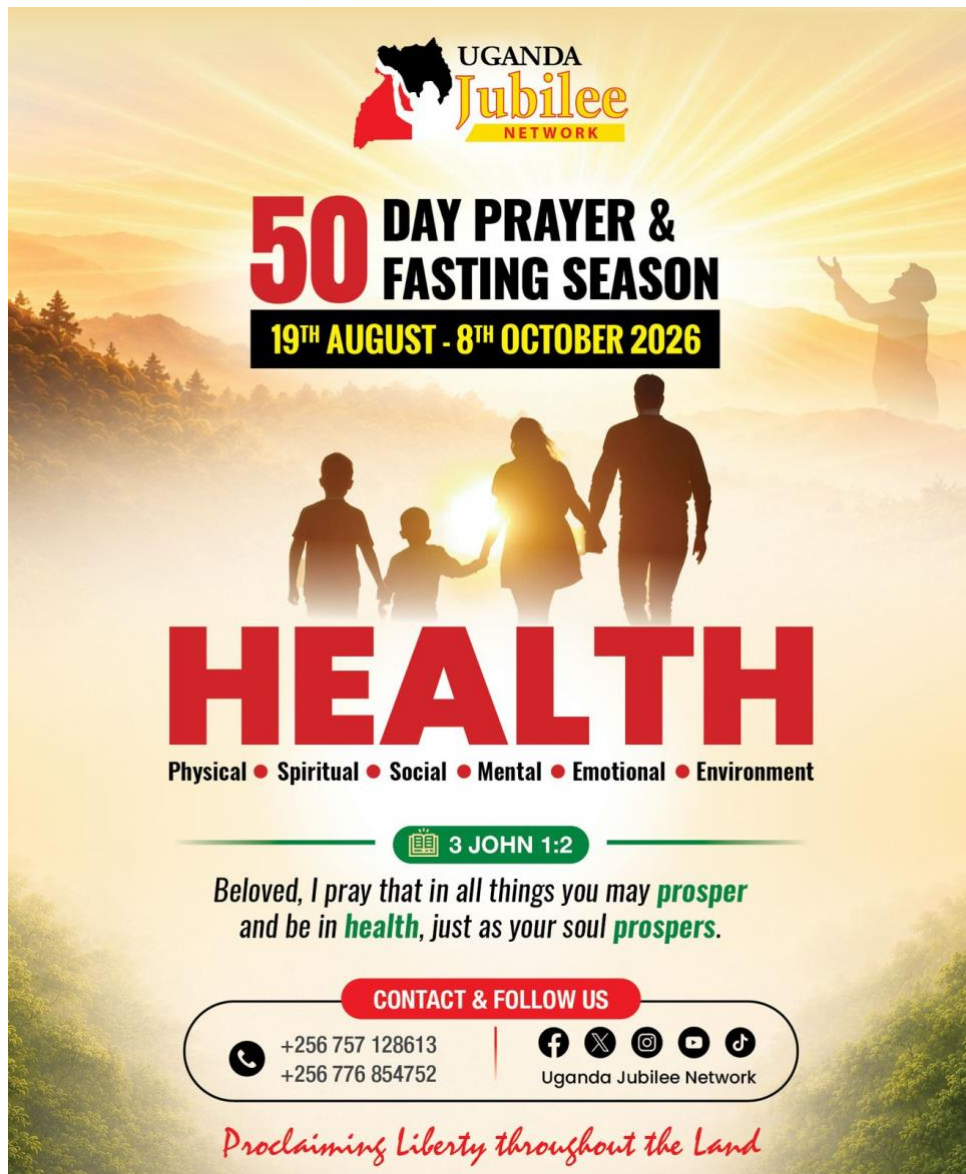




WEEK FOUR: 9th – 15th SEPTEMBER, 2026

FOCUS ON BUILDING HEALTHY COMMUNITIES

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."

INTRODUCTION

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 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 you journey through these fifty days, you 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 areas 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, physical, and national 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.

Dr. James Magara
Chairman,
Uganda Jubilee Network

WEEK 4 (Days 22-28) | September 9-15, 2026)

Building Healthy Communities

“Seeking the shalom of our communities: caring for our neighbours, protecting our environment, strengthening local services and building communities where everyone can flourish.”

INTRODUCTION

Health extends beyond the individual, family and workplace to the community in which we live. Whether we live in a village, neighbourhood, apartment building, estate, town or city, our well-being is connected to the well-being of those around us. We do not live in isolation. The conditions in our communities can either promote health or expose us to disease, insecurity, stress and other forms of harm.

A healthy community is one where people care for one another, live peacefully with their neighbours, protect the environment, support children and vulnerable people, and work together with churches, schools, healthcare providers and community leaders to solve common problems. It is a community where people recognise that the health of one person can affect many others and that collective action is often necessary to address problems that individuals cannot solve on their own.

Community health includes the physical, mental, social and environmental conditions in which people live. Clean water, proper sanitation, safe housing, good roads, waste management, clean air, adequate drainage and access to healthcare all contribute to a healthy community. Conversely, stagnant water, poor sanitation, unmanaged waste, overcrowding, pollution, unsafe buildings and inadequate healthcare can create conditions in which disease spreads and people struggle to thrive.

