

# PRAYER GUIDE

FOR  
Parliament  
AND THE  
Nation

June  
July  
August  
2020



The  
Nationwide  
Christian Trust





### SUMMER EVENTS

A wide range of events traditionally takes place every summer in the UK. These include Wimbledon and Royal Ascot, plus 'Trooping the Colour' which takes place on Saturday 13th June. This is also known as the Queen's Birthday Parade, when her 'birthday honours list' is published. Unfortunately, the ongoing coronavirus situation meant that, in line with government advice, 'Trooping the Colour' would not go ahead in its traditional form.

The May Bank Holiday is usually on the first Monday in May. This year it was moved from Monday 4th to Friday 8th May, so that it coincided with the 75th anniversary of VE Day. Due to the ongoing coronavirus situation, the celebrations would not be as widespread as some had originally hoped. Nonetheless, the day was recognised as the time when victory in Europe was secured in 1945. The enormous sacrifice and courage of very many people was also remembered with grateful thanks. At the time of writing, the majority of the celebrations were being moved to the weekend of 15th – 16th August. The intention was to enable people to celebrate VE Day and VJ Day, both momentous points in our history.

Seventy-five years ago, both VE Day and VJ Day gave citizens the opportunity to take

to the streets and pubs to celebrate peace, mourn their loved ones and hope for the future. Years of carnage and destruction had come to an end.

**CONTINUE TO PRAY** that risks relating to coronavirus will lessen. Pray that events marking VE and VJ Day will take place in some shape or form.

### BANK HOLIDAYS

The final Bank Holiday of the summer, in England, Wales and Northern Ireland, is always the last Monday in August. This year it will be 31st August. The last time this happened was in 2015. There has been discussion at various times of scrapping the May Bank Holiday and replacing it with one in October. This has sometimes been referred to as 'Trafalgar Day.' Part of the rationale for the proposed change is the four-month gap between the August Bank Holiday and those on Christmas Day and Boxing Day. In addition, there are currently four Bank Holidays in April and May. This would be an opportunity to spread them out a bit.

Nevertheless, it's worth remembering that several of our Bank Holidays have links to Christian festivals. Christmas Day and Good Friday being two obvious examples. The first Bank Holiday of the year throughout the UK is New Year's Day. However, in Scotland, an extra Bank Holiday is celebrated on 2nd January.

**CONTINUE TO PRAY** that people will use the Bank Holidays wisely, as a time of rest and relaxation. Pray that government will have wisdom in knowing whether or not to introduce a Bank Holiday in October.

The coronavirus (or Covid-19) crisis has affected every major world economy in some way since it was first discovered in China in December 2019. The speed with which the virus was transmitted from continent to continent took many national governments by surprise. Possibly because of this, some governments may have over-reacted in responding to the crisis. The word 'lockdown' started being mentioned more frequently in the media. This was, effectively, an erosion of people's civil liberties as a means of controlling the spread of the virus.

The UK government's position had initially been fairly nuanced. People were reminded to avoid too much social contact and shaking hands was discouraged. Then on w/c 16th March, extra restrictions started to be introduced. All schools were to close until further notice, except for the children of key workers. Unfortunately, a list of key workers was not made available until 36 hours after the announcement was first made. Nevertheless, this was followed two days later by Boris Johnson stating that "all pubs, clubs, cinemas, restaurants and gyms" were to close. The following Monday, the Prime Minister said that only four groups of people should venture out. Everyone else should stay at home "to save the NHS." However, some cast doubt on this recommendation and if it could be made to work in practice. The PM's message was based on a report by Imperial College which predicted 250,000 deaths as a result of coronavirus. Meanwhile, a separate report from Oxford University painted a very different picture. It suggested the virus spread for more than a month before the first

reported deaths, but was so mild as to be unnoticeable for the vast majority. This meant a very difficult judgement call for the PM and his government.

European countries such as Italy and Spain suffered a large number of deaths. Others, such as the UK, embraced restrictions on civil liberties but fell short of those introduced by Italy and Spain. Also, in the UK at least, garden-owners urged the closure of all public parks, as in France. However, critics pointed out the crucial role these parks play in the lives of those who lack their own green spaces. Meanwhile, while all these things were happening in the West, in China the situation was starting to return to normal. The Chinese authorities, however, were concerned about the virus returning in a second wave.

Prior to the government's tightening of restrictions on social contact, all 92 professional football clubs announced the suspension of all football matches until 30th April at the earliest. This was in response to seven Premier League clubs having either players or managers testing positive for coronavirus. This decision started to cause much financial hardship, especially among lower-league clubs. Talk of 'wage deferrals' became more common. Maybe, for this reason, some clubs started speaking tentatively of when the season might restart.

Also, on 1st April, the All England Lawn Tennis Club announced that Wimbledon would be cancelled for the first time since 1945. The French Open has been rescheduled from June and will now be played from 20th September until 4th October.

## WELCOME TO OUR PRAYER GUIDE

The result of the Labour Party leadership election was announced on 4th April. The winner was Sir Keir Starmer, with 56.2% of the votes cast. Rebecca Long-Bailey came second with 27.6% of the votes, with Lisa Nandy coming third with 16.2% of the votes. The new leader promised to work constructively in opposition. He also said he hoped Labour “when the time comes, can serve our country again; in government.” Among those the new leader has appointed to his shadow cabinet is Ed Miliband as shadow business secretary. Mr Miliband makes a return to front-line politics after a gap of nearly five years.

The election of deputy leader of the party was also announced. No candidate received more than 50% of the votes cast in the first two rounds of voting. Therefore, a third round of voting was needed. This resulted in Angela Rayner coming first with Dr Rosena Allin-Khan coming second and Richard Burgon in third place. Dawn Butler and Ian Murray were eliminated after the first two rounds of voting.

There is a recognition that the UK needs a credible opposition in parliament. This is especially true as the Conservative Party has an overall majority of 80 in the House of Commons. The next general election must take place no later than December 2024. Former leader Jeremy Corbyn’s last appearance as Leader of the Opposition was at Prime Minister’s Questions on 25th March. He will continue serving as a backbench MP, just like Theresa May.

