



tearfund

**Change starts here.**

**30 days of Prayer  
for the World**

## Introduction

In a world often defined by alarming headlines of conflict, climate instability, and widening inequality, it can be easy to lose sight of the transformative work of restoration happening on the ground. The Sustainable Development Goals (SDGs) represent a global roadmap to end poverty, but for Tearfund and our partners, these are more than just targets – they are a reflection of God’s vision for every person to flourish.

**As you move through this resource of prayers, we invite you to pray with us.**

Prayer is not a passive response to the world’s challenges; it is an active participation in God’s mission to make all things new. From the remote mountains of Nepal to the urban slums of India, your prayers join with the resilience of local communities to break cycles of poverty and injustice.

**Thank you for walking alongside our partners as they cultivate hope. Together, our seeds of change grow to shape a more just and compassionate world.**



***This prayer guide is an invitation to look behind the statistics and meet the individuals and partners who are working to bring hope. It is a reminder that change starts here – in the small, faithful seeds of prayer, justice, and faith in action.***

## Pray for an end to hunger

Today, global hunger and food insecurity, driven largely by conflict, economic instability, and climate shocks, continue to rise. A staggering 783 million people globally know the personal, daily ache of chronic hunger.

### Day 1 **The Global Need**

Pray for **Hunger Hotspots** (PDF), particularly Sudan, Yemen and South Sudan, where millions face catastrophic levels of hunger. Ask for God's intervention in these regions, that humanitarian access would remain open for life-saving aid and that local food systems can be restored to provide long-term nourishment and stability for every family.

### Day 2 **Yemen**

Yemen remains one of the world's most vulnerable countries to climate change, compounded by a decade of conflict. Pray for Tearfund's local partner in Yemen as they walk alongside farming communities, providing climate resilient practices for improved water supply, sanitation and health.

### Day 3 **Mozambique**

Give thanks for our partner **Rede Cristã**, who are successfully training families to diversify their diets, ensuring children get the nutrients they need to grow strong and healthy.

### Day 4 **Myanmar**

Pray for our partner as they provide poultry rearing and nutrition training. Ask that these small flocks would provide both a source of food and a sustainable income for families displaced by unrest.

### Day 5 **Change starts here.**

Thank God for the Mother Saving Group congee initiative in Hsin Long Dam, Myanmar where 16 women pool their resources to cook nutritious meals for the most vulnerable children in their village. The impact is life changing. One mother of three shared the difference she sees in her youngest child:

*"When I joined the project, I was pregnant with my third child. During my first two pregnancies, I received basic prenatal care, but I knew nothing about balanced food groups or proper complementary feeding. For my third pregnancy, I applied everything I learned. I ate well and prepared nutritionally balanced food for my baby. The difference is remarkable: my third child started walking at just 11 months, is a fast learner, and – at three years old – has never needed a clinic visit for a severe fever. Because we see these practical benefits, we are driven to keep this feeding program going on our own."*

## Pray for good health and well being

Every day, an estimated 700 women die from preventable causes related to pregnancy and childbirth. Poverty creates many hurdles for mums and babies: limited access to medical services, lack of nutritious food, and unsafe birthing conditions.

### Day 6 **The Global Need**

Escalating regional tensions often lead to the collapse of local healthcare. **Pray for families in the Middle East**, particularly in Iran and neighbouring regions, who are struggling to access life-saving medicine and maternal care due to supply-chain disruptions and damaged infrastructure. Ask for God's protection over the most vulnerable during this time of instability.

### Day 7 **Myanmar**

Praise God for the **Better Nutrition project in Myanmar** which has successfully reduced anaemia rates through better birth spacing and dietary diversity.

### Day 8 **Australia**

Pray for **Nungalinga College** and their Faith and Family Wellbeing course. Pray for the students from remote communities like Wadeye and Ngukurr as they apply their training to de-escalate violence, manage grief, and act as peacemakers.

### Day 9 **Change starts here.**

Thank God for Daw Ja Ra in Myanmar, who at age 41 learned the importance of prenatal care and breastfeeding. Pray that she continues to be a 'Health Advocate' for her neighbours, sharing her life-saving knowledge with other mothers in her village.