Health is also strengthened by good relationships and social cohesion. Communities where people trust one another, resolve disagreements peacefully, look out for their neighbours and support those going through difficult circumstances are generally better equipped to withstand crises. Loneliness, isolation, violence, discrimination and persistent conflict can undermine health just as surely as physical hazards can.

A healthy community also pays particular attention to children, older people, persons with disabilities, the poor and other vulnerable members of society. Children need safe places to grow, learn and play. Older people need dignity, care and social connection. Vulnerable families may need practical, emotional or financial support. Looking after those who are most vulnerable is not simply an act of charity; it is an expression of the kind of community we want to build.

Community health is everyone's responsibility. Families can keep their surroundings clean, practise good sanitation and participate in community initiatives. Schools can teach healthy behaviours and promote safe environments. Churches and other faith communities can provide care, education and support. Healthcare providers can offer prevention, treatment and health education. Local leaders can mobilise residents, enforce appropriate standards and advocate for essential services. Businesses can contribute to safe workplaces and responsible environmental practices. Citizens can speak up about hazards and participate in finding solutions.

Importantly, a healthy community does not mean that everyone is free from illness. Rather, it is a community that creates conditions in which people have the opportunity to live

healthy, safe, dignified and productive lives. It recognises that prevention is often better than treatment and that many health problems are best addressed collectively.

Ultimately, the health of a community is reflected not only in its hospitals, health centres and clinics but also in the way people live together - how they care for their environment, protect one another, respond to vulnerable people, raise their children, resolve conflict and take responsibility for the common good.

When individuals take responsibility for their own health, families care for one another, workplaces promote well-being and communities work together, we create a culture of health that extends far beyond the individual.

DAY 22 – Wednesday, 9th September 2026

KNOWING AND LOVING OUR NEIGHBOURS

Key Scripture

“Love your neighbour as yourself.”

Mark 12:31

Scriptures for Prayer

- **Mark 12:28–31** - Love God wholeheartedly and love your neighbour as yourself.
- **Luke 10:25–37** - The Good Samaritan shows us that our neighbour is anyone whose need we have the opportunity to meet.
- **Romans 12:9–18** - Live with genuine love, compassion, hospitality and concern for others.
- **Philippians 2:3–4** - Look not only to your own interests, but also to the interests of others.
- **Galatians 6:10** - Do good to everyone, especially to those within the household of faith.

Exhortation

Community health begins with compassion. We cannot build healthy communities if we care only about ourselves and our immediate households. God has placed us among other people, and our lives are connected to theirs. The quality of our communities is shaped by how we treat the people who live, work and worship around us.

Jesus made love for one's neighbour central to faithful living. When asked which commandment was greatest, He connected love for God with love for others: “Love your neighbour as yourself.” This means that our relationship with God should produce a practical concern for the people around us.

The story of the Good Samaritan challenges us to reconsider who our neighbour is. The Samaritan encountered a wounded man who was a stranger and, from the perspective of the social divisions of that time, someone with whom he might not have been expected to associate. Yet he stopped. He saw the man's suffering, had compassion, attended to his wounds, transported him to a place of safety and paid for his continued care. The Samaritan did not only feel sorry for the wounded man. His compassion became action.

This is an important principle for community health. Sometimes we see people struggling but become so accustomed to suffering around us that we stop responding. We may know that an elderly neighbour is living alone, that a family is struggling, that someone is sick, that a child is neglected or that a neighbour is experiencing loneliness - but we assume that someone else will intervene. Love challenges that indifference.

To know our neighbours means more than knowing who lives next door. It means paying attention to the people around us. It means noticing when someone is struggling and being willing to ask, “*How are you doing?*” It means creating relationships in which people know that they are seen, valued and not alone.

Healthy communities are built when people look out for one another. A neighbour may need a meal, transportation to a health facility, help with a practical task, someone to listen,

encouragement during a difficult season or simply the reassurance that someone cares. Sometimes the greatest gift we can offer is our presence.

Scripture calls us to resist a life centred exclusively on our own interests. Philippians 2:4 instructs us to look not only to our own interests but also to the interests of others. This does not mean neglecting ourselves or our families. Rather, it calls us to widen the circle of our concern.

We should especially remember people who are easily overlooked: the elderly, persons with disabilities, children, widows, the poor, the sick, refugees, people living alone and those experiencing emotional or social isolation. Their needs may not always be visible, and their circumstances may sometimes make it difficult for them to ask for help.

A healthy community is one where asking for help is not a source of shame and where receiving help does not diminish a person's dignity. We should cultivate communities where people can acknowledge their need without fear of judgment and where those who have the capacity to help do so with humility and respect.

Loving our neighbours also requires us to live peacefully with one another. Romans 12 calls believers to genuine love, hospitality, patience, generosity and, as far as it depends on us, peaceful relationships. Communities become unhealthy when suspicion, gossip, hostility, prejudice and selfishness dominate relationships.

Our prayer today is therefore not simply that God would make us more generous. It is that He would change the way we see people. May we see our neighbours as people created in God's image and therefore worthy of dignity, compassion and respect.

We may not be able to solve every problem in our community, but we can refuse to be indifferent. We can notice. We can listen. We can pray. We can encourage. We can share. We can visit. We can serve. We can connect people to help. We can become part of the answer.

Love of neighbour turns a collection of houses into a community and a collection of people into a family that cares for one another.

