDAY 7

Sustaining God, we give thanks for the wide variety of food that is available in England. Whether meat, fish or vegetables, help us to be grateful for the opportunities we have to enjoy 'the fruits of the earth in their season.' Amen.

*England is part of the United Kingdom with a population of about 56.06million. It is flanked by Wales to the west and Scotland to the north. It has a very varied countryside; with hills and mountains in the North and flat countryside in the Fens and Norfolk Broads. At its closest point, the coast of Northern France is less than 25 miles away. In the 2016 EU referendum, 53.4% voted Leave with 46.6% voting Remain.*

The capital city of London is one of the most popular tourist attractions in the world. Buildings such as Westminster Abbey, the Tower of London and Buckingham Palace are very popular with foreigners and British people alike. Tourists from North America and the Far East are particularly interested as the history of England, going back many hundreds of years, is well documented.

Other towns and cities visited by large numbers of tourists include Windsor, York and Stratford-upon-Avon. In addition, Oxford and Cambridge are world famous seats of learning that have produced a total of 37 Prime Ministers.

## THIS WEEK'S THEME

# MUSIC

*Shakespeare once said: "If music be the food of love, play on."*

Sir Henry Joseph Wood CH (3 March 1869 – 19 August 1944) was an English conductor best known for his association with London's annual series of summer classical music concerts, known as the Proms. He conducted them for nearly 50 years, introducing hundreds of new works to British audiences. After his death, the concerts were officially renamed in his honour as the "Henry Wood Promenade Concerts," although they continue to be generally referred to as "the Proms."

The long-playing record (LP) is a vinyl record format, which plays at a speed of 33  $\frac{1}{3}$  rpm. It was first introduced by Columbia records in 1948. Well suited to classical music due to its extended playing time, it also enabled ten or more pop songs to be put onto a single disc. Although they became less popular in the 1980s with the advent of CDs (compact discs), the LP survives as a format to the present day.

## September 8th - September 14th

'Shout for joy to the Lord, all the earth, burst into jubilant song with music; make music to the Lord with the harp, with the harp and the sound of singing.' *Psalms 98:4-5*



### SUNDAY 8

Learning to play a musical instrument is a very rewarding experience. Being able to read music and play familiar tunes that people recognise can give a real feeling of achievement. It does, however, require discipline and commitment, as improvement can be slow.

**LIGHT** of the World, please give patience to all those who are learning to play a musical instrument. May they be encouraged to keep going as they aim to improve their skill and technique. Amen.



### MONDAY 9

This year's BBC Proms started on 19 July and finish on 14 September. They take place in the Royal Albert Hall every summer and were founded in 1895. The concerts showcase a wide range of classical music, which is performed at prices that are affordable for less wealthy citizens.

**CREATOR** God, we thank you for the gift of music. May all those who attend or listen to the Proms concerts this year be blessed and uplifted. Thank you that music has the ability to express different feelings and emotions in a deep and special way. Amen.



### TUESDAY 10

The benefits of choral singing are numerous. Studies show that it improves people's mood, with a decrease in stress, depression and anxiety. These effects are often attributed to the deeper breathing associated with singing. It can also increase energy levels, as it boosts the amount of oxygen in the blood.

**GENEROUS** Lord, we praise you for the many benefits that choral singing brings. We ask that more people will come to recognise and experience its advantages. May they be persuaded to take part themselves. Amen.



### WEDNESDAY 11

**Listening to, and enjoying music, is a universal experience, which can have many benefits in the setting of dementia. It can help reduce anxiety and depression, help maintain speech and language, is helpful at the end of life, enhances quality of life and has a positive impact on carers.**

**CARING** Saviour, we praise you that music in care homes and institutions is so effective at bringing people together and stimulating memories. Thank you for the inspiring stories of individuals who were previously withdrawn but became revived after listening to their favourite music. Amen.



### THURSDAY 12

Pop music has often reflected wider changes in society, from its beginnings in the 1950's and particularly during the cultural shift of the 1960's. Starting with men having long hair, through to the social acceptance of soft drug use and 'the summer of love' in 1967, society saw changes that would not have been expected in previous generations.

**UNCHANGING** God, we thank you that, although fashions and tastes change, you are the same 'yesterday, today and forever.' Please help us to be secure and rest in this knowledge, we pray. Amen.



### FRIDAY 13

Music and singing has played an integral part in Christian worship for hundreds of years. Whether a formal 'robed' choir in a church or cathedral, or guitars and drums in a more informal setting, music is intended to aid our worship. It also helps us remember passages of scripture. 'The Lord's my Shepherd' is a familiar example.

**HOLY** Spirit, when we sing your praises, help us to be conscious of what we are singing and may we do it to your glory. Thank you for the many hymn writers, both old and new, who have composed so many memorable hymns and worship songs for us to sing. Amen.



### SATURDAY 14

Since LPs were first manufactured, new ways of listening to music have evolved. Cassette tapes, CDs and now 'digital downloads' are the most popular ways in which music is shared. Some record shops have suffered, due to the shift away from owning a physical copy of the music.

