

# A Prayer Journey



## **A 60-MINUTE GUIDED PRAYER JOURNEY FOR GLOBAL WEEK OF PRAYER**

WELCOME (5 MINS)

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JESUS, LIGHT OF THE WORLD (10 MINS)

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JESUS, THE TRUTH (10 MINS)

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JESUS, PRINCE OF PEACE (10 MINS)

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PRAYING WITH THE WORLD (20 MINS)

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A SENDING PRAYER (5 MINS)

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YOUR NEXT STEPS

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Global Week  
of 24-7 Prayer  
6 – 13 SEPTEMBER 2026



24-7 PRAYER  
IRELAND

# WELCOME (5 MINS)

- BEFORE YOU BEGIN - YOU WILL NEED ACCESS TO PEN/PAPER, A BIBLE, SOME GLOBAL NEWS SOURCE EITHER PAPER OR ONLINE AND SCISSORS.
- FIND A QUIET PLACE. PUT YOUR PHONE ON SILENT. LIGHT A CANDLE IF YOU HAVE ONE.
- INVITE THE HOLY SPIRIT TO LEAD YOUR TIME. BREATHE. READ PSALM 27.
- TAKE SOME TIME IN SILENCE, REFLECTING ON THE WORDS OF PSALM 27 AND PREPARING YOUR HEART TO BE WITH GOD.

# JESUS, LIGHT OF THE WORLD (10 MINS)

**READ:** JOHN 8:12

**Practice:** Take some time to reflect and write down:

- somewhere in your own life that feels dark
- someone who is in need of hope
- one situation in the world that needs light to shine in the darkness



**Then hold your hands  
open as a sign of  
offering them to Jesus.**

*Pray - spend some time in  
prayer or use this simple  
prayer - "Jesus, shine your  
light..."*

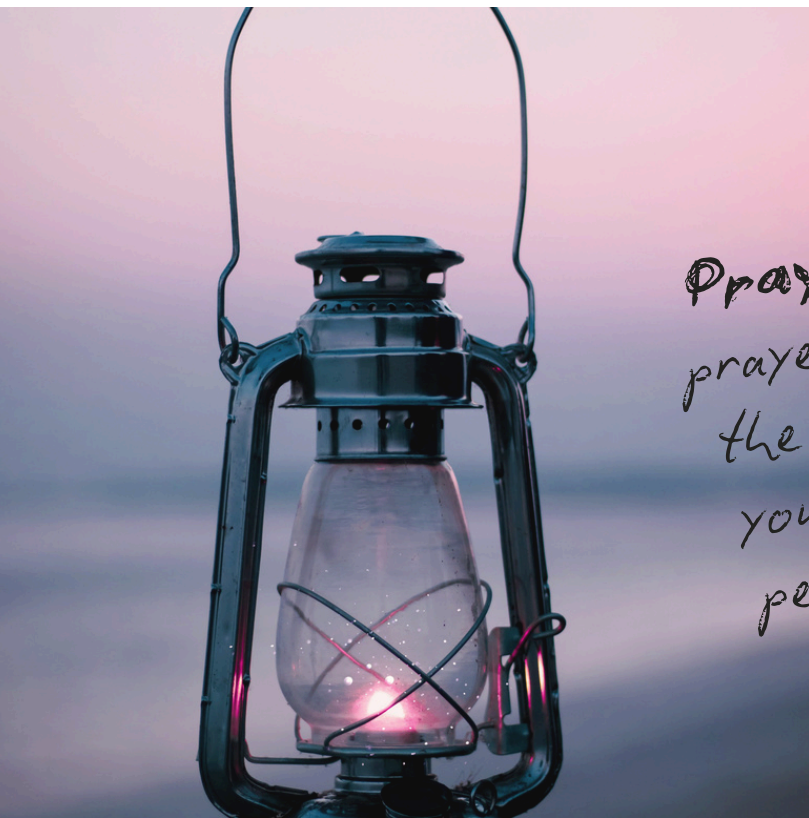
# JESUS, THE TRUTH (10 MINS)

**READ:** JOHN 14:6

**Reflect** on the presence of Jesus, the way, the truth and the life in an anxious, overwhelmed culture. Spend some time listening to who Jesus says He is.

**Practice:** Take some time to reflect and write down:

- Write down three truths about Jesus.
- What truth is Jesus inviting me to hold today?
- What truth is Jesus inviting me to pray over someone, a place or situation?



*Pray:* Spend some time in prayer asking Jesus to reveal the truth of who He is to you and to the particular person, place or situation you are praying for.

