



Prayer for East and Southern Africa

Botswana is a landlocked country in southern Africa, and its capital is Gaborone. It's one of the few democratic countries in Africa. Christianity is the dominant religion, comprising 70% of the population. Despite this, women face numerous challenges, including limited access to education, healthcare, and economic opportunities. Social norms often place a disproportionate burden on women as caregivers while constraining their ability to pursue personal growth. Two-thirds of women in Botswana have experienced abuse, a proportion more than double the global average. TWR Women of Hope addresses these challenges by fostering spiritual growth and emotional healing, giving them hope.



카카오톡 채널에서 '소망의 여인들' 채널을 추가하시면
매주 월요일에 기도카드를 받으실 수 있습니다.

1. Father, please bring an end to the high rate of gender-based violence in Selebi-Phikwe, Botswana, especially for Christian women with unbelieving husbands. (Rom. 8:18)
2. Lord, may cultural and legislative advances be made in Burundi so that women will have equal rights in owning property and receiving their inheritances. (Prov. 31:16)
3. Father, we ask that the women in Comoros have the same ability as the men to access quality education and health care. (Gal. 3:28)
4. God, we pray that you would enable women in Djibouti to have opportunities for work that will break the poverty cycle. (Phil. 4:19)

5. Lord, we ask that you provide access to good education and maternal health care for women in Eritrea. (Jer. 33:6)
6. May widows in Eswatini be honored and protected from stigma. Father, provide for their needs and grant them justice. (Ps. 68:5)
7. Lord, enable South African girls and women to find their worth in you and to embrace the truth that you view them as fearfully and wonderfully made. (Ps. 139:14)
8. God, strengthen Norea Media Mission and their partners as they continue trauma training for women of Zanzibar and Pemba. Guide the training for leaders taking place in October 2025. (Luke 4:18)
9. Father, we ask that women in Kenya be included in decision-making processes and leadership roles in every aspect of their lives. (Prov. 31:26)
10. God, we pray for an end to domestic violence in Madagascar and for women to receive justice and the support they need. (Ps. 46:5)
11. Lord, break down cultural barriers that rural women face in accessing maternal health care in Malawi. May their communities provide safe, dignified care for them. (Ps. 28:7)
12. God, please work in the hearts of those who do not value women in Mauritius. May gender discrimination in the workplace be eliminated. (Rom. 2:11)
13. Lord, may female-headed households in Mozambique overcome poverty and gain access to resources to help their families thrive. (Ps. 34:6)
14. Father, help men in Rwanda to understand and participate with their wives in the important responsibilities of caring for their families and home. (Matt. 11:28)
15. Lord, bring loving unity to marriages in Tanzania. May spouses seek the well-being of their families. (Mal. 2:16)
16. God, bring healing to the victims in Uganda of gender-based violence. May their voices be heard and bring societal change. (Ps. 103:6)

17. Father, may your love and healing restore the broken hearts of children in Eswatini experiencing trauma because of violence, poverty or loss. Bring them hope, safety and peace. (Jer. 17:14)
18. Father, in your power uproot the spirit of violence as South Africa experiences crime, gender-based violence and femicide. Bring heart transformation to the perpetrators. (Gal. 5:19-21)
19. God, we pray for change in cultural norms and roles that marginalize women in Somalia. Help each woman there to find freedom to reach her full potential. (Ps. 9:9)
20. Thank you, Lord, for using women leaders' courage and wisdom to advance peace in South Sudan. Bless their efforts at bringing reconciliation to their nation. (Matt. 5:9)
21. Father, we ask that you intervene in the lives of women in Tanzania who face severe domestic violence. (1 Cor. 13:4-7)
22. Lord, as Christians in Zanzibar and Pemba are a segregated minority in society, strengthen them to persevere and participate in government decision-making processes. (Rom. 5:3-5a)
23. God, may educational and financial opportunities be restored to Zambian women whose jobs were lost and schooling halted during the pandemic. (Prov. 1:5)
24. Lord, strengthen grandmothers in Zimbabwe who care for their grandchildren while the parents work as migrant laborers in neighboring countries. (Isa. 40:31)
25. May the Lord provide wisdom to Eswatini leaders as they navigate challenges of reduced aid funding particularly affecting the health-care sector. (James 1:5)
26. Father, we pray that jobs will be restored within South Africa's economy so that people, especially young people, can find work and provide for themselves. (2 Thess. 3:10-12)
27. God, open up opportunities in the lives of women in Uganda who face barriers in education, health care and financial well-being. (Ps. 146:7)
28. Lord, give wisdom to government officials in Zanzibar and Pemba as they seek to create employment for their people and alleviate poverty. (Deut. 8:18)
29. Lord, grant innovation to the youth of Eswatini to identify ways to use their skills to establish businesses in their communities. (Col. 3:23)
30. Father, restore missing children in South Africa to their grieving parents. May the guilty be prosecuted and find transformation in you. (Jer. 31:17)
31. Lord, 98% of the ladies in the Zingwe Zingwe prayer group on the island of Zanzibar are illiterate. Create a way for them to learn to read so they may follow the prayer calendar and read the Bible. (Prov. 4:13)

“A Persevering Heart”

- by Lisa Hall, international prayer coordinator -

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4)

I think the most satisfying books and movies are the ones in which the main characters go through extremely difficult circumstances, but they are not destroyed by them. Instead, the perseverance they display actually makes them into better people.

The Father desires us to become like his Son, Jesus, and he wants our faith in him to grow and mature as we learn to trust him in all things. And the way that God usually produces this growth is through challenges in our lives. James 1:3 says that the testing of our faith produces perseverance. But there is a stipulation: It does this only if we don't run away from the difficulties but rather allow the pressure of the circumstances to mature us.

If God wants us to have persevering hearts so that we can become more Christlike, how do we practically accomplish this? What do we need to understand and embrace? And even more importantly, what hope can we cling to as we walk through difficulty?

There is no getting around this truth – some of God's words are hard to receive. Learning perseverance through trials and testing can be a difficult truth to embrace. It is only through knowing the Father's heart of love for us and acknowledging that he is a good Father that we can willingly accept these words for our lives with courage and hope.

We don't need to fear, for we are not alone.

Trials in life can be hard, but God tells us that we will not face them alone. Just as he told Joshua, he tells us, “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you” (Deut. 31:6).

God promises to walk by our side. We can draw such comfort and strength from his vow that when we “pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze” (Isa. 43:2).

We are called to stand firm.

This is a deliberate act of our will to choose not to give up or run in our time of testing. As Paul discusses the armor of God in Ephesians 6:13, we are told, “Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, *to stand* (my emphasis). It's not our job to fight or conquer – that is the job of God and his warrior angels. But we can stand our ground using the truth of the Scriptures just as Jesus did against Satan's temptations in the wilderness.

Paul wrote in 2 Thessalonians 2:15 that we are also to “hold fast to the teachings” of God. We need to cling to the truths that we have been taught about God, his character and how he interacts with us in this life. The Father longs for us to believe him and not doubt. When we fix our minds on Jesus and the life he modeled for us, it enables us to stand firm in what he taught.

We place our faith in Jesus, who understands our trials.

“Since he himself has gone through suffering and testing, he is able to help us when we are being tested” (Heb. 2:18).

Jesus faced temptations and trials in every way that we do and now intercedes for us as we walk a similar path. Friends, as we stand firm through difficult times with God alongside us, let's call out to him “so that we may receive mercy and find grace to help us in our time of need” (Heb. 4:16).

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