Prayer Points

1. **Pray for compassion** - Ask God to give us hearts that genuinely care about people who are struggling and suffering.
2. **Pray for sensitivity to vulnerable people** - Pray for the elderly, persons with disabilities, children, the poor, the sick, widows and others who may easily be overlooked.
3. **Pray against indifference and selfishness** - Ask God to deliver us from becoming so focused on our own needs that we fail to notice the needs around us.
4. **Pray for caring communities** - Pray that neighbours will look out for one another and respond when someone is in difficulty.
5. **Pray for generosity** - Ask God to help us willingly give our time, skills, resources, encouragement and practical assistance to others.
6. **Pray for the lonely and isolated** - Remember those who live alone, have lost loved ones or have become disconnected from family and community.
7. **Pray for dignity in receiving help** - Ask God to create communities where people can ask for assistance without shame, humiliation or fear of judgment.
8. **Pray for peaceful relationships** - Pray against conflict, hostility, gossip, suspicion and division among neighbours and within communities.
9. **Pray for practical expressions of love** - Ask God to show each of us specific people and situations where we can become an answer to someone's need.

- 10. Pray for a culture of mutual care** - Pray that churches, families, schools, community organisations and local leaders will work together to strengthen the well-being of the whole community.

Prayer

Lord, open our eyes to the needs around us. Deliver us from the temptation to live only for ourselves and our immediate families. Give us hearts that see, hear and respond to the needs of the people around us.

Teach us to love our neighbours as ourselves. Help us to recognise the elderly who are lonely, the sick who need encouragement, the poor who need assistance, the person with disabilities who needs support, the child who needs protection and the neighbour who simply needs someone to listen.

Lord, make us like the Good Samaritan. Give us compassion that does not stop at feelings but moves us to practical action. Show us when to stop, when to listen, when to give, when to visit, when to encourage and when to serve. Give us wisdom to help others without taking away their dignity.

Forgive us for the times we have seen suffering and walked past it. Forgive our indifference, selfishness and preoccupation with our own concerns. Give us the grace to notice the people whom others overlook.

Build communities where people care for one another. Let our neighbourhoods be places of peace, kindness, generosity and mutual support. Remove suspicion, hostility, gossip, prejudice and division from among us. Teach us to live at peace with our neighbours and to pursue the good of the community.

Remember those who are lonely and isolated. Bring caring people into their lives. Strengthen those who are struggling and provide for those in need. May no one around us feel invisible, forgotten or without hope.

Lord, make Your Church a place where people can find compassion, practical help, dignity and belonging. Teach us to work together with families, churches, schools, healthcare providers, community leaders and others for the well-being of our communities.

May our love for You be demonstrated by the way we love the people You have placed around us. Make us people who do not merely ask, "What do I need?" but also, "Who needs me?"

In Jesus' name, Amen.

Declaration

We will not live only for ourselves. We will love our neighbours as ourselves and seek their good, dignity, safety and well-being.

We will see those who are hurting. We will not close our eyes to sickness, poverty, loneliness or vulnerability. We will notice the elderly, the sick, the poor, persons with disabilities, children and all who need care and protection.

We will respond with compassion. Like the Good Samaritan, we will not merely feel sympathy but will be willing to stop, listen, give, serve and take practical action.

We will share what God has entrusted to us. We will generously give our time, skills, resources and encouragement for the good of others.

Our communities will become places of kindness, peace, dignity, generosity and mutual care. We will pursue reconciliation where there is conflict and peace where there is division.

We will not be indifferent to the needs around us. We will resist selfishness and apathy and take responsibility for making our communities healthier.

We will protect and care for the vulnerable, honour the elderly, protect children and support those who are struggling.

We will be instruments of God's love wherever He has placed us. Our communities will be healthier because we are there.

We will live not only for ourselves, but for God and for the good of others.

DAY 23 – Thursday, 10th September 2026

UNITY, PEACE AND LIVING IN HARMONY

Key Scripture

“If it is possible, as far as it depends on you, live at peace with everyone.”

Romans 12:18

Scriptures for Prayer

- **Psalm 133:1–3** - The blessing that comes when God's people dwell together in unity.
- **Romans 12:18** - Pursuing peace with everyone as far as it depends on us.
- **Ephesians 4:1–6** - Maintaining unity through humility, gentleness, patience and love.
- **Matthew 5:9** - The blessing upon those who make peace.
- **Colossians 3:12–15** - Compassion, kindness, humility, forgiveness and love as foundations for harmonious relationships.

Exhortation

A community becomes unhealthy when people live with suspicion, tribalism, discrimination, gossip, violence or unresolved conflict. Where relationships are continually characterised by mistrust and hostility, the effects eventually reach every part of community life. God desires something better.

The biblical vision of shalom is much more than the absence of fighting. Shalom speaks of wholeness, well-being, right relationships, security and flourishing. A community experiencing shalom is one where people can live together with dignity, respect and mutual concern.

Unity does not mean that everyone must be the same. Our communities contain people of different ages, cultures, backgrounds, economic circumstances, experiences and perspectives. These differences need not become sources of division. In fact, they can enrich community life when they are approached with humility and respect. The challenge is to learn how to live together without allowing our differences to destroy our relationships.

Jesus called peacemakers blessed. Peacemaking is not passive. It requires courage to address misunderstanding, humility to admit when we are wrong, grace to forgive and wisdom to help people find reconciliation.