**FATHER** of Creation, we give thanks for the opportunity for listening to recorded music in its different forms. May we be ever grateful for the pleasure this brings. We lift up to you record shops who now sell far fewer physical copies of music than before. Amen.



September 15th - September 21st

THIS WEEK'S THEME

## CHRISTIAN UNIONS

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." *Jeremiah 29:11*



### SUNDAY 15

Eternal and everlasting God, we pray for Christian Union leaders who attended Forum in August. Please let them be reminded of the importance of cross-cultural mission on the university campus. Let there be a desire for them to be fully equipped for the year ahead. Amen.



### MONDAY 16

Name above all Names, we give thanks for CUs who live and speak for your Son, Jesus Christ. We pray that increasing numbers of students are given the opportunity to hear and respond to the Gospel. Through friendships, events, one-to-one or small group Bible studies, may Christian Unions continue to be places where students reach other students for you. Amen.



### TUESDAY 17

Light of the World, please bless CU mission weeks. We pray that many students would hear and respond to the gospel of Jesus Christ during this time. May those who are unsure of their faith be drawn to attend these lunchtime or evening events, maybe after being invited by a Christian friend. Amen.



### WEDNESDAY 18

**Merciful Lord, we bring before you Muslim students who come to the UK from Muslim-majority countries such as Malaysia and Saudi Arabia. We know that many are often hard to reach and are concerned for their safety and well-being. We pray for CUs to love them well and show them the uniqueness of your Son Jesus Christ. Amen.**



### THURSDAY 19

Gracious God, we ask that you will speak to the 130,000 students that come to the UK from the EU and the 17,000 who come from the USA. May they have good engagement with CUs during their time in the UK and return home with the truth in their hearts. Amen.



### FRIDAY 20

Father Almighty, we give thanks for the work and ministry of UCCF. Please guide them by your Spirit in their desire to make disciples of Jesus Christ in the student world. May they be motivated by grace, rejoicing in your salvation, serving one another and loving the lost. Amen.



### SATURDAY 21

Prince of Peace, we pray for CUs to be successful in bringing together Christians of all backgrounds and denominations to unite around the core truths of the gospel. By being passionate about unity, may they be a positive example to others and to the world. Amen.

*Many Christian Unions (CUs) right across the country are reaching their international student friends. Also, many CU leaders will have attended the Forum conference from 27th-31st August. This is organised by the Universities and Colleges Christian Fellowship (UCCF). At the conference, CU leaders will have been equipped for the academic year ahead.*

Mission weeks are a key part of the CU calendar that take place in the first quarter of each year. During this time, CUs put on top quality lunchtime and evening events that enable their whole campus to easily explore Christianity. In some larger cities, such as Edinburgh or London, CUs in the area come together to hold a joint mission week, extending their reach and encouraging one another in mission.

Many Muslim students who come to the UK from Muslim-majority countries believe they have too much to risk by getting involved with local Christians. This is because they are closely watched by compatriots and governments alike.

September 22nd - September 28th

THIS WEEK'S THEME

## RACE DISCRIMINATION

'Then Peter began to speak: 'I now realise how true it is that God does not show favouritism but accepts from every nation those who fear him and do what is right.' *Acts 10: 34-35*



### SUNDAY 22

Forgiving Saviour, we pray for those who demonstrate and direct hostility and prejudice against those of other faiths. May the police and courts deal with them firmly when this happens. We ask also that any racial prejudice or violence that appears online will be swiftly removed. Amen.



### MONDAY 23

Caring Lord, we pray for black footballers who are racially and verbally abused at football matches. We ask that the Football Association takes concerted action to help deal with this. We pray that they can cooperate with the 'Kick It Out' charity that is working to tackle racist attitudes existing within the game. Amen.



### TUESDAY 24

Good Shepherd, we remember all Jewish people who feel threatened by the rising tide of anti-Semitism. Please grant them your protection, we pray. We also pray for evangelists to bring your message of hope and comfort to Jews living in London and throughout the UK. Amen.



### WEDNESDAY 25

Light of the Nations, we pray that your church will be unafraid to speak out against race discrimination in all its forms. May they be bold in highlighting areas of concern, whether in political, sporting or other areas of national life. Amen.



### THURSDAY 26

Loving Father, the availability of social media has provided more platforms for race and religious hatred to flourish. Please prompt social media sites such as Twitter and Instagram to use their resources and technical capability to address this issue proactively and prevent online abuse. Amen.



### FRIDAY 27

Blessed Lord Jesus, we pray for race and religious hatred to be tackled effectively in our nation's universities and schools. Expose all aggressive acts of racism both large and small and give victims the courage to speak out. Let there be improved training and support for staff to ensure that all incidents of racism or prejudice are dealt with appropriately. Amen.



### SATURDAY 28

Lord of All, through Jesus you gave the gift of salvation to everyone who believes. In Christ, there is no Jew or Gentile, slave or free; you have no favourites but bless all who call on you. Help us to stand upon this truth and to speak out against race and religious discrimination with conviction and strength. Amen.

