



WORLD DAY OF PRAYER
Friday 6 March 2026

I Will Give You Rest: Come

Matthew 11:28-30

- This year, the 2026 World Day of Prayer materials from Nigeria bring us a powerful invitation drawn from Matthew 11:28-30. At a time when people worldwide are carrying heavy burdens, our Nigerian sisters offer profound insights into finding rest in God.
- See <https://worlddayofprayer.net/nigeria-2026.html>





*"Come to me,
all you who are weary
and are carrying heavy burdens,
and I will give you rest.*

*Take my yoke upon you,
and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls.*

*For my yoke is easy,
and my burden is light."*

Matthew 11:28-30



World Day of Prayer

**I will give you rest,
come**

Downloadable Resources for the
2026 Service are available at:

- <https://www.wwdp.org.uk/2026-wwdp-resources-to-download/>

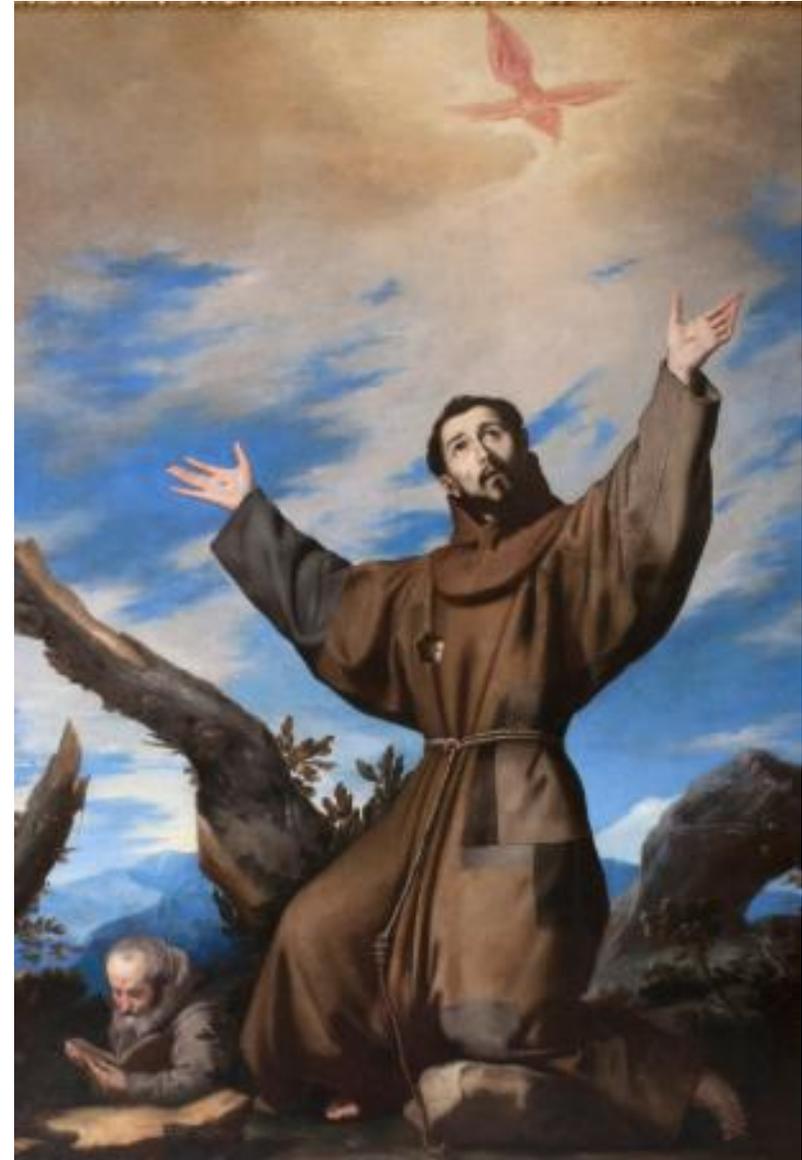
We continue to pray for peace...

In this special Jubilee Year of Saint Francis,
we say the "Prayer of Saint Francis" asking
God to help us be instruments of peace,

love, pardon,

faith, hope,

Light and joy.



We reflect on
the *Prayer of St
Francis* on this
International
Day of Prayer.



Lord, make me an instrument of peace:

Bless all women and men who daily work to bring peace to their communities, their homes and their hearts. Give them strength to continue to turn swords into ploughshares.

Where there is hatred, let me sow love:

We pray for all women who face prejudice, inequality and gender disparities. Help us to see and to face the discrimination against women in all the many forms it may take.



Where there is injury, pardon:

Comfort all women and men who suffer from the pain of war, violence, and abuse. Help them to become instruments of their own reconciliation and peace.



Where there is division, unity:

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- Forgive all women and men who let differences breed hate and discrimination. Let your example of valuing all of creation help us to see that we are equal partners in the stewardship of your world.



Where there is darkness,
light; where there is
untruth, truth:

- Comfort all women who struggle in the darkness of abuse, poverty, and loneliness. May we stand with them in light to acknowledge their suffering and work to remove their burdens.



Where there is doubt, true faith:

- We pray for all people who live in fear. Help them to be empowered to be their true selves through your everlasting love and faith.



Where there is despair, hope:

- We pray for all people who live in the despair of poverty, violence, trafficking, slavery, and abuse. May the light of your love bring them hope.



Where there is sadness, joy:

- Help us to see the strength and goodness in all women and men.
Transform our hearts to celebrate the love and grace of all people.
- Amen



We end with 'Be Yourself' from the cantata *Called to be Happy* inspired by the life of Mary Ward

- A cantata of hope composed by Peter Rose and Anne Conlon, it reflects how Mary Ward's vision and unshakeable optimism enabled her to overcome the many obstacles she faced as a strong-minded woman in a man's world.



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- Making extensive use of Mary's own words, the cantata presents her amazing example as a woman of courage and steadfast determination, who retained her calm faith despite the dangers and problems she faced. The words she used to encourage her young followers four hundred years ago now offer encouragement to contemporary young women as they start on their life's journey. Her message of unwavering hope in the face of adversity has a timeless relevance.



‘Be Yourself’ from *Called to be Happy*

- <https://www.youtube.com/watch?v=6t0hJC1-hGw>

