

# Pray with us

Anna Chaplaincy | BRF Resources  
Messy Church | Parenting for Faith



4 JANUARY 2026 – 1 MAY 2026

## Prayer diary

*Inspiring people of all ages to  
grow in Christian faith*



*'Moses, Aaron and Hur went to the top of the hill [to pray]... When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up – one on one side, one on the other – so that his hands remained steady till sunset' (Exodus 17:10–12).*

Sometimes we forget that intercessory prayer is a partnership. We settle down with our personal copy of this prayer diary in front of us and we imagine that it is just us and the Lord in this sacred space. But this is not true.

Intercessory prayer always links us with others who are praying, whether they are physically present with us or not. So, when we pray, it is important to remember that we are not alone. Even Moses, who spoke with God face to face, needed others with him when he was praying, as we read in the story from Exodus quoted above. In fact, on his own, he could not have kept going. He needed the presence, and literally the support, of others.

BRF Ministries was founded as a fellowship of prayer, not just of Bible reading. This is why alongside the prayer suggestions for each week, are included words from others about prayer and prayers that others have written to inspire your own praying. The very act of joining in with us in prayer, by opening the pages of this booklet over the next four months, is a statement of prayer solidarity with the many who will be praying as well. We are in the school of prayer together.

Thank you once again for choosing to help each other to keep praying. May we, like Moses on the mountain, see the victory of our God in the many battles that are being fought to establish the kingdom of God in our beautiful, but broken world.

With prayers for you as you join with us in prayer again



Martyn Payne  
BRF Ministries volunteer prayer advocate

**From many places,  
with unique voices,  
using various traditions,  
and in different ways,  
we unite in prayer this day,  
to bring our requests as one  
before your throne, O God,  
asking that the work of BRF Ministries  
will yield its harvest,  
and that our God will bless us  
and all the ends of the earth  
will fear the Lord. Amen.**

# For the trustees and governance of BRF Ministries

**‘Laying foundations can feel slow and painful. There’s nothing fun or attractive about this phase in building but it is crucial. Similarly, when we set out to do something new, God calls us to take the time to prepare with slow foundations of prayer and wisdom’.**

Clare O’Driscoll, *Bible Reflections for Older People*,  
May–Aug 2025

## Thought for the week

Whenever we choose to become aware of the presence of God, we enter prayer. Prayer does not start with our words, but our will.



## Pray with us for

- staff settling into the new year, asking for a fresh anointing of God’s Spirit and a renewed vision for their ministry
- readers of BRF Ministries’ Bible reading notes, as they open up God’s word afresh and listen out for God’s guidance and encouragement
- ministry leads as they look to the Lord for strength and wisdom, and seek to inspire and nurture their teams
- trustees and managers as they meet online to commit the work of BRF Ministries to the Lord and listen for God’s still small voice for 2026
- chief executive Richard Fisher and chair Mark Sheard, as they seek God’s wisdom for new initiatives for BRF Ministries



**Gracious God,  
this new week,  
and every day this new year,  
may we be a people  
of light, love and life:  
shining with your light;  
showing your love;  
and sharing your life;  
through our Lord Jesus Christ. Amen.**

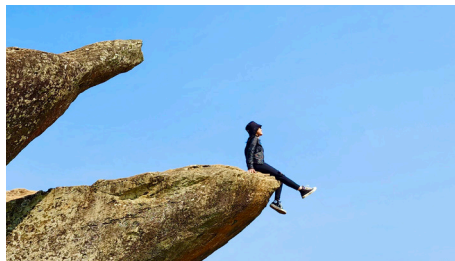
# For the writers and editors of BRF Resources

Prayer is ‘talking with God’, but it’s much more than ‘saying our prayers’ – it’s doing whatever helps us deepen our friendship with God, in a life-giving, regular way.

Guy Donegan-Cross, *Discipleship: Walk this way* (BRF Ministries, 2025)

## Thought for the week

Begin each new week’s prayer by reaffirming your love for God, your love for God’s world, your love for others and accepting again that God loves you with an everlasting love.