*London's Jewish community of 185,000 makes up over two-thirds of the total Jewish population of the United Kingdom. London is also home to Europe's highest population of Ultra-Orthodox Jewish people. The London Jewish community also exists in a climate of rising UK anti-Semitism, with the row in the Labour party over anti-Semitism dragging on for nearly three years. A number of MPs left the party in February 2019, citing anti-Semitism as one of their main reasons for leaving.*

Mosques in the UK, Europe and elsewhere have also been subject to increasing numbers of attacks in recent years. This culminated in shootings at two mosques in Christchurch, New Zealand in March this year, where 49 people were killed.

There were several instances during the 2018/19 football season where black footballers were racially abused by spectators. Some players, such as Raheem Sterling, have spoken publicly about the abuse they have suffered. As a consequence, the Football Association has promised to take action against racist abuse by spectators.

## THIS WEEK'S THEME

# SPORT

*The London 2012 Summer Olympic and Paralympic games took place from 27th July to 9th September and were seen as a great success. This came after months of negative headlines about cost overruns and concerns over public transport. The United Kingdom came third in the medal table for both the Olympic and Paralympic games. This was much better than many people had predicted.*

Watching sport on television is a very popular pastime but far fewer people take an active part in sport. Whether it be swimming, gym, running or just brisk walking, part of the 'Olympic legacy' was intended to be an increase in participation in sport. This would have the benefit of improved physical and mental wellbeing. It would also help deal with growing rates of obesity in the UK. Health experts recommend at least 30 minutes of exercise 5 times a week.

September 29th - October 5th

'Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.' *1 Corinthians 9:24-25*



### SUNDAY 29

Football is considered to be the nation's most popular sport. Of the 92 professional clubs in England and Wales, the top 20 play in the Premier League. This is a very popular competition and extremely successful as a global brand. The remaining 72 clubs, however, receive much less media exposure and income is greatly reduced.

**LORD** of hosts, we thank you for the pleasure many get by watching and supporting their favourite team. We pray that the cost of season tickets for spectators is priced fairly and does not become prohibitive. Amen.



### MONDAY 30

The cricket World Cup took place in England during the summer and the winners were England. The competition first took place in England in 1975. It is open to all members of the International Cricket Council (ICC), although the highest-ranking teams receive automatic qualification.

**GOD** of glory, we praise you for the enthusiasm of all those who took part in the cricket World Cup. We thank you that, after being runners-up three times, England have finally won this competition. Amen.



### TUESDAY 1

Tennis is one of the most lucrative sports in the world. In 2018 the winners of the men's and women's singles at Wimbledon each received prize money of £2.25m. Britain's Andy Murray has won Wimbledon twice and Johanna Konta reached the women's semi-finals in 2017.

**HOLY** Spirit, we thank you for sportsmen and women who dedicate themselves to sporting excellence. Help us to be dedicated in our walk with you. May whatever we do, in word or deed, be done in the name of your Son Jesus Christ, giving thanks to God the Father through him. Amen.



### WEDNESDAY 2

One of the reasons why people may be reluctant to exercise is the ongoing cost of gym membership. Monthly fees of £15 or more are not uncommon. This can prove a disincentive for those on low incomes and a discouragement for others who can afford it.

**GENEROUS** Saviour, we bring before you the price of gym membership. We ask that ways can be found to limit the cost, so more people have the opportunity to join and achieve an appropriate level of fitness. Amen.



### THURSDAY 3

The benefits of sport and physical activity on our mental health are endless. Examples include improved mood, reduced stress and better self-esteem. Many GPs now prescribe physical activity for depression, either in isolation or in conjunction with other treatments.

**PRINCE** of Peace, thank you for the many benefits that sport and physical activity brings. May we encourage our friends and family to see the benefits of regular exercise and be encouraged to keep fit in a way that is appropriate for them. Amen.



### FRIDAY 4

Certain televised sporting events are designated as “listed events.” This includes the Grand National, Wimbledon tennis and the FA Cup Final. Nevertheless, many sporting events are no longer listed. The cost of watching non ‘free-to-air’ sport on television can be £30 per month or more. This tends to result in lower viewing figures overall.

**LIVING** Saviour, we bring before you the cost involved of watching many sporting events on television. May the prices charged be reasonable and proportionate for those on average wages. Thank you that some sporting events are still free to watch on television. Amen.



### SATURDAY 5

The Olympic and Paralympic games are considered to be the world’s most important sporting competition. It is an opportunity that occurs every four years, for more than 200 nations and thousands of athletes to come together and compete in a wide variety of events. The 2020 Olympics and Paralympics are due to take place in Tokyo.

**LIGHT** of the Nations, we thank you for the opportunity provided by the Olympics and Paralympics to bring different countries and nations together. We pray that athletes stay ‘clean’ and are discouraged from taking any performance enhancing drugs. Amen.