Once the restrictions relating to coronavirus have lifted and ‘normal’ politics has resumed, the Government’s domestic agenda will come under scrutiny. At the time of writing, they intend to conclude their Brexit negotiations by 31st December this year. However, some have questioned the wisdom of this approach. This is because of the various restrictions imposed by the coronavirus. Face to face communication with EU officials therefore becomes less straightforward.

In other news, the US presidential election is due to take place on 3rd November. At the time of writing, the Democratic challenger to President Trump has not been decided. Further primaries have been delayed by the coronavirus outbreak. Mr Trump is aiming to be re-elected for another four-year term of office.

May God continue to 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.*

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May 31st - June 6th

THIS WEEK'S THEME

## BUILDING FAIRER COMMUNITIES

'Hate evil, love good; maintain justice in the courts. But let justice roll on like a river, righteousness like a never-failing stream.'

*Amos 5; 15a, 24*



### SUNDAY 31

Creator God, you made human beings in your own image and crowned them with glory and honour. We bring before you individuals and communities in the UK who feel 'left behind.' May they be treated with dignity and respect to enable them to flourish and feel valued for what they do, we pray. Amen.



### MONDAY 1

Prince of Peace, we pray for a noticeable improvement in the wellbeing of people living in poorer areas of the UK. May they feel the benefit of greater inward investment, as the British government attempts to narrow the productivity gap between regions. Amen.



### TUESDAY 2

Righteous Judge, we bring before you the serious regional inequalities in Britain today. We pray that the proposed improved transport links, wise investment in northern cities and other initiatives will bring greater prosperity to many communities. In your name. Amen.



### WEDNESDAY 3

**Gracious Lord, we thank you for inspiring and equipping Christians to come alongside disadvantaged people in their communities. Those who may be homeless, short of essentials, living with a disability or possibly feeling lonely or excluded. May they experience your love and compassion, we pray. Amen.**



### THURSDAY 4

God of Justice, we pray for all female staff at the BBC and elsewhere who are paid less than their male counterparts. May they be treated fairly with any claims they make for compensation, which often highlight unjustifiable differences in salary. Amen.



### FRIDAY 5

Generous Saviour, we pray that investments in public transport in the Midlands and North of England will provide a much better experience for passengers. We ask that new buses and trains can provide a more frequent and reliable service. Amen.



### SATURDAY 6

Faithful One, we thank you that government money has been promised to repair the many potholes currently blighting our roads. Please may these lead to improvements which provide a better quality of life for local communities. In Jesus' name. Amen.

*Part of Prime Minister Boris Johnson's promise after winning the general election in December was to 'level up the regions.' These tend to be areas in the Midlands and North of England that have not received the same levels of investment as London and the southeast. Public transport is one area where this disparity can be seen. Also, investment that provides new, good quality opportunities for employment is often greater in the southeast. London, in particular, has often been a magnet for investment.*

Struggling towns are the opposite of this picture. Although the public sector may invest more, turning such spending into creating productive, dynamic and sustainable economies can be quite a challenge.

50 years after the Equal Pay Act became law in 1970, there have been several cases of male journalists at the BBC being paid more than their female colleagues. The Act was intended to prevent discrimination between men and women in terms of pay and conditions of employment.

'There is nothing concealed that will not be disclosed, or hidden that will not be made known. What you have said in the dark will be heard in the daylight, and what you have whispered in the ear in the inner rooms will be proclaimed from the roofs.'

Luke 12: 2-3



**SUNDAY 7**

Dear Lord, please raise awareness amongst the general public of the risks of cyber attacks, especially as technology is playing a greater part in many people's lives. Provide those who are elderly or vulnerable with the help they need to protect themselves. Amen.



**MONDAY 8**

Father God, we realize that Microsoft no longer support Windows 7 and appreciate this will cause an increased security risk for many people. May these users be kept safe from cybercrime and, if possible, upgrade to a newer version of Windows. Amen.



**TUESDAY 9**

God of Grace, thank you that the Internet is an incredible resource, which brings us enormous benefits. Help us to use it to increase our understanding and bless others rather than cause harm. Give us all a greater understanding of how to use the Internet safely and responsibly, we pray. Amen.



**WEDNESDAY 10**

**Almighty God, we lift to you James Brokenshire, Home Office Minister for Security. Please bless him with determination and strength in his work. Inspire him to seek novel ways of countering the threat of cybercrime and terrorism. Amen.**



**THURSDAY 11**

Heavenly Father, please protect all businesses in the UK from hacking and other cyber attacks. We pray especially for your protection over the NHS. Please give skill and knowledge to those responsible for ensuring cyber security within the public sector. Amen.



**FRIDAY 12**

Lord of Life, give wisdom and insight to the police and intelligence services as they work to identify and intercept those who use the Internet for illegal purposes. Bless the work of the National Cybercrime Unit. Help them to understand the growing use of technology to commit crime and guide them in the most effective way of tackling it. Amen.



**SATURDAY 13**

Loving Saviour, we pray that parents and teachers can work together to ensure our children understand the risks and consequences of cybercrime. Please raise awareness of its effects, both to the victim and perpetrator and protect our young people from being involved in this activity. In Jesus' name. Amen.

*Cybercrime is growing fast as more criminals exploit the Internet's speed and anonymity, with many 'traditional' crimes now being committed using the Internet. For the year ending March 2018, the Office for National Statistics estimates 4.5 million cybercrimes were committed in England and Wales.*

Cyberthreats too, are constantly evolving. In March 2017, the 'WannaCry' cyber attack cost the NHS a total of £92m. This included £72m in expenditure to clean up and upgrade its IT systems. At the time of the attacks, the NHS was criticised for using outdated IT systems. This included Windows XP, a 17 year-old operating system that could be vulnerable to cyber attacks.

Small companies are often at high risk from the threat of cyber attack. As they tend to have less sophisticated security, they are often targeted by criminals.

Computer security, cyber security or IT security is the protection of computer systems and networks from the theft of, or damage to, their hardware, software, or electronic data. This is in addition to the disruption or misdirection of the services they provide.

