



WEEK FIVE: 16th – 22nd SEPTEMBER, 2026

FOCUS ON NATIONAL HEALTH

Seeking the Health and Shalom of the Land

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 5 (Days 29-35) | September 16-22, 2026)

Seeking the Health and Shalom of the Land

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

INTRODUCTION

National health is much more than the absence of disease. A nation may have hospitals, medicines and health professionals and yet remain unhealthy if its people live with poverty, insecurity, injustice, environmental degradation, social fragmentation or hopelessness. Health encompasses the physical, mental, social, spiritual and environmental well-being of people and the conditions in which they live.

A healthy nation is one in which people can flourish - families are strengthened, children have opportunities to grow and achieve their potential, communities are safe, the vulnerable are protected, institutions function with integrity, leaders act responsibly, justice is upheld, and resources are stewarded for the common good.

Health is therefore inseparable from the wider life of society. Education, employment, housing, food, clean water, sanitation, peace, security, good governance, justice and the environment all affect health. To pray for national health is consequently to pray not only for healing in hospitals, but for the transformation of the conditions that produce sickness, vulnerability and premature death.

The Biblical Vision of Shalom

The biblical concept of shalom gives us a deeper vision of national well-being. Shalom speaks of wholeness, peace, right relationships, justice, security, fruitfulness and flourishing. To seek the shalom of a nation is to desire its comprehensive well-being - to see people reconciled with God, with one another, with themselves and with creation.

Therefore, we pray for healthy people, families, schools, workplaces, communities, institutions, economies and environments. National health is a whole-of-society responsibility. Governments have a vital role, but families, churches, communities, businesses, professionals, educators and citizens all contribute to the health of a nation.

“I Will Heal Their Land”

The promise of 2 Chronicles 7:14 is central: *“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”*

The pathway to national healing begins with **“my people.” It begins with us.** We cannot pray for national healing while tolerating corruption, practising injustice, contributing to division or exploiting the land. National healing involves both divine intervention and human transformation.

The movement is: Humility → Prayer → Seeking God → Repentance → Forgiveness → Healing

- We pray for healing, but we also pursue prevention.
- We pray for provision, but we address poverty.

- We pray for peace, but we become peacemakers.
- We pray for justice, but we practise justice.
- We pray for honest leaders, but we embrace integrity ourselves.
- We pray for the healing of the land, but we become responsible stewards of creation.

Prayer is not an escape from responsibility; it prepares and empowers us to participate in the healing we are asking God to bring.

Healing the Land

“Heal their land” also calls us to look beyond individual health. The land provides the water, food, soil and environment upon which human life depends. We therefore pray for clean water, healthy soil, sustainable agriculture, responsible use of natural resources, environmental protection, food security and resilience to environmental threats.

We pray for:

- Healthy people - free from preventable disease and unnecessary suffering.
- Healthy families - places of love, stability and protection.
- Healthy communities - marked by safety, solidarity and mutual care.
- Healthy institutions - characterised by integrity, competence and accountability.
- Healthy leadership - guided by wisdom, righteousness, justice and the common good.
- Healthy economies - providing opportunity and dignified livelihoods.
- Healthy environments - responsibly stewarded for present and future generations.
- Healthy systems - ensuring that the vulnerable are not forgotten.

Our prayer is therefore bigger than “Lord, heal our sick.” It extends to “Lord, heal what makes our people sick”.

- Heal what divides our families.
- Heal what corrupts our institutions.
- Heal what impoverishes our communities.
- Heal what destroys our environment.
- Heal what distorts justice.
- Heal what has wounded the soul of our nation.
- And begin the work of healing in us.”

The biblical aspiration is not merely that a nation should survive, but that it should flourish - that children grow in safety, young people find opportunity, families thrive, the vulnerable are protected, leaders govern wisely, institutions can be trusted, and communities live in peace.

National healing begins when God's people seek His face, turn from wickedness, pursue righteousness and become instruments of healing in their nation.

“Blessed is the nation whose God is the Lord.” - Psalm 33:12

DAY 29 – Wednesday, 16th September 2026

HEALING THE NATION

Key Scripture

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

2 Chronicles 7:14

Scriptures for Prayer

- **2 Chronicles 7:14** – National healing begins with humility, prayer, seeking God and repentance.
- **Psalms 85:1–13** – Cry out to God for restoration, mercy, righteousness and peace in the land.
- **Isaiah 58:8–12** – Righteousness, justice and compassionate action bring restoration and healing.
- **Jeremiah 33:6** – God promises healing, peace and restoration to His people.
- **Psalms 103:1–5** – God forgives, heals, redeems and restores His people.

Exhortation

The health of a nation is more than the absence of disease. A nation may have hospitals, medicines and health professionals and yet remain deeply unhealthy if its people live under the weight of poverty, injustice, violence, corruption, insecurity, broken families, social division and despair. The health of a nation is reflected in the well-being of its people, the strength of its families and communities, the integrity of its institutions and the conditions in which people live.

Scripture gives us a comprehensive vision of shalom - wholeness, peace, justice, right relationships, security, fruitfulness and flourishing. To seek the health of our nation, therefore, is to pray for more than hospitals and healthcare. We pray for healthy people, healthy families, healthy communities, healthy institutions, responsible leadership, a healthy economy and a healthy environment.

Our theme Scripture, 2 Chronicles 7:14, gives us the pathway to national healing:

Humility → Prayer → Seeking God → Repentance → Forgiveness → Healing.

Notice that God begins with **“my people.”** National transformation begins with God's people taking responsibility before God. We cannot sincerely pray for healing while refusing to examine our own hearts and actions. We cannot ask God to heal corruption while tolerating dishonesty; ask for justice while practising injustice; ask for peace while contributing to division; or ask God to heal the land while participating in its exploitation.

National healing therefore involves both **divine intervention and human transformation**. We pray for God to heal the sick, but we also seek wisdom to strengthen healthcare systems. We pray for protection from disease, but we also pursue prevention. We pray for provision, but we also address poverty and inequality. We pray for peace, but we become peacemakers. We pray for justice, but we practise justice. We pray for honest leaders, but we embrace integrity in our own spheres of influence.

Isaiah 58 gives us a powerful picture of this kind of transformation. God connects spiritual devotion with practical righteousness: feeding the hungry, caring for the afflicted, removing oppression and rebuilding what has been broken. The result is described in terms of healing, restoration and rebuilding. Our faith must therefore produce tangible concern for the well-being of others.

We also pray for the healing of the land itself. The environment sustains human life through water, food, soil, forests and other resources. We therefore pray for responsible stewardship, clean water, healthy environments, food security and wisdom in the use of natural resources.