Sometimes conflict begins with something small - a misunderstanding, an insensitive remark, a disagreement over property or resources, or words repeated without verification. If such matters are not addressed, they can grow into resentment and division.

Scripture therefore calls us to pursue peace actively. This means learning to communicate honestly rather than through gossip. It means listening before judging. It means refusing to fuel prejudice. It means treating people with dignity even when we disagree with them. It means seeking reconciliation rather than victory.

Healthy communities also require freedom from discrimination and prejudice. No one should be despised because of age, background, culture, economic circumstances or other differences. Every person bears the dignity of being created in God's image.

As followers of Christ, we are called to become agents of reconciliation wherever God has placed us. We may not be able to control how every person behaves toward us, but Romans 12:18 reminds us to do what depends on us. We can choose our words. We can

choose whether to forgive. We can choose whether to spread or stop gossip. We can choose whether to build bridges or deepen divisions.

Peace in a community begins with people who are willing to become peacemakers.

Prayer Points

1. **Pray for peace among neighbours** and for relationships marked by mutual respect and goodwill.
2. **Pray for respect across differences** of age, culture, background and economic circumstances.
3. **Pray against prejudice and discrimination** in our communities.
4. **Pray for the resolution of neighbourhood disputes**, asking God to give wisdom, humility and willingness to reconcile.
5. **Pray for protection from violence and crime** and for communities where people feel safe.
6. **Pray for good communication** among community members, leaders and institutions.
7. **Pray for leaders who promote unity rather than division**, and who refuse to exploit differences for personal gain.
8. **Pray that communities will celebrate their differences while pursuing common goals.**

Prayer

Father, establish Your peace among our neighbours. Where there is suspicion, bring trust. Where there is hostility, bring reconciliation. Where there is division, build bridges. Where there is conflict, give wisdom to those involved and the humility necessary to seek peace.

Deliver us from prejudice, discrimination, tribalism and every attitude that causes us to despise or exclude others. Teach us to recognise the dignity of every person and to treat our neighbours with honour and respect.

Give us grace to forgive those who have offended us and humility to acknowledge where we ourselves have caused hurt. Help us to communicate honestly and lovingly rather than through gossip, accusation or suspicion.

Protect our communities from violence and crime. Raise up leaders who will promote justice, peace and unity. May our homes, neighbourhoods and communities become places where people feel safe, valued and welcome.

Lord, make us peacemakers. Help us to pursue reconciliation wherever there is division and to do everything within our power to live at peace with everyone.

In Jesus' name, Amen.

Declaration

We will be peacemakers. We will pursue peace with everyone as far as it depends on us, choosing reconciliation over resentment, forgiveness over bitterness and understanding over suspicion.

We will value every person. We will respect people across differences of age, culture, background and economic circumstance, recognising the dignity God has given to every human being.

We will reject division. We will not allow tribalism, prejudice, discrimination, gossip, hatred or hostility to determine how we relate to our neighbours.

We will choose our words carefully. We will not spread rumours, fuel suspicion or use our words to destroy relationships. We will listen before judging and seek understanding before reaching conclusions.

We will pursue reconciliation. Where there is conflict, we will seek peaceful solutions. Where relationships are broken, we will be willing to forgive, apologise and rebuild trust.

We will promote safety and harmony. We will reject violence and contribute to communities where people feel secure, valued and welcome.

We will celebrate our differences while pursuing common goals. Our diversity will not divide us; it will enrich our communities.

We declare that our homes and communities will be places of peace, unity, respect and shalom.

We will be instruments of reconciliation and builders of bridges wherever God has placed us.

In Jesus' name, Amen.

DAY 24 – Friday, 11th September 2026**LOCAL HEALTHCARE AND COMMUNITY WELL-BEING****Key Scripture**

“I was sick and you looked after me.”

Matthew 25:36

Scriptures for Prayer

- **Matthew 25:35–40** - Serving Christ by caring for those who are sick and in need.
- **Jeremiah 8:22** - The need for healing and restoration.
- **Luke 9:1–2** - Jesus sending His disciples to proclaim the kingdom and heal the sick.
- **3 John 1:2** - A prayer for health and well-being.
- **James 5:14–16** - The ministry of prayer, care and support for those who are sick.

Exhortation

Healthy communities need accessible, trustworthy and responsive healthcare services. Healthcare is not simply about hospitals and treatment after people become sick. It includes prevention, health education, early detection, appropriate treatment, rehabilitation, palliative care and support for individuals and families.

Healthcare workers often stand at the front line of community well-being. Doctors, dentists, nurses, midwives, pharmacists, laboratory personnel, community health workers, counsellors and many others carry responsibilities that directly affect the lives of individuals and families. They need our prayers and our support.

A healthy community also recognises that healthcare cannot be left entirely to professionals. Individuals and communities have important roles in preventing disease, recognising illness early, seeking appropriate care and supporting those who are sick.

The church and other community institutions can make an important contribution through health education, prevention, psychosocial support, encouragement, practical assistance and appropriate referral to healthcare services.

We should pray for healthcare that is accessible and affordable, especially for people who are poor or vulnerable. We should pray for facilities that are adequately equipped and staffed and for healthcare workers who have the strength, wisdom, compassion and resources necessary to serve effectively.

We should also remember those who are sick and dying. Illness can bring fear, loneliness, financial pressure and emotional distress to individuals and families. Compassionate care means recognising not only the disease but also the person who is experiencing it.

