



# MARCH

Global invitation to prayer  
and action

## March

### REFLECTION



A choir sang, 'Come, let us sing unto the Lord!' (Psalm 95) A child heard the call, 'Yes! I wanted to join that chorus of praise.' Today, a bud swells on the 'dead' branch of winter, vibrant green, bursting with new life, stirring hope of new beginnings.

I ponder the source of God's call, how it grows from Scripture, in worship, an attractive life of faith transforming lives, or the wonder of creation. Joining our global community of sisters and brothers in Mothers' Union, the World Day of Prayer, and the United Nations mission, let us be open to receive God's call anew, to widen our vision in prayer and action.



### MONTHLY PRAYER

Called by God to be a global family of prayer, action, and service, may God bless us with:

- hands to comfort
- a holy anger at oppression seeking justice
- a restless discomfort with easy answers, so that we can seek the truth boldly
- enough foolishness to believe that we really can make a difference in this world.

So, we are called, with God's grace, to do what others claim cannot be done. Amen.



### CREATIVE PRAYER

If you have a globe or a map, use this and praise God for His wondrous creation. Imagine hands and feet reaching out across the whole world, joining each of us with one another, sisters and brothers in Christ, working together for His praise and glory. Leave a picture of the world where you can see it each day to remind you to pray throughout the month for the work of Mothers' Union around the world.

## DAILY PRAYERS

1-7 March

**Sunday 1**

'Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.'

**1 Thessalonians 5:16-18 (NIV)**

**Monday 2**

Listening to the Holy Spirit guiding us through prayer, may our vision be clear, our actions show wisdom, and our worship be joyful: allowing Mothers' Union to flourish and grow.

**Tuesday 3**

We come into Your presence in reverence and humility, seeking guidance, calm and peace. Help us find strength when weary, relief when challenged and hope in adversity.

**Wednesday 4**

You teach us not to be anxious about anything because we can bring every situation to You. The Mothers' Union project or person that is uppermost in our minds now, we lay at Your feet.

**Thursday 5**

The prayers of one woman, in a single place, have inspired countless and continuous prayers for 150 years worldwide. Inspire us to continue that commitment as we stride forward with a clear vision, making strong bonds across the world through our daily prayer and worship.

**Friday 6****(World Day of Prayer)**

We pray with gratitude for the country and people of Nigeria who have prepared today's service: humbled that amidst the constant hardship and turmoil in their country, the theme is 'I will give you rest, come'. May all your people stand firm in the promise that we are stronger when we pray together.

**Saturday 7**

God chose each one of us: let us listen to His voice, feel His love, embrace His protection and take His peace into our communities every day.

**WAVE OF PRAYER**

**2-4 March:** Yei in South Sudan; Luweero in Uganda; On the Lake in Nigeria; Grafton in Australia; Armagh in All Ireland and South Kerala in India

**5-7 March:** Bujumbura in Burundi; Maseno South in Kenya; Ihiala in Nigeria; Cameroon; Calgary in Canada and Ysabel in Solomon Islands

## DAILY PRAYERS

8-14 March

**Sunday 8****(International Women's Day)**

'For we are God's handiwork, created in Christ Jesus to do good works.'

**Ephesians 2:10a (NIV)**

**Monday 9**

Loving Father, we give thanks for women internationally, most of them unnamed and unsung, who have refused to be shamed or silenced, who have stood up for justice and truth. Blessed are You, gracious God, who has created women in Your image.

**Tuesday 10**

Loving Lord, as Your body here on earth, give us strength, wisdom and confidence to follow where You call. Give us courage and urgency as we 'Rise Up' to not only raise awareness of domestic violence, but bring lasting change. Enable us to bring hope.

**Wednesday 11**

In moments of uncertainty, dispel our fear of the unknown. Fill us with the confidence that You are steering the course of our lives. Grant us clarity to see beyond challenges and the courage to step forward into something new for Mothers' Union.

**Thursday 12**

Renew our hearts, our souls and minds; strengthen our faith and make us a people who are Your hands, Your feet and voice within this world.

**Amen**  
(John Birch)

**Friday 13**

We thank You for the gift of this Lent season. Bring about in us the changes we need to more effectively use our gifts, changing the troubled world from darkness to light. To Him be the glory and the power forever.

**Saturday 14**

May Christ's teaching and example be our inspiration, may hearts and minds be changed, and may Your Holy Spirit be at work transforming each of us day by day. Through Your everlasting grace and mercy,  
**Amen**  
(The Methodist Church)

**WAVE OF PRAYER**

**9-11 March:** Aweril in South Sudan; Mityana in Uganda; Uyo & Ajayi Crowther in Nigeria; Rupert's Land in Canada and Patna in India

**12-14 March:** Port Elizabeth in South Africa; West Ankole in Uganda; Nomadic Mission & Ekiti-Kwara in Nigeria; Worcester in England and the Episcopal Church of the Philippines

# Mothering Sunday reflection

## Tenacious, generous, and courageous women of faith

The biblical stories of Sarah, Hannah, and Mary remind us that motherhood, in its truest form, is an expression of tenacity, generosity, and courage rooted in faith.

Sarah shows us the power of tenacious belief. Despite decades of barrenness and the seeming impossibility of God's promise, she remained alongside Abraham, journeying into the unknown. Though she laughed at the idea of bearing a child in her old age, she ultimately believed, and through her Isaac was born (Genesis 21:1-3). Sarah's life teaches us that true faith holds on, even when hope seems delayed.

Hannah is a model of generous surrender. In deep anguish, she prayed fervently for a child – not for her own fulfillment alone, but so she could dedicate him back to the Lord (1 Samuel 1:11). When God granted her Samuel, she kept her vow. Hannah's generosity of spirit challenges us to release our most precious gifts back to God, trusting that He will use them for His glory.

