

Quarterly Prayer and Praise Journal

SPRING 2026

Throughout his ministry, Jesus regularly spent time in prayer, modelling the importance of being open with God about our joys and our struggles.

We know that drawing close to God in prayer sustains us. Our first missionary, Duncan MacPherson, who established PSN in 1884, was known for his deep Christian faith and his unwavering commitment to serving others. We invite you to stand with us and join in praying for the children, families, older people, and communities we serve, as well as for the staff and volunteers who walk alongside them each day.

Every three months, we'll share this Prayer Journal with you, highlighting some of the needs, challenges, and opportunities across our work and the people needing support, while also giving thanks for God's faithfulness and the many blessings we've experienced along the way. We invite you to set aside time each quarter to pray for the people, communities, and services highlighted in these pages.

Thank you for partnering with us in prayer as we seek to share God's love, hope, and compassion with those we are called to serve.

Giving thanks

Enliven – For the dedication of Enliven staff who faithfully care for older people each day, helping them remain connected, valued, and respected within their communities.

Family Works – For the generosity shown through our Winter Appeal and for everyone whose donations helped bring hope and practical support to children and families. For our church partners who faithfully helped share information about our Winter Appeal, prayed for its success, and encourage others to support God's work through PSN.

Shine – For another successful Light It Orange campaign, and for everyone who helped raise awareness of family violence and supported Shine's work to create safer communities.

Lifeline – For the faithful service of Lifeline's counsellors, including those who have dedicated many years to listening with compassion and offering hope to people in crisis.

Communities Feeding Communities – For the generosity of volunteers, churches, schools, businesses, and community members whose gifts of time, food, and care are helping build stronger, more connected communities through shared kai.

Prayer requests

Enliven

International Day of Older Persons (1 October)

"Grey hair is a crown of splendour; it is attained in the way of righteousness." – **Proverbs 16:31 (NIV)**

Faithful God, we thank You for the older people in our families, churches, and communities, and for the wisdom, faith, and experience they continue to share. We pray especially for those living with dementia or declining health. Surround them with Your comfort, peace, and loving presence. Strengthen families, whānau, and carers as they support ageing loved ones, and sustain Enliven staff who faithfully care for them each day. Help us all to honour, value, and include older people in every stage of life. **Amen.**

Lifeline

Mental Health Awareness Week & World Suicide Prevention Day

"The Lord is close to the broken-hearted." – **Psalms 34:18**

God of hope, we lift before You all those experiencing anxiety, depression, loneliness, or thoughts of suicide. Draw near to them with Your comfort and help them to know they are deeply loved and never alone. Strengthen Lifeline's counsellors as they listen with compassion and offer hope to those in crisis. May our churches be places where people feel safe to seek help and find support. **Amen.**

Familyworks

Strengthening Families

"Carry each other's burdens..." – **Galatians 6:2 (NIV)**

Loving God, we pray for parents, caregivers and whānau participating in Family Works programmes, including Incredible Years, Parenting Through Separation and Parenting in Prison. Grant them wisdom, hope and confidence as they strengthen relationships within their families. We pray that children will flourish in homes where they feel safe, loved, and encouraged. Bless the Family Works staff who walk alongside whānau, giving them compassion, discernment, and strength for the work You have called them to do. **Amen.**

Shine

Light It Orange and beyond

"Speak up for those who cannot speak for themselves..."

– **Proverbs 31:8 (NIV)**

God of justice and compassion, we thank You for the awareness raised through this year's Light It Orange campaign. May the conversations it has sparked continue to encourage people to seek help and inspire communities to stand together against family violence. We pray for those living with abuse or coercive control, asking that You would surround them with safety, hope, and support. Strengthen Shine's advocates as they walk alongside abuse survivors with courage, wisdom, and compassion. **Amen.**



Sharing kai, strengthening community

"Share with the Lord's people who are in need. Practice hospitality." – **Romans 12:13 (NIV)**

Generous God, we thank You for the way Communities Feeding Communities brings people together through shared kai, practical support, and genuine connection, especially older people and those continuing to feel the knock-on effects of winter and rising living costs. May they find nourishing food, hope, and dignity. Bless the volunteers, staff, churches, schools, businesses, community partners and donors who make this work possible and continue to provide the resources and strength they need as they serve others with compassion and generosity. **Amen.**

"Devote yourselves to prayer, being watchful and thankful."

– **Colossians 4:2**