

OCTOBER 2018 to JANUARY 2019

CARE Prayer Diary

Making a Christian difference through prayer



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“You are the light of the world - like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it in a basket. Instead, a lamp is placed upon a stand where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.” Matthew 5:14-16 (New Living Translation)



People listening to Jesus preaching this part of the Sermon on the Mount may have had Safed in their minds, the highest city in the whole of Galilee, lit up at night. It was easily seen from the hillside where they were that day.

We, as individuals and through the church, are meant to be the light of the world, a holy city on a hill. God's kingdom of justice and love shines brightly to bring healing, hope and salvation throughout society.

So, may our faith radiate the light of Christ in the ways that He has planned and in the situations in which He has placed us.

Picture: the hilltop town of Mertola in South Portugal

The CARE Prayer Diary is written by Celia Bowring.

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Celia Bowring

OCTOBER 21 - 27

HUMAN DIGNITY



'Your workmanship is marvellous ... I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. How precious are your thoughts about me, O God. They cannot be numbered!'

PSALM 139:14-17 (NEW LIVING TRANSLATION)

SUN 21 } Dear God, thank You for bestowing dignity on us who have been created in Your likeness. Please help us to act with respect and compassion towards all people, especially those who are in need because of illness, poverty, injustice or other kinds of suffering. Amen.

MON 22 } Remember the growing numbers of older people who do not receive proper support from their local authority or other care providers. Pray for distressing cases of neglect and callous disregard of frail vulnerable patients to be exposed and resources found to supply their needs.

TUES 23 } Pray for expectant mothers as they proceed through each stage of pregnancy and birth, experiencing the joys and anxieties that may arise. Ask God to protect their unborn babies and to prepare them and their families and friends for the challenges ahead.

WED 24 } Lord of all comfort and mercy, please strengthen those who are enduring pain and uncertainty because of a life-threatening condition. Grant wisdom and understanding to doctors and others who care for them and reveal Your redeeming love and peace. In Jesus' name, Amen.

THURS 25 } Pray for any plans to change legislation in the UK to allow assisted dying to be effectively quashed. Give thanks that the recent attempt to pass such a law in Guernsey resulted instead in a decision to maintain and improve hospice and palliative care.



FRI 26 } **THANKSGIVING:** for all who have the skill and dedication to look after children and adults who have serious physical, mental, and emotional disabilities: medical, nursing and therapy professionals; carers; family members; and friends.

SAT 27 } **NATIONAL DAY OF PRAYER ABOUT ABORTION**
Let us intercede for a radical change in public opinion so that, along with caring for women who may face serious difficulties because of their unplanned pregnancies, people would increasingly respect and defend the fundamental right of the unborn child – life itself.

'Growing focus on personal autonomy and self-determination provides a challenge to the Christian community to demonstrate a countercultural and alternative understanding of the sanctity of human life and the nature of human interdependence and interconnectedness. In a society where millions of elderly people suffer isolation, abandonment and the silent horror of abuse, can the Christian community provide a resource of compassionate and sacrificial caring?' (Prof John Wyatt)

OCTOBER 28 – NOVEMBER 3

THE ENVIRONMENT

'God our Saviour, the hope of all the ends of the earth and of the farthest seas, who formed the mountains by Your power ... The whole earth is filled with awe at Your wonders; where morning dawns, where evening fades, You call forth songs of joy.'

PSALM 65:5-8 (NEW INTERNATIONAL VERSION)

SUN } MOUNTAIN & CAVE AWARENESS DAY

28 Lord our Saviour, please grant wisdom, protection and courage to volunteers who rescue people in danger, especially climbing mountains and exploring deep caves. Thank You for everyone who works in the natural world, facilitating many activities and caring for the environment. Amen.

MON } Give thanks for the heightened worldwide concern of pollution caused by plastic and other toxic materials in our oceans, seas, lakes and rivers. Pray that governments, multinational companies and other influential bodies will act decisively to address this serious problem.

TUES } Remember those who have lost their homes, livelihoods and loved ones through the devastation of wildfires, floods, earthquakes, tornados, volcanic eruptions and other extreme events in recent months. Ask God to grant strength, healing and hope.