Today, let us pray for healing at every level: individual, family, community, institutional, national and environmental. Let us ask God to heal what makes our people sick, restore what has been broken, reconcile what has been divided and renew what has become weak.

But let us also remember that **prayer is not an escape from responsibility**. Prayer prepares and empowers us to participate in the healing we are asking God to bring.

May healing begin in us and extend through us into our families, communities and nation.

Prayer Points

1. **Pray for national repentance** – Ask God to search our hearts and lead individuals communities and institutions into genuine repentance and righteousness.
2. **Pray for God's mercy and healing** – Cry out to God for healing from disease, suffering, violence, poverty, despair and the many wounds affecting our nations.
3. **Pray for families and communities** – Ask God to restore broken relationships, strengthen families and bring reconciliation where there is division.
4. **Pray for justice and integrity** – Pray against corruption, exploitation, dishonesty and injustice, and ask God to establish righteousness in public and private life.
5. **Pray for leaders and institutions** – Ask God to give leaders wisdom, humility and integrity and to strengthen institutions to serve the common good.
6. **Pray for the vulnerable** – Remember the poor, children, the elderly, persons with disabilities, the sick and all those who are easily overlooked or exploited.
7. **Pray for national health systems** – Ask God to strengthen healthcare workers, facilities, medicines, financing, prevention programmes and access to quality healthcare.
8. **Pray for peace and reconciliation** – Pray against violence, hatred, tribalism, division and conflict, and ask God to raise peacemakers throughout the nation.

9. **Pray for the healing of the land** – Ask God to help us protect our water, soil, forests and other natural resources and to become responsible stewards of creation.
10. **Pray that healing will begin with us** – Ask God to make us instruments of righteousness, compassion, justice, reconciliation and practical transformation.

Prayer

Lord, we humble ourselves before You and seek Your face. Have mercy upon our nation and forgive our sins. Search our hearts and reveal anything within us that does not reflect Your righteousness, truth and love.

Heal our people, Lord. Bring healing to those who are sick and suffering. Protect our children, strengthen our families and restore those whose lives have been broken by poverty, violence, loss, addiction, loneliness or despair.

Heal our communities. Where there is hatred, bring reconciliation. Where there is division, bring unity. Where there is violence, establish peace. Where there is fear, bring security and hope.

Heal our institutions. Deliver us from corruption, dishonesty, exploitation and abuse of power. Raise leaders who govern with wisdom, humility, justice and integrity. May those entrusted with public resources use them faithfully for the good of the people.

Strengthen our healthcare systems and those who serve within them. Give health workers wisdom, compassion and endurance. Provide the resources needed to prevent disease, care for the sick and protect the vulnerable.

Lord, heal our land. Help us to care responsibly for the environment and the resources You have entrusted to us. Protect our water, soil, forests and food systems. Give us wisdom to pursue development without destroying the foundations upon which future generations will depend.

Forgive us for the times we have been indifferent to suffering, tolerated injustice or participated in practices that damage our communities. Teach us not only to pray for change but to become instruments of change.

Make us repairers of broken places, restorers of relationships and servants of the common good. May Your healing begin in us and flow through us into our families, communities and nation.

Lord, let righteousness, justice, peace and health flourish in our land. May our nation experience the wholeness and flourishing that come from walking in Your ways.

In Jesus' name, Amen.

Declaration for Healing the Nation

We humble ourselves before God, acknowledge our need for Him, and turn away from wickedness. We repent of the sins that have wounded our nation - corruption, injustice, violence, hatred, exploitation, dishonesty, oppression, greed, tribalism, selfishness, and indifference to the suffering of others.

We declare that our nation belongs to God, and that His purposes for our people are purposes of life, peace, justice, righteousness, health, dignity, prosperity, and flourishing.

We declare healing over our nation - healing for wounded hearts, broken families, divided communities, damaged relationships, and institutions weakened by corruption and injustice.

We declare restoration over our families, reconciliation among our communities, integrity in our institutions, wisdom among our leaders, and truth and justice in our public life.

We declare that the wounds of our nation will not be ignored, hidden, or passed from one generation to another. What has been broken can be restored, what has been divided can be reconciled, and what has been corrupted can be renewed.

We reject corruption, injustice, violence, exploitation, abuse, dishonesty, hatred, division, oppression, and indifference. We refuse to accept these things as inevitable features of our national life.

We declare that righteousness and justice will increasingly shape the way we govern, conduct business, educate our children, deliver healthcare, administer justice, and relate to one another.

We pray for our leaders and those entrusted with authority. May they lead with wisdom, humility, courage, integrity, and a genuine commitment to the common good. May leadership become a means of service rather than self-enrichment, and may authority be exercised with justice and accountability.

We declare that truth will have a voice in our nation. May dishonesty and manipulation give way to truthfulness; may impunity give way to accountability; and may selfishness give way to responsibility and service.

We declare healing over the social fabric of our nation. Where there is division, let there be reconciliation. Where there is suspicion, let there be understanding. Where there is hatred, let there be forgiveness. Where communities have been alienated from one another, let bridges be built.

We declare that the vulnerable will be protected, the poor will not be exploited, children will be safeguarded, the elderly will be honoured, persons with disabilities will be included, and those who have no voice will not be forgotten.

We declare healing over our health systems and the health of our people. May preventable suffering be reduced, quality healthcare become more accessible, and our healthcare institutions be strengthened to serve every person with competence, compassion, dignity, and integrity.

We declare that we will become responsible stewards of the land and resources God has entrusted to us. We will protect our environment, care for our water and forests, use our natural resources responsibly, and leave a healthier and more prosperous nation for future generations.

We declare that healing will not be merely something we ask God to do for us. We will allow God to work through us.

We will not merely pray for national transformation; we will become instruments of transformation wherever God has placed us - in our homes, churches, workplaces, schools, communities, professions, institutions, and places of leadership.

We will choose integrity when dishonesty is easier.
We will choose justice when injustice benefits us.
We will choose reconciliation when division is easier.
We will choose compassion when indifference is convenient.
We will choose service when selfishness is tempting.

We declare that national healing begins with personal transformation. As God changes our hearts, may our families change; as families change, may communities change; as communities change, may institutions change; and as institutions change, may the nation be transformed.

We declare that Uganda will not be defined by its wounds, failures, or challenges. Our past will not imprison our future. By the grace of God and through the faithful action of her people, our nation can be healed, restored, strengthened, and renewed.

May righteousness flourish in our land.
May justice flow through our institutions.
May peace prevail in our communities.
May health and wholeness characterize our people.
May integrity guide our leaders.
May compassion shape our society.
May our families be restored.
May our land be healed and faithfully stewarded.

May healing begin in us and extend throughout our families, our communities, our institutions, and our nation.