## Pray with us for

- readers of *New Daylight*, particularly those using this resource for the first time, and for editor Gordon Giles
- readers of *Day by Day with God*, that there will be a word in season for each one today, and for editor Jackie Harris
- readers of *Guidelines*, that leaders and ministers will find new inspiration and insights there, and for editors Rachel Tranter and Olivia Warburton
- readers of *The Upper Room*, thanking God for the global collection of personal testimonies gathered in this publication, and for editor Daniele Och
- readers of *Bible Reflections for Older People*, that they might find comfort and hope in what they read, and for editor Eley McAinsh

Lord God, this new week  
may we return daily to our first love for you:  
reliving the joy of its discovery;  
the wonder of its truth;  
and the warmth of its presence,  
through our Lord.  
Amen.



# For the reach of BRF Ministries' Messy Church

When we turn our worries into reasons for prayer (Philippians 4:6) and immerse ourselves in God's word, we can remember God's sovereignty and power. Then our perspective changes. In God, our hearts and minds find protection and peace as we engage with the world.

Gail Parker, *The Upper Room*, May–Aug 2025



## Thought for the week

Prayer should sit at the heart of our discipleship. No situation can be eternally transformed for the better without prayer.

## Pray with us for

- God's blessing on the remarkable growth of this fresh expression of intergenerational church
- ministry lead Aike Kennett-Brown and training and development lead Jane, as they work to nurture the Messy Church network and coordinate new initiatives
- administrator Nina, asking for God's inspiration and guidance as she coordinates this busy ministry
- Sophie, leading the Messy Momentum initiative with older children and young people
- Sarah, leading the Flourish initiative in partnership with the Church of England, to establish more Messy Churches in schools



Lord Jesus,  
grant us a closer, longer look  
at your love, grace and majesty,  
which is the Father's glory.  
May we be changed  
to be more like you,  
as your Spirit works in and through our lives.  
For your sake.  
Amen.

# For BRF Ministries' marketing and engagement team

**'I thank my God for every remembrance of you,' writes Paul in Philippians 1:3... That's a good model for our Christian life: gratitude for what has been; attention to the here and now; prayers for the places, people and work to which we are called.**

Lyndall Bywater, *Day by Day with God*, May–Aug 2025

## Thought for the week

Intercessory prayer is about being an advocate for others before God. This is prayer at its unselfish best.



## Pray with us for

- Karen Laister, head of marketing and engagement, as she guides and supports her team and represents BRF Ministries in a number of important networks
- Tracey Jones, marketing and creative media lead, and her team – Josh, Iona, Susie, Stuart and David – as they connect people with our ministries and resources
- Taura, Laura and Mel, our supporter care team, as they assist customers and supporters, process orders and respond to daily enquiries
- Helen, as she assists our donors and supporters, and Simon, as he coordinates with Christian retailers and works across the broader marketing and engagement team
- communications officer Eley, as she writes a range of materials and looks after press and the media

**Come, Spirit, come,  
help us to worship the Father,  
and see the Son.  
Come, Father God, come,  
help us to live in the Spirit,  
and follow the Son.  
Come, Lord Jesus, come.  
Help us receive God's Spirit.  
And love the three-in-one. Amen.**



# For God's blessing on BRF Ministries' Anna Chaplaincy

Praying is rarely a tidy process, even though the prayers used in formal worship have a polish to them which may give that impression.

Roland Riem, *New Daylight*, May–Aug 2025

## Thought for the week

God is everywhere but in love graciously waits to be invited into every place and every moment of everyone's life. When we pray, we are issuing that invitation; we are opening the door to God's transforming presence for ourselves and those who are on our hearts.