# JESUS, PRINCE OF PEACE (10 MINS)

**READ:** JOHN 14:27

**Practice:** Draw three simple circles.

- Family
- Community
- World

Fill each with names/groups/situations you want to pray peace for.



**Pray:** Finish by writing

*Jesus, Prince of  
Peace*

across the middle.

Spend some time in  
prayer for each of these  
areas.



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# PRAYING WITH THE WORLD

## LIFT YOUR EYES (20 MINS)

Choose two or three of these areas to pray for - Throughout this week, thousands of Christians across many nations are praying these same prayers together.

- CONFLICT AND PEACE
- CREATION AND CLIMATE
- WOMEN AND GIRLS EXPERIENCING VIOLENCE AND INJUSTICE
- LEAST REACHED GROUPS AROUND THE WORLD

# CONFLICT AND PEACE

In 2024, 97 countries saw a decline in peace and stability, the largest drop in almost two decades. Around one in ten people now live in a country affected by war.

**READ:** ISAIAH 9:2-7

**Practice:** Find the global news section of your preferred newspaper, website or social media. Read the stories about current conflicts. Use the prayer points below to help guide your prayers and cry out to God for just and lasting peace.

## **Pray:**

- Pray that world leaders and policy makers have compassion, wisdom, courage and God's guidance to take action for just and lasting peace for conflict around the world.
- Pray for provision: Ask God to sustain families left without an income or the means to find food and shelter – those who have been displaced from their homes and those who are grieving. Pray that aid reaches all those who need it.
- Pray for the local church, local peacebuilders and other humanitarian responders:
- Pray for your role: Ask God to show you what you can do to be a peacemaker in a time of global conflict; speaking and acting for justice, peace and protection for the most vulnerable.

# CREATION AND CLIMATE CHANGE

Climate change is causing intensifying storms, unpredictable rain, severe droughts and rising temperatures. Creation is being knocked off balance and people are being pushed further into poverty as a result.

**READ:** PSALM 24:1-2

**Practice:** Get an old magazine, newspaper or scrap paper, pen and scissors. Draw and cut out a chain of people, all connected together. As you draw and cut, think about all the people you're connected to, all over the world. Use the prayer points above to pray for them and all your global neighbours.

## **Pray:**

- Pray for world leaders: Pray that leaders would act on climate change together and work urgently to put in place the solutions that already exist. Ask for wisdom for countries most impacted by climate change to know how to adapt to a changing world, and pray that their leaders would hear the cries of the people.
- Pray for countries with the highest emissions to be ambitious in their commitments and actions to address this crisis.
- Pray for sustainable solutions: Give thanks for the work being carried out by researchers, innovators, responsible companies, governments and local churches. Pray solutions reach the communities that need them most.
- In vulnerable places, pray that local churches would continue to develop sustainable, innovative ways to help families create more reliable livelihoods and increase their resilience to disasters.
- Pray for your role: Ask God to show you what you can do in your own life to reduce your climate impact and help those most vulnerable to climate change.

# WOMEN AND GIRLS EXPERIENCING VIOLENCE AND INJUSTICE

Around 840 million women and girls have experienced physical or sexual violence. That's one in three women worldwide. In times of humanitarian crisis, this violence is even more likely. The consequences of sexual and gender-based violence are far-reaching and long-lasting.

**READ:** PSALM 27: 12-14

**Practice:** Place a hand on your heart and ask God to heal the emotional wounds of survivors and soften the hearts of those who do not see women as equal.

Place a hand on your head and ask God to heal the psychological wounds of survivors and renew the minds of those who do not see women as equal.

Place a hand over your eyes and ask God to heal the physical wounds of survivors and open the eyes of all of us to see every person as God sees them: a masterpiece of creation (Ephesians 2:10).

Place your hands together and pray through the prayer points below.

## **Pray:**

- Pray for Churches around the world: Thank God for churches leading the way in speaking out against violence, supporting survivors with advocacy and healing. Ask God to help churches listen to survivors and speak up when it's needed most.
- Pray for provision to equip churches to run programmes offering hope, healing and transformation to survivors – teaching the God-given value of men and women.
- Pray for survivors: Pray that God will bind up the wounds of survivors – that he will give them the strength and courage to speak out against sexual and gender-based violence and heal after such tragic and traumatic events.
- Pray for women and girls: Ask God to help women and girls access opportunities and have the freedom, in every context, to thrive and to fulfil their God-given potential.
- Pray for your role: Ask God to show you what you can do in your own life to counter harmful attitudes and actions towards women and girls.