June 14th - June 20th

THIS WEEK'S THEME

## FASTING

'Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?'

*Isaiah 58: 6*



### SUNDAY 14

All powerful Lord, whose Son Jesus Christ fasted forty days in the wilderness and was tempted as we are, yet without sin; give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ our Lord. Amen.



### MONDAY 15

Liberating Father, we pray that more Christians will be encouraged to take seriously the notion of fasting. In doing so, may they come to identify more closely with your Son, Jesus "who was tempted in every way, just as we are; yet was without sin." Amen.



### TUESDAY 16

Bread of Heaven, Acts chapter 13 reminds us how fasting and prayer can sometimes go together. Help us to follow the example of these devout Christians and give us grace to know when it is appropriate to fast and for how long. In Jesus' name. Amen.



### WEDNESDAY 17

**Gracious Lord, for those of us that do fast, give us the right motivation for doing so. May we be guided by a desire to please you and to know your will for our lives. Amen.**



### THURSDAY 18

All-knowing God, help us to take Jesus' words to heart and not make it obvious to others that we are fasting. Instead, may what we do in secret be known and seen only by you, we pray. Amen.



### FRIDAY 19

Generous Saviour, we remember how the Jubilee 2000 campaign led to the cancellation of more than \$100 billion of debt owed by 35 of the world's poorest countries. Thank you that the Christians involved in this campaign applied Biblical principles "to loose the chains of injustice and untie the cords of the yoke." In your name. Amen.



### SATURDAY 20

Faithful One, help us to realise that fasting, often accompanied by prayer, can help to sharpen up our thinking and spiritual sensitivity. Enable us, in our thoughts and prayers, to be guided by your Spirit we pray. Amen.

*Although fasting is referred to in many Old Testament books, the only required fast was on the Day of Atonement. When fasting is mentioned, it is often to denounce the hypocritical way in which it was carried out.*

There are examples of people fasting to add weight to their prayers, thinking that God would be more likely to deliver them from trouble. One such example is in 1 Kings chapter 21 verse 27, when King Ahab tears his clothes and puts on sackcloth and ashes. In contrast, chapter 58 of Isaiah reinterprets fasting as providing food, shelter and clothing to the needy. Over time, the practice became one of the hallmarks of a pious Jew. Jesus warns against this sort of religious piety in the parable found in Luke chapter 18 verses 9-14.

However, many would say there is a place for fasting in the Christian life. It would seem that Jesus takes it for granted in Matthew chapter 6, verses 16 and 17. It is the motivation and reasons for fasting that are important.

## THIS WEEK'S THEME

# PARKINSON'S DISEASE

*Parkinson's disease (PD) is a slowly progressing, degenerative disorder of the nervous system. The three main symptoms affect physical movement. The first is tremor shaking, which usually begins in the hand or arm and is more likely to occur when the limb is relaxed and resting. The second is slowness of movement: physical movements are much slower than normal. This can make everyday tasks difficult and result in a distinctive slow, shuffling walk with very small steps. Thirdly, muscle stiffness: stiffness and tension in the muscles, which can make it difficult to move around and make facial expressions and can result in painful muscle cramps.*

Treatments include physiotherapy, which is used to relieve muscle stiffness and joint pain through exercise and medication. Emerging evidence suggests that increasing exercise to 2.5 hours per week can slow the progression of the symptoms of this disease.

Three types of medication are commonly employed. They are used to improve the main symptoms of PD, such as shaking (tremors) and movement problems.

June 21st - June 27th

'The Lord upholds all those who fall and lifts up all who are bowed down.'

*Psalm 145: 14*



### SUNDAY 21

2017 was the 200th anniversary of James Parkinson publishing his 'Essay on the Shaking Palsy.' He has now become famous for describing the condition that came to bear his name. His paper not only comprehensively described the symptoms of this illness, but challenged his peers to better understand how the condition develops and progresses.

**ALMIGHTY** God, whose Son revealed in signs and miracles the wonder of your saving love, renew your people with your heavenly grace and in all our weakness, sustain us by your mighty power; through Jesus Christ our Lord. Amen.



### MONDAY 22

Over the years, many famous people have been diagnosed with Parkinson's disease. These include: Billy Graham, Muhammad Ali and George H W Bush. By speaking publicly, they hoped to raise awareness of the condition and possible treatments.

**HEAVENLY** Father, giver of life and health, comfort and restore those who are sick, that they may be strengthened in their weakness and have confidence in your unfailing love; through Jesus Christ our Lord. Amen.



### TUESDAY 23

There is no cure yet for Parkinson's disease. The symptoms, however, usually develop gradually and are mild at first. While the disease itself isn't fatal, related complications can reduce life expectancy.

**CREATOR** and Father of all, we pray for those who are ill. Bless them and those who serve their needs. May they may put their whole trust in you and be filled with your peace; through Jesus Christ our Lord. Amen.





### WEDNESDAY 24

The treatment for Parkinson's disease requires a delicate balance between controlling symptoms, balancing drug treatment with side effects, responding to patients' wishes and managing expectations.

**GOD** of all comfort, please give skill and wisdom to medical professionals treating those who suffer with Parkinson's disease. May they achieve this delicate balance listed above and help provide relief for those in need. Amen.



### THURSDAY 25

Since the 1980s, cell-based and gene-based surgical therapies have been investigated. However, long-term effectiveness and safety of these therapies remain to be established. Like current medications, they would be focused at easing the symptoms caused by low levels of dopamine.

**FAITHFUL** One, we give thanks for these new potentially "cutting edge" treatments for Parkinson's disease. May they be effective in helping to provide relief from the symptoms of this condition. In your name, Amen.



### FRIDAY 26

Dopamine is a chemical messenger made in the brain. The symptoms of Parkinson's disease appear when dopamine levels become too low. This will be because the cells in a person's brain that produce dopamine have died or are dying. Therefore, medications are designed to increase levels of dopamine in the patient concerned.