## Pray with us for

- older people in your own community who are facing the challenge of illness this winter and for churches coordinating practical support and friendship
- Anna Chaplains and Anna Friends across the country who advocate for older people, to give them a voice and enable their contribution to the spiritual life of our churches
- Marian and Jane as they maintain positive and regular communication with the growing Anna Chaplaincy network
- training and development lead Julia and the freelance training team
- ministry lead Debbie Ducille as she continues to extend links with denominational groups and sister organisations across the UK



Never-failing God,  
keep us when we grow weary;  
cheery when we become despondent;  
hold us when we lose heart;  
and help us to keep looking to Jesus,  
the pioneer and perfecter of our faith.  
In his name.  
Amen.



# For BRF Ministries' online and social media community

**The good news is that God delights in our simplest attempts at prayer (much like a parent gets excited about a child's first steps). Cardinal Basil Hume said, 'Trying to pray is prayer and it is very good prayer.'**

Guy Donegan-Cross, *Discipleship: Walk this way* (BRF Ministries, 2025)



## Thought for the week

It is through prayer that the soul breathes, faith grows, goodness spreads, love matures and hope in God is kept alive.

## Pray with us for

- inspiration for Iona, Josh and Susie as they post daily prayers, thoughts and news on our social media channels and engage our supporters with e-newsletters
- Karen Laister and Richard Fisher as they write the weekly news email and prayer update, engaging with our supporters and pray-ers
- writers of our weekly online articles, posted every Sunday and offering a thoughtful essay for readers to reflect on in the week to come
- Tracey Jones and her team, working to bring both creativity and an excellent user experience to online platforms
- this growing team, for strong and creative relationships and a shared vision for deepening the impact of their work

**Father God,  
because there is always enough and more with you,  
teach us to trust in your plenty,  
so that we give what we can sacrificially  
and share what we have,  
daring to leave the overflow of your harvest  
for others to glean.  
Amen.**





# For the deepening of our discipleship through Lent



**The path to forgiveness begins with examining our hearts and identifying lingering grudges or hurts we are holding on to.**

Dozie Ashiegbu, *The Upper Room*, May–Aug 2025

## Thought for the week

We quite rightly marvel at the connectivity and power of the worldwide web, but there is an even greater network that influences all life on earth, and that is the prayers of the saints down the ages to this day. God uses this network to work good in our broken world. Let us log in every day!

## Pray with us for

- those planning to engage with Lent resources from BRF Ministries, including reading our 2026 Lent book *Giving it Up* by Maggi Dawn
- individuals making use of *Journeying Through Lent with New Daylight* and church groups engaging with Holy Habits Lent resources
- Messy Church teams planning an intergenerational Lent session; in particular, Messy Momentum initiatives aimed at deepening discipleship among young people
- those using online Parenting for Faith resources, which aim to draw caregivers and children at home into a deeper relationship with Jesus
- Anna Chaplains planning Lent activities for the ongoing discipleship of older people, in churches, home groups and care homes



**Heavenly Father, thank you,  
for the immeasurable,  
unseen and silent ways  
in which you are always at work  
by your Spirit in us, among us  
and throughout the world.  
Help us to trust in this truth,  
as we love you by serving others,  
this and every day. Amen.**

# For God's blessing on the finance & operations teams

**More than reading books about prayer, the way I have been learning to pray is often by being alongside those who are experienced pray-ers.**

Guy Donegan-Cross, *Discipleship: Walk this way* (BRF Ministries, 2025)



## Thought for the week

Prayer is so great a gift and so big a mystery that we will always remain beginners in its practise; but this is not a failing, nor a disadvantage, because God isn't interested in experts but in enthusiasts. God hears the passion in your prayers.

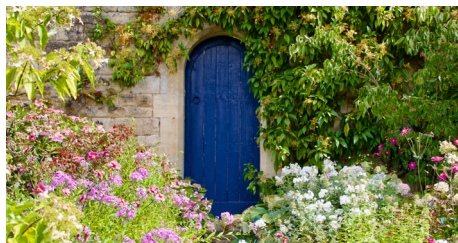
## Pray with us for

- those who have the joy of writing to supporters to thank them for generously sharing their time, prayers and money to support BRF Ministries
- head of finance Penny Clarke and accounts assistant Wilbroad, that God will encourage and inspire them in their important ministry
- Maria and Tabitha, who support the finance and operations team
- Treasurer Julian Hills, that he will guide wise decisions concerning the gifts we receive
- our own response to giving, that we might prayerfully obey God's prompting for the work of the kingdom through BRF Ministries

Thank you, Father God,  
that within the circle of your love  
no one need feel left out,  
no one need feel lost,  
no one need to feel less,  
for you welcome,  
you seek and you bless  
all who come to you.  
Help us by word and deed  
to share this truth today. Amen.