## FOODBANKS

‘For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’

*Leviticus 19:32*



### SUNDAY 6

Merciful Lord, we lift to you all who are unable to buy the food they need and are reliant on emergency supplies from foodbanks. Please provide them not only with food, but also with people who can listen and assure them they are not alone. Amen.



### MONDAY 7

Gracious God, please guard against the most vulnerable in our society being neglected and forgotten. Make us their voice, we pray. Use us to ensure that the disabled, those with ill health and with caring responsibilities (for example, single parents) are adequately supported by the state and the Church. Amen.



### TUESDAY 8

Righteous Saviour, we pray that ministers across Government will work together to address the many and varied causes of foodbank use. Open their ears to hear and understand the stories of those visiting foodbanks. Give them compassion and guide them in how best to address the problem. Amen.



### WEDNESDAY 9

Lord Jesus, as the best prevention for foodbank use appears to be a full-time job, please help those who can work to find employment. May employers act fairly and justly, providing secure jobs that protect people from the instability of an uncertain income. Thank you that employment levels are currently at a record high. Amen.



### THURSDAY 10

Generous God, we know that the Lord's Prayer reminds us to ask that we be given each day our daily bread. May the existence of foodbanks remind us that the provision and distribution of food lies at the very heart of your concern for this most basic of physical needs. Amen.



### FRIDAY 11

Bread of Heaven, we thank you that, through foodbanks, Christians are able to express key Gospel values and declare something of the faith that defines us. Help us to remember that, in real and practical ways, we are sharing our bread with one another, welcoming the stranger and loving our neighbour. Amen.



### SATURDAY 12

Caring Lord, we praise you for the number of UK churches who actively support their local foodbank. Thank you that their help can make a real difference for those in need. We pray that they will continue being motivated by love when helping those less fortunate. Amen.

*The Trussell Trust runs a network of foodbanks out of 424 centres across the UK, providing emergency food and support to people in crisis. In 2018-19, it gave out almost 1.6 million food parcels. This represents a 19% increase on the previous year.*

A report published in June 2017 showed that people using foodbanks are extremely vulnerable and usually on very low incomes. They have many overlapping forms of “destitution” including poor housing, illness, disability, bereavement and unemployment. Typically, foodbank users are single men and lone mothers with children. Although the majority are of working age, around five out of six are without a job. They may be dependent on benefits and struggling with debts and overdue bills. If someone within the household is in work, this tends to be either part-time or insecure employment. 75% of households include someone with ill health and 50% have someone with a disability. 20% of foodbank users will have slept rough in the previous 12 months.



# CHILDCARE

'Jesus said to them, "Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these." And he took the children in his arms, put his hands on them and blessed them.' *Mark 10: 14&16*



## SUNDAY 13

Almighty God, thank you for the incredible gift of life. In every baby, we see the perfection and goodness of you, our Creator. May we, your church, celebrate life and the uniqueness of every individual, fearfully and wonderfully made by a living God. Amen.



## MONDAY 14

Generous Lord, as our society becomes increasingly self-serving and concerned with immediate gratification, we pray that you would prevent science from being used to fulfil our own selfish desires for "designer babies." Help us to value all life and the individuality of each child and to understand our role as parents as one of service and sacrifice. Amen.



## TUESDAY 15

Gracious Saviour, help all parents currently facing difficult decisions around work and childcare. Some may wish to return to work but cannot find suitable childcare. Others may feel under financial pressure to work but would prefer to stay at home with their children. Please give all parents the wisdom to make the right decision for their family. Amen.



## WEDNESDAY 16

**Good Shepherd, please help all parents to use their time wisely, engaging positively with their children, teaching and correcting them as well as encouraging them and having fun together. May we all take responsibility for our role in our children's education, whatever stage they are at. Amen.**



## THURSDAY 17

Heavenly Father, thank you for the many grandparents who give practical support and encouragement to their families, often by taking on childcare responsibilities. Please help them to pass on their wisdom, faith and knowledge, in sensitive, gracious ways. Amen.



## FRIDAY 18

Bread of Heaven, we thank you that all children aged 5-7 are entitled to free school meals. We pray that the food provided is nutritious and does not include too much 'fast food.' May it help pupils to improve their attainment and concentrate better in class. Amen.



## SATURDAY 19

Lord of Mercy, we pray that the government will look seriously at whether or not to extend free school meals for all children aged 8-9. Let the right decision be made that balances the benefits for children with any potential impact on public spending. Amen.

*Childcare is often quoted as the number one issue facing working parents. Currently, all families with three and four year old children are entitled to 15 hours of free childcare per week, for 38 weeks of the year. Working families, however, are entitled to 30 hours of free childcare, for 38 weeks of the year.*

This entitlement is available to families where both parents (or the sole parent in a single parent family) are working and each parent's earnings fall within a defined lower and upper limit. Families where only one parent works, or neither parent works, will generally not be eligible. This provision is intended to enable parents to return to work or increase their working hours and support them in the high cost of childcare.