Mary, young and humble, displayed remarkable courage. When told she would bear the Son of God, she accepted with faith, knowing it would cost her everything – her reputation, her comfort, and perhaps her safety (Luke 1:38). Mary's courage reminds us that saying 'yes' to God often means stepping into the unknown.

Together, these women show us that true motherhood (in all its forms) and true discipleship require tenacity in waiting, generosity in giving, and courage in obeying. Their stories invite us to follow their example in every season of life.

### Reflective questions:

**1** Where in my life is God calling me to remain tenacious in faith, even when I see no immediate results?

**2** Am I willing to courageously surrender my most treasured hopes and plans – like Hannah and Mary – for God's greater purpose?

## DAILY PRAYERS

15-21 March

**15 March**  
(Mothering Sunday)  
'Honour her for all her hands have done and let her works bring her praise at the city gate.'  
**Proverbs 31:31 (NIV)**

**Monday 16**  
We focus on three mothers in the Bible: Sarah, Hannah and Mary, who were tenacious, courageous and generous. May your spirit inspire these same qualities in our members as we put our faith into action to build strong and flourishing communities. (inspired by The Methodist Church)

**Tuesday 17**  
We thank You for the blessings of technology enabling global connection and creativity, but are mindful of its dangers too. By Your Spirit, guide and direct the online presence of Mothers' Union – strengthen our social media communities and keep them safe, we pray.

**Wednesday 18**  
Thank You for every difference made by MU members in their local community. Remind us that no one individual act of love and service is too small or insignificant – all are known to You.

**Thursday 19**  
We pray for our work across generations, whether at a toddler group or a grandparent event: wherever young and old meet. May we all learn from each other, having fun and building faith.

**Friday 20**  
MULOA and Metamorphosis have given us tools and confidence to better engage locally. We pray for the future direction of our community engagement and ask that each of us be alert to where You are already working and get on board.

**Saturday 21**  
Gracious Father, loving Son, and gracious Holy Spirit, You are a community of love, a model for all creation. Help us to see the beauty of unity and diversity within Your Trinity, and to reflect that same love in our own communities. Amen.

### WAVE OF PRAYER

**16-18 March:** Kajo-Keji in South Sudan; Tarime in Tanzania; Dutse & Akoko-Edo in Nigeria and Canterbury in England

**19-21 March:** Antisiranana in Madagascar; Busoga in Uganda; Yola & Oke-Ogun in Nigeria; Algoma in Canada and Jabalpur in India

DAILY PRAYERS

22-28 March

Sunday 22

'Teach me, Lord, the meaning of Your laws, and I will obey them at all times. Explain Your law to me, and I will obey it; I will keep it with all my heart.'

Psalm 119:33-34 (GNT)

Monday 23

Lord, we commit ourselves to learn more, so we can achieve more as we campaign for equality and justice for all. Help us play our part in creating a just and peaceful society for Your people on earth.

Tuesday 24

Forgive us, Loving Lord, when we neglect to read your word or stray from Your work, enticed by our own comfort. Stir us to serve You wholeheartedly, so that we demonstrate our faith through action.

Wednesday 25

**(Feast of the Annunciation/Lady Day)**  
When you ask us, O Lord, as You did of Mary, may our response be to echo those trusting and beautiful words, 'May it be to me according to your word.'

Thursday 26

As we celebrate our 150th anniversary, we thank You, Lord, for all that has been achieved over the years. May all that we have learned in our caring for people experiencing homelessness, our work in prisons and our ministry in hospitals continue to inform and inspire our work in the future.

Friday 27

Heavenly Father, help us to follow Your ways to enable our work to flourish. May the love of God be seen in us as we live out our faith through action. Amen

Saturday 28

As we look towards the joy of Palm Sunday, may we continue in prayer and remember what we have learned this Lent: thus, prepared for the rough road ahead, as we follow Christ's journey to the cross and beyond.

WAVE OF PRAYER

**23-25 March:** Rokon in South Sudan; Kampala in Uganda; Kaduna in Nigeria; Koforidua in Ghana; Brisbane in Australia and Peru

**26-28 March:** Central Zambia in Zambia; Southern Highlands in Tanzania; Ogbaru & Badagry in Nigeria; Bermuda and Chandigarh in India

DAILY PRAYERS

29-31 March

Monday 29

**(Beginning of Holy Week / Palm Sunday)**

'They took palm branches and went out to meet Him, shouting, "Hosanna!" "Blessed is he who comes in the name of the Lord!" "Blessed is the King of Israel!" ' John 12:13 (NIV)

Monday 30

How can we praise You? Through all of our actions, a smile and a greeting, a shoulder to lean on, a word in due season, love and compassion, in all situations. (John Birch)

Tuesday 31

On this Holy Tuesday, O Lord, may the works of our hands to serve others be reflected as hands raised in worship. May all that we do in the service of Christ be an offering of true worship.

WAVE OF PRAYER

**30-31 March:** Toamasina in Madagascar; Mukono in Uganda; Ikwerre & Ife East in Nigeria; Down & Dromore in All Ireland and Delhi in India



THINKING AHEAD

As we celebrate 150 years of Mothers' Union in 2026, we're reminded of how faith in action continues to transform families and communities. Already this year, we've come together for World Day of Prayer and International Women's Day, moments that reflect our global reach and shared mission. Looking ahead to Mary Sumner Day in August, plan an event that honours our founder's vision, something rooted in local need, practical support, and faithful love. Whether it's a community gathering, outreach project, or act of service, let's mark this milestone by making a real difference, together.

For ideas and resources head to [www.mothersunion.org/150](http://www.mothersunion.org/150)