# For BRF Ministries' Parenting for Faith



**So much true kindness, not to mention prayer, is done in secret, in the hidden places, unseen...**

Clare O'Driscoll, *Bible Reflections for Older People*, May-Aug 2025

## Thought for the week

In heaven we will surely learn that anything good which we ever experienced in life, only happened because someone somewhere prayed for us; when no one else prayed for us, it was Jesus at the right hand of the Father, always interceding for us, who made sure we got through.

## Pray with us for

- wisdom for the Parenting for Faith team as they prepare social media posts to help children process current issues in the news
- inspiration and encouragement for families partaking in the Grandparenting for Faith and Parenting Teenagers for a Life of Faith online courses
- ministry lead Anna Hawken, as she works with the team to discern the Holy Spirit's direction for the development of this ministry
- God's blessing on the newest members of the team: David, Jess and Laura
- core team members, Kate and Becky, that the Lord will continue to enable, equip and inspire them



Lord, when you tell me not to be anxious,  
please also remind me of your promises.  
Lord, when you tell me not to fear,  
please also remind me of your presence.  
Lord, when you tell me not to give up,  
please also remind me of your power.  
Amen.

# For BRF Ministries' trustees and management team

**Prayer should be the steering wheel that guides our life, not the spare tyre we pull out in emergencies.**

John D. Bown, *The Upper Room*, May–Aug 2025

## Thought for the week

Needs drive us to our knees; habit helps us not to give up; hope keeps us longing for God; but it is the Holy Spirit who won't give up on us, who makes real the gift of God's presence as we pray.



## Pray with us for

- chief executive, Richard Fisher, as he coordinates the management teams and seeks God's leading for the development of the charity
- Jules Morgan, deputy chief executive and head of people and Penny Clarke, head of finance; may they both be deeply aware of God's presence and guidance each day
- Chloe, executive assistant to Richard and Jules
- Karen Laister, head of marketing and engagement and Jules MacNaughton, head of fundraising
- John, business transformation manager and Stuart as he leads on infrastructure and systems projects

Holy Trinity of God,  
resting under the shelter of your wings,  
safe within the shadow of your cross,  
inspired by the strength of your breath,  
we belong within your family, O God,  
who is forever outside, beside and inside us all.  
Amen.



# For God's blessing on BRF Resources

The heart of prayer is a trusting intimacy with a God who loves us. The paradox of prayer is that, while as people who yearn for God it is the most natural thing to pray, it is also something that needs to be learnt. That is why his disciples asked, 'Teach us to pray.'

Guy Donegan-Cross, *Discipleship: Walk this way* (BRF Ministries, 2025)

## Thought for the week

Effective prayer isn't so much measured by 'answers' received but by a 'believing heart' that trusts it has been heard.



## Pray with us for

- inspiration and strategic vision for the editors of BRF Resources' Bible reading notes: Gordon Giles, Jackie Harris, Eley McAinsh, Daniele Och, Rachel Tranter and Olivia Warburton
- the writers of notes, that they would be open to God's leading in their choice of themes and Bible passages
- those who edit, design and proofread Bible reading notes and other publications
- content creation lead, Rachel Tranter and her team: Ben, Rose, Felicity, Daniele and Becca
- Natalie Watson, freelance commissioning editor, working with authors to create proposals for new publications



Lord,  
open our eyes of faith to know  
that there is more,  
that there is better,  
that there is greater  
and that there is heaven all around.  
In the light of this bigger vision  
help us to see what we do see differently. Amen.