We declare healing.
We declare restoration.
We declare reconciliation.
We declare righteousness.
We declare hope.
We declare a renewed and flourishing Uganda.

“Blessed is the nation whose God is the Lord.” - Psalm 33:12

DAY 30 – Thursday, 17th September 2026

CARING FOR THE VULNERABLE AND THE SICK

Key Scripture

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me.”

Matthew 25:35–36

Scriptures for Prayer

- **Matthew 25:35–40** – Jesus identifies Himself with those who are hungry, sick, vulnerable and in need.
- **Isaiah 1:17** – Learn to do right; seek justice and defend the vulnerable.
- **Psalms 82:3–4** – Defend the weak and fatherless; uphold the cause of the poor and oppressed.
- **James 1:27** – True religion includes caring for those who are vulnerable and in distress.
- **Luke 10:25–37** – The Good Samaritan demonstrates practical compassion toward someone in need.

Exhortation

The measure of a nation's health is not simply how well the strongest are doing. It is also how the nation treats those who are most vulnerable. A society reveals its values by the way it responds to people who cannot easily speak for themselves or provide adequately for their own needs. Children, the elderly, persons with disabilities, people living with chronic illnesses, the poor, refugees and displaced people, and those who cannot afford healthcare require particular attention and protection.

Jesus' teaching in Matthew 25 reminds us that caring for people in need is not peripheral to our faith. When we feed the hungry, welcome the stranger, care for the sick and serve those who are vulnerable, we are serving Christ Himself.

The Good Samaritan gives us a practical picture of this kind of compassion. He did not just notice another person's suffering; he stopped, cared, spent his resources and took responsibility for helping the wounded man recover. Compassion became action.

As we pray for national health, we must therefore ask God to remove indifference from our hearts. It is possible to become so accustomed to poverty, sickness and suffering that we no longer see them as urgent. We can walk past a struggling family, an elderly person living alone, a child who needs medical care or someone unable to afford treatment and simply assume that someone else will help. **God calls us to see.**

A healthy nation must build systems that ensure that vulnerability does not become a sentence to neglect. Healthcare should not become a privilege available only to those with financial means. Those living in remote and underserved communities should not be forgotten simply because they are far from major hospitals.

We also remember families who care for people with serious or chronic illnesses. Their burden can be physical, emotional, spiritual and financial. They too need support, encouragement and practical assistance.

Today we ask God to give us compassionate hearts and just systems - communities where people can ask for help without shame, and where those who have the capacity to help do so with humility and dignity.

Prayer Points

1. **Pray for the sick and chronically ill** – Ask God to bring healing, strength, comfort and appropriate care.
2. **Pray for children and mothers** – Ask God to protect them and strengthen maternal and child healthcare.
3. **Pray for the elderly and persons with disabilities** – Pray that they will be treated with dignity, respect and compassion.
4. **Pray for people living in poverty** – Ask God to provide for their needs and open pathways to sustainable livelihoods.
5. **Pray for those who cannot afford healthcare** – Pray for systems that reduce financial barriers to essential care.
6. **Pray for remote and underserved communities** – Ask God to strengthen healthcare access in places that are often neglected.
7. **Pray for families caring for the seriously ill** – Ask God to strengthen, provide for and encourage caregivers.
8. **Pray for compassionate social protection** – Pray that vulnerable people will not fall through the gaps in society.
9. **Pray for healthcare policies that protect the vulnerable** – Ask God to give leaders wisdom to make equitable decisions.
10. **Pray for a culture of compassion** – Ask God to make His people attentive and responsive to those who are suffering.

Prayer

Father, remember the vulnerable among us. Give us hearts that see those who are suffering and respond with compassion. Heal the sick, strengthen those living with chronic conditions and comfort those who carry the burden of illness.

Protect children and mothers. Strengthen the elderly and persons with disabilities. Remember families living in poverty and those who cannot afford the healthcare they need. Bring hope to those who feel forgotten.

Lord, help us build communities where no one is abandoned because of poverty, age, disability, illness or circumstance. Give wisdom to those responsible for healthcare policies and social protection so that vulnerable people are treated with dignity and fairness.

Teach us to become like the Good Samaritan - to stop, to see, to care and to act. Deliver us from indifference and make us instruments of Your compassion.

May our churches, families, communities and institutions become places where the vulnerable are protected, the sick are cared for and those in distress are not forgotten.

In Jesus' name, Amen.

Declaration

We will see those whom society can easily overlook - the sick, the poor, the elderly, children, persons with disabilities, those living with chronic illness, those facing mental and emotional distress, the displaced, the unemployed, and families struggling to meet their most basic needs.

We declare that every person matters. No life is insignificant, no person is disposable, and no one should be invisible simply because they are poor, weak, elderly, disabled, sick, or unable to speak for themselves.

We will not merely see vulnerability; we will respond to it. We will move beyond sympathy to practical action - providing care, protection, treatment, food, shelter, rehabilitation, education, opportunity, and the support people need to live with dignity.

We declare that our communities, institutions, and systems will be designed not only for those who are strong and able, but also for those who need assistance. Our policies will consider the vulnerable, our services will reach them, and our resources will be directed where the need is greatest.

We declare that children will be protected from abuse, neglect, exploitation, hunger, and preventable disease. They will be given the opportunity to grow, learn, thrive, and fulfil their God-given potential.

We declare that the elderly will be honoured rather than abandoned. They will receive the care, respect, companionship, and support they deserve, and their experience and wisdom will continue to be valued by society.

We declare that persons with disabilities will not be defined by their limitations. They will have access to healthcare, education, employment, public spaces, technology, and opportunities to participate fully in the life of the nation.

We declare that those who are sick and unable to afford care will not be left to suffer simply because they are poor. We will pursue systems that make essential healthcare increasingly accessible, affordable, equitable, and compassionate.

We declare that no person will be denied dignity because of their circumstances. Poverty will not become a sentence to neglect, sickness will not become a reason for abandonment, and disability will not become a barrier to belonging.

We declare that families and communities will be strengthened to care for those who are vulnerable. Government, healthcare institutions, churches, civil society, communities, and individuals will recognise that caring for the vulnerable is not the responsibility of one sector - it is a shared responsibility.

We declare that those who serve vulnerable people will do so with compassion, patience, competence, integrity, and respect. May we never allow bureaucracy, prejudice, indifference, or lack of resources to rob people of the dignity that belongs to every human being.

We declare that our nation will become a place where the strong protect the weak, the healthy care for the sick, the prosperous remember the poor, and those who have opportunity create opportunity for others.

We will measure the progress of our nation not only by our economic growth, our infrastructure, our technology, or the prosperity of those at the top. We will measure the health of our nation by how faithfully we care for those at the margins.

For a nation is not truly strong when only the strong can thrive.

