

## Wave of Prayer – August

**1 August:** Boga in DR Congo; Manicaland in Zimbabwe; Tanga in Tanzania; Ogoni in Nigeria; Carlisle in England and Melbourne in Australia

**3-5 August:** Juba in South Sudan; Kitale in Kenya; Minna & Lagos in Nigeria; Moray, Ross & Caithness in Scotland and Madurai-Ramnad in India

**6-8 August:** Northern Malawi in Malawi; Eldoret in Kenya; Ngbo & Akure in Nigeria; Northwest Australia in Australia and Aipo Rongo in PN Guinea

**10-12 August:** Niassa in Mozambique; Masindi Kitara in Uganda; Langtang & Esan in Nigeria; North Queensland in Australia and Kolhapur in India

**13-15 August:** Natal in South Africa; Kajiado in Kenya; Okigwe & Western Izon in Nigeria; Nova Scotia & Prince Edward Island in Canada and Toungoo in Myanmar

**17-19 August:** Kasai in DR Congo; Shyira in Rwanda; Ijumu & Egba West in Nigeria; Liverpool in England and Sambalpur in India

**20-22 August:** Central Zimbabwe in Zimbabwe; Lango in Uganda; Kebbi in Nigeria; Tamale in Ghana; Sheffield in England and Guadalcanal in Solomon Islands

**24-26 August:** Saldanha Bay in South Africa; Karamoja in Uganda; Udi & Etsako in Nigeria; Wellington in New Zealand and Yangon in Myanmar

**27-29 August:** Matabeleland in Zimbabwe; Mount Kenya Central in Kenya; Niger West in Nigeria; Wangaratta in Australia; Clogher in All Ireland and Hpa-An in Myanmar

**31 August:** Harare in Zimbabwe; Machakos in Kenya; Ogori-Magongo & Ekiti in Nigeria; Southwark in England and Phulbani in India

## MOTHERS' UNION MIDDAY PRAYERS - AUGUST 2025 THEME: MARY SUMNER DAY

Mary Sumner Day is on 9th August, leaving us with a model to follow, exemplified in her prayer, 'All this day O Lord, let me touch as many lives as possible for thee, and every life I touch, do thou by thy spirit quicken, whether through the word I speak, the prayer I breathe or the life I live. Amen.' Mothers' Union began with the small seed of Mary Sumner's vision and obedience to God; nearly one hundred and fifty years later we have grown into the huge international organisation that is Mothers' Union today. Let each one of us follow Mary Sumner's lead and support one another in prayer and action.

### MONDAY

Lord Jesus, you valued the love and trust of women in your life; the obedience of Mary your mother, whose heart was pierced; the faith and humility of the Canaanite woman; penitent Mary who washed your feet with her tears and hair; Mary and Martha whose love of their brother made you weep and Mary Magdalene, the first to see and speak with you after your resurrection. Thank you for the women in our generations who have lived out your love to show that all are equal: Mary Sumner; Corrie ten Boom; Mother Teresa; Rosa Parks. Lord, in your mercy: Hear our prayer.

### TUESDAY

Lord Jesus, on your ascension, you fulfilled your promise of God's Holy Spirit on everyone who repented and said, 'I believe.' Your Holy Spirit has

allowed many to have the insight and the discernment and then achieve what many considered impossible. We thank you for the vision and dedication of Mary Sumner in the advocacy and support of mothers and families in this world and their presence with you in the next. We pray for all members of the Mothers' Union to share the strength of Mary Sumner and to do amazing things for you and in your Father's glory.  
Lord, in your mercy: Hear our prayer.

## **WEDNESDAY**

### ***The words I speak***

Gracious Lord, let the words that we speak build up our sisters and brothers, let us speak truth, love and grace to those who need to hear Your voice. Let us listen, not just hear, what it is others are saying. Let us be aware that words can harm the spirit as well as heal our wounds. When the words of others are so loud, give us space, silence, and quietness in our hearts, to hear **Your** voice, oh Lord.  
Lord, in your mercy: Hear our prayer.

## **THURSDAY**

### ***The prayer I breathe***

Holy Lord, Let us take time this month to rest in Your stillness to pause and breathe. As Mary Sumner was faithful, we too are faithful in our prayers to You. We know that You hear us when we call to You. Remind us that it is **Your** will be done, not ours. Help us to pray unceasingly for Your glory and for Your kingdom to come. We put our trust in You, our strength and shield.  
Lord, in your mercy: Hear our prayer.

## **FRIDAY**

### ***The life I live***

Loving Lord, we are called to love one another to show that we are Your disciples, so let Christ live in us, let our work and all that we do, make Your love visible in the world. Let us touch many lives and where there is darkness, let us show your love in action. Let us run with perseverance the race that is set before us, looking always to You.  
Lord, in your mercy: Hear our prayer.

## **SATURDAY**

Everyday Lord, wherever we are, whatever we are doing, let us remember our founder Mary Sumner and her wish for a better future for women. Let us help families at home and around the world. Wherever and whenever we can, let us strengthen relationships, work with communities, create safe spaces, break down barriers and equip people to make a change, challenging injustice, poverty, and violence. Let us ensure that all houses are houses of light, spreading their quiet beams far and wide.  
Lord, in your mercy: Hear our prayer.

## **FINAL BLESSING PRAYER**

Every beat of our heart, every breath of our mouth.

Be blest as an act of love and bind us forever with God. Amen

*Adapted by John Shevlin, England/USA*

## **The Mary Sumner Prayer**

All this day, O Lord, let me touch as many lives as possible for thee; and every life I touch, do thou by thy spirit quicken, whether through the word I speak, the prayer I breathe, or the life I live. **Amen.**