**LORD** of Mercy, we pray for those recently diagnosed with Parkinson's disease. May they receive the treatment appropriate for their condition and be reassured of your love and care. Amen.



### SATURDAY 27

Parkinson's UK is a UK based charity dedicated to researching potential cures for this condition. They also aim to support those affected and improve their quality of life. Since the charity was founded in 1969, they have invested over £93 million into research that has led to new therapies and better diagnosis of this disease.

**GENEROUS** God, we thank you for the large sums of money invested in finding cures for Parkinson's disease. Make the scientists and researchers diligent in what they do. Give them courage to take the bold risks needed to deliver groundbreaking new treatments, we pray. Amen.

'For we do not write to you anything you cannot read or understand.'

2 Corinthians 1: 13



**SUNDAY 28**

Evidence would seem to suggest that UK employers invest less in skills than most other countries in Europe. But workplace learning and development is important, especially as such re-training would enable lower-skilled workers to find new jobs.

**DEAR** Lord, we pray for more employers to recognise the importance of providing ongoing training and development opportunities for employees. Please guide business leaders to see that a skilled workforce is key to remaining competitive. Amen.



**MONDAY 29**

The National Literacy Trust is an independent charity working with schools and communities to give disadvantaged children the literacy skills to succeed in life. They work across the board from early years, through primary and into secondary schools.

**MERCIFUL** Lord, please bless the National Literacy Trust as it works to improve reading, writing, speaking and listening skills for children and young people. May they be successful in improving the life chances for disadvantaged children, we pray. Amen.



**TUESDAY 30**

Literacy problems extend throughout the country. Data analysis carried out by Experian and the National Literacy Trust showed that 86% of English constituencies have at least one ward in urgent literacy need. The 50 areas in greatest need are all in either towns or cities, or in surrounding urban areas.

**ALMIGHTY** God, we pray that communities across the UK can develop initiatives to reach out to those with poor literacy and numeracy skills. May partnerships grow between schools, the local community, public and private sectors, so that literacy problems in all parts of the UK can be effectively addressed. Amen.

*Literacy is defined as the ability to read, write, speak and listen in a way that lets us communicate effectively and make sense of the world.*

Lacking vital literacy skills holds a person back at every stage of their life. As a child they won't be able to succeed at school; as a young adult they will be locked out of the job market; as a parent they won't be able to support their own child's learning. This intergenerational cycle makes social mobility and a fairer society more difficult.

People with low literacy skills may be unable to read a book or newspaper, or understand road signs or price labels. They may also struggle to make sense of train or bus timetables, fill out a form, read instructions on medicines or use the Internet.

In addition, a third of businesses are not satisfied with young people's literacy skills when they enter the workforce. A similar number have organised remedial training for young recruits to improve their basic skills, including literacy and communication.



### WEDNESDAY 1

Many primary school children rarely or never read together at home with their parents. This is especially true for children from low-income families. The result is that these children fall behind in their reading and literacy skills compared with those of a similar age.

**GENTLE** Saviour, we pray that more parents will enjoy reading with their children. May they be encouraged in this and see the benefits of reading with them at least five times a week. In your name. Amen.



### THURSDAY 2

7.1 million adults in England are described as having 'very poor literacy skills.' They can understand short straightforward texts on familiar topics accurately and independently and obtain information from everyday sources. However, reading information from unfamiliar sources, or on unfamiliar topics, may cause problems. This is known as being functionally illiterate.

**GOD** of all Comfort, we bring before you the many adults who are reluctant to admit their literacy difficulties and ask for help. By speaking with them, help us to increase their self-esteem and persuade them of the benefits of improving their reading and writing. Amen.



### FRIDAY 3

Low levels of literacy are not exclusive to regions with low income, employment or social deprivation. Instead, they appear to be more countrywide. One example of this is the incorrect use of apostrophes on signage in shops, cafes, restaurants etc.

**DEAR**, Father, we pray that people will be encouraged to improve their understanding and use of spelling and punctuation; for their benefit and the benefit of others. Amen.



### SATURDAY 4

A report by the Organisation for Economic Cooperation and Development found that England is the only country in the developed world where adults aged 55-65 perform better in literacy and numeracy than those aged 16-24. This means that, in time, the basic skills of the English workforce could fall further behind those of other countries.

**LIBERATING** Lord, we pray for those aged 16-24 struggling with literacy and numeracy. Give them a desire to improve their skills in this area, so they and many others will benefit. We ask this in Jesus' name. Amen.

July 5th - July 11th

THIS WEEK'S THEME

## EDUCATION FOR LIFE

'Do not snatch the word of truth from my mouth, for I have put my hope in your laws. I will always obey your law, for ever and ever.'  
2 Psalm 119: 43-44



### SUNDAY 5

Caring Lord, please bless all the children and adults in our local schools, especially as they have suffered much disruption because of the coronavirus. We pray that all schools provide caring communities where pupils find fulfilment and success in academic, social, sporting and spiritual activities. Amen.



### MONDAY 6

Generous God, please strengthen teachers who are educating children with special educational needs. Be their guide and help them to do their best in often very challenging situations. May there be good outcomes for the children in their care. Amen.



### TUESDAY 7

Light of the World, we pray for all those approaching retirement or have recently retired. May they be inspired to learn new skills and apply themselves to further learning and to help others. We pray that many Christians will take these opportunities to be equipped for God's service. Amen.



### WEDNESDAY 8

**Good Shepherd, we bring before you all young people who are starting apprenticeships, college and university courses and other educational courses this autumn. Please guide them into friendships and activities that will help them to flourish as they grow into adult life. In your name. Amen.**



### THURSDAY 9

Faithful One, thank you for the many benefits enjoyed by individuals with high levels of participation in adult learning. We pray that many more will be encouraged to see the benefits of learning new skills. Amen.



### FRIDAY 10

Lord of grace, help us to better appreciate how lifelong learning has much value for individuals, communities, firms and governments alike. May we take any appropriate opportunities to learn new skills when they become available. Amen.