We declare a Uganda where every person is seen.

Every person is valued.

Every person is treated with dignity.

Every person has the opportunity to flourish.

And no one is abandoned because of poverty, sickness, disability, age, or circumstance.

We will not forget the vulnerable.

We will see them.

We will hear them.

We will stand with them.

And we will act.

DAY 31 – Friday, 18th September 2026

BUILDING STRONG NATIONAL HEALTHCARE INSTITUTIONS

Key Scripture

“But select capable men from all the people - men who fear God, trustworthy men who hate dishonest gain - and appoint them as officials...”

Exodus 18:21

Scriptures for Prayer

- **Exodus 18:17–23** – Wise organisation, delegation and capable leadership strengthen institutions.
- **Proverbs 24:3–4** – Through wisdom, knowledge and understanding, a house is established and filled with valuable resources.
- **1 Corinthians 14:40** – Let everything be done properly and in an orderly way.
- **Luke 10:9** – Care for the sick and proclaim that the kingdom of God has come near.
- **3 John 1:2** – A prayer for well-being and good health.

Exhortation

A healthy nation requires a strong, coordinated and resilient health system. Good intentions alone cannot provide healthcare. People need functioning institutions, competent health workers, medicines, equipment, infrastructure, financing, information systems and effective referral pathways.

The health system must work as a connected whole. Community-level services, Health Centre IVs, general hospitals, regional referral hospitals and national referral hospitals each have an important role. When one part of the system is weak, the consequences are often felt throughout the entire system.

A strong health system also depends on institutions responsible for policy, regulation, public health, disease surveillance, medicines, professional standards, health financing and emergency preparedness. Strong health systems require trained and motivated health workers, maintained infrastructure, reliable medicines and technologies, adequate financing, evidence-based policies and effective governance. (*World Health Organization*)

We therefore pray not simply for more facilities, but for institutions that function well. A hospital may have an impressive building but remain ineffective if medicines are unavailable, equipment is not maintained, staff are inadequate or referral systems do not work. Likewise, a health ministry may have excellent policies that achieve little if implementation, accountability and coordination are weak. We pray for health institutions that are competent, accountable, adequately resourced and centred on the needs of the people.

We also pray for primary healthcare. Strong national health begins close to where people live. Prevention, early diagnosis, maternal and child health, immunisation and management of common conditions can reduce the burden on higher-level hospitals. Let us therefore pray for a health system that is not merely large, but effective, equitable and connected.

Prayer Points

1. **Pray for primary healthcare** – Strengthen community services and Health Centre IVs.
2. **Pray for hospitals** – Ask God to strengthen general, regional and national referral hospitals.

3. **Pray for health workers** – Pray for adequate numbers, competence, motivation and professional integrity.
4. **Pray for medicines and supplies** – Ask God for reliable availability of essential medicines and medical supplies.
5. **Pray for equipment and infrastructure** – Pray for appropriate, functional and well-maintained facilities and equipment.
6. **Pray for laboratories and diagnostics** – Ask God to strengthen diagnostic capacity.
7. **Pray for emergency and ambulance services** – Pray for timely emergency response and effective referral.
8. **Pray for health agencies and regulators** – Ask God for wisdom, competence and integrity.
9. **Pray for coordination** – Pray that different levels of healthcare will work together rather than operate in isolation.
10. **Pray for resilient institutions** – Ask God to strengthen health systems to withstand epidemics, disasters and other emergencies.

Prayer

Lord, strengthen our national healthcare system. Give wisdom to those who plan, finance, regulate and manage healthcare. Strengthen our health centres, hospitals, referral systems, laboratories and emergency services.

Provide medicines, equipment, infrastructure and skilled personnel. Help our institutions use resources wisely and accountably. Remove waste, inefficiency and corruption.

Strengthen primary healthcare so that people can receive appropriate care close to where they live. Strengthen referral systems so that those who need more specialised care can reach it safely and promptly.

Give our health institutions the capacity to prepare for epidemics, emergencies and future health threats. May every part of the system function effectively and work together for the good of the people.

In Jesus' name, Amen.

Declaration

We declare that Uganda's health institutions will be strengthened, coordinated, accountable, and adequately equipped to serve the people effectively. Our hospitals, health centres, laboratories, training institutions, and public health agencies will function with excellence, efficiency, and integrity.

We declare that our health system will be resilient, responsive, accessible, and sustainable, able to withstand epidemics, emergencies, disasters, and other emerging health challenges. From the community and primary healthcare level to the highest level of referral care, every part of the health system will be strengthened and appropriately connected.

We declare that no community will be forgotten and no person will be unnecessarily excluded from quality healthcare. Preventive, promotive, curative, rehabilitative, and palliative services will become increasingly accessible to the people of Uganda, regardless of where they live or their economic circumstances.

We declare that our health institutions will be places of competence, integrity, compassion, dignity, and service. Healthcare workers will be valued, supported, adequately trained, fairly treated, and equipped to fulfil their calling with excellence.

We declare that Uganda will develop and retain a skilled, motivated, ethical, and sufficient health workforce, with strong leadership at every level. We declare wisdom and

discernment upon policymakers, health managers, clinicians, researchers, educators, and all who carry responsibility for the health of our nation.

We declare that resources allocated to healthcare will be used responsibly, transparently, and for the common good. Corruption, waste, negligence, exploitation, and mismanagement will not prevail over the wellbeing of our people.

We declare that our medical schools, universities, research institutions, and centres of innovation will flourish, producing knowledge, technologies, medicines, and health professionals who address Uganda's needs and contribute solutions beyond our borders.

We declare that data, research, technology, and innovation will strengthen decision-making and improve patient care, while ensuring that the dignity, privacy, and rights of every person are respected.

We declare that government, communities, private institutions, faith-based organisations, development partners, professional bodies, and other stakeholders will work together in unity and coordination, rather than in fragmentation, for the health and wellbeing of the nation.

We declare that Uganda's health system will increasingly move from merely responding to disease to promoting health, preventing illness, and building healthy communities.

We declare that our children will have the opportunity to grow healthy, our mothers will receive safe and dignified care, our families will have access to essential services, and our elderly and vulnerable citizens will be treated with dignity and compassion.

Above all, we declare that healthcare in Uganda will serve the common good - with competence, integrity, accountability, compassion, and excellence.

We declare that our health institutions will not merely survive; they will grow stronger, wiser, more resilient, and more effective in serving the people of Uganda.

We declare a stronger health system.

We declare healthier communities.

We declare a healthier Uganda.