Community health flourishes when healthcare providers and communities trust and work with one another. Let us therefore pray not only for healing but also for systems, professionals, families and communities that help people remain healthy and receive appropriate care when illness occurs.

Prayer Points

1. **Pray for healthcare workers** - doctors, dentists, nurses, midwives, pharmacists and all others who serve patients.

2. **Pray for community health workers and volunteers** who often work close to families and vulnerable populations.
3. **Pray for accessible and affordable healthcare**, especially for those who struggle to obtain necessary services.
4. **Pray for well-equipped and adequately staffed health facilities.**
5. **Pray for protection, wisdom and strength for healthcare workers.**
6. **Pray for good relationships between communities and healthcare providers**, characterised by trust and respect.
7. **Pray for effective health education** that helps people prevent disease and make wise health decisions.
8. **Pray for early detection and appropriate treatment of illness.**
9. **Pray for compassionate care for the sick and dying** and strength for their families.

Prayer

Lord, bless those who care for the health of our communities. Give healthcare workers wisdom, compassion, skill, endurance and integrity. Strengthen doctors, dentists, nurses, midwives, pharmacists, community health workers and everyone who serves those who are sick.

Strengthen our hospitals, clinics and community health services. Provide the equipment, medicines, personnel and resources needed to serve people well. Open doors for healthcare to become more accessible and affordable, especially to those who are most vulnerable.

Help our communities to understand the importance of prevention, healthy living, early detection and timely treatment. Give people wisdom to seek appropriate care rather than ignoring symptoms or delaying treatment unnecessarily.

Lord, remember those who are sick, those living with chronic illness, those facing serious disease and those approaching the end of life. Surround them with compassionate people. Strengthen their families and provide the practical and emotional support they need.

Build trust between communities and healthcare providers. May healthcare services be places where people are treated with dignity, compassion and respect.

In Jesus' name, Amen.

Declaration

We declare that our communities will value health, prevention, compassionate care and access to appropriate healthcare.

We will recognise that healthcare is essential to community well-being and that every person deserves to be treated with dignity, compassion and respect.

We will honour and support healthcare workers. *We will pray for doctors, dentists, nurses, midwives, pharmacists, community health workers and all who serve those who are sick. May they receive wisdom, strength, protection and the resources they need to serve effectively.*

We will value prevention. *We will promote healthy living, health education, sanitation, early detection and timely treatment rather than waiting until illness becomes severe.*

We will seek appropriate healthcare when we are sick and encourage others to do the same. *We will not allow fear, stigma, misinformation or neglect to prevent people from receiving appropriate care.*

We will care for the sick and vulnerable. *We will support those facing illness and stand alongside families experiencing difficult seasons.*

We will pray for accessible and affordable healthcare, adequately equipped and staffed facilities, and strong relationships between communities and healthcare providers.

We declare that our churches, families and communities will contribute to a culture of health.

We will not regard healthcare as the responsibility of professionals alone. We will each do our part to promote prevention, care and community well-being.

In Jesus' name, Amen.

DAY 25 – Saturday, 12th September 2026

CHURCHES, SCHOOLS AND COMMUNITY INSTITUTIONS

Key Scripture

“Seek the welfare of the city where I have sent you.”

Jeremiah 29:7

Scriptures for Prayer

- **Jeremiah 29:7** - Seeking the welfare of the community where God has placed us.
- **Matthew 5:13–16** - Being salt and light in the world.
- **Deuteronomy 6:6–9** - Passing God's instruction to the next generation.
- **Proverbs 22:6** - The responsibility of nurturing and guiding children.
- **James 1:27** - Caring for vulnerable people as an expression of pure religion.

Exhortation

Community health cannot be sustained by individuals and families working alone. It requires cooperation among the home, church, school, healthcare services and other community institutions. Each institution has a distinctive contribution to make.

The home is the first environment in which children learn values, habits, relationships and responsibility. Families teach children how to treat others and how to care for themselves and their surroundings.

Churches can provide spiritual and social support. They can encourage compassion, strengthen families, care for vulnerable people, provide practical assistance and mobilise members to respond to community needs. A healthy church should not be concerned only with what happens inside its walls; it should also seek the welfare of the community around it.

Schools shape the next generation. They do more than provide academic knowledge. They can nurture discipline, responsibility, compassion, healthy habits, respect and concern for others. Teachers and school leaders therefore have an important role in shaping healthier communities.

Community organisations can bring people together around shared concerns and mobilise resources for practical solutions. When these institutions work in isolation, opportunities are missed. But when they cooperate, they can address complex challenges more effectively.

Children and young people deserve particular attention. They need protection from abuse, neglect and exploitation, but they also need positive environments in which they can develop their gifts, make healthy choices and grow into responsible adults.

Community leadership also matters. Leaders should use their positions to serve rather than exploit the people entrusted to their care.

God calls us to seek the welfare of the places where He has planted us. We therefore pray for institutions that are not inward-looking but outward-serving - institutions that contribute to the health, dignity, education, protection and flourishing of the whole community.

Prayer Points

1. **Pray for churches** that actively serve their communities rather than remaining inward-looking.