Since September 2014, all pupils in England aged 5-7 have been entitled to a free hot meal at lunchtime every day. This was an initiative of Deputy Prime Minister Nick Clegg, who launched the plan at the Liberal Democrats conference in 2013.

## THIS WEEK'S THEME

# MARRIAGE

*Since 2014, it has been possible for people of the same sex to marry in England, Wales and Scotland. The position of the Church of England and the Church in Wales is currently not to allow religious weddings for same-sex couples in their churches and to forbid their clergy to marry a person of the same sex. However, the Anglican Communion is coming under increasing pressure in relation to this issue.*

Analysis of official statistics by the Marriage Foundation think tank has found that newlyweds today are the least likely to divorce. Only 35% of those who marry this year are forecast to divorce in their lifetime; the lowest rate since 1969. Being married has been proved to make people happier and healthier. Married couples are less likely to suffer strokes, stress or heart attacks; while studies continue to show that marriage is good for mental health. However, the most recent figures available show that marriages between men and women have fallen to a record low.

October 20th - October 26th

‘Then the angel said to me, “Write: Blessed are those who are invited to the wedding supper of the Lamb!” And he added, “These are the true words of God.” *Revelation 19:9*



### SUNDAY 20

The apostle John tells us that our Lord Jesus Christ was once a wedding guest at Cana in Galilee. He gave us a sign of new beginnings as he turned water into wine. God intends marriage to be a creative relationship, as his blessing enables husband and wife to love and support each other in good times and in bad. For Christians, marriage is also an invitation to share life together in the spirit of Jesus Christ.

**GOD** of wonder and joy, send your Holy Spirit and pour into our hearts that most excellent gift of love that we may worship you now with thankful hearts. Enable us to serve you always with willing minds; through Jesus Christ our Lord. Amen.



### MONDAY 21

Northern Ireland remains the only place within the UK where same-sex couples cannot marry. Despite the Northern Ireland Assembly voting by a narrow margin in 2015 to legalise same-sex marriage, the DUP has used a “petition of concern” to block a change in the law.

**MERCIFUL** Lord, guide and direct all politicians in Northern Ireland as they continue to consider the law on same sex marriage. Please give strength to Arlene Foster and the DUP as they seek to uphold the current definition of marriage. Please prevent this issue from becoming divisive and destabilising to communities across Northern Ireland. Amen.



### TUESDAY 22

A significant proportion of the Church of England has indicated that it will not accept a change in the Church's teaching on homosexuality. If the leadership decides to dilute its teaching, they have warned that this could lead to the formation of a new church within the Anglican Communion.

**GOD** of Grace, please give wisdom to the Archbishop of Canterbury as he leads the Church of England through this difficult season. We pray for unity in your body, the Church. Whatever our views on this particular issue, help us to exhibit Christ-like characteristics of acceptance, love and welcome to all. "For while we were still sinners, Christ died for us." Amen.



### **WEDNESDAY 23**

**In Autumn 2016, 14 Church of England clergy revealed that they had entered into gay marriages. Also the Bishop of Grantham, Rt Rev Dr Nicholas Chamberlain, became the first Church of England bishop to publicly reveal he was in a same-sex relationship.**

**RIGHTEOUS** Saviour, there are many different understandings of the nature of marriage in the Church. We humbly ask that you protect us from moralising and remind us that "all have sinned and fallen short of the glory of God." Even so, help us to uphold your precepts, knowing that they were created for our good. Amen.



### **THURSDAY 24**

National Marriage Week is a celebration of marriage that takes place each year. It is run by the Marriage Foundation, a charity established to tackle the problem of family breakdown by championing marriage. Each year Marriage Week has a theme. This year's theme was the 'Recipe for a Healthy Marriage'.

**FATHER**, we thank you for Marriage Week, which celebrates the commitment between husbands and wives. We pray for it to be a source of encouragement, inspiration and reinvigoration for many couples. Amen.



### **FRIDAY 25**

Family breakdown puts extra pressure on housing, as families have to effectively live in two places. It can also be very disruptive for children affected in this way. The overall cost to the state of family breakdown is currently £51billion.

**CARING** Lord, help us to support adults and children who are affected by family breakdown. Whether this is due to the effects of poverty, imprisonment, problems with immigration and other difficulties. Help them to stay in touch and keep hope alive for the future. Amen.



### **SATURDAY 26**

Research carried out a few years ago found that married couples tend to be better off financially. 87% of people earning over £43,000 a year marry, against only 24% of those earning under £16,000. In addition, children born to married couples are 16% less likely to receive benefits.

**PRINCE** of Peace, we praise you for the many advantages marriage brings to both individuals and society. May our government be bold in supporting this institution and defending it from attack. Thank You for Your design of marriage and family life, bringing individuals together in love, for the raising of children and to bless others. Amen.

# ABORTION

"you knit me together in my mother's womb. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body." *Psalms 139:13, 15-16*



## SUNDAY 27

Caring Saviour, we bring before you attempts to make abortion more acceptable in Northern Ireland and in line with the relaxation of abortion laws in the Republic of Ireland. Please grant wisdom and courage to those who defend the rights and welfare of unborn children and their mothers. Amen.