# For God's blessing upon Anna Chaplains and Friends

**I felt God nudging me to seek peace through prayer, so I poured my heart out to God, releasing my burdens and fears. I discovered that talking to God felt like talking to a trusted friend who listened with compassion and understanding.**

Bella Mohensi, *The Upper Room*, May–Aug 2025



## Thought for the week

Prayer borrows the spoken word to express before God the deeper language of the soul, which is a language of longing, crying, trusting and silently waiting upon God.

## *Pray with us for*

- Debbie Thrower, in her role as a BRF Ministries' vice president, as she continues to speak up on behalf of the 'fourth agers' in the church and wider community
- districts, dioceses and ecumenical organisations considering appointing new Anna Chaplains
- network get-togethers where Anna Chaplains gather for encouragement, the sharing of news and of resources, and for worship
- recently appointed Anna Chaplains and Anna friends, that they might catch a vision for the work God is calling them to in their particular locations
- your local Anna Chaplains (if you can, find out who they are) and pray for them

Thank you, Lord Jesus,  
that wherever two or three of us  
are met in your name,  
whether frail or healthy,  
forgetful or focused, lonely or sociable,  
you are there with us,  
cherishing our discordant praises,  
coming close in our half-remembered prayers  
and speaking peace through our stumbling words.  
Amen.



# For our volunteers and supporters this Holy Week

God wants us to pray with total honesty about the things we find hard. We can complain, cry, yell and groan in prayer. This kind of prayer is called lament.

Guy Donegan-Cross, *Discipleship: Walk this way* (BRF Ministries, 2025)

## Thought for the week

The faintest, shortest and simplest prayer is enough to touch heaven and to transform earth. All it takes is a mustard seed of faith that God is in control and will reward those who seek him with all their heart.



## Pray with us for

- those using our Bible reading notes to guide and sustain their Holy Week journey to the cross
- those following the readings in our BRF Lent book, that they might be drawn closer to God's love towards us in Jesus and the reconciling power of the cross
- the many volunteers who give generously of their time and talents to support the work of BRF Ministries, advocate for the charity and pray
- those who work alongside BRF Ministries in local churches
- all those involved in Holy Week events, sessions and services across our ministries, as they remember what it cost our God to love the world



Lord Jesus,  
you promised to be with us to the end of time.  
Be with us when we reach  
the last of our strength,  
the limit of our patience  
and bring us safely through to you,  
the goal of all our longing.  
Amen.



# Celebrating the resurrection of Jesus!

Every prayer of faith, every act of goodness, every word of forgiveness, every challenging of injustice, every work of compassion – all such things are powerful lights that overcome the dark evil active in this world.

Michael Mitton, *New Daylight*, May-Aug 2025

## Thought for the week

Jesus means what he says when he promises, ‘I will always be with you’. Be sure of this: he is forever close, forever holding you in love and forever on your side.



## Pray with us for

- churches where you live, as people of all ages celebrate the joy of the resurrection
- those hearing about the empty tomb for the first time, that they will rise with Christ to newness of life
- family members who have forgotten or lost touch with the story of Easter, that they might encounter the good news afresh this year
- the joy of Easter to thrill once more the hearts and minds of all our staff and every one of our readers, writers and pray-ers
- church leaders using our resources in their services this Eastertide, that they will be a source of wisdom and blessing

Alleluia! We praise you, Father God,  
that Easter Day is the turning point of history.  
Alleluia! We praise you, Lord Jesus,  
that Easter Day resets time itself.  
Alleluia! We praise you, Holy Spirit,  
that Easter Day unites heaven and earth.  
Alleluia!  
Amen.



# For God's blessing on the fundraising team

**In prayer, we rest our whole selves in the healing embrace of Christ, and that beautiful, unfathomable peace wraps around us.**

Lyndall Bywater, *Day by Day with God*,  
May–Aug 2025

## Thought for the week

When we pray with others and add our 'Amen', when we pray for what has been promised in scripture and when we sincerely pray 'Your will be done', we can be sure that God is inspiring our praying.



