

MOTHERS' UNION

MIDDAY PRAYERS FOR

OCTOBER 2026

Theme: Caring is sharing - sharing is caring.

Reflection for caring is sharing – sharing is caring (from the Prayer Diary 2026)

At the very beginning of His ministry, Jesus declared that one of the tasks God had sent Him to do was, 'to proclaim liberty to the captives, to let the oppressed go free' (Luke 4.18). He announced that He had been anointed to fulfil Isaiah's prophecy, which He quoted in the synagogue at the beginning of His ministry (Isaiah 61.1). Throughout His life, He continued to reveal in word and action God's love and compassion, God's desire for freedom and justice for all who are oppressed or held captive, whether in physical or spiritual bondage. Jesus' call is also one for us all, especially those of us in Mothers' Union, to pray and to work for the liberation of others.

Monday: A prayer for a united world.

Read Matthew 12: 46-50

Jesus our Saviour, our brother, our friend. In the middle of this day help us to see that by recognising how you included all who followed your way into a caring sharing fellowship of love and forgiveness will enable your world to be united held in the palm of your hand. We pray in your precious name. Amen

Tuesday: A prayer for the wise and elder

Read Psalm 145:4-5

Lord Jesus Christ, we praise you and thank you for loving grandparents and all older people who act as grandparents to those young people who have none of their own to love and care for them. Help us, particularly

as MU members who have cared for others for 150 years, to love and cherish them and surround them with your tender loving care. We thank you that they have time for younger people, listen to them and tell them stories of you and their lives. Bless them and keep them safe. When they are unwell comfort them and give them your peace. In your blessed name. Amen

Wednesday: A prayer for our prisoners and MU volunteers

Read Matthew 25:36-37; 39-41

Father God, at the beginning of Prisons Week we ask you to bless the work of the MU as they carry out the caring task of walking alongside prisoners and their families. Speak your peace into these relationships granting that they learn forgiveness one from the other. We thank you for those who work within the prisons as Chaplains, Prison Officers and those who lead activities to assist with the prisoner's rehabilitation. Amen

Thursday: A prayer for modern slavery and call for action

Read Luke 4:18-19

God of freedom, we believe your most powerful energy is all that creation might know about life. We pray for our sisters and brothers who are exploited sexually or forced to work because of human violence and greed. Just as you helped Moses and Aaron as they spoke boldly to Pharaoh on behalf of the Hebrew slaves in Egypt, help us as MU members to continue and expand the campaign work we do to expose those who exploit others. We think too of people who experience domestic violence and pray that we may make the best use possible of our 'Behind Closed Doors' and RISE UP campaigns. Amen

Friday: A prayer for those who are struggling.

Read John 15:12-13

Loving Lord, we pray for our neighbours and community asking that they may experience your peace and fulness of life. We pray for unity that we may be a beacon of light and love. We pray for all who are struggling, that they may know your presence. May our community be a place of fellowship, caring, hope and love, where everyone feels welcomed and valued. We pray in the name of our Lord and Saviour, Jesus Christ. Amen

Saturday: A praise for nature

Read Genesis 2:8-9

Loving Father, you are the creator of all things, the earth and everything in it. Forgive us for the times we have neglected your creation and remind us to care for the world with the love and respect it deserves. As MU members encourage us to share with others the care we have for the world around us, as we make good use of the resources you have given us so that it will benefit future generations. In His loving name. Amen

Final Blessing (monthly prayer from the Prayer Diary 2026)

Gracious God and Father, as we welcome a new day and a new month, we pray that You will put a song in our hearts and on our lips to celebrate the glorious freedom won for us by Jesus in His death and resurrection. Freedom from sin and guilt; freedom to be who we are meant to be in Christ. May our joyful response be to join our MU brothers and sisters across the world to 'proclaim liberty to the captives and let the oppressed go free'. We give thanks for all that MU has done in your name and pray with hope and confidence that it will continue to serve You

and show Your love now and in the future. Amen.

Wave of Prayer

1-3 October: Nzara in South Sudan; North Kigezi in Uganda; Kivu in Rwanda; Damataru in Nigeria; Auckland in New Zealand and Vanuatu and New Caledonia in Vanuatu.

5-7 October: Mbhashe in South Africa; Kitgum in Uganda; Ukwa & Ilesa South West in Nigeria; Tasmania in Australia and Central Melanesia in Solomon Islands.

8-10 October: Ethiopia; Zanzibar in Tanzania; Awgu/Aninri in Nigeria; Freetown in Sierra Leone; Monmouth in Wales and Malaita in Solomon Islands.

12-14 October: Ezo in South Sudan; Thika in Kenya; Jos & Akoto in Nigeria; in Europe and Uniao de Mulheres Episcopais Anglicanas do Brasil (UMEAB) in Brazil.

15-17 October: Terekeka in South Sudan; Nairobi in Kenya; Maiduguri & Osun North in Nigeria; Edinburgh in Scotland and Calcutta in India.

18-21 October: High Veld in South Africa; Nambale in Kenya; Niger-Delta in Nigeria; in Guinea; Blackburn in England and Bhopal in India.

22-24 October: Kimberley and Kuruman in South Africa; Kitui in Kenya; Kano & Kwara in Nigeria; Armidale in Australia and Myitkyina in Myanmar.

26-28 October: Malakal in South Sudan; All Saints Cathedral in Kenya; Kontagora & Osun North East in Nigeria; Glasgow & Galloway in Scotland and Pune in India.

29-31 October: Luapula in Zambia; Nakuru in Kenya; South Rwenzori in Uganda; Ibadan-North in Nigeria; Connor in All Ireland and Pusan in South Korea.