2. **Pray for schools** that nurture healthy, responsible and compassionate children and young people.
3. **Pray for teachers and school leaders** to have wisdom, patience and integrity.
4. **Pray for collaboration** between churches, schools and healthcare services.
5. **Pray for community programmes** that support children and young people.
6. **Pray for protection of children** from abuse, neglect and exploitation.
7. **Pray for community leaders** who serve rather than exploit those entrusted to them.
8. **Pray for partnerships** that address poverty, education, health and social needs.
9. **Pray that institutions** will work together for the common good rather than competing for influence or recognition.

Prayer

Father, help our churches, schools and community institutions become instruments of blessing. Teach them to look beyond their own interests and to seek the welfare of the communities they serve.

Give pastors and church leaders compassion for the people around them. Help our churches to care for families, children, the elderly, the poor and vulnerable people in practical ways. Make our congregations places of refuge, encouragement and service.

Bless our schools. Give teachers wisdom, patience and integrity. Help school leaders create environments where children are protected, respected and encouraged to learn and grow. Equip young people with knowledge, character, responsibility and hope.

Protect children from abuse, neglect and exploitation. Surround them with adults who will recognise their value, protect their dignity and advocate for their well-being.

Lord, bring churches, schools, healthcare providers, community organisations and leaders together. Help them recognise that they are not competitors but partners in serving the common good.

Give community leaders servant hearts. May they use their positions to build rather than divide, to serve rather than exploit and to strengthen rather than weaken the communities entrusted to them.

Let our institutions become channels through which Your goodness reaches the wider community.

In Jesus' name, Amen.

Declaration

We declare that our churches, schools and community institutions will serve the common good and contribute to community flourishing.

We will seek the welfare of the places where God has planted us and refuse to become so inward-looking that we ignore the needs around us.

Our churches will be places of compassion, service and practical care. *They will strengthen families, support vulnerable people, encourage young people and respond to genuine community needs.*

Our schools will nurture more than academic achievement. *They will help children and young people develop wisdom, responsibility, character, healthy habits and compassion for others.*

We will honour and support teachers and school leaders. *We will pray for wisdom, patience, integrity and strength as they shape the next generation.*

We will protect children. *We will not tolerate abuse, neglect or exploitation. We will work to create environments where every child is valued, protected and given the opportunity to flourish.*

Our community institutions will work together rather than in isolation. Churches, schools, healthcare services, community organisations, families and leaders will cooperate to address poverty, education, health and social needs.

We declare that our leaders will serve rather than exploit.

We will encourage partnerships that strengthen our communities and pursue the common good.

May our institutions become channels through which God's love, wisdom and compassion reach our communities.

In Jesus' name, Amen.

DAY 26 – Sunday, 13th September 2026**ENVIRONMENTAL HEALTH AND SANITATION****Key Scripture**

“The Lord God took the man and put him in the Garden of Eden to work it and take care of it.”

Genesis 2:15**Scriptures for Prayer**

- **Genesis 2:15** - Humanity's responsibility to work and care for God's creation.
- **Psalms 24:1** - The earth belongs to the Lord.
- **Leviticus 19:9–10** - Caring for others through responsible stewardship and provision.
- **Numbers 35:33–34** - The responsibility to protect the land from pollution and defilement.
- **Revelation 11:18** - God's concern for those who destroy the earth.

Exhortation

There can be no healthy community without a healthy physical environment. The places where we live directly influence our health and quality of life.

Clean water, proper sanitation, responsible waste disposal, good drainage, food hygiene, clean air and responsible environmental practices are not merely matters of appearance. They are matters of health and human dignity.

Poor environmental conditions can create opportunities for disease, contaminate water and food, attract pests and make neighbourhoods unsafe and unpleasant. When waste is dumped carelessly or drainage is blocked, the consequences can affect an entire community rather than a single household.

God gave mankind responsibility to work and care for creation. Environmental stewardship is therefore part of our responsibility toward both God and our neighbours.

We should not think of environmental care as somebody else's responsibility. Government has an important role, but households and communities also have responsibilities. We can dispose of waste properly, protect water sources, keep shared spaces clean, maintain sanitation facilities and teach children to respect their surroundings.

Small actions can make a significant collective difference. The challenge is to move from simply complaining about an unhealthy environment to asking, “What can I do to make this place healthier?”

Sometimes the answer may be clearing a blocked drain. At another time it may mean organising proper waste disposal, improving water storage, planting trees or teaching children about sanitation and hygiene.

The health of our environment and the health of our people are closely connected.

Prayer Points

- Pray for clean and safe drinking water for every community.
- Pray for proper disposal of household and community waste.
- Pray for clean toilets and adequate sanitation facilities.
- Pray for good drainage and protection against stagnant water.
- Pray for food safety and hygiene.
- Pray for clean streets, markets and public spaces.

- Pray for responsible use and disposal of plastics and other waste-producing materials.
- Pray for protection of rivers, wetlands, forests and other natural resources.
- Pray for community members who take personal responsibility for their environment.

Practical Community Challenge

Choose **one environmental improvement** to make this week:

- Clean a shared area.
- Organise proper waste disposal.
- Clear blocked drainage.
- Plant trees.
- Improve water-storage practices.
- Teach children about sanitation and hygiene.

Prayer

Creator God, the earth belongs to You, and You have entrusted us with the responsibility to care for it. Forgive us where we have neglected the environment around us or treated it carelessly.

Help us to keep our homes and communities clean. Give us wisdom to protect our water, land and air. Help us to understand the connection between environmental stewardship and human health.