## MONDAY 28

Lord of Life, protect our nation from following in the steps of other countries where the majority of Down's syndrome babies are aborted. Move your Church to speak up for the value of life and to actively seek to protect the life, health and well-being of all people, whether healthy or disabled, born or unborn. Amen.



## TUESDAY 29

God of all Comfort, please increase access to better information, counselling, care and support for expectant parents who receive a prenatal diagnosis of disability for their baby. Please improve the training of NHS staff so that the implications of prenatal screening test results are communicated well to all expectant parents. Amen.



## WEDNESDAY 30

**God of justice, we bring before you the American state of Alabama, which passed a bill on 15th May this year, banning abortion. Please give wisdom to the Supreme Court as it decides how best to deal with appeals by individuals against this ruling. We pray that both sides of the debate will behave graciously towards each other. Amen.**



## THURSDAY 31

Forgiving Lord, we realise that the 1967 Abortion Act was introduced with the best of intentions. However we lament the fact that, since then, there have been 8.7 million recorded abortions in the UK. We acknowledge that people often express very strongly held views on this subject and pray that both sides will be willing to listen to each other, which is sometimes sadly lacking in modern discourse. Amen.



## FRIDAY 1

Dear Father, we are reminded in 1 Kings chapter 3 how issues surrounding newborn children can be very emotive. Give us wisdom to know how best to engage with those who may have strongly opposing views on the subject of abortion and infanticide. May we debate with them in a spirit of mutual respect. Amen.



## SATURDAY 2

Light of the Nations, we give you thanks for improvements in medical technology which now enable babies born before 28 weeks to survive. We ask that there will be a sense of gratitude for the possibilities this new technology can bring. Amen.

*Prior to the 1967 Abortion Act being passed by the UK Parliament, abortions were carried out by "back street abortionists." The practice often resulted in permanent damage or death to the mother. This was the motivation for Liberal MP David Steel to introduce the Abortion Act as a Private Members' Bill.*

At the present time, abortions can only be carried out in an NHS hospital, where they are usually available free of charge, or at a licensed clinic. The current legal time limit in England, Scotland and Wales is 24 weeks. This is unless the mother's life is at risk or the child is likely to be born with a severe disability.

Northern Ireland, however, has one of the strictest abortion laws in the European Union. It is only permitted when there is a risk to the life of the mother or a serious risk to her physical or mental health. These laws date back to the Offences against the Person Act 1861.

November 3rd - November 9th

THIS WEEK'S THEME

## DISABILITY

'But when you give a banquet, invite the poor, the crippled, the lame, the blind and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous.'

*Luke 14: 13-14*



### SUNDAY 3

Righteous Judge, we pray for those women who have been victims of sexual assault or harassment. We ask that you will heal them of any pain and suffering they may be experiencing. Give them a sense of your peace and love. Amen.



### MONDAY 4

Lord of Mercy, stir up in our hearts a righteous anger about the things in this world that grieve you. When we feel helpless in tackling the big issues, show us, Lord, the small steps we can take to make a difference. Use us, Lord, to sow love and bring justice. Amen.



### TUESDAY 5

Light of the World, we give thanks for the #MeToo movement that has shed light on cases of sexual assault and harassment, often from many years before. We ask that it can be used to bring positive change in the workplace, for both women and men. Amen.



### WEDNESDAY 6

Caring Lord, we pray for women who work in male dominated environments and feel vulnerable to the possibility of sexual assault or harassment. Allow them to voice their concerns to the appropriate people so that, if needed, action can be taken, to enable them to feel safe in the work they do. Amen.



### THURSDAY 7

Everlasting Saviour, we remember UK politicians of all political parties who have had allegations made against them. We ask that these claims will be investigated and taken seriously. We pray that those accused are not assumed to be guilty until all the evidence has been heard. Amen.



### FRIDAY 8

Wonderful Counsellor, we bring before you those men who have been accused of sexual assault or harassment. We pray that, if found guilty, they will publicly apologise and repent of their wrongdoing, to allow the victims to find closure. Amen.



### SATURDAY 9

Almighty God, you have taught us through your Son that love is the fulfilling of the law. Grant that we may love you with our whole heart and our neighbours as ourselves; through Jesus Christ our Lord. Amen.

*There are more than 7.6 million disabled people of working age in the UK. However, only 51.3% are in employment, compared with 81.4% of able-bodied people. The Government has set itself an ambitious target of 4.5 million people with disabilities being in employment by 2027.*

The Disability Discrimination Act, which came into force in 1995, places a responsibility on employers and service providers to make "reasonable adjustments" to enable buildings to be more disabled friendly. This may include the provision of entrance ramps and disabled toilets. For the purposes of the Act, a person has a disability if he or she has a physical or mental impairment which has a substantial and long-term adverse effect on their ability to carry out normal day-to-day activities.

