

CONCEPT NOTE FOR THE 50-DAY PRAYER & FASTING SEASON 2026.

19th AUGUST - 7th OCTOBER 2026

FOCUS ON HEALTH

Theme Scripture - 3 John 1:2

"Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul."

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A Biblical Vision of Holistic Health (Shalom)

The theme of the 2026 National Fifty-Day Prayer and Fasting Journey is rooted in the biblical understanding of shalom – the comprehensive peace, wholeness, and flourishing that God desires for His creation. In Scripture, health is not simply the absence of disease or infirmity; it is the harmonious well-being of the whole person and the whole community in right relationship with God, with one another, and with creation.

John's prayer in 3 John 1:2 recognizes that spiritual vitality and physical well-being are not competing priorities but complementary expressions of God's desire for human flourishing. Likewise, throughout Scripture, God reveals Himself as the source of life, healing, restoration, wisdom, and peace. From the Garden of Eden to the New Jerusalem, the biblical narrative presents God's redemptive work as one of restoring every dimension of life that has been broken by sin.

This holistic vision is reflected in the Great Commandment, where believers are called to love God with all their heart, soul, mind, and strength, and to love their neighbours as themselves. It is also embodied in Christ's earthly ministry, where He proclaimed the Kingdom of God through preaching, teaching, healing the sick, restoring the marginalized, feeding the hungry, and reconciling people to God and one another.

Health, therefore, is both a gift from God and a sacred stewardship. Individuals are called to care for their bodies as temples of the Holy Spirit; families are entrusted with nurturing one another; organizations are called to exercise justice and integrity; communities are to embody compassion and mutual care; governments are responsible for promoting justice and protecting the vulnerable; and nations are invited to pursue peace and cooperation for the common good.

The progression of this prayer journey reflects this biblical pattern of stewardship. It begins with personal transformation and gradually expands outward to encompass families, organizations, communities, the nation, the African continent, and the global community. This movement mirrors God's redemptive mission throughout Scripture – from transforming individual hearts to renewing cities, nations, and ultimately all creation.

As participants journey through these fifty days, they will pray not only for healing from disease but also for spiritual renewal, healthy relationships, ethical leadership, resilient institutions, social justice, peace, scientific innovation, environmental stewardship, and the flourishing of every sphere of society. In doing so, the Church bears witness to God's Kingdom, where His will is done "on earth as it is in heaven."

Throughout Scripture, God reveals Himself not only as the One who saves, but also as the One who heals, restores, and causes individuals, families, communities, and nations to flourish. The 2026 prayer season therefore invites believers to embrace a biblical vision of holistic health – one that seeks the flourishing of the whole person, the whole Church, the whole nation, and ultimately the whole world under the Lordship of Jesus Christ.

Each week will highlight a specific sphere of influence and invite prayer for the stakeholders responsible for promoting health and well-being within that sphere – including ourselves, our families, healthcare workers, public institutions, national agencies, continental initiatives, and global health organizations.

Background

On the eve of Uganda's Golden Jubilee, 8th October 2012, the nation was dedicated to God, committing the next fifty years to His purposes and seeking His guidance over Uganda's future. As an expression of this ongoing national covenant, the Uganda Jubilee Network has continued to coordinate an annual season of prayer leading up to Independence Day, calling the Body of Christ to seek God on behalf of the nation.

The 2026 prayer season comes at a significant time as Uganda and the wider region continue to recover from the effects of an Ebola outbreak, reminding us of the importance of both spiritual and physical well-being. This year's prayer journey focuses on God's desire for holistic health – spirit, soul, and body – and calls believers to intercede for healing, wisdom, resilience, and flourishing at every level of society.

We therefore invite the Body of Christ across Uganda and in the diaspora to unite in 50 days of prayer and fasting, from Wednesday, 19th August 2026, to Wednesday, 7th October 2026, as together we seek God's face for the health of our lives, families, organizations, communities, and nation, while praying for His mercy, protection, and healing over Uganda, Africa, and the nations.

Objectives of the 2026 Prayer Season

The objectives of this year's prayer season are:

1. To renew our national covenant with God.
2. To humble ourselves before God and seek His face for the the healing of the land and future of Uganda.
3. To align ourselves with the High Priestly Prayer of Christ for the unity of believers (John 17).
4. To pray for the Church to rise into her prophetic role in every sphere of society.
5. To intercede for the full manifestation of God's Kingdom in Uganda by the 2062 Jubilee.
6. To seek divine empowerment to fulfil our individual, family, congregational, organizational, and national assignments in this generation.

Guidelines for Fasting

Participants are encouraged to observe this season with joy, humility, and consistency.

- The recommended mode of fasting is one meal within every 24-hour period. Participants may take water and light fluids during fasting hours and are encouraged to remain well-hydrated.
- While participation throughout the entire fifty days is encouraged, believers may choose other appropriate modes of fasting according to their health, circumstances, and spiritual conviction.
- Each believer is encouraged to stretch beyond their normal routine and grow in the disciplines of prayer, fasting, and dependence upon God.
- In addition to the daily national prayer themes, participants are encouraged to bring before God their personal, family, congregational, organizational, and community needs, seeking His purposes to be fulfilled in their lives and in the nation.

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