

MOTHERS' UNION

MIDDAY PRAYERS FOR

AUGUST 2026

**Theme: Be still - a time to rest,
reflect, rejoice, replenish**

**Reflection for the 'Be still – a time to rest,
reflect, rejoice and replenish' theme (from
the Prayer Diary 2026)**

Rest and peace go together. Instead of racing through another task-driven month, be encouraged by Proverbs 14:30: *'A heart at peace gives life to the body.'* As we may gift others a retreat or a welcome break from routine this month, do take time for some selfcare. Whatever the circumstances we find ourselves in, let us take our lead from Scripture and our founder, Mary Sumner, and pause to pray before we rush to action. On 9 August, we celebrate her legacy – 150 years of faith in action.

This August, let us take time to be still, to rest, reflect, rejoice and replenish ourselves for future faithful actions.

Monday: Pause before God

"Be still, and know that I am God." - Psalm 46:10

O God of the present moment, at this midday hour we turn aside to You. In the fullness of the day, draw near to us, and gather our scattered thoughts. Still our minds, steady our hearts, and root us again in Your deep

presence. Be with us in all that has been and all that lies ahead this day. Amen.

Tuesday: Trust his ways

"Trust in the Lord with all your heart and lean not on your own understanding." - Proverbs 3:5

Faithful God, in the midst of this day's journey, we look to You. Where the path feels uncertain, be our guide; where we grow weary, renew our trust. Help us to walk on in Your wisdom, to notice Your hand in the ordinary hours, and to trust that even now, You are leading us in love. Amen.

Wednesday: Lay your burdens down

"Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28

Christ, our companion, in the heat and busyness of this day, we come to You. We bring the weight we carry - the worries, the pressures, the demands. Lay Your gentle hand upon us, and free us from what we cannot hold. Lighten our spirits, and help us continue in Your peace. Amen.

Thursday: Lift your praise

"Rejoice in the Lord always. I will say it again: Rejoice!" - Philippians 4:4

God of light at its height, we pause to lift our praise to You. In this day, we notice Your goodness among us. In work and word, in silence and sound, You are here. Let gratitude rise within us like sunlight at noon, and let our lives give honour to You. Amen.

Friday: Welcome his praise

“The Lord gives strength to his people; the Lord blesses his people with peace.” - Psalm 29:11

God of quiet strength, at this turning point of the day, we welcome Your peace. Draw a stillness around us in the midst of all that moves and demands. Where we are stretched, bring ease; where we are worn, bring strength. Let Your peace dwell within us and carry us through the remaining hours. Amen.

Saturday: Receive new strength

“Those who hope in the Lord will renew their strength.” - Isaiah 40:31

Renewing God, in this midday pause, restore us again. As the day unfolds, breathe new life into us. Refresh our minds, steady our bodies, and deepen our hope in You. Send us onward with strength for what remains, and trust for the days to come. Amen.

Final Blessing (monthly prayer from the Prayer Diary 2026)

Lord, in this quiet month of August, help us to be still, to rest from our busyness, reflect on Your goodness, rejoice in Your faithfulness, and replenish our hearts with Your peace. As we remember Mary Sumner, we thank You for her vision and love. May her example inspire us to walk in faith, speak with courage, and serve with joy. Amen.

Wave of Prayer

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; **North West Australia** in Australia and **Aipo Rongo** in Papua New 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