WED } Creator God, thank You for our awe-inspiring world of such infinite variety and beauty. We pray for governments and influential organisations – and each of us – to renew their determination to work together to preserve habitats and protect the wildlife that live in them. Amen.

THURS } Ask God to grant success to law enforcers throughout the world as they track down criminal poachers and traffickers of valuable wildlife and those destroying animals to steal ivory, rhino horn, tiger parts and other sought-after items.

FRI } **THANKSGIVING:** for every individual and community trying to make a positive difference by recycling, conserving energy, water and other precious resources, and taking care of their local environment.

SAT } Pray that bio-scientists will make further progress in understanding why billions of bees are dying, and that governments and others will protect them by banning lethal pesticides, preserving habitats and insisting on ecologically friendly farming practices.



Honey bees perform about 80 per cent of all pollination. Out of the top 100 human food crops, e.g. fruits, nuts and vegetables, that supply about 90 per cent of the world's nutrition, 70 are pollinated by bees. A single bee colony can pollinate 300 million flowers each day.

UK PARLIAMENTS AND ASSEMBLIES



'Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Saviour God wants us to live.'

1 TIMOTHY 2:2-3 (THE MESSAGE)

SUN 4 Almighty God, we pray for the elected representatives of the UK Assemblies and Parliaments, and members of the House of Lords. Please enable them to work together honourably for the highest interests of each of our nations, guided by truth and love. Amen.

MON 5 Remember First Minister Nicola Sturgeon MSP and her Cabinet – the main decision-making body of the Scottish Government. Pray that godly wisdom and values will increasingly influence them, especially on issues such as human life, exploitation and freedom of belief and speech.

TUES 6 Pray for a fair, workable solution to the impasse at Stormont between political parties since the devolved assembly collapsed 667 days ago. Northern Ireland has been without government the longest of any country in peacetime; it desperately needs to be restored.

WED 7 Lord, we give thanks for Christian elected Members of the UK Parliaments and Assemblies, and staff members, advisors and civil servants working alongside them. Please lead them in Your paths of wisdom, to accomplish those plans that are near to Your heart for our nation. Amen.

THURS 8 Pray for First Minister Carwyn Jones AM, his Cabinet, and Members of the democratically elected National Assembly for Wales. Pray for wisdom as they represent the interests of Wales and its people, making laws and holding the Welsh Government to account.



The Senedd, home of the National Assembly of Wales.

FRI 9 **THANKSGIVING:** for all who serve on Committees (Wales and Northern Ireland), Cross Party Groups (Scotland) and All-Party Parliamentary Groups (Westminster) on wide-ranging issues. Pray that they will be instrumental in raising important matters needing attention.

SAT 10 Intercede for those in positions of leadership in the Government and Her Majesty's Opposition in the Westminster Parliament. Ask God to strengthen them, and all who sit in the Houses of Parliament to seek the good of our nation, laying aside all personal interests and prejudices.

In Britain a total of 839 elected Members sit in the Scottish Parliament – 129 MSPs, the Welsh Assembly – 60 AMs and at Westminster 650 MPs. When the Northern Ireland Legislative Assembly is in operation there are 108 MLAs. In addition, there are about 800 Peers in the House of Lords.



NOVEMBER 11 – 17

DELIVERANCE

(King Hezekiah) 'My dwelling is plucked up and removed from me like a shepherd's tent; like a weaver I have rolled up my life; he cuts me off from the loom. O Lord, I am oppressed; be my pledge of safety!'

ISAIAH 38:12-14 (ENGLISH STANDARD VERSION)

12 – 16 NOVEMBER IS ANTI-BULLYING WEEK – 'CHOOSE RESPECT'

SUN 11 } 100th ANNIVERSARY OF THE ENDING OF THE FIRST WORLD WAR

Almighty and eternal God, from whose love in Christ we cannot be parted, either by death or life: hear our prayers and thanksgivings for all who we remember this day. Fulfil in them the purpose of Your love; and bring us all with them, to Your eternal joy; through Jesus Christ our Lord. Amen.