She expressed her gratitude: *“Health knowledge is very beneficial for us who do not have easy access to healthcare services. The improvement in our health knowledge will not only benefit our household but also our relatives and those living around us. Thank you so much.”*

## Pray for quality education

For millions of children and their families around the world, missing out on an education is one of the most devastating effects of poverty. It quickly becomes a cycle: those whose families are poor miss out, and in turn, they have fewer opportunities to earn an income later in life.

### Day 10 **The Global Need**

Conflict and instability often put education on hold. Across the Middle East, millions of students have had their university and school years interrupted by unrest. Pray for students whose futures feel "on hold". Ask that even in times of transition and uncertainty, windows of opportunity would remain open for them to learn, grow, and contribute to their communities.

In Afghanistan, it has now been over four years since girls were banned from secondary school. Pray for the 2.2 million girls currently denied their right to learn. Pray for a future where every girl can return to the classroom.

### Day 11 **India**

Pray for **EFICOR** and their "Child Parliaments" initiative. These groups educate children on their rights and the immense value of schooling. Praise God for the way these students accompany one another to school, encouraging their peers to attend and stay in class.

### Day 12 **Nepal**

Pray for the physical safety of students who must navigate steep, mountainous terrain to reach their classrooms. Praise God for Tearfund partner **UMN** who has built safety fencing to prevent falls from elevated school compounds and improved classrooms and water access.

### Day 13 **Pakistan**

Pray for the **Diocese of Hyderabad** as they work on village schools so both boys and girls can build brighter futures. Ask for God's protection over the program as it faces the threat of climate catastrophes and displacement.

### Day 14 **Change starts here.**

Growing up, Shival lived in a village with no school and no path to formal learning. When our partner **Diocese of Hyderabad** established a village school, Shival's trajectory changed forever. He transitioned from a dedicated student to a village teacher, and in 2025, he was admitted to university to study a Bachelor of Nursing.

*"My village school turned my dreams into reality,"* shares Shival.

## Pray for gender equality

Globally, one in three women will experience physical or sexual violence in their lifetime. In many communities, gender inequality keeps women trapped in cycles of poverty where access, opportunity, and voice are denied.

### Day 15 **The Global Need**

Pray for a shift in cultural mindsets that view women as less than, asking for a restoration of God's vision for equality and mutual respect. Pray for the protection of women in conflict zones and for the breaking of systemic barriers that prevent women from owning land, accessing credit, or leading their communities.

### Day 16 **Australia**

Pray for Tearfund's partner **Strong Women Talking**. Pray for First Nations women on their "Healing Journeys" as they break cycles of intergenerational trauma and domestic violence.

### Day 17 **Cambodia**

Pray for **Peace Bridges Organisation** as they empower women to lead overnight forest and river patrols. Praise God that through their leadership, fish stocks are recovering and biodiversity is returning to the Mekong River.

### Day 18 **Zimbabwe**

Pray for **HEFO** as they provide economic empowerment to rural families. We praise God that all nutrition garden leaders in this program are women.

### Day 19 **India**

Pray for **Saahasee** as they work in the urban slums of Bhiwandi. While cultural barriers often limit progress, we thank God that 723 women have received vocational training, with many now employed or running small businesses from home.

### Day 20 **Change starts here.**

Praise God for Winnie in Uganda, whose life was transformed through bakery training with our partner **Vision Terudo**. This opportunity protected her from child marriage and dangerous labour, allowing her to start a business and even pay her brother's school fees. Pray for Winnie's dream of opening a hotel and for the five other women she is now training to follow her lead.

*"My mum and my family are really proud of me, and people in the community have begun to admire my work. They come and stand to watch while I'm cooking my mandazi, so I've started training five other women to also bake with me, and others are waiting too."*

## Pray for clean water and sanitation

Globally, access to safe water is under increasing threat. In 2024, only one-third of the world's river basins were considered "normal." The rest swung violently between drought and flood. Climate chaos and conflict are turning water into something people can no longer rely on.

