

International Day of Families

Held on 15 May every year, the International Day of Families was established by the United Nations in 1993 to raise awareness of issues faced by families throughout the world.

This year, 2026, the theme is 'Families, Inequalities and Child Wellbeing'.

Mothers' Union celebrates the United Nations International Day of Families by recognising the vital role families play in nurturing communities and shaping societies. This day offers a special opportunity for Mothers' Union to honour the diverse expressions of family around the world, acknowledging both the joys and challenges they face. Through prayer, reflection, and advocacy, we stand in solidarity with families everywhere, especially the families who are struggling due to poverty, conflict, or social injustice. We praise and celebrate the strength, resilience, and love that families bring to their communities, and we commit ourselves to supporting and empowering them through our worldwide movement, reaching out with compassion and action. Today, we give thanks for families, praying for their protection, unity, and well-being.

Prayer for the United Nations International Day of Families

Gracious God, we thank You for the gift of family. Today, as we observe the United Nations International Day of Families, we are reminded of the foundational role families play in our lives and in society. We lift to You all families, recognising their importance in shaping our communities, supporting one another, and nurturing the next generation.

Lord, we pray for families around the world – both who are thriving and are struggling. We pray for families living in difficult circumstances, where conflict, poverty, or injustice have caused division and hardship. May Your love bring healing, reconciliation, and strength where it is needed most.

We also give thanks for the families that nurture love, support, and safety, and ask that You continue to bless them. May You guide and equip parents, caregivers, and communities to raise children with care, wisdom, and compassion. Help us to remember that family is not just about biological relationships, but also about everyone who choose to walk alongside one another in love and commitment.

God, we ask for Your protection and provision for all families, especially the families facing adversity. We pray for the most vulnerable - children, the elderly, and anyone without stable homes - and ask that You make a way where there seems to be no way. May Your peace rest upon all families, and may Your justice lead us to work toward a world where every family is supported, cherished, and empowered.

As we celebrate this day, help us to see the value and dignity of each family, and may we reflect Your love in how we care for one another in our own families and communities. We offer this prayer in the name of Jesus Christ. **Amen.**