(Church of England liturgy)



MON 12 } Ask God to draw near to children who are bullied week after week, both online and face to face, and lead them to people who can help. Pray too for the culprits, often themselves wounded by rejection, neglect and abuse, to change their ways and 'choose respect'.

TUES 13 } Intercede for innocent individuals imprisoned in foreign countries without a trial, enduring hard conditions and with no prospect of being released. Pray that diplomatic channels and personal supporters will persist in their efforts to free them.

WED 14 } **START OF PRISONS WEEK (prisonsweek.org)**
Lord, please break the bonds of fear and isolation, and support with Your love prisoners and their families and friends, prison staff, and all who care. Heal those who have been wounded by the actions of others, especially the victims of crime. Amen.
(Prison Week prayer)

THURS 15 } Pray for those who are in the thrall of severe mental illness, that they would receive effective, compassionate treatment to help them towards recovery. Ask God to grant strength and wisdom to those who befriend and care for them.

FRI 16 } **THANKSGIVING:** for rescuers who courageously face danger themselves to deliver others who are in peril, such as firefighters, police officers, members of the Armed Forces, search and rescue teams, and disposers of landmines, bombs and hazardous chemicals.

SAT 17 } Remember those who need to receive spiritual deliverance by submitting to Christ, utterly dependent on His salvation through the cross. Ask God to draw them to people through whom the Holy Spirit can minister the healing, comfort and peace of new life in Him.

'Teach us to pray, that we may cause the enemy to flee, that we his evil power may bind, his prisoners to free.'
(Watchman Nee, 1903-1972)

CHURCH AND SOCIETY



‘You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.’

MATTHEW 5:14-16 (NEW INTERNATIONAL VERSION)

- SUN 18** Heavenly Father, thank You for the opportunities churches have to help those in need through foodbanks, homeless shelters, Street Pastors, debt advice, job clubs and many other initiatives making a Christian difference in society. Please bless all who serve in this way. Amen.
- MON 19** Pray that many more children and young people will be enriched by local church and other initiatives that seek to share God’s Word, provide worthwhile activities and offer help. Ask God to encourage and bless Christian youth and children’s workers known to you.
- TUES 20** Remember Christian chaplains and missionaries working in hospitals and hospices, education, industry, police and armed services, in prisons, among seafarers and other transport workers, as they offer spiritual guidance, comfort and practical support in times of need.
- WED 21** **PRAY DAY – when students and staff across Europe pray for their schools**
 Lord our great Teacher, please encourage Christians today to pray for education, especially their own places of learning. Send Your Spirit to inspire them to share the Good News with others and spark revival across this generation we pray. Amen.
- THURS 22** Please pray about the emerging dreadful revelations of abuse within Church institutions down the years. Amid this shame and suffering ask God to grant wisdom and courage to those called upon to respond – to face what happened and to show compassion for those affected.
- FRI 23** **THANKSGIVING:** for today’s House of Commons Second Reading of the Modern Slavery (Victim Support) Bill. Pray that many MPs will back this crucial measure to increase the currently very inadequate support available for victims of trafficking and exploitation. (freeforgood.org.uk)
- SAT 24** Pray for those you know who have the gifts, passion and anointing from God to preach the gospel of grace and truth so that people may understand who Christ is, confess their need for forgiveness and receive new life – becoming His beloved disciples.



‘The evangelistic harvest is always urgent. The destiny of men and of nations is always being decided. Every generation is crucial; every generation is strategic. But we are not responsible for the past generation, and we cannot bear full responsibility for the next one. However, we have our generation! God will hold us responsible. (Dr Billy Graham)



NOVEMBER 25 – DECEMBER 1

OPPRESSED PEOPLE

'He will not crush the weakest reed or put out a flickering candle. Finally, He will cause justice to be victorious. And His name will be the hope of all the world.'

MATTHEW 12:20-21 (NEW LIVING TRANSLATION)

SUN } INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

25 Father of mercies, please bring to an end the cruelty and oppression that is experienced by so many women. Often, at the hands of their partner or close family members, in war and through practices like female genital mutilation and forced marriage. Amen.

