

One Voice in Prayer

Your weekly prayer resource

tearfund

Bringing our loaves and fishes for a groaning creation

As Christians, we are called to ‘act justly and to love mercy and to walk humbly’ with our God (Micah 6:8). This calling guides the way that each of us personally, and the church collectively, responds to all of creation groaning (see Romans 8:22).

The groans of creation

Sadly, when we look at our world, instead of justice and mercy, we see climate breakdown and plastic pollution damaging the environment and affecting those most who have contributed the least to these crises. Instead of humility, we see apathy from our world leaders on the need for urgent action.

So how do we act, love and walk with the hope of restoration for God’s beautiful creation?

Your prayers and actions make a difference

The Bible and the history of the church remind us that small acts can have a big impact in God’s kingdom. Just think of the boy who brought forward his loaves and fishes. This might seem a meagre offering, but Jesus used it to feed more than 5,000 people, and the story is told in all four gospel accounts – clearly the writers wanted us to pay attention to this message!

Our loaves and fishes can take lots of different forms when it comes to responding to the groans of God’s creation. Perhaps it looks like committing to praying regularly for communities who are experiencing the devastating impacts of the climate crisis. Maybe it’s about challenging your daily habits to help tackle the plastics crisis as an individual or with your church family (see tearfund.org/plastics).

We act, love and walk together

We are so grateful that, as Tearfund and the wider church, we don’t face the crises of this world alone. Climate breakdown and plastic pollution affect millions of people living in poverty every day, but we believe that the power of God is always greater than the scale of any crisis.

Although our individual actions might feel small, through God’s grace, they are multiplied when we come together as God’s people on a mission – nothing is wasted in God’s kingdom. We can live with hope that God will use us to help restore his creation as we act justly, love mercy and walk humbly with him.

Pray with us

As we come to God in prayer, let's spend a moment reflecting on the loaves and fishes in our hands. What might it look like to act justly in solidarity with communities experiencing the worst effects of climate breakdown and plastic pollution? Do you need to say sorry for when you haven't trusted that God will use your loaves and fishes, or rather your prayers and actions, in the restoration of his creation and so have chosen inaction instead? How is God inviting you into love and mercy for his creation?

PS As we were writing this email, we received the following prayer point from our team in East and South-East Asia. Our staff in both countries are safe. 'There has been escalating conflict at the Thailand and Cambodia border. Reports say artillery and rockets have been fired from Cambodia, and Thailand has deployed fighter jets. Pray for the safety of our local partners, staff and people we serve in both countries. Lift up the local church as they discern how to support communities. Ask for protection over both areas, and a swift de-escalation of violence.'

Pray for the world



Communities affected by the plastics crisis

Around the world, over 2 billion people live without access to safe ways to dispose of their waste. This damages people's health and God's creation. Thank God for the Creation Care Network in Malawi, which fought to secure a ban on thin plastics in the country, addressing one of the root causes of the plastics crisis (visit tearfund.org/stories to read more). Pray that other Christians will be inspired by their example and speak up at a local, national and global level for a reduction in plastic production and better waste management. Ask God to inspire you through their example and guide you in how to respond through your daily actions.



A bold and fair climate plan in the UK

This week, we joined 52 other organisations in urging Prime Minister Keir Starmer to deliver a bold and fair climate plan when it is due on 29 October 2025. Please pray that communities already facing the worst impacts of the climate crisis will be at the heart of this new plan and that the UK Government takes this opportunity to demonstrate climate leadership. Ask God to remind MPs of their conversations with our supporters at the *Act Now, Change Forever* mass lobby earlier this month, prompting them to speak up for God's creation and communities impacted by the climate crisis.



Pray for the Philippines

Pray for the Philippines as extreme weather has escalated this week. Many locations were put on high alert due to heavy-to-intense monsoon rains, causing severe flooding and landslides in saturated areas. Our local partners and staff are currently safe. Pray for continued protection over those impacted by the severe weather, safety for evacuees, and relief and support for responders.

Prayer Diary: transforming communities in Nepal

From church unity to human trafficking and financial struggles, please pray for significant issues challenging communities in Nepal this week. But we'll also celebrate the wonderful stories of change as partners in Nepal educate, encourage and inspire through Transforming Communities training.

Sunday 27 July

Rev Canon Paul Bewarang moved to Pok village in the mountains of Nepal. 'Upon my transfer to Pok, I felt overwhelmed and confused by the immense needs of the community, leading to many sleepless nights,' Paul explains. 'I encountered a church fraught with grudges and disunity.' Pray today for church leaders in Nepal facing great needs.

Monday 28 July

Paul's situation changed when he took part in Transforming Communities training. 'The training instilled in us the belief that we possess all the necessary resources to meet our needs and support the church,' says Paul. Praise God that today the church in Pok is joining together to support each other with the resources they have.

Tuesday 29 July

Nineteen-year-old Eniya was lured by traffickers from her home in Nepal with the false promise of a better life in India. Thankfully, Eniya was rescued on the border and taken to a safe house. Pray today for the thousands of Nepalese girls who are trafficked overseas every year, believing the false promises of a secure future.

Wednesday 30 July

Reintegrating back into her home, Eniya struggled with depression as she faced a future with financial struggles. Today, as we mark World Day Against Trafficking in Persons, Praise God that, through partners in Nepal, Eniya took part in Transforming Communities training and learnt skills in carpet weaving, which has enabled her to start a successful business.

Thursday 31 July

Rita is a farmer in Nepal. 'Once, when I was sick, no one helped me,' says Rita. 'That time I was hurt by people's behaviour. No one was ready to lend me a penny because of my financial status.' Lord, we lift to you small-scale farmers like Rita in Nepal, struggling to provide for their families. Amen.

Friday 1 August

Rita took part in Transforming Communities training with her church, where she joined a savings group and learnt the importance of supporting each other. 'I want to rear buffalo for milk,' explains Rita. 'I am fulfilling my dream which would not have been possible if I was not in this savings group.' Pray that Rita's enterprise will be a success.

Saturday 2 August

Today, let us pray with the Nepal team for the future of their country: 'We pray for lasting peace and stability. We pray for a significant reduction in poverty and vulnerability, especially among women, children and marginalised communities. We pray for empowered and resilient communities that can thrive despite social and environmental challenges. Amen.'

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