### SATURDAY 11

Merciful Saviour, we pray for the more than 780 million people worldwide who cannot read or write. May they be given opportunities to change this situation for the better. We also bring before you children in UK schools who suffer from dyslexia. May they be helped to deal with this condition. In Jesus' name, Amen.

*Education for Life is sometimes known as 'lifelong learning.' It is the "ongoing, voluntary, and self-motivated" pursuit of knowledge for either personal or professional reasons. Therefore, it not only enhances social inclusion, active citizenship and personal development, but also self-sustainability, competitiveness and employability.*

Building on the UN's 2015 commitment to "promoting lifelong learning for all" and ensuring that "no one is left behind", the World Economic Forum, the OECD and UNESCO all agree that we need lifelong learning to respond effectively to the challenges posed by the next industrial revolution.

The benefits of lifelong learning for workers faced with increasingly unstable and short-term employment are clear. People with more skills and willingness to learn, fare better at times of disruption. For firms, too, there is a strong relationship between a culture of learning and innovation and improved productivity. Improved mental and physical health, enhanced independence in old age, and greater respect for diversity are all associated with adult learning.

'Train a child in the way he should go and when he is old he will not turn from it.'

*Proverbs 22:6*



**SUNDAY 12**

Lord of Lords, we thank you for Rooted, this new and different approach to youth ministry. We pray that it will encourage the development of long-term relationships with young people. May it also provide strong foundations for the nurture of lifelong, authentic faith. Amen.



**MONDAY 13**

Father, we pray for the success of innovative and flexible frameworks that can be used for long-term relational ministry with young people. We ask that they can be used in any context, with any level of faith development and with any level of ability. Amen.



**TUESDAY 14**

Generous God, we pray that Rooted can be used to help young people grow, flourish and be nurtured in a safe, committed and compassionate Christian community. May they be provided with space to explore and develop a mature Christian faith that is grounded in the truths of the gospel. Amen.



**WEDNESDAY 15**

Lord of Lords, we pray for the 95% of children and young people who don't go to church. We ask that churches and youth leaders can engage young people to discover your Word and show them the love of your Son, Jesus Christ. In your name. Amen.



**THURSDAY 16**

Father, we praise you for what you are doing in the lives of teenagers who do attend church regularly. We pray that they will continue on the journey towards faith in you. May we be authentic and honest about our own struggles as we encourage young people and share the gospel with them. Amen.



**FRIDAY 17**

Liberating Lord, we pray that churches large and small, urban and rural, will be keen to build strong and lasting relationships with young people in their communities. May this be especially true for those who aren't part of any church. Amen.



**SATURDAY 18**

Dear Lord, we bring before you the growing number of teenagers with poor mental health, the equivalent of four in every classroom. We pray that they will receive support and can build resilience to face life's challenges, both now and in the future. Amen.

*When asked in various surveys, many teenagers describe themselves as lonely, unhappy and struggling to find a sense of purpose. In a world driven by social media and hype, they live on shifting sands. For this reason, Christian charity Scripture Union has recently launched a youth work framework called 'Rooted.' It is intended to help teenagers develop solid foundations of faith and identity and to flourish.*

Due to their seemingly constant reliance on mobile phones, teenagers obtain information and news primarily via social media. Whether it be Facebook, Instagram or Twitter, their point of reference is short articles of news from sources that are often biased or slanted in some way or another. This can often leave them vulnerable to knowing the difference between objective truth and what is sometimes referred to as 'fake news.'

July 19th - July 25th

THIS WEEK'S THEME

## EATING DISORDERS

But the Lord said to Samuel, "The Lord sees not as man sees, man looks on the outward appearance, but the Lord looks on the heart."  
*1 Samuel 16: 7*



### SUNDAY 19

Caring Saviour, we lift up to you those struggling with issues around anxiety, depression and eating disorders. Please help them to identify what causes their stress and find ways to reduce it, so they can lead happier, healthier lives. Amen.



### MONDAY 20

Loving Father, we think of the 1 in 250 women and 1 in 2,000 men who will experience anorexia nervosa at some point in their lives. Please intervene in their lives and show them where to go for help and support, we pray. Amen.



### TUESDAY 21

Dear Lord, we pray for those suffering from bulimia, which is two to three times more common than anorexia nervosa. We remember also that 90% of people with this condition are female. Help them to deal with feelings of insecurity, lack of confidence and low self-esteem. Amen.



### WEDNESDAY 22

Gracious God, we pray for those who suffer from "binge eating." We remember how it affects both men and women equally, usually between the ages of 30-40. We ask for help for those suffering from this condition, estimated to affect around 5% of the adult population. Amen.



### THURSDAY 23

Father, we thank you for the wide range of 'gluten-free' foods now available in supermarkets and restaurants. We pray that this will continue as more 'gluten-free' options become available. Amen.



### FRIDAY 24

Merciful Saviour, we pray for the 1% of people in the UK who are affected by coeliac disease. Please give success to those involved in research into a potential vaccine for this condition. Amen.



### SATURDAY 25

Loving Lord, we remember all children in the UK who are classed as being severely obese. We pray that their parents and guardians will encourage them to eat much less sugary food. Give them also a desire to exercise more and to achieve a healthy weight. In your name. Amen.

*Eating disorders are characterised by an abnormal attitude towards food that causes someone to change their eating habits and behaviour. This may include a range of conditions that can affect someone physically, psychologically and socially. A person with an eating disorder may focus excessively on their weight and shape, leading them to make unhealthy choices about food with damaging results to their health.*

The obesity challenge to the NHS looms large. The costs of treating related health conditions such as type 2 diabetes and high blood pressure are rising relentlessly. Increasing numbers are either classed as overweight or severely overweight.

In addition, there is now a much greater awareness that some people are unable to eat foods containing gluten. Hence the recent upsurge in availability of supermarket foods being available as 'Free From.' Gluten is a dietary protein found in three types of cereal: wheat, barley and rye. It is, therefore, found in any food that contains those cereals. In addition, most beers are made from barley.

July 26th - August 1st

THIS WEEK'S THEME

## PALESTINE

'I will establish my covenant as an everlasting covenant between me and you and your descendants after you for the generations to come... The whole land of Canaan...I will give as an everlasting possession to you and your descendants after you; and I will be their God.'