DAY 32 – Saturday, 19th September 2026

HEALTH LEADERSHIP AND GOVERNANCE

Key Scripture

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

Mark 10:43

Scriptures for Prayer

- **Proverbs 11:14** – Where there is wise guidance, a nation is safer.
- **Proverbs 29:2** – When the righteous flourish, people rejoice.
- **Mark 10:42–45** – Jesus teaches servant leadership.
- **Micah 6:8** – Act justly, love mercy and walk humbly with God.
- **James 1:5** – God gives wisdom generously to those who ask.
- **1 Timothy 2:1–2** – Pray for leaders so that people may live peaceful and godly lives.

Exhortation

National health depends greatly on the quality of leadership and governance. Decisions made by political leaders, health officials, administrators and professional leaders affect whether people receive medicines, whether hospitals function, whether health workers are adequately supported and whether scarce resources reach those who need them most.

Leadership in healthcare is therefore not merely about occupying a position. It is about stewardship. Jesus challenged the world's understanding of leadership by teaching His disciples that true greatness is expressed through service. Those entrusted with authority are called to use it for the good of others.

We therefore pray for leaders who are competent, ethical, courageous, accountable and servant-hearted. We pray for leaders who listen to evidence rather than allowing political pressure, personal interests or fear to determine important health decisions. We pray for those responsible for procurement and financing to resist corruption and conflicts of interest. We pray for administrators who manage people and resources responsibly.

Good governance also requires accountability. Institutions become stronger when leaders are willing to explain decisions, accept scrutiny, correct mistakes and put the public interest above personal gain.

Today we pray that God will raise leaders who understand that every decision concerning health ultimately concerns human life.

Prayer Points

1. **Pray for national leaders** – Ask God to give political leaders wisdom and humility.
2. **Pray for health ministers and senior officials in the Ministry of Health** – Ask for competence, courage and integrity.
3. **Pray for district and local health leaders** – Pray for effective implementation of health policies.
4. **Pray for hospital and facility administrators** – Ask God for wisdom in managing people and resources.
5. **Pray for professional leaders** – Pray for integrity among medical and health professional leaders.
6. **Pray for evidence-based policy** – Ask God to help leaders value truth, evidence and wise counsel.

7. **Pray against corruption** – Pray for protection from bribery, fraud, waste and conflicts of interest.
8. **Pray for accountability** – Ask God to strengthen transparency and responsible stewardship.
9. **Pray for servant leadership** – Pray that leaders will put public welfare above personal ambition.
10. **Pray for courage** – Ask God to give leaders courage to make difficult decisions that protect the health of the people.

Prayer

God of wisdom, raise up leaders who will serve rather than exploit. Give our national and health leaders wisdom, competence, courage and humility.

Protect them from corruption, political pressure, conflicts of interest and personal ambition that compromise public health. Give them the courage to make decisions based on truth, evidence, justice and the common good.

Teach our leaders to see public office as a stewardship. May they remember that behind every policy, budget and decision are real people whose lives can be helped or harmed.

Strengthen accountability and transparency in our health institutions. Give leaders the humility to listen, the courage to correct mistakes and the integrity to resist dishonest gain.

May our leaders become servants of the people and stewards of the resources entrusted to them.

In Jesus' name, Amen.

Declaration

We pray for leaders who are wise, competent, courageous, ethical, humble, and accountable - leaders who understand the weight of the responsibility entrusted to them and who recognise that leadership is a responsibility to serve, not an opportunity for personal gain.

We declare that those entrusted with leadership in Uganda's health sector will lead with integrity, wisdom, discernment, justice, compassion, and a commitment to the common good.

We declare that decisions concerning the health of our nation will be guided by truth, evidence, sound judgement, ethical principles, and the wellbeing of the people, rather than by corruption, personal interests, political expediency, prejudice, or institutional self-interest.

We declare that servant leadership will become a defining principle of health governance. Those in positions of authority will see themselves as stewards of the resources, institutions, and people placed under their care.

We declare that leaders will have the courage to make difficult decisions when necessary, the humility to listen, the wisdom to seek counsel, and the integrity to do what is right even when doing so is difficult or unpopular.

We declare that accountability and transparency will characterize our health institutions. Public resources entrusted to the health sector will be protected and used responsibly, efficiently, and for their intended purpose.

We reject corruption, abuse of office, favouritism, nepotism, waste, fraud, exploitation, and the misuse of public resources. We declare that positions of authority will not become avenues for personal enrichment at the expense of the health and wellbeing of our people.

We declare that health leaders will strengthen institutions rather than build personal empires. Systems, policies, standards, and structures will be developed that can endure beyond individual leaders and serve generations to come.

We declare that leadership at every level - from the community health system to health centres, hospitals, universities, professional bodies, districts, and national institutions - will be characterised by competence, responsibility, collaboration, and accountability.

We declare that leaders will value and listen to healthcare workers and other professionals who serve on the front lines. Their knowledge, experience, concerns, and innovations will inform decisions that affect the delivery of healthcare.

We declare that professionalism and merit will be honoured. People will be entrusted with leadership responsibilities because of their competence, character, experience, and capacity to serve - not merely because of connections, favour, or influence.

We declare that our health leaders will foster coordination rather than fragmentation, partnership rather than rivalry, and collaboration rather than competition where the common good requires it.

We pray for leaders who will anticipate emerging health challenges and prepare the nation before crises occur. May they think beyond the immediate and build health systems that are resilient, responsive, innovative, and prepared for the future.

We declare that health policies will give particular attention to the poor, vulnerable, rural communities, children, mothers, the elderly, persons with disabilities, and those who are most easily overlooked.

We declare that those entrusted with authority will use their positions to protect life, promote health, strengthen institutions, develop people, safeguard resources, and serve the nation faithfully.

We pray for wisdom for policymakers, health managers, administrators, clinicians, educators, researchers, and all who exercise leadership in the health sector. May they have the discernment to know what is right, the courage to pursue it, and the humility to acknowledge when change is needed.

We declare that leadership will be measured not by position, privilege, or power, but by service, impact, integrity, and the lives that are strengthened because of it.

May our leaders be servants before they are authorities, stewards before they are owners, and guardians of the public good before they are protectors of personal interests.

May God grant our nation leaders who will build rather than destroy, unite rather than divide, strengthen rather than weaken, and serve rather than exploit.

We declare wise leadership.

We declare ethical governance.

We declare accountable institutions.

We declare courageous decision-making.

We declare integrity in public service.

We declare health leadership committed to the common good.

And we declare that those entrusted with authority in Uganda's health sector will use their positions to protect life, strengthen institutions, uphold justice, and faithfully serve the people.

DAY 33 – Sunday, 20th September 2026

JUSTICE AND RIGHTEOUSNESS IN HEALTHCARE

Key Scripture

“But let justice roll on like a river, righteousness like a never-failing stream!”

