



# AUGUST

Be still- a time to rest,  
reflect, rejoice, replenish

## August

### REFLECTION

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 self-care. 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.

### MONTHLY PRAYER

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

### CREATIVE PRAYER

August is, for many, a time to enjoy a holiday or a change to routine life; for others, it's a busy harvest time or family time. Loving Lord, help us to take the time to pause and to be still for the presence of the Lord, if only for a minute in each busy day. Look at your hands, entwine your fingers together, and as you do, take a moment to reflect on your day, to rejoice about the good things that have woven together and then, as you separate your fingers, take a moment to replenish yourself, praising the Lord for the day ahead.

## DAILY PRAYERS

1 August

MARY SUMNER  
REFLECTION

**'Just as I have loved you, you also should love one another.'** – John 13:34

As we remember Mary Sumner, we're reminded that her legacy wasn't about keeping people in line with Victorian ideals and judgments, but about responding to real needs with love, faith, and courage. She saw the struggles of women and families in her time and chose not to stand by, but to act, offering practical help, spiritual support, and a place of belonging.

Mary wasn't trying to create copies of herself. She followed Christ's example and, in doing so, became a pioneer for social and spiritual change. That same Spirit that stirred her can stir us too, calling us to be Christ's hands and feet in our own communities.

It's easy to think we need to have all the answers or fit a certain mould to make a difference. But really, we're just called to love – to put Christ at the centre of all we do and let that love lead us.

So may we be encouraged by Mary's life, and step forward in faith, love, and action.

**Lord, awaken in us the same compassion and courage that Mary Sumner showed. Help us to love as You have loved us. Amen.**

## Saturday 1

'To everything there is a season, and a time to every purpose under heaven.'

(Ecclesiastes 3:1)

Father, You have given us a time for everything. Show me how to have a time to just be... a time of quiet, a time of peace, a time to listen to what You have to tell me.

**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**

**Mary Sumner Prayer**

## DAILY PRAYERS

2-8 August

## Sunday 2

'Come to me, all you who are weary and burdened, and I will give you rest.'

Matthew 11:28

'There remains, then, a Sabbath-rest for the people of God.'

Hebrews 4:9 (NIV)

## Monday 3

Oh Lord, help me to be still, and silent, and calmly pray for people whose lives are full of turmoil. For people in prisons, for refugees, for people experiencing homelessness and hunger.

## Tuesday 4

The fruit of silence is prayer, the fruit of prayer is faith, the fruit of faith is love, the fruit of love is service, and the fruit of service is peace.

## Wednesday 5

Father, let me relax, let up and slow down and quietly pray for my family, friends and neighbours. Thank You for the love and joy of everyday life.

## Thursday 6

Oh Lord, let me be, breathe and pause a while to give thanks for my faith. For those who shaped it, for my churches and clergy and even my teachers.

## Friday 7

Father, let me get used to stopping during listening to a piece of music or pausing while reading to think of You, and thank You for everything You have given to me.

## Saturday 8

Loving God, we thank You for Mary Sumner's faithful vision. Bless all who follow in her footsteps today. Unite us in prayer, strengthen us in love, and guide us as we serve families and communities in Your name.

## 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 PN Guinea

## DAILY PRAYERS

9-15 August

**Sunday 9**

'At that time Jesus declared, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and understanding and revealed them to infants; yes, Father, for such was Your gracious will. All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal Him.'

**Matthew 11:25-27 (NIV)**

**Monday 10**

Oh Lord, I reflect on all that's been achieved in the last 150 years of Mothers Union. All the programmes, policies and influence we have levelled at the government. I pray for all the Worldwide Presidents, trustees and leaders who have guided us.

**Tuesday 11**

Father, we pray for everyone who has influenced us in our MU journey. Teach us to set an example in the journeys of others. Let us pray for all members around the world.

**Wednesday 12**

'Just as I am, Thou wilt receive, wilt welcome, pardon, cleanse, relieve; because Thy promise I believe, O Lamb of God, I come.' (Hymn written by Charlotte Eliot, 1836)

**Thursday 13**

Oh Lord, I honour all past members and MSH staff. I pray for all present members and MSH staff. I pray for our Indoor Members and thank them for their prayer life.