MON } Remember the 700,000 Rohingya people who over a year ago were driven violently from their homes in Myanmar to live in camps in Bangladesh. Pray for a resolution to this tragedy, and that essential supplies and services will continue to be provided.

TUES } Intercede for the millions of men, women and children around the world, enslaved and in despair of ever being released from their misery of hard labour, sexual exploitation, fighting in wars and other situations. Pray for their freedom.



WED } RED WEDNESDAY

28 God of justice, may this 'Red Wednesday', as thousands of buildings are lit up in red to stand with those who face injustice because of their religion or beliefs, send a powerful message to those able to bring freedom to persecuted people. Amen.

THURS } Pray for people, especially young men and women, who have been lured into joining dangerous cults and terrorist organisations. Ask God to help those who now want to leave and return home but may face criminal charges.

FRI } **THANKSGIVING:** that the Holy Spirit can break every chain of sin and oppression, and that through His presence and power in our lives we, His people, are being sent, inspired and equipped to serve in His Kingdom by sharing His grace, truth and freedom with others.

SAT } WORLD AIDS DAY

1 Pray that people worldwide would take this opportunity to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Remember the medical and nursing staff who look after patients, and family members and friends caring for them.

'Though troubles assail, and dangers affright, though friends should all fail, and foes all unite; yet one thing secures us, whatever betide, the scripture assures us, The Lord will provide.' (John Newton)



'The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free.'

LUKE 4:18 (NEW INTERNATIONAL VERSION)

ADVENT DECEMBER 2 – 23

SUN } **INTERNATIONAL DAY FOR THE ABOLITION OF SLAVERY**

2 Lord, as we rejoice over Your coming into our world to rescue humanity from sin and death, we also pray for the estimated 40 million people, a quarter of them children, trapped in slavery today. Please grant success to those fighting to free them. Amen.



MON } **INTERNATIONAL DAY OF PERSONS WITH DISABILITIES**

3 Pray that there will be ever better provision for children and adults who live with a disability, both in the developing world where resources are very scarce, and in our country, which tries to promote inclusivity and support individuals.

TUES } Continue to pray for a positive outcome for the Modern Slavery (Victim Support) Bill. That people of power and influence will act to ensure that vulnerable trafficking victims receive proper protection and care as they rebuild their shattered lives.

4

WED } **Father, we long for the Good News to be increasingly proclaimed to those who are emotionally, socially and spiritually poor. Please bless all who share Your love that brings freedom and peace. Amen.**

5

THURS } Remember former prisoners who need to find accommodation and work. Pray for Christian organisations that offer advice and practical support, including Langley House Trust, Caring for Ex-Offenders, Clean Sheet and Community Chaplain Association.

6

FRI } **THANKSGIVING:** for organisations that care for victims of trafficking and exploitation: Salvation Army, TARA, Migrant Help, Women's Aid, Unseen, Medaille Trust, City Hearts, Snowdrop Project, Hope for Justice, Beyond the Streets and many more.

7

SAT } Pray that the Government will act on the recent All-Party Parliamentary Group on Prostitution report *Behind Closed Doors*, which sets out the financial and personal cost of sexual exploitation and the need to reduce demand as this pulls traffickers and crime gangs to the UK.

8

Most common nationalities trafficked in the UK: Albanian, Nigerian, Vietnamese, Romanian, Eritrean, British, Chinese, Polish, Sudanese and Indian. These people have to: work picking fruit and vegetables and other food production, beg on the streets, tend cannabis plants, labour on building sites and in car washes, or be domestic servants, prostitutes, and in other unpaid, enforced work.

DECEMBER 9 – 15

INTEGRITY AND TRANSPARENCY

‘Walk as children of light, for the fruit of light is found in all that is good and right and true and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but Instead expose them.’

EPHESIANS 5:8-11 (ENGLISH STANDARD VERSION)

SUN } INTERNATIONAL ANTI-CORRUPTION DAY

9

God of all truth and light, please expose politicians, public officials, civil servants, managers, board members and business people who abuse their position to gain power, status and wealth. Grant protection and success to those fighting corruption throughout the world. Amen.