Amos 5:24

Scriptures for Prayer

- **Amos 5:24** – God calls His people to establish justice and righteousness.
- **Micah 6:8** – Do justice, love mercy and walk humbly with God.
- **Isaiah 10:1–2** – A warning against laws and systems that oppress the vulnerable.
- **Proverbs 31:8–9** – Speak up for those who cannot speak for themselves.
- **Luke 4:18–19** – Jesus announces good news, freedom and restoration for the oppressed.
- **Psalms 82:3–4** – Defend the weak and uphold the cause of the vulnerable.

Exhortation

Health is not only a medical issue; it is also a justice issue. We must ask difficult questions: Who has access to a doctor? Who can afford treatment? Who receives lifesaving medicines? Who lives close to a health facility? Who waits longest for care? Whose health needs are overlooked? Who has a voice when health policies are made? A nation cannot claim to be healthy when large sections of its population are systematically excluded from appropriate healthcare.

Justice does not necessarily mean that everyone receives exactly the same service. It means that people receive fair and appropriate opportunities for health according to their needs, without discrimination or exploitation.

The World Health Organisation defines universal health coverage in terms of people receiving the quality health services they need without financial hardship, and emphasises strong, equitable health systems rooted in communities.

Scripture repeatedly commands God's people to defend the poor, protect the vulnerable and confront systems that produce oppression. Healthcare therefore becomes an expression of righteousness when resources are managed honestly, patients are treated with dignity and vulnerable populations are not forgotten.

We pray against corruption in procurement, diversion of medicines, discrimination, exploitation and misuse of public resources. We pray that health financing will be transparent and that resources will reach the communities for which they are intended.

Justice also requires us to pay attention to geographical inequalities. People living in remote areas should not be forgotten simply because healthcare infrastructure is concentrated in urban centres.

Today, let us ask God to make justice and righteousness foundational principles of national healthcare.

Prayer Points

1. **Pray for fair access to healthcare** – Ask God to remove barriers that prevent people from receiving appropriate care.
2. **Pray for equitable distribution of resources** – Pray that healthcare resources reach communities according to need.

3. **Pray for affordable essential medicines** – Ask God to reduce financial barriers to treatment.
4. **Pray for underserved regions** – Remember rural, remote and marginalised communities.
5. **Pray against discrimination** – Ask God to protect patients from discrimination based on poverty, disability, gender, age or social status.
6. **Pray for ethical resource allocation** – Ask for wisdom when resources are limited.
7. **Pray for transparent procurement** – Pray against corruption, fraud and diversion of public resources.
8. **Pray for accountability** – Ask God to expose misuse of health resources and strengthen oversight.
9. **Pray for health equity** – Ask God to help leaders address avoidable inequalities.
10. **Pray for dignity in healthcare** – Pray that every patient will be treated with compassion and respect.

Prayer

God of justice, let righteousness flow through our health system. Protect the poor and vulnerable from being excluded from healthcare. Give leaders wisdom to distribute resources fairly and according to need.

Expose corruption, dishonesty, exploitation and discrimination. Protect public resources from those who would misuse them for personal gain.

Remember those who live far from major health facilities. Strengthen healthcare in underserved communities and give leaders wisdom to address inequalities in access and outcomes.

Teach healthcare professionals to see every patient as a person created in Your image. May poverty never diminish a person's dignity, and may wealth never become a reason for someone else to be neglected.

Let justice and righteousness guide healthcare decisions at every level - from policy and financing to procurement and patient care.

In Jesus' name, Amen.

Declaration

We declare that justice and righteousness will guide healthcare decisions in our nation. Let truth, fairness, equity and compassion govern the development of health policies, allocation of resources and delivery of healthcare services.

We declare that healthcare will not be determined by wealth, status, influence, ethnicity, connections or position. Every person is created in the image of God and deserves to be treated with dignity, respect and compassion.

We reject corruption, bribery, discrimination, exploitation, favouritism, abuse of power and every form of injustice within our health system. We declare that dishonesty and the misuse of public resources will not prevail, and that those entrusted with responsibility will exercise their authority with integrity, accountability and the fear of God.

We declare that healthcare resources will be stewarded faithfully and distributed justly, so that resources intended for the people will reach those for whom they are intended. We pray that waste, fraud and diversion of resources will be exposed and brought to an end.

We declare that the poor, vulnerable, marginalised, elderly, children, persons with disabilities and underserved communities will not be forgotten. Their needs will receive attention, and barriers that prevent them from accessing appropriate healthcare will be removed.

We declare that no person will be denied appropriate care because they are poor or unable to advocate for themselves. The health system will protect life, uphold human dignity and give special attention to those who are most vulnerable.

We declare justice for healthcare workers as well as patients. Those who serve in the health system will be treated fairly, paid justly, protected from exploitation and given an environment in which they can serve with dignity and excellence.

We declare that truth will prevail over concealment, accountability over impunity, service over self-interest, and righteousness over corruption.

May those who make decisions concerning the health of our nation have wisdom to recognise inequity, courage to confront injustice and compassion to act on behalf of those who have little voice.

We declare that justice will flow through every level of our health system - from national policy and financing to hospitals, health centres, communities and individual patient encounters.

We declare that our nation's healthcare system will increasingly reflect the heart of God: defending the weak, protecting the vulnerable, confronting oppression, doing what is right and showing mercy.

“Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow’s cause.” - Isaiah 1:17

We declare that righteousness and justice will be established in our health system, corruption will lose its grip, integrity will be honoured, the vulnerable will be protected, and every person will have the opportunity to receive compassionate and appropriate care.

In the name of Jesus Christ, we declare it. Amen.

DAY 34 – Monday, 21st September 2026

PUBLIC HEALTH AND PREVENTION

Key Scripture

“The prudent see danger and take refuge, but the simple keep going and pay the penalty.”
Proverbs 22:3

Scriptures for Prayer

- **Proverbs 22:3** – Wisdom recognises danger and takes appropriate action.
- **Hosea 4:6** – Lack of knowledge can have destructive consequences.
- **1 Corinthians 6:19–20** – Our bodies are temples of the Holy Spirit and should be honoured.
- **Leviticus 13:1–8** – The community took measures to identify and contain disease.
- **Deuteronomy 23:12–14** – Principles of sanitation and cleanliness were incorporated into community life.

Exhortation

A nation cannot build health simply by constructing more hospitals. Prevention is fundamental to public health. Hospitals are essential, but the healthiest nation is not necessarily the one with the largest number of hospitals. It is the nation that succeeds in preventing avoidable illness, detecting disease early, promoting healthy behaviours and creating environments in which people can live healthy lives.