### Day 21 **The Global Need**

The human cost is devastating. Every day, 1,000 children under five die from preventable waterborne diseases. In conflict zones, a child is three times more likely to die from dirty water than from direct violence. Pray for the millions who still walk long distances for unsafe water or live without access to basic toilets. Ask God to protect the most vulnerable, especially women and children who face safety risks on these journeys, and to bless the work of local partners bringing safe water, hygiene, and hope.

### Day 22 **Ethiopia**

Pray for Tearfund's partner **EKHCDC**, as they build vital infrastructure to bring clean water closer to remote communities. Praise God for the "model household" initiative, which inspires neighbours to embrace cleaner, healthier living. Ask that these small changes would lead to a significant reduction in water-borne diseases.

### Day 23 **Nepal**

Pray for **Share and Care Nepal**, who mobilised communities to restore their broken water systems. We thank God for the unity of these families, with every household sharing in the labour. Pray for the Drinking Water Committees as they advocate for assistance from local authorities.

### Day 24 **Change starts here.**

In the remote mountains of Nepal, the village of Namsapuran spent decades struggling with broken pipes plugged with old clothing. Praise God for our partner **Share and Care Nepal**, who mobilised the community to restore their water system. Today, all 30 households have 24-hour access to water, kitchen gardens are flourishing, and illnesses have decreased.

## Pray for reduced inequalities

Economic and social gaps are widening. We pray for the more than 120 million people currently displaced by conflict, and for those marginalised by disability or caste. In a world of vast resources, we ask for a more just distribution of opportunity, dignity, and voice.

### Day 25 **The Global Need**

Pray for those often left behind. Ask for the breaking down of systemic barriers—discrimination, social stigma, and lack of access—that prevent people with disabilities and ethnic minorities from participating fully in their communities. Pray that every person, regardless of their physical ability or background, would be seen as a bearer of God's image.

### Day 26 **India**

Pray for **EFICOR** as they run village committees and awareness programs for the Musahar community, one of India's most marginalised groups. Pray that these training sessions would equip families with the knowledge and confidence to navigate complex systems and claim government entitlements, ensuring they receive the support and safety they deserve.

### Day 27 **Cambodia**

Pray for **Peace Bridges Organisation** as they continue to support the Kuy people. After years of feeling the need to conceal their ethnicity, pray that this community would find the confidence to be proud and visible. Ask that their unique culture would be celebrated and protected.

### Day 28 **Somalia**

Pray for our partner **Medair** as they support mothers in IDP (Internally Displaced Person) camps. We thank God for the "Child-Friendly Spaces" that provide safety and education for children, giving displaced parents the peace of mind to seek work and rebuild their lives.

### Day 29 **Change starts here.**

For 25 years, Mugove from Zimbabwe, a man living with a disability, struggled to find work due to community stigma. Through the support of our partner **Nzeve**, Mugove received training in broiler production rather than just a handout. Today, he is no longer fully dependent on social grants and runs a successful poultry project and a small tuckshop.

# Pray for Church in Australia and Tearfund

## Day 30

### Change starts here.

Pray that the Australian Church would be a community that "acts justly, loves mercy, and walks humbly" (Micah 6:8), reflecting God's heart to a watching world. Give thanks for the thousands of Australian Christians who have already stepped out in faith with Tearfund. Pray that their commitment would be a catalyst, inspiring many more to take that first step of advocacy, prayer, and generosity.

As we navigate a complex and changing world, pray that Tearfund would remain anchored in Christ, walking in integrity and deep humility alongside those on the margins. Pray for partnership between Tearfund, our international partners, and the Church here in Australia. May these relationships be marked by mutual respect, listening, and a shared passion for the Gospel in action.

As we reach the end of the financial year, we ask for God's hand over our financial resources. Pray for stability and consistency in funding, so that our long-term projects in places like Ethiopia, Yemen, and Myanmar can flourish without interruption.

## **Tearfund Australia**

Tearfund is a movement of Christians working in partnership to end poverty and tackle injustice.

We partner with Christians in Australia and around the world as changemakers to tackle the root causes of poverty, release hope, champion justice and equip communities to flourish.

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