*Genesis 17: 7-8*



### SUNDAY 26

God of all Comfort, we lift to you the many Palestinian families devastated by the loss of loved ones through violence and acts of terrorism. Please bring them your comfort and peace and may they find support in their time of need. Amen.



### MONDAY 27

Lord of All, as more and more Israelis settle in the Occupied Palestinian Territories, we pray that you would grant security and stability to Palestinian families being forced away from their homes and communities. Please bring hope where there is currently frustration and despair. Amen.



### TUESDAY 28

Jesus, Prince of Peace, you are the hope of the world. Confound terrorist organisations such as Hamas intent on spreading hate and destruction. Raise up people in the Middle East dedicated to seeing your kingdom come on earth. In your name. Amen.



### WEDNESDAY 29

**Heavenly Father, give wisdom to our Prime Minister Boris Johnson and the Foreign Secretary Dominic Raab, we pray. Use them to influence both Israeli and Palestinian administrations to make meaningful progress towards a peaceful solution that is acceptable to all, we pray. Amen.**



### THURSDAY 30

Faithful One, we pray for the 47,000 Christians living in Palestine. We know this number is declining so ask that you would strengthen and uphold them. Give them grace to be able to see a positive future for their offspring and themselves. Amen.



### FRIDAY 31

Almighty and everliving God, look with compassion on the anguish of Palestinians, we pray. By your healing power, may solutions be found to the ongoing conflict with Israel that would ultimately enable the creation of a Palestinian state. Amen.



### SATURDAY 1

God of justice, please guide the leaders of the people living in the Middle East. May they know your will and support a just and lasting peace for those living in Palestine. We bring before you all who are suffering due to the ongoing occupation of Palestinian territory. In your name. Amen.

*For many years after the end of World War One, thousands of Jewish people returned to their historic homeland, viewing a nation state as the only way to live in safety after centuries of persecution. Then, in 1947, the UN attempted to address escalating tensions between Israelis and Arabs by dividing the land into two separate states: Israel and Palestine. Israel was declared an official state in 1948. However, the surrounding Arab nations did not accept the UN plan and tensions between Israelis and Palestinians continued.*

By 1967, Israel had taken land intended for Palestine, as well as the Gaza Strip and West Bank. Israelis then began "settling" in these Occupied Palestinian Territories, something many viewed as illegal. Palestinians have continued fighting against Israel, including through acts of terrorism.

It is generally agreed that the ongoing conflict will only be solved through a "two-state solution", requiring the creation of a Palestinian state. However, as security in the West Bank and Gaza Strip is tense, the two-state solution is not making any progress.

# CLIMATE CHANGE

August 2nd - August 8th

'The earth is the Lord's and everything in it; the world and all that live in it; for he founded it upon the seas and established it upon the waters.'

*Psalm 24: 1-2*



## SUNDAY 2

In the early 2000s, drivers were encouraged by government to switch from petrol to diesel cars, as they emit much lower levels of carbon dioxide. However, concerns over nitrogen dioxide emissions have grown since 2015. This was when Volkswagen was found to have cheated air pollution tests for 11 million diesel vehicles worldwide.

**JUST** and true God, we pray for drivers who brought diesel cars in good faith, believing they were helping the environment. Thank you that modern diesel cars are much less polluting and more efficient than before. Amen.



## MONDAY 3

Up to 30,000 delegates are expected to attend COP 26 at Glasgow's Scottish Events Campus. The UK will host the main summit while Italy will host preparatory events and a significant youth event, as part of the agreement.

**FAITHFUL** One, we recognise the urgent need for all countries to cooperate by taking measures to reduce their carbon dioxide emissions. May the leaders of all countries do their best to protect the world's environment and its natural resources. Amen.



## TUESDAY 4

Renewable energy, either in the form of solar panels or wind turbines is by its very nature, weather dependent. This means that, at times of little wind or sunshine, traditional hydrocarbon sources of energy are required. Coal and gas power stations produce carbon dioxide, while at the same time providing a reliable source of electricity.

**GENEROUS** God, thank you for the many sources of renewable energy we have in the UK. Show us how best to use the electricity generated by wind and sun, while recognising the need for hydrocarbon fuels to provide the UK with an "energy balance." Amen.

*In February 2020, Prime Minister Boris Johnson announced that the sale of new petrol and diesel cars will be banned by 2035. This is five years earlier than previously planned. It is intended to tackle air pollution, which contributes to an estimated 40,000 premature deaths a year in the UK. This announcement comes ahead of COP 26, the UN climate change conference due to be hosted in Glasgow from 9-19 November. Its official title is 'The 26th session of the Conference of the Parties.'*

Mr Johnson has previously made a clear commitment to the environment. In 2019, he promised a "clean energy revolution" by using "the power of science, innovation and technology." Many commentators would prefer a technology driven approach to achieve lower CO2 emissions. This would be instead of imposing extra taxes on car and air travel to discourage their use.

The UK's CO2 emissions are actually quite small. They represent about 1.6% of total world CO2 emissions, which is lower than China's year-on-year increase.





### WEDNESDAY 5

The UK government spends money in improving access to energy for those in poverty through the World Bank, which aims to end extreme poverty by 2030. Charities such as Tearfund are calling on the World Bank to invest more in off-grid renewable energy. This is renewable energy that is not connected to the electricity grid. It is often called a 'stand-alone system.'

**DEAR** Lord, we lift up to you all who are affected by climate change. We pray that World Bank staff will be guided by principles of justice and sustainability. Please inspire and equip us to speak up and pray for a fairer and more sustainable world. Amen.



### THURSDAY 6

Many poorer countries in parts of Asia, Africa and the Caribbean have suffered a lot in recent years, due to the impact of climate change. This has led to an increased risk of flooding, drought and subsequent loss of life for both people and livestock. Some countries now plant drought-resistant crops to deal with lower than average rainfall.