MON } HUMAN RIGHTS DAY

10

Pray for more governments to honour the 1948 Declaration of Human Rights. Ask God to help politicians, campaigners and journalists who are in potential danger as they stand for justice where the right to live in freedom is under threat.

TUES } Pray about the growing prevalence of ‘fake news’ and the potential for social media to influence people’s beliefs and attitudes for good or ill. This is being increasingly regarded to be a real threat to the integrity of our democratic institutions and to the voices of truth.

WED } Lord, please strengthen us to speak and act according to Your standards of integrity and transparency personally, at work, in our communities and within the church. Forgive us when we fall short and help us to encourage others to live in the light. Amen.

THURS } Pray for growth in the Fairtrade movement as more of us demand that companies pay sustainable prices to farmers and workers in the developing world; provide better working conditions; and develop the land in a sustainable way.

FRI } **THANKSGIVING:** for Christians and others in business who do not compromise by undertaking work they believe to be wrong, taking dubious short cuts or dealing with dishonest people. Ask God to reward their integrity and to uphold their reputation.

SAT } Pray about the corruption risks in sport, through dishonesty in how they are governed; in the planning of major events; match-fixing; and drug taking. Ask God to give courage to people of integrity who want to expose wrongdoing in every kind of sport.

‘Corruption is the abuse of entrusted power for private gain; classified as grand, petty and political, depending on the amounts of money lost and the sector where it occurs. Corruption corrodes the fabric of society. It undermines people’s trust in political and economic systems, institutions and leaders. It can cost people their freedom, health, money – and sometimes their lives.’ (Transparency International)

LONELINESS



‘Father of orphans, champion of widows, is God in His holy house. God makes homes for the homeless, leads prisoners to freedom...’

PSALM 68:5-6 (THE MESSAGE)

SUN 16 } **Lord, please inspire churches in every community to reach out to the 1.2 million chronically lonely older people in the UK, to befriend and support them and to share the truth of the gospel. Amen.**

MON 17 } Pray for people who are homeless, perhaps cut off from family and friends. Ask God to help them connect with agencies and individuals who can help them, especially through projects over Christmas that provide food, shelter, advice and friendly company.



TUES 18 } **INTERNATIONAL MIGRANTS DAY**
Pray for ongoing unity and wisdom among country leaders brought together by the UN High Commissioner for Refugees, to respond to the record-breaking number of refugees and migrants crossing international borders. Ask God to draw near to each of these millions of individuals.

WED 19 } **God of comfort, we bring before You those who are living through various stages of bereavement, having lost someone very precious to them. Please help these men, women and children to find ways to adjust and be able to face the future. Amen.**

THURS 20 } Pray for children and adults who live with disabilities and who are experiencing loneliness. Pray they will be linked with local organisations that offer opportunities to meet other people, find jobs and develop new interests.

FRI 21 } **THANKSGIVING:** for organisations like The Samaritans and the many helplines manned by trained Christian volunteers to help people wrestling with a range of problems. (premierlifeline.org.uk; ucb.co.uk/pray; christianhelplines.co.uk)

SAT 22 } Remember the increasing number of young people experiencing loneliness – often as online communication replaces real relationships. Pray that they would engage with sport, cultural and social activities, including Christian groups, that will enrich their lives.

Half a million older people go at least five days a week without seeing or speaking to anyone. This can be as bad for someone’s health as smoking 15 cigarettes a day, worse than obesity and could increase risk of death by 29 per cent. The Office of National Statistics found almost a tenth of people aged 16 to 24 – a figure three times higher than for those 65 and over (the highest proportion of any age group), were ‘always or often’ lonely.



DECEMBER 23 – 29

AMAZING GRACE

'He generously poured out the Spirit upon us through Jesus Christ our Saviour. Because of His grace He made us right in His sight and gave us confidence that we will inherit eternal life.'