# THE LEAST REACHED IN THE WORLD

OM has identified five Spotlight Regions where a significant number of least reached people face seemingly-insurmountable challenges in taking steps towards Jesus. These areas are the Greater Caucasus, Horn of Africa, Sahel, Southeast Asia and Southern Europe.

**READ:** REVELATION 7:9

**Practice and Prayer.** Looking over the 5 regions highlighted below - take some time to pray for one of them -

1. **Greater Caucasus region** - Over 23.4 million people live in the countries of Azerbaijan, Georgia (including Abkhazia), Armenia, Republics in the North Caucasus Federal District of Russia: Dagestan, Chechnya, Ingushetia, Kabardino-Balkaria and Karachay-Cherkessia. Jesus followers number less than 1% in the Greater Caucasus region – but among several people groups this number is less than 0.02%. Many people from the Greater Caucasus live and work abroad or have been displaced due to conflict.

- *Pray that they will meet Jesus followers who will share the love of Jesus with them.*



# THE LEAST REACHED IN THE WORLD

2. **The Horn of Africa** - Located in the northeastern corner of the African continent consists of Somalia, Djibouti, Eritrea and Ethiopia and has an estimated total population of approximately 140.7 million people. The area has one of the youngest populations globally — around 60 per cent of its population is under the age of 25. The Horn of Africa is plagued by conflict, famine and displacement, creating immense physical and emotional suffering.

- *Pray for peace and stability in the region, as well as for humanitarian aid efforts to be effective. Pray that these efforts would open doors for Christians to demonstrate the love of Christ and share the hope of the gospel.*

3. **The Sahel** - The combined population of Niger, Senegal, Mali, Burkina Faso and Mauritania, all part of the Sahel region, is approximately 100 million people. Over 95 per cent of the population of these countries follow Islam.

- *Pray for employment and business opportunities for people living in the Sahel. Many people struggle to support their families, due to economic hardships and instability*



# THE LEAST REACHED IN THE WORLD

4. **Southeast Asia** - Brunei and Indonesia are countries in Southeast East Asia. Sunni Islam is followed by over 80 per cent of the approximately 277.4 million people who live there. There is also a mix of Sufism and local folk Islam in some regions. Many young people from Brunei and Indonesia travel abroad to study.

- *Pray that while at university, they will encounter Jesus followers who will share their faith with them and lead them to a relationship with Jesus.*

5. **Southern Europe** - France, Italia, Portugal and Spain have a combined population of approximately 185 million people. According to the national Evangelical Alliances in these countries, an estimated 1.2 per cent of the population are evangelical Christians who belong to a vibrant community of Jesus followers. About half of this 1 per cent are immigrants, mainly from Latin-America, Africa, and Eastern Europe.

- *Pray for the support and development of more national youth workers in Southern Europe, who can reach out to teens and young adults and lead them into a deep faith-filled relationship with Jesus*





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# SENDING PRAYER (5 MINS)

RETURN TO PEACE. **READ.** JOHN 16:33

Thank God that He is already at work. Acknowledge that we don't carry the weight of the world. Jesus does. Finish with this prayer written for the Global Week of Prayer -

*Father,*

*We come before you with hearts deeply moved—moved by the sheer magnitude of all the trouble, suffering and lostness we see in our world. But we know even this sense of overwhelm – when we feel smallest and the task feels largest—is actually a sacred moment that leads us directly to you. Because, in the end, you are the only person who can truly transform our nations and our cultures.*

*Lord Jesus, you are exalted to the highest place. Your name is above every other name —every ruler and principality and power in heaven and on earth and under the earth.*

*So today we pray in the name of Jesus—that every knee would bow and every tongue confess that He is Lord. Not because we have the strength to make it happen, but because you do. Not because our plans are sufficient, but because your power is limitless. The places that overwhelm us are the very places you came to save.*

*Come, Lord Jesus. Transform our nations. Transform our cities. Transform our neighbourhoods. Let your name be proclaimed throughout the globe. In Jesus' mighty name we pray,*

*Amen*

# YOUR NEXT STEP

You can find out more information on the issues above and further resources for praying at -

[www.24-7prayer.com/weekofprayer](http://www.24-7prayer.com/weekofprayer)  
[www.om.org/int/global-week-prayer](http://www.om.org/int/global-week-prayer)  
[www.tearfund.org/globalweekofprayer](http://www.tearfund.org/globalweekofprayer)

Let us know if you've been praying along with us this week and the ways in which you have encountered God -

**[info@24-7prayerireland.com](mailto:info@24-7prayerireland.com)**