This Act has now been repealed and replaced by the Equality Act 2010, except in Northern Ireland where it still applies.



## THIS WEEK'S THEME

# FRACKING

*Hydraulic fracturing or "fracking" describes the process where oil and natural gas are extracted from impermeable shale rock deep underground. A mixture of water, sand and chemicals is injected into the rock under high pressure in order to fracture it, and release the gas trapped inside. Large reserves of shale gas have been identified across the UK and more than 100 licenses have already been awarded. However, there are currently only two active fracking sites in the UK. Despite the Government's stated commitment to fracking, the devolved administrations of Scotland, Wales and Northern Ireland have all opposed it, pending the results of further research into its environmental impact.*

Supporters of fracking say it could create thousands of jobs and help reduce the UK's CO<sub>2</sub> emissions. It would also reduce Britain's reliance on gas imports. The UK currently spends £400million a month importing foreign gas to heat 80% of homes. However, the technology has also been associated with water contamination, massive industrialisation of the landscape and potential earthquakes.

November 10th - November 16th

*'Who can withstand his indignation? Who can endure his fierce anger? His wrath is poured out like fire; the rocks are shattered before him.'*

*Nahum 1:6*



### SUNDAY 10

In April 2019, Natascha Engel, the commissioner for shale gas, resigned her role after only six months. The former Labour MP said the Government was listening to activists rather than "science and evidence" over fracking. Energy and petrochemicals companies Ineos and Cuadrilla believe current limits are too low. These require companies to stop fracking if tremors of 0.5 magnitude or above are detected.

**GOD** of Love, give your peace to the many people concerned about the effects of fracking on their communities, homes and health. Let an appropriate number of reviews be carried out into the risks of fracking so that the Government and members of the public can be better informed regarding this new technology. Amen.



### MONDAY 11

Many of the areas identified as possible fracking sites are situated in depressed parts of the UK, currently suffering from high unemployment. These areas would benefit from the investment that fracking would bring. It would provide well-paid jobs and be a boost to the local economy.

**COMPASSIONATE** Saviour, we pray for those parts of the UK suffering from high unemployment. We ask that decisions taken by the Government will be of particular benefit to these communities. Amen.



### TUESDAY 12

While the issues surrounding appropriate fracking limits and the risks of fracking itself are ongoing, there is also a concern that any equipment or machinery used might spoil or damage the landscape.

**LORD** of Creation, the earth and everything in it is yours. Help us to recognise our responsibility in protecting and preserving your creation. May the beauty and environmental importance of potential fracking sites not be dismissed in favour of economics. Amen.



### WEDNESDAY 13

Energy and petrochemicals companies have pointed out that in America and Canada, fracking is only stopped when tremors reach 4.0 and 4.5 respectively. They believe there would be no adverse environmental effects if the current limit was raised to 1.5.

**GOD** Most High, please bless the Department for Business, Energy and Industrial Strategy. Give them knowledge, insight and good judgment as they work to ensure that the UK's energy needs are met. Guide their decisions and ensure that considerations of safety and the environmental impact of the Government's policies are paramount. Amen.



### THURSDAY 14

The government believes shale gas has the potential to provide the UK with "greater energy security, growth and jobs" and says it "could be an important part of our transition to a low carbon future." Former Prime Minister Theresa May said she believes shale gas extraction was important "because of the impact it can have on our future energy security."

**GRACIOUS** Lord, we recognise that fracking has the potential to support many thousands of new jobs and stimulate economic growth across the UK. Please bring hope to communities struggling with high unemployment. Give them a voice in how that issue is tackled. Amen.



### FRIDAY 15

Those in favour of fracking are concerned that demands for further research into the environmental impact will simply result in more delays before a final decision is taken. They believe there is enough evidence available now for politicians to make an informed decision.

**RIGHTEOUS** Judge, please guide the relevant environmental experts. Give them wisdom to know whether the environmental impact of fracking has been sufficiently researched or if more work needs to be done. Amen.



### SATURDAY 16

Due to the shale oil boom in the USA, oil production in 2018 reached its highest level in 14 years. Production of natural gas in the USA is also expected to grow by 44% between 2011 and 2040. In 2012, this boom added \$62billion to state and federal government revenues and is predicted to rise to \$113billion by 2022.

**FATHER** Almighty, we are amazed by the technology which allows gas and oil trapped within rocks to be released and harvested. However, we know there are potential risks to air and water quality associated with this technology. We pray that these can be minimised both now and in the future. Amen.

# PRISONS

'The cowering prisoners will soon be set free; they will not die in their dungeon, nor will they lack bread. For I am the Lord your God, who churns up the sea so that its waves roar. The Lord Almighty is his name. *Isaiah 51: 14-15*



## SUNDAY 17

Gracious God, strengthen prison chaplains across the country as they work in often challenging environments. May they support those most in need, comforting them in their distress and providing them with hope. Grow more Christian ministries to prisons so that your grace and love can touch even the darkest places. Amen.