TITUS 3:6-7 (NEW LIVING TRANSLATION)

SUN 23 } **Father, during this Christmas week please help us to share with those we know the amazing grace and truth of the gospel. May the Holy Spirit convince people of their need to make peace with You through our Lord Jesus Christ. Amen.**

MON 24 } Pray for all involved in Christmas services and events today and tomorrow to know God's anointing of faith, hope and joy. Remember musicians, speakers and other contributors, especially those working behind the scenes to welcome and serve each visitor.

TUES 25 } **CHRISTMAS DAY**
Lord Jesus Christ, we join with the angels and all the company of heaven to celebrate the wonderful truth of Your coming to earth as a vulnerable baby to rescue us from our sin! May the message of amazing grace ring out today throughout our needy world. Amen.

WED 26 } Ask God to strengthen and comfort anyone who could not fully enjoy Christmas because they are far from home and loved ones, coping with illness and other difficulties, grieving over loss or anxious about a work or home situation.

THURS 27 } Intercede for God to pour out His amazing grace into the lives of those whom the world forget. Pray for those in places where the effects of conflict, famine and disaster still take their toll when the news media no longer report on it.



FRI 28 } **THANKSGIVING:** that we have free access to the Bible, and for those who expound it through preaching, writing and via other media. Ask God to help us all to give His Word prime place; let it work in our lives to conform us to Christ's likeness.

SAT 29 } Pray that throughout the world churches would continue to demonstrate God's amazing grace and generosity as they give out to those in need: the hungry and homeless, the lonely and rejected, the victims and the wrongdoers.

'Present mercies are but earnest of his love, present comforts but foretastes of the joy to which we are hastening. O that crown, that kingdom, that eternal weight of glory! We are travelling home to God. We shall soon see Jesus, and never complain of sin, sorrow, temptation or desertion any more.' (From John Newton's sermon, New Year's Day 1773, when Amazing Grace was first sung.)

FUTURE OUTLOOK



“For I know the thoughts that I think toward you,” says the Lord, “thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you.”

JEREMIAH 29:11-12 (NEW KING JAMES VERSION)

SUN 30 } **Almighty God, time is in Your hands; You know every detail of the future. Help us to submit our lives to You through prayer and trusting in Your grace and mercy. May Your kingdom come and Your will be done through Your Church. Amen.**

MON 31 } Thank God for the blessings He has given over the past year, in good times and bad: material provision, health and strength, wisdom and guidance, and loving supportive relationships. Pray that these memories will continue to comfort and inspire us.

TUES 1 } **NEW YEAR'S DAY**
1 Lord, please protect us over the coming year – in our individual lives, families and communities and across this nation. Grant wisdom to those in positions of influence and leadership as they govern and serve our land, and help those in need. Amen.

WED 2 } Remember people as they return to their jobs and studies. For some, this will be difficult, whilst others relish the opportunities ahead. Pray for them to receive God's wisdom, patience and integrity as they resume the rhythm of work and the relationships there.

THURS 3 } Continue to pray about the Brexit negotiations, remembering key players: Prime Minister Theresa May; Dominic Raab, Secretary of State for Exiting the European Union; Jeremy Hunt, Foreign Secretary; Michael Barnier; Donald Tusk; Sabine Weyand; and Didier Seeuws of the EU.

FRI 4 } **THANKSGIVING:** for the increasing investment and success in producing clean, renewable energy and eliminating pollutants in our oceans, waterways and on land. Pray for rapid progress so that environmental damage can be reduced.

SAT 5 } Remember anyone you know who is beginning a new chapter in their lives during 2019. Ask God to bless their best endeavours in studying, working, family, and with creative, personal and spiritual goals.



‘Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.’
(Martin Luther)



JANUARY 6 – 12

ETHICS IN SCIENCE AND MEDICINE

'Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests but also the interests of others.'

PHILIPPIANS 2:3-4 (NEW KING JAMES VERSION)

SUN } **6** Lord, You enable us to discover and innovate amazing technologies and treatments that enhance our lives. May those working in mathematics, sciences, medicine, engineering, genetics and nanotechnology acknowledge Your power and wisdom. Amen.

MON } **7** Ask God to expose any practical or ethical dangers of innovations that could potentially alter what it means to be human, or irrevocably damage the natural environment. Pray that unwise projects born out of 'selfish ambition and conceit' will fail.