Teach us to take responsibility rather than waiting for someone else to act. Give us willing hearts to clean, protect, restore and improve the places where we live.

Bless our communities with clean water, good sanitation, proper drainage and safe public spaces. Give wisdom to those responsible for environmental management and help citizens cooperate with them.

May our homes, churches, schools and communities become examples of responsible stewardship. Teach us to leave the places entrusted to us healthier and better than we found them.

In Jesus' name, Amen.

Declaration

We declare that we will care for the places God has entrusted to us. We recognise that caring for creation is also part of caring for people.

We will value clean and safe environments. We will take seriously the importance of clean water, proper sanitation, responsible waste disposal, good drainage, food hygiene and clean public spaces.

We will not treat environmental responsibility as someone else's problem. We will take personal responsibility for our homes, neighbourhoods, churches, schools and shared spaces.

We will dispose of waste responsibly. We will not knowingly pollute our surroundings, block drainage or create conditions that threaten the health and safety of others.

We will protect our water, land and air. We will use resources responsibly and encourage practices that preserve the environment for present and future generations.

We will teach our children to respect creation. We will help them understand that cleanliness, sanitation and environmental stewardship are practical expressions of responsibility and love for others.

We will participate in practical solutions. Where we see a dirty shared space, blocked drainage, unsafe waste disposal or another environmental problem, we will seek ways to contribute to its improvement.

We declare that clean environments will contribute to healthy communities.

We will not merely complain about unhealthy surroundings; we will become part of the solution.

We will steward God's creation faithfully and seek the health and well-being of our communities.

In Jesus' name, Amen.

DAY 27 – Monday, 14th September 2026

COMMUNITY RESPONSIBILITY AND LEADERSHIP

Key Scripture

“Whoever wants to become great among you must be your servant.”

Mark 10:43

Scriptures for Prayer

- **Mark 10:42–45** - True greatness is expressed through servant leadership.
- **Proverbs 11:14** - The importance of wise counsel in leadership.
- **Proverbs 29:2** - The relationship between righteous leadership and community well-being.
- **Micah 6:8** - Doing justice, loving mercy and walking humbly with God.
- **Romans 13:1–7** - Responsibility, authority and good citizenship.

Exhortation

Healthy communities require responsible leadership and active citizenship. Community health is not only the responsibility of government. Residents, local leaders, churches, schools, businesses, healthcare workers and community organisations all have a role to play.

Jesus challenged the world's understanding of leadership. In God's kingdom, leadership is not primarily about status, privilege or power. It is about service. A good community leader therefore asks not, *“What can I gain from these people?”* but, *“How can I serve these people?”*

Leadership affects the well-being of an entire community. Honest and competent leaders can help communities organise resources, resolve problems and create opportunities. Poor leadership, corruption and misuse of resources can have the opposite effect.

We therefore pray for leaders who listen to residents, act fairly, use resources responsibly and remain accountable. But responsibility does not rest with leaders alone.

Citizens also have a responsibility to participate constructively in community life. It is easy to complain about everything that is wrong while remaining unwilling to contribute to solutions. Responsible citizenship means recognising that we are part of the community we are criticising.

We can participate in meetings, support community initiatives, care for public spaces, report genuine concerns, encourage good leadership and work with others to solve problems.

Young people should also be encouraged and equipped to become responsible future leaders. Leadership development should begin long before someone occupies a formal position.

A healthy community is therefore one in which leaders serve and citizens participate.

Prayer Points

1. Pray for honest, competent and servant-hearted community leaders.
2. Pray for leaders who listen carefully to the concerns of residents.
3. Pray for fair distribution and responsible use of community resources.
4. Pray for accountability and transparency in community leadership.
5. Pray for citizens who participate constructively rather than simply complain.

6. Pray for cooperation between local government and residents.
7. Pray for protection from corruption and misuse of community resources.
8. Pray for young people to be equipped to become responsible future leaders.

Prayer

Lord, raise up leaders who serve with integrity. Give them wisdom to understand the needs of their communities and courage to address difficult problems.

Deliver leaders from greed, pride, corruption and the misuse of authority. Help them remember that leadership is a trust and that those they lead are people whose dignity and well-being matter to You.

Give leaders the humility to listen and the courage to make difficult but necessary decisions. May they use community resources responsibly and transparently.

Lord, help us as citizens to participate constructively. Deliver us from apathy and the habit of complaining without contributing. Show us how we can use our time, skills and resources for the good of our communities.

Equip young people to become responsible, ethical and compassionate leaders. Teach them that true greatness is found in service.

May our communities be characterised by integrity, accountability, participation and servant leadership.

In Jesus' name, Amen.

Declaration

We declare that our community leaders will serve with integrity, and our citizens will participate responsibly.

We will value servant leadership. We recognise that true greatness is expressed through service, humility, justice and responsibility rather than power, privilege or personal gain.

We will pray for leaders to listen to their communities. May they understand the needs of the people they serve and have wisdom and courage to address difficult problems.

We will reject corruption and misuse of community resources. We will encourage transparency, accountability and fairness in the management of resources entrusted to leaders.

We will pray for leaders to promote the common good rather than personal interests. May they unite rather than divide and build rather than exploit.

We will also accept our responsibility as citizens. We will not simply complain about the condition of our communities while refusing to participate in solutions. We will contribute our time, skills, ideas and resources where we can.