**Friday 14**

Father, teach me the way to give back and mirror the contributions of members in the past. Let me shine as a beacon in my community.

**Saturday 15**

Lord, as You healed people who were sick, I ask You to heal everyone I lift to You in the quiet of my heart. I also pray for carers, people who are housebound and hospital and hospice staff.

## WAVE OF PRAYER

**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

## DAILY PRAYERS

16-22 August

**Sunday 16**

'Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise him.'

**Psalms 33:1**

'Rejoice in the Lord always. I will say it again: Rejoice!'

**Philippians 4:4 (NIV)****Monday 17**

Lord Jesus, give me the child-like simplicity and purity of faith to gaze upon Your face with joy and confidence in Your all-merciful love and rejoice in Your name.

**Tuesday 18**

Father, clothe me in a spirit of beatitude, such that I may be a source of joy for others today. Holy Spirit, fill me with joy so I can be a source of joy to others every day.

**Wednesday 19**

Oh Lord, I acknowledge Your loving goodness and am very grateful that you sent Your Son, Jesus Christ, to lay down His life for me, a sinner. I thank You also for all the blessings You have bestowed on me.

**Thursday 20**

Father, I glorify You because You are the King of Glory. You made the world and all that is in it. Help me care for Your planet and help repair it where I can.

**Friday 21**

Lord Jesus, in this week of rejoicing and delight, I give thanks for 150 years of Mothers' Union. For the blessings received by all those connected to MU, and for the hope and expectation of continued blessings with Your favour.

**Saturday 22**

O Lord, today may I sing and dance and rejoice in Your name. I give thanks for the joy and happiness You fill my life with. Thank You for the smiles and hugs.

## WAVE OF PRAYER

**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

## DAILY PRAYERS

23-29 August

## Sunday 23

'Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its creator.'

Colossians 3: 9-10 (NIV)

## Monday 24

Thank You, Lord, for the chance to retreat from a busy life for a few minutes and to be encircled by Your peace and loving care. I thank You that in this way I can be refreshed in love.

## Tuesday 25

Lord Jesus, cause me to notice the glimpse of Your kingdom that shines through the good work in this world and strengthen my hope for the future. I pray for all aid workers and people who care for Your world.

## Wednesday 26

Father, I ask for Your blessing before I start each task I attempt today. Top me up with Your spirit so I can be a better person, grounded in Your loving kindness.

## Thursday 27

Loving Lord, help me carve out space in my days to still my heart and for You to refill it with Your Word so that I can be refreshed and recharged.

## Friday 28

Holy Spirit, I ask that You fill my heart with Your healing love. Help me remember Your blessing, as we do the work You have called us to do each day for Your glory.

## Saturday 29

Lord, replenish us, inspire us, fill us with the fire to get out there and carry on the work Mary Sumner started, to make this world a better place for all, especially the children.



## WAVE OF PRAYER

**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

## DAILY PRAYERS

30-31 August

## Sunday 30

'He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.'

Mark 4:39 (NIV)

## Monday 31

'Calm me, Lord, as you calmed the storm; still me, Lord, keep me from harm. Let all the tumult within me cease, enfold me Lord in your peace.'

(David Adam)

**He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'**

**Psalms 46:10 (NIV)**

## WAVE OF PRAYER

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

## THINK AHEAD

September often brings with it a return to routine, full calendars, and busy lives. Before we are swept up in the demands of autumn, why not take time to pause together? Consider organising a quiet day or day of prayer for your branch or diocese, an opportunity to step away from the noise, reconnect with God, and reflect on the themes we've explored this August.

Use this day to gently focus on the rhythm of rest, prayer, and stillness. Whether it's held in a church, a garden, or someone's home, let it be a space for restoration, time to simply be. You might include guided reflections, silent prayer, a shared meal, or space for creative expression.

We all need moments to slow down. Let this be a sacred pause, a gift of stillness before the busyness begins again.