## MONDAY 18

God of Justice, we pray for the children of prisoners who often suffer for their parents' mistakes with a lack of ongoing family contact. Please ensure that all prisons see the benefit of safeguarding family ties. May they support and nurture prisoners' relationships with their children and spouses. Amen.



## TUESDAY 19

Heavenly Father, please bless the Justice Secretary with insight and good counsel as they seek to address the recruitment and retention crisis in prisons. Boost morale amongst prison staff, improve training and ensure that our prisons become safe places for both prisoners and staff. Amen.



## WEDNESDAY 20

Light of the World, we pray for those in prison who have received and read daily Bible notes. By reading the notes, may they realise that something has to change in their lives. Let them come through to a real and living relationship with yourself, we pray. Amen.



## THURSDAY 21

Prince of Peace, we bring before you this increase in the number of assaults in prisons and realise the causes may be varied. However, we pray for a decrease in violence in jails, both against prisoners and prison officers. May there be an increase in peace and a significant reduction of tension in prisons throughout England and Wales. Amen.



## FRIDAY 22

Wonderful Counsellor, we pray for the Bishop of Rochester, James Langstaff. Thank you for his willingness to highlight the reasons why there has been an increase in prison violence. May those in authority take note of his concerns and act accordingly to address issues such as staff cuts and the prevalence of drugs. Amen.



## SATURDAY 23

Compassionate Lord, your word tells us to "remember those in prison" (Hebrews 13:3). We pray for prisoners who are kept locked up for long periods each day. Please help them to cope with spending so much time in their cells and give them courage and hope in their troubles. Amen.

*The prison system in England and Wales is in crisis. Statistics published by the Ministry of Justice show there were 32,559 assaults in prisons in the 12 months to June 2018. This represents a 20% increase on the previous year. There were also 9,485 assaults on prison staff; an increase of 27%.*

The statistics also show the number of deaths in prison increased to 325. This is up 8% from the previous year. Incidents of self-harm had also increased.

The Bishop of Rochester, the Rt Revd James Langstaff is the Bishop to Prisons. He believes there are four particular reasons for the increase in violence. The loss of experienced staff owing to cuts; the prevalence of drugs, particularly "spice"; wider societal problems and the impact of staff cuts. This all results in less activity time for those in prison.

Bishop Langstaff said: "Chaplains and chaplaincy volunteers are an important part of the picture in talking to prisoners. They provide settings for prisoners to discuss their frustrations. Christian involvement is not insignificant."

November 24th - November 30th

THIS WEEK'S THEME

'The Lord is close to the broken-hearted and saves those who are crushed in spirit.'

*Psalms 34:18*

## SUICIDE



### SUNDAY 24

Merciful Lord, please encourage us to start a conversation with anyone we notice on a train platform who may need our help. Give us the words to say that enable us to speak into their situation and also listen to their worries and concerns. Amen.



### MONDAY 25

God of Justice, help us to persuade our government in making suicide prevention a priority. We praise you that significant improvements have taken place since March 2017 and ask that more progress can be made in key areas where it has been too slow. Amen.



### TUESDAY 26

Loving Saviour, we give thanks for the Samaritans. We know they receive over five million requests for help every year from people who are overwhelmed emotionally. Please give them the words to say that enable them to help those who are most in need. Amen.



### WEDNESDAY 27

**Good Shepherd, we bring young people before you now. We know that loneliness can play a part in causing their suicidal thoughts. We also know that people do not always ask for help because of the stigma surrounding loneliness. Give them courage and hope in their troubles and bring them the joy of your salvation. Amen.**



### THURSDAY 28

Prince of Peace, we know that loneliness is a personal experience that is different for everyone. But, we are aware of the association between loneliness and suicide. We bring all young people before you now, as government statistics show young people report feeling lonely more often than older age groups. Amen.



### FRIDAY 29

Lord of life, please raise up more politicians, doctors, nurses and other medical professionals who will oppose moves towards legalising assisted suicide in the UK. Please frustrate any attempt to influence the Royal Colleges of medical professionals and others to back this move. Amen.



### SATURDAY 30

Father of all, we thank you that the latest data released by the Office for National Statistics shows the number of suicides in England and Scotland has decreased for the third year in a row. We pray that it will continue falling, especially in Wales and Northern Ireland where it has increased in recent years. Amen.

*You may have spotted the 'Small Talk Saves Lives' campaign while travelling on the trains, or seen it online. This campaign by the charity The Samaritans aims to reduce suicide on the railways. They hope to do this by encouraging people to trust their instincts and strike up a conversation if they see someone they think needs help.*

The campaign was launched with Network Rail, British Transport Police and the wider rail industry in 2017. National Rail advertised the campaign free of charge on the back of train tickets. This has enabled The Samaritans to reach millions with this important message. In addition, Small Talk Saves Lives has now reached 17 million people on social media.

With approximately 200 young people taking their own lives each year, the role played by social media and the internet has dominated headlines. Research is mixed, with both positive and negative outcomes for young people. Suicide is complex and is rarely caused by one particular factor.