We will respect legitimate authority while remaining committed to truth, justice and accountability.

We will encourage young people to become responsible future leaders. We will teach them that leadership is a trust and that influence carries responsibility.

We declare that our communities will be strengthened by leaders who serve and citizens who participate.

We will seek the welfare of our communities and do what we can to make them healthier, safer, fairer and more prosperous.

In Jesus' name, Amen.

DAY 28 – Tuesday, 15th September 2026

BUILDING COMMUNITIES OF SHALOM

Key Scripture

“Seek the peace and prosperity of the city.”

Jeremiah 29:7

Scriptures for Prayer

- **Jeremiah 29:7** - Seeking the welfare of the place where God has planted us.
- **Psalms 127:1** - Recognising God's role in establishing and protecting our communities.
- **Psalms 128:1–6** - The blessing of households that walk in God's ways.
- **Matthew 5:9–16** - Being peacemakers and letting our light shine before others.
- **3 John 1:2** - A prayer for health and well-being.
- **Numbers 6:24–26** - God's blessing, protection and peace.

Exhortation

Today brings the community-health theme together. Community health means building places where people can live safely, raise children, worship, learn, work, receive healthcare, care for the vulnerable and grow old with dignity.

God has not called us just to occupy the places where we live. He calls us to seek their welfare. This changes the question we ask. Instead of asking only: “Is my family healthy?” we should also ask: “Is the community around my family becoming healthier because we are here?”

That question challenges us to look beyond our own households.

- Are we contributing to peace among our neighbours?
- Are we caring for those who are vulnerable?
- Are we helping to protect children?
- Are we supporting the elderly?
- Are we treating healthcare workers, teachers and community leaders with respect?
- Are we taking responsibility for the cleanliness of our surroundings?
- Are we participating in solutions to community problems?
- Are we using whatever influence, resources or skills God has given us for the good of others?

A community of shalom is not a perfect community. It is a community in which people continually pursue peace, health, justice, dignity, compassion and the common good.

It is a place where children can grow with hope, young people can see opportunities for their future, families can flourish, older people are honoured and vulnerable people are protected.

It is a place where people do not simply ask what they can receive from the community but also what they can contribute.

We have considered the importance of loving our neighbours, living in harmony, strengthening healthcare, supporting churches and schools, caring for the environment and exercising responsible leadership.

These are not separate concerns. They are interconnected dimensions of community well-being.

Today, therefore, we dedicate our communities to God and commit ourselves to being part of their flourishing.

May our communities be healthier because we are there.

Prayer Points

- Peace and security in our communities.
- Healthy relationships among neighbours.
- Accessible and appropriate healthcare.
- Good schools that nurture children and young people.
- Strong churches and community organisations.
- Clean water and adequate sanitation.
- Responsible environmental stewardship.
- Protection of children and vulnerable people.
- Honest and competent leadership.
- Cooperation among community members and institutions.
- Opportunities for young people.
- Care and dignity for older people.
- A culture of compassion, generosity and mutual responsibility.

Prayer of Dedication

Father, we commit our communities to You.

Let Your shalom rest upon the places where we live. Make our villages, neighbourhoods, apartment buildings, towns and cities places of peace, safety, health and opportunity.

Teach us to love our neighbours. Help us to notice those who are sick, lonely, poor, elderly, disabled or vulnerable. Give us compassion that results in action.

Strengthen our healthcare services, schools, churches and community organisations. Bless healthcare workers, teachers, pastors, community leaders and all who serve others. Give our leaders wisdom, integrity and a servant's heart.

Help us to protect our environment. Give us clean water, good sanitation, responsible waste management and healthy surroundings. Teach us that caring for creation is part of caring for people.

Remove division and hostility from our communities. Where there is conflict, bring reconciliation. Where there is fear, bring security. Where there is poverty, open opportunities. Where there is sickness, bring healing and appropriate care.

May our communities become places where children are nurtured, young people have hope, families are strengthened, the elderly are honoured and vulnerable people are protected.

Lord, help us not merely to live in our communities but to contribute to their flourishing.

May it go well with our communities, and may they be in good health, just as it is well with our souls.

In Jesus' name, Amen.

Declaration

We seek the shalom of our communities. We will not merely live in our communities; we will contribute to their flourishing.

We declare that our villages, neighbourhoods, towns and cities will become places of peace, safety, health, dignity and opportunity.

We will love our neighbours and care for those in need. We will protect children, honour older people and stand with those who are sick, poor, lonely, disabled or vulnerable.

We will pursue unity rather than division and reconciliation rather than conflict. We will reject hatred, prejudice, violence, gossip and attitudes that destroy relationships.

We will support our healthcare workers, schools, churches and community institutions, recognising that each has an important role in building healthy communities.

We will take responsibility for our environment. We will value clean water, good sanitation, proper waste management and healthy surroundings.

We will encourage honest and competent leadership and participate responsibly in the life of our communities.

We will seek opportunities for young people to learn, work, serve and build meaningful futures.

We declare that our communities will become places where families are strengthened, children are nurtured, older people are honoured and vulnerable people are protected.

We will not ask only, “Is my family healthy?” We will also ask, “Is my community becoming healthier because we are here?”

We will seek the welfare of the place where God has planted us.

May our communities become places of peace, compassion, justice, health, dignity and hope.

May the Lord bless our communities, keep them and give them peace.

In Jesus' name, Amen.