## Pray with us for

- the many charitable trusts and individuals who have responded positively to requests for financial support for the work of BRF Ministries
- the money raised through the purchase of our greetings cards and the extra donations from those who purchase our resources online
- the fundraising team as they talk with donors, remembering in particular Jane Dutton
- Julie McNaughton, head of fundraising, as she coordinates applications for funds and the writing of bids, and talks directly with potential donors
- faith to believe that God will provide what is needed to do the work he has planned through BRF Ministries, to his glory



**Generous God,  
you have blessed us in Christ  
with every spiritual blessing in heaven.  
Help us to open our hearts and hands to others  
so that the grace we have received  
may inspire the generosity with which we give.  
Amen.**

# For Messy Momentum and other initiatives

Memorised prayers and scriptures help when I'm stumbling over my thoughts in prayer. My dad's favourite scripture is Proverbs 3:5–6, which begins, 'Trust in the Lord with all thine heart' (KJV). These verses remind me how trustworthy our heavenly Father is.

Matthew B. Harper, *The Upper Room*, May–Aug 2025

## Thought for the week

Praying is pausing to become aware of God's presence; praying is opening our hearts and minds to God's voice; praying is saying 'yes' to God's good purpose for our lives.



## Pray with us for

- Messy Churches using session outlines from *Get Messy! Volume 3*, with its emphasis on Christian values
- those Messy Churches testing Messy Momentum initiatives which aim to include older children and young people in a positive all-age experience of church
- Messy Churches celebrating the stories of the resurrection this Easter season
- Messy Church networks across the world, that relationships they share will deepen an understanding of the importance of intergenerational faith-sharing
- the writers of sessions for the next *Get Messy!* to resource and inspire Messy Church teams around the world

**Lord Jesus,  
you invite us to entrust  
our troubled hearts into your safekeeping;  
our restless spirits into your loving care;  
our puzzled minds into your welcoming presence.  
As we do so,  
may we find our way home  
into the reality of the living God  
through your cross and resurrection,  
our only hope. Amen.**



# For Parenting for Faith's engagement with families

**Acknowledging that there are many ways into prayer helps us to stop comparing our way of praying with others. As we acknowledge our own preferences, we can recognise that we have something particular to bring in prayer which can help others**

Guy Donegan-Cross, *Discipleship: Walk this way* (BRF Ministries, 2025)

## Thought for the week

Prayer changes things as much for the one who prays, as for those prayed for. The one who prays is therefore party to a double blessing.



## Pray with us for

- Christian families, as they seek to share faith with children by their lifestyle and life choices in their everyday routines and conversations
- those preparing, writing and delivering Parenting for Faith resources, including books, podcasts, free downloads, longer courses and conferences and retreats
- fruitful partnerships between Parenting for Faith and other local, denominational and national networks who work with Christian families
- parents, grandparents and care-givers, who seek to establish good habits of Bible reading and prayer for their children and grandchildren
- thanksgiving to be part of the experience of life in our homes, expressed in grateful hearts and gracious attitudes to others



Holy Spirit of God,  
stir up in us the fruit of goodness  
so that, like Jesus,  
our good shepherd,  
we may go about doing good,  
whenever we can  
and for whomever we meet this day.  
Amen.

# The prayer of BRF Ministries

Faithful God,  
thank you for growing BRF Ministries  
from small beginnings  
into the worldwide family it is today.

We rejoice as young and old  
discover you through your word  
and grow daily in faith and love.  
Keep us humble in your service,  
ambitious for your glory  
and open to new opportunities.  
For your name's sake.

Amen.

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As a charity, we rely on fundraising and gifts in wills to deliver  
Anna chaplaincy, Living Faith, Messy church and Parenting for  
Faith. Your gift helps us impact thousands of lives each year.

Please support our work.

[brf.org.uk/give](http://brf.org.uk/give) +44 (0)1235 462305

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