**CARING** Saviour, we lift before you countries like Malawi, Haiti and Bangladesh that are already experiencing the impact of climate change, such as droughts and floods. We remember how the poorest and most vulnerable countries are often the first to suffer with a changing climate. Be merciful to them, we pray. Amen.



### FRIDAY 7

Climate change activist Greta Thunberg has been generating many headlines over the last twelve months or so. In a speech to the UN in September 2019, she criticised world leaders for their perceived inaction on climate change. It was, however, pointed out that two people had to fly to New York to sail her solar powered boat back to the UK.

**LORD** of Mercy, we pray for those like Greta Thunberg who have a genuine concern for the environment and the effects of climate change. May they have a good understanding of the changes individual countries can make and what is realistic over the next 30 years. Amen.



### SATURDAY 8

In addition to banning the sale of new petrol and diesel cars, the Prime Minister also announced that the sale of new hybrid cars would be banned from 2035. The AA, however, have questioned whether the UK will have a sufficient supply of zero emissions vehicles in less than 15 years.

**LORD** of Wisdom, we pray that the government's ambitions for outlawing petrol, diesel and hybrid cars will be realistic. May it not be 'a policy without a plan' as some people fear, but a target that can be met. If it proves too much, may government be honest in saying so. Amen.

# TUBERCULOSIS

August 9th - August 15th

'Heal me, O Lord and I shall be healed; save me and I shall be saved, for you are the one I praise.'  
*Jeremiah 17: 14*



## SUNDAY 9

Currently, there is no effective way to prevent the spread of TB and tools for diagnosing and treating the disease are also inadequate. Treatment usually involves taking a combination of antibiotics for at least six months. This is the best way of ensuring the TB bacteria are killed.

**CREATOR** and Father of all, we pray for those who are ill. Bless them and those who serve their needs, that they may put their whole trust in you and be filled with your peace; through Jesus Christ our Lord. Amen.



## MONDAY 10

The BCG vaccine offers protection against TB and is recommended on the NHS for babies, children and adults under the age of 35 who are considered to be at risk of catching the disease. However, it is not routinely given to anyone over the age of 35. This is because there's no evidence that it works for people in this age group.

**CARING** Lord, thank you for the BCG vaccination and the protection it provides to babies, children and adults under-35. We pray that several new vaccines can be developed for protecting this older age group. Amen.



## TUESDAY 11

In January 2020, pharmaceutical company GlaxoSmithKline (GSK) announced it had licensed a TB candidate vaccine to the Bill & Melinda Gates Medical Research Institute for continued development. Developing a new vaccine is a global health priority to accelerate progress toward ending the TB epidemic and is one of the United Nations Sustainable Development Goals.

**AUTHOR** of Life, thank you for the skill and talent you have given to scientists at GSK which has enabled the development of this new vaccine. May it be successful in helping to end the worldwide epidemic of tuberculosis. In Jesus' name. Amen.

*Tuberculosis (TB) is a contagious infection caused by a bacterium called Mycobacterium tuberculosis. It is spread through inhaling tiny droplets from the coughs or sneezes of an infected person. It is a contagious disease that mainly affects the lungs but can affect any part of the body. This includes the glands, bones and nervous system. Although potentially serious, it can be treated with antibiotics.*

TB causes more deaths annually than any other infectious disease, with 10 million new cases and 1.5 million deaths recorded in 2018. Though the number of deaths is falling, the currently estimated global rate of decline remains about 2.0%. This is insufficient to achieve the 2030 United Nations Sustainable Development Goals target of an 80% reduction in TB compared with 2015.

Tuberculosis is also the leading cause of death for people living with HIV, accounting for 33% of all deaths among HIV-positive people. In addition, the world's most vulnerable populations are disproportionately affected, with many cases of TB occurring in resource-limited areas.



### WEDNESDAY 12

**GSK's candidate vaccine was tested in a phase II clinical trial in TB-endemic regions of Africa. Final results showed that it could help prevent adults suffering with latent TB infection from becoming sick with pulmonary TB for at least three years.**

**GENEROUS Saviour, we praise you for the success of this candidate vaccine and give thanks for its potential use in low-income countries with high TB burdens. Please may it fulfil its potential as a new vaccine for treating tuberculosis. Amen.**



### THURSDAY 13

Western European countries, plus Australia, New Zealand and North America have been free of TB for many decades. However, some areas of the world suffer with high rates of TB. These include: sub-Saharan Africa, west Africa; south Asia; Russia; China; South America; Vietnam, Cambodia and the Philippines.

**HEAVENLY Father, giver of life and health; comfort and restore those who are sick, that they may be strengthened in their weakness and have confidence in your unfailing love; through Jesus Christ our Lord. Amen.**



### FRIDAY 14

In most people, the body's immune system controls the TB bacteria, which stay in the body at a low level. People don't become ill and they're not infectious. This is called 'latent TB.' Nonetheless, for 5-10% of people with 'latent TB', the bacteria can start to multiply again or reactivate and lead to symptoms of active TB.

**PRINCE of Peace, we bring before you those whose immune system isn't working as well as normal. This may be because they have conditions like diabetes, HIV or cancer. Please help them to receive any treatment they need to be protected from this serious illness. Amen.**



### SATURDAY 15

Patients may be referred to a TB specialist for testing and treatment, if their doctor suspects them of having TB. Diagnosing active TB of the lungs can be difficult and usually involves several tests. The most important are a chest X-ray and examining a sample of a person's phlegm.

**OUR refuge and shield, we pray for TB specialists involved in testing and treating those suffering from TB. Please give them wisdom in knowing which tests are appropriate for different individuals depending on the type of TB that is suspected. In your name. Amen.**

August 16th - August 22nd

THIS WEEK'S THEME

REVIVAL

'The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.'

2 Peter 3: 9



**SUNDAY 16**

Everlasting Lord, we pray for discernment as we consider the visions and words of revival that are brought before your church. Help us not to dismiss prophetic words, but at the same time to test the spirits to see whether or not they are from you. Amen.



**MONDAY 17**

Loving God, thank you that, by your Spirit, you can still touch people in profound and miraculous ways. Cause a new desire to rise up in Christians of all denominations across the UK to live authentic, Spirit-filled lives, attracting people to you. In Jesus' name. Amen.