Public health includes immunisation, sanitation, clean water, nutrition, maternal and child health, health education, disease surveillance, infection prevention, environmental health and prevention of non-communicable diseases. The World Health Organisation's current public-health guidance emphasises that preventive, promotive and protective capacities are essential to resilient health systems and universal health coverage.

Prevention also requires knowledge. People need accurate information about nutrition, hygiene, exercise, mental health, substance use, sexual health, chronic diseases and other health risks. Communities need systems capable of detecting outbreaks early and responding before they become national emergencies.

We therefore pray for a shift from a culture that waits for people to become seriously ill to one that promotes health and prevents disease. We pray for healthy homes, healthy schools, healthy workplaces and healthy communities.

We also pray for wisdom concerning non-communicable diseases such as cardiovascular disease, diabetes, cancer and chronic respiratory conditions. Prevention requires action long before people arrive at hospital. Let us pray for a nation where health promotion becomes everyone's responsibility.

Prayer Points

1. **Pray for disease surveillance** – Ask God to strengthen early detection and response to outbreaks.
2. **Pray for immunisation** – Pray for effective vaccination programmes and public confidence in appropriate preventive measures.
3. **Pray for maternal and child health** – Ask God to protect mothers and children from preventable illness and death.
4. **Pray for nutrition and food security** – Pray for healthy food systems and protection from malnutrition.

5. **Pray for clean water and sanitation** – Ask God to strengthen access to safe water, sanitation and hygiene.
6. **Pray for health education** – Pray that communities will receive accurate, practical health information.
7. **Pray for mental health** – Ask God to reduce stigma and strengthen mental-health promotion and care.
8. **Pray for prevention of non-communicable diseases** – Pray for healthier lifestyles and early detection.
9. **Pray against substance abuse** – Pray for effective prevention and support for those affected by addiction.
10. **Pray for emergency preparedness** – Ask God to help the nation prepare for future epidemics and health emergencies.

Prayer

Father, give our nation wisdom to prevent disease rather than waiting until people become seriously ill. Strengthen our public-health systems and those who work to protect communities.

Strengthen disease surveillance, immunisation, maternal and child health, nutrition, sanitation and health education. Help communities recognise health risks early and respond wisely.

Teach families to value healthy living. Give people wisdom concerning nutrition, physical activity, mental health and the responsible use of medicines and other substances.

Protect our nation from epidemics and emerging health threats. Give health workers and public-health authorities discernment, preparedness and courage when health emergencies arise.

Help us build communities where healthy choices are understood, encouraged and made possible.

May our nation move from simply treating disease to promoting health, preventing illness and protecting life.

In Jesus' name, Amen.

Declaration

We declare that our nation will increasingly prioritise prevention, health promotion and early intervention, recognising that protecting health is wiser and more sustainable than waiting for disease to develop before responding.

We declare that wisdom will guide our approach to public health, and that our leaders, health professionals, communities and families will be equipped with the knowledge and resources necessary to prevent disease, promote wellbeing and protect life.

We declare that healthy families, healthy communities and healthy environments will become a national priority. We pray that health will be considered in the decisions made concerning education, housing, water, sanitation, nutrition, agriculture, transport, workplaces, urban planning and the environment.

We declare that our nation will pursue clean water, adequate sanitation, safe food, clean air and healthy living environments, recognising that the conditions in which people live have a profound influence on their health.

We declare that families will be strengthened to make responsible and informed choices concerning nutrition, physical activity, hygiene, mental and emotional wellbeing, reproductive health and the prevention of disease.

We declare that parents and caregivers will have the knowledge and support necessary to protect the health of their children, and that children will be taught from an early age to value their bodies, their health and the gift of life.

We declare that health education and health literacy will be strengthened throughout our nation, so that people can understand health information, recognise warning signs, seek care early and make decisions based on sound knowledge rather than misinformation, fear or harmful cultural practices.

We declare that our communities will become increasingly engaged in disease prevention, immunisation, maternal and child health, oral health, nutrition, sanitation and other measures that protect the wellbeing of the population.

We declare that health systems will emphasise early detection and early intervention, so that disease is identified and addressed before it becomes severe, disabling or unnecessarily costly.

We declare that particular attention will be given to preventable diseases and conditions, and that evidence-based public-health measures will be embraced to reduce avoidable illness, disability and premature death.

We declare that our nation will pursue responsible stewardship of health, recognising that our bodies, our families, our communities and our environment are gifts entrusted to us by God.

We reject ignorance, negligence, misinformation and practices that unnecessarily place lives at risk. We declare that wisdom, knowledge, discipline and responsible choices will increasingly shape the health behaviours of our people.

We declare that healthcare professionals, educators, community leaders, families and government will work together to build a culture in which prevention is valued, healthy choices are supported and seeking help early is encouraged.

We declare that public-health programmes will be equitable, evidence-informed, accountable and responsive to the needs of communities, especially those most vulnerable and underserved.

We declare that our nation will not merely respond to sickness but will actively cultivate health and wellbeing.

May God grant our leaders wisdom to anticipate health challenges, our health professionals knowledge and courage to promote prevention, our communities unity and responsibility, and our families grace to make choices that preserve and promote life.

“My people are destroyed for lack of knowledge.” - Hosea 4:6

We declare that knowledge will increase, wisdom will guide our choices, prevention will be strengthened, healthy living will be promoted, and the health of our families, communities and nation will flourish.

We declare that our nation will become increasingly proactive rather than reactive in matters of health, protecting life, preventing avoidable suffering and promoting the wellbeing of all.

In the name of Jesus Christ, we declare it. Amen.

DAY 35 – Tuesday, 22nd September 2026

HEALING THE LAND

Key Scripture

“Then I will heal their land.”

2 Chronicles 7:14

Scriptures for Prayer

- **2 Chronicles 7:14** – God promises healing and restoration when His people humble themselves, pray and turn from wickedness.
- **Genesis 2:15** – Humanity is entrusted with the responsibility to work and care for creation.
- **Leviticus 25:23** – The land ultimately belongs to God and is entrusted to humanity as stewards.
- **Romans 8:19–22** – Creation itself longs for liberation and restoration.
- **Isaiah 58:11–12** – God promises restoration and calls His people to become repairers and restorers.
- **Psalms 24:1** – The earth and everything in it belong to the Lord.

Exhortation

The biblical vision of national healing includes the land itself. Human health cannot be separated from the environment in which people live. Clean water, healthy soil, forests, rivers, wetlands, food systems, sanitation and a safe environment are foundations of human well-being. Safe water, sanitation, clean air, healthy environments and related environmental services as integral to protecting health.

But the biblical phrase “heal their land” also carries a broader meaning. It invites us to think about the restoration of what has been damaged - not only environmentally, but also socially, morally and spiritually.