TUES } **8** Remember Christian health professionals, scientists and ethicists at the forefront of developing Artificial Intelligence (AI) and robotics. Pray for the Church to bring wise perspectives to the incredible changes this will bring to every aspect of human life.

WED } **9** Lord of Life, please give wisdom to those challenging recent guidelines about withdrawing food and fluids from patients with dementia, stroke and brain injury who are not imminently dying. Save us from this slide into legal euthanasia. Amen.

THURS } **10** Pray about abortion lobbyists' steady campaign to make abortion easier, using nurses, pharmacists and internet suppliers, and removing legal restrictions – like the Government's decision to permit women to take the second abortion pill at home.

FRI } **11** **THANKSGIVING:** for the dedication and skill of those who are researching possible cures for debilitating illnesses. Ask God to reveal His solutions and enable the development of ethically sound therapies and treatments that can transform patients' lives.

SAT } **12** Pray for members of Research Ethics Committees and those who make decisions about treatment for dementia, stroke or brain damage patients who are not facing imminent death – especially in the light of British Medical Association draft guidelines allowing the withdrawal of food and fluids in such cases.



The United Kingdom has 86 NHS Research Ethics Committees that review around 6,000 clinical research applications per year. They are independent and impartial, appointed to assess whether research proposals conform to recognised ethical standards. The interests of researchers and research are always secondary to the dignity, rights, safety and well-being of people taking part in research.

OVERCOMING ADDICTION



'It happens so regularly that it's predictable. The moment I decide to do good, sin is there to trip me up... I've tried everything, and nothing helps ... Is there no one who can do anything for me? ... The answer, thank God, is that Jesus Christ can and does.'

ROMANS 7:21-25 (THE MESSAGE)

SUN 13 } **God our Saviour, please strengthen us when we are tempted to settle for less than Your will and purposes for our lives. Thank You for Your grace and mercy as we confess to habits of thought and action that are wrong and unhelpful. Amen.**

MON 14 } Thank God for the Government's decision, on which CARE had long campaigned, to reduce the stake per spin on Fixed Odds Betting Terminals from £100 to £2. Pray that the two-year delay for this will not mean more people become addicted to this 'crack cocaine of gambling'.

TUES 15 } Intercede for the growing number of individuals who self-harm or have an eating disorder, particularly young people. Pray especially for Christians to have opportunities to bring hope and practical help to resolve the underlying causes for their condition.

WED 16 } **Lord, please help people who have taken positive steps to overcome a harmful habit or been set free from an addiction to alcohol, drugs, pornography or gambling. May they sustain their resolve and find the support they need. Amen.**



THURS 17 } Pray about the alarming increase of drug use in prisons, resulting in serious addiction, violence and instability. Pray for prison governors, officers and outside agencies that are trying to cope and find ways to change the toxic culture that exists in many of these overcrowded institutions.

FRI 18 } **THANKSGIVING:** for organisations that help people to overcome addictions such as Gamcare, Naked Truth, Teen Challenge, Salvation Army, Alcoholics Anonymous and similar groups, UK Addiction Treatment Centres and Mind. Remember their staff as they undertake this challenging work and pray for healing for their clients.

SAT 19 } Pray about the increasing exposure that children and young people have to the gambling culture through advertising, online betting opportunities and other means. Betting companies sponsor nine out of 20 Premier League teams and 17 out of 24 Championship teams.

More than 90 per cent of young people have been exposed to gambling adverts on TV and social media. Lottery scratch cards like 'Santa's Millions' encourage children to participate; they can still gamble on fruit machines and register with online sites for three days until age-verification checks are made. The Gambling Commission found that about 25,000 11 to 16 year olds are problem gamblers.



Making a Christian difference



- equips individuals and the local church for prayer and action
- impacts the political world
- provides research and briefings for parliamentarians
- trains Christian graduates through the CARE Leadership Programme
- supports the vulnerable through advocacy



Edinburgh



Belfast



Cardiff

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twitter.com/careprayerdiary

 PrayerMate: praynow4.org/care