**TUESDAY 18**

Mighty Father, help us to live in both Spirit and truth. May we hold fast to your word, not in judgement but with mercy and compassion. Enable us to bring freedom to the captives, binding up the broken-hearted and declaring the Lord's favour. Amen.



**WEDNESDAY 19**

**Dear Lord Jesus, we thank you for the Welsh revival in 1904-5 and for the very many people who became believers in you. We pray for revival to break out in other areas of the UK, that people would come to know you and the power of your resurrection. Amen.**



**THURSDAY 20**

Light of the World, we pray that there will always be respect between those Christians who believe prophecies have ceased and those who believe it still happens. May they both be open-minded to the working of your Spirit in the world. Amen.



**FRIDAY 21**

Consuming Fire, we pray that you would revive the hearts of all believers and especially those who have become lukewarm in their faith. Please draw each one back into a right relationship with you and with each other. In Jesus' name, we pray. Amen.



**SATURDAY 22**

Almighty God, who sent your Holy Spirit to be the life and light of your church, open our hearts to the riches of his grace, that we may bring forth the fruit of the Spirit in love and joy and peace; through Jesus Christ our Lord. Amen.

*Revival is often described as "increased spiritual interest or renewal in the life of a church congregation or society". It can have a local, national or global effect. Revivals are seen as the restoration of the church to a vital and passionate relationship with God after a period of moral decline. Fundamentally, revival is a work of the Holy Spirit. It is something that God does to a believer in Jesus Christ. In the book of Acts, it is called a "pouring out of the Spirit" on people (Acts 2:17).*

The purpose of the Holy Spirit's work is to bring glory to God, by growing his church through saving unbelievers. Those on whom the Holy Spirit is poured out make contact with unbelievers, some then become believers and have the Holy Spirit poured out on them. This can then become a 'virtuous circle' where more and more people become exposed to the power of the Holy Spirit.

August 23rd - August 29th

THIS WEEK'S THEME

## RWANDA

'May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.'

*Romans 15: 13*



### SUNDAY 23

Dear Lord, we thank you for the many Christians living in Rwanda. We pray for them to minister well to their congregations. Help them to act as beacons of hope; a lamp and light to guide people out of darkness. May they be guided by you and give them a spirit of humility in serving others, we pray. Amen.



### MONDAY 24

God of mercy, we thank you that you hear our cries. We pray for those who still bear emotional scars and who face poverty because of the atrocities committed in Rwanda more than 25 years ago. Please protect and heal them. In your name, Amen.



### TUESDAY 25

Almighty God, who called your church to witness that you were in Christ reconciling men to yourself; help us so to proclaim the good news of your love, that all who hear it may be reconciled to you; through him who died for us and rose again and reigns with you and the Holy Spirit, one God, now and for ever. Amen.



### WEDNESDAY 26

Father God, please turn your loving gaze on the people of Rwanda. Draw near and comfort those who have lost loved ones. May Jesus' example of mercy inspire us all to be loving neighbours to those in need. Amen.



### THURSDAY 27

Merciful Lord, grant to your faithful people in Rwanda pardon and peace; that they may be cleansed from all sin and serve you with a quiet mind; through Jesus Christ our Lord. Amen.



### FRIDAY 28

Heavenly Father, thank you for the grace and forgiveness shown from those whose family members were killed in the 1994 massacre. May they provide support to other families and individuals who are seeking reconciliation and forgiveness. Amen.



### SATURDAY 29

Gracious Saviour, we praise you for Rwanda's success in rebuilding its economy. Thank you that this has helped to reduce poverty and inequality. Nonetheless, we bring before you the concerns people have about the political and human-rights records of its President, Paul Kagame. In your name. Amen.

*Rwanda, formerly Ruanda, officially the Republic of Rwanda, is a country in Central Africa and one of the smallest on the African mainland. Located a few degrees south of the Equator, Rwanda is bordered by Uganda, Tanzania, Burundi and the Democratic Republic of the Congo. With a population of just under 13 million, it became part of German East Africa in 1890 and was occupied by Belgian forces 26 years later. Rwanda was proclaimed a republic in 1961. Three official languages are spoken: Kinyarwanda, French and English. Swahili is also spoken. The main religions are Christianity and various indigenous beliefs.*

Over the last two decades, Rwanda has made significant progress to recover from the devastation of 1994. Last year marked the 25th anniversary of the genocide against the Tutsi people at the hands of Hutu extremists. During 100 days of bloodshed, around 800,000 people were killed. The devastating effects of the genocide can still be felt today. Since then, stable government has helped the country greatly. But more than one third of the population still live below the poverty line.

# Living Light Prayerline

*Would you like someone to listen?*

Our Prayerline provides a compassionate and caring team of skilled staff giving individual time and attention to everyone who calls.

We bring your concerns before the Lord and pray for his hand upon your life.

*You can now send a Prayer Request online by visiting our Prayerline page at:  
nationwidechristiantrust.com*

*Or call now on: 01277 367 118 Monday to Friday 9am - 5pm*

Affiliated to The Christian Helplines Association

## Volunteer opportunity

The Prayerline is a place where faith and compassion meet



The Living Light Prayerline

- Are you a person of compassion?
- Do you have a listening ear?
- Do you have a heart for people?

We are currently seeking people to serve on our Prayerline who have a heart to listen with people and pray with them.

We are a team of Christians offering emotional and spiritual support and prayer. We do not offer counselling or an advice service, it is about praying to God and asking for His help, whatever the need. Hours of volunteers to be agreed (the Prayerline operates between 9.00am and 5.00pm Monday to Friday).

Training is given along with travel expenses. If you require further information or would like to talk about volunteering then please call.

Call Michele on 01277 365398 option 4  
or email at [admin@nctuk.org](mailto:admin@nctuk.org)

While the Prayer Guide is provided free of charge, there is obviously a cost involved in producing it. You may like to prayerfully consider making a small donation towards this resource.

*Thank you again for standing with us in prayer*

01277 365398 option 4



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