- Where there has been violence, we pray for peace.
- Where there has been injustice, we pray for righteousness.
- Where there has been corruption, we pray for integrity.
- Where relationships have been broken, we pray for reconciliation.
- Where the environment has been degraded, we pray for restoration.

Genesis 2:15 reminds us that humanity was placed in creation to work it and take care of it. We therefore have a responsibility to steward what God has entrusted to us.

Psalms 24:1 reminds us why: “The earth is the Lord’s.” The land is not simply a resource to be consumed for immediate benefit. It is a trust that we hold for ourselves, for our neighbours and for generations yet to come.

Isaiah 58 gives us a beautiful picture of people who become “repairers of broken walls” and “restorers of streets with dwellings.” This is the calling before us: not merely to complain about what is broken, but to become people who help rebuild.

Today, let us pray for the healing of our rivers and water sources, our soil and forests, our communities and institutions, our relationships and our national life. Let us pray for a generation that will not consume everything it inherits, but will leave the land healthier, communities stronger and institutions better than it found them.

Prayer Points

1. **Pray for clean and safe water** – Ask God to protect rivers, lakes, wetlands and other water sources.
2. **Pray for the land and soil** – Ask for responsible agriculture and protection against degradation.
3. **Pray for forests and ecosystems** – Pray for wise stewardship and protection of natural resources.
4. **Pray against pollution** – Ask God to give communities and industries wisdom and responsibility.
5. **Pray for sustainable food systems** – Pray for farmers, food security and responsible use of land.
6. **Pray for proper waste management** – Ask God to give leaders and communities wisdom to manage waste responsibly.
7. **Pray for restoration of degraded environments** – Pray for healing of damaged ecosystems.
8. **Pray for peace and reconciliation** – Ask God to heal communities wounded by conflict and division.
9. **Pray for righteousness and justice** – Pray that national life will increasingly reflect God's standards.
10. **Pray for future generations** – Ask God to give us the wisdom to leave a healthier nation and environment for those who come after us.

Prayer

Lord, heal our land. Restore what has been damaged through neglect, greed, pollution, injustice and conflict. Help us recognise that the earth belongs to You and that we are stewards of what You have entrusted to us.

Heal our rivers and water sources. Restore our soil and forests. Protect our wetlands and ecosystems. Give our farmers, businesses, communities and leaders wisdom to use natural resources responsibly.

Lord, heal our communities. Where there is violence, bring peace. Where there is division, bring reconciliation. Where there is injustice, establish righteousness. Where institutions have been weakened, bring restoration and integrity.

Teach us to become repairers of broken places and restorers of what has been damaged. Deliver us from the mentality that takes without restoring and consumes without considering future generations.

Give us a vision of national development that protects both people and the environment. May we leave to those who come after us a healthier land, stronger communities and more trustworthy institutions.

Heal our land, Lord, and begin the work of restoration in us.

In Jesus' name, Amen.

Declaration

We declare that the earth belongs to God, for He created it and entrusted it to humanity to cultivate, protect and steward faithfully. We acknowledge that the land, its waters, forests, animals and natural resources are not ours to exploit without restraint, but gifts entrusted to us by the Creator.

We declare healing over our land, restoration over our environment and peace over our communities. Where the land has been degraded, polluted or neglected, we pray for

restoration. Where communities have been damaged by conflict, injustice, displacement or division, we declare healing, reconciliation and renewed hope.

We declare that our nation will develop a deeper understanding of responsible environmental stewardship, recognising that the health of our people is inseparable from the health of the land and the environment in which they live.

We declare that our water sources will be protected and restored. Rivers, lakes, wetlands, springs and groundwater will not be polluted or recklessly depleted. We pray for wisdom and discipline in the use of water, and for systems that ensure present and future generations have access to clean and safe water.

We declare protection over our soil and agricultural land. May our land remain fertile and productive, and may farmers be equipped with knowledge and practices that preserve the soil rather than exhaust it. We declare that food production will increasingly be pursued in ways that sustain the land for generations to come.

We declare that our forests, wetlands, grasslands and other natural ecosystems will be protected. We reject reckless destruction, illegal exploitation and practices that permanently damage the natural heritage entrusted to us.

We declare that natural resources will be managed with wisdom, justice and accountability. The wealth contained in our land will serve the common good rather than become a source of corruption, exploitation or conflict.

We declare that environmental responsibility will not be separated from righteousness and justice. We recognise that environmental degradation often places the greatest burden upon the poor and vulnerable. Therefore, we declare that environmental decisions will consider both the protection of creation and the wellbeing of communities.

We declare peace over our communities and reconciliation among our people. Where there has been hatred, violence, tribal or social division, exploitation or injustice, may God bring healing and reconciliation. May communities learn again to live together in peace and to work together for the flourishing of the places they call home.

We declare that righteousness will be reflected in how we treat the land. We will not destroy today what our children will need tomorrow. We will not consume the future of the next generation for the convenience or profit of the present generation.

We declare that our leaders, businesses, institutions, communities and families will exercise wisdom, restraint and accountability in the use of natural resources. May short-term gain never take precedence over long-term wellbeing.

We declare that creation care will become part of our national consciousness. Children will be taught to value and protect the environment; communities will be empowered to care for their surroundings; and institutions will be held accountable for responsible environmental stewardship.

We declare that waste, pollution and environmental neglect will be confronted. May creativity and innovation produce better ways of managing waste, protecting ecosystems, conserving resources and building communities that are healthy and sustainable.

We declare that we will become repairers of broken places and restorers of what has been damaged. Where forests have been destroyed, we will restore. Where waters have been polluted, we will clean and protect. Where soils have been degraded, we will renew. Where communities have been broken, we will reconcile. Where hope has been lost, we will rebuild.

We declare that the restoration of the land will be accompanied by the restoration of relationships - between people and God, between people and one another, and between humanity and the creation entrusted to us.

May God give our nation wisdom to steward what He has entrusted to us, courage to confront practices that destroy creation, integrity to resist exploitation and greed, and compassion to consider those who will inherit the land after us.

"The earth is the Lord's, and all its fullness, the world and those who dwell therein." -

Psalm 24:1

"The land shall yield its fruit, and you shall eat your fill, and dwell in it securely." -

Leviticus 25:19

We declare that our land will be healed, our waters protected, our soil restored, our forests preserved, our communities reconciled and our natural resources stewarded with wisdom and justice.

We declare that we will not consume the future of our children. We will leave behind a healthier, safer and more flourishing land than the one we inherited.

We declare that we are repairers of broken places, restorers of ruined places and faithful stewards of God's creation.

"And they shall rebuild the ancient ruins; they shall raise up the former devastations; they shall repair the ruined cities, the devastations of many generations." - Isaiah 61:4

In the name of Jesus Christ, we declare it. Amen.