

**Midday Prayers 2021: Rebuilding hope and confidence**  
**October**  
**Hope for freedom**

**Monday: Freedom from sin**

**Loving Lord,  
break the chains of sin  
and set us free to follow you.**

Long my imprisoned spirit lay,  
Fast bound in sin and nature's night;  
Thine eye diffused a quickening ray—  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free,  
I rose, went forth, and followed Thee.  
*Charles Wesley*

Christ our Saviour,  
we struggle to break free  
from the bonds of sin and selfishness.  
Loose their hold,  
through your atoning love,  
that we may follow you.

Through Christ Jesus the law of the Spirit  
who gives life has set you free  
from the law of sin and death.  
*Romans 8:2*

**When Christ makes us free  
we are free indeed.  
Praise be to God.  
Amen**

**Tuesday: Imprisonment**

**Loving Lord,  
break the chains of crime  
which bind both culprit and victim.**

Lord, you offer freedom to all people:  
We pray for those in prison.  
Break the bonds of fear  
and isolation that exist.

Support with your love prisoners  
and their families and friends;  
prison staff and all who care.

Heal those who have been wounded  
by the activities of others,  
especially the victims of crime.

**Help us to forgive one another.  
To act justly, love mercy  
and walk humbly together with Christ  
in His strength and in His Spirit,  
now and every day.**

**Amen**

*www.prisonweek.org*

The Lord is merciful, compassionate, patient,  
and always ready to forgive.

*Psalms 145:8*

**When Christ makes us free  
we are free indeed.**

**Praise be to God.**

**Amen**

**Wednesday: Mothers' Union prisons work**

**Loving Lord,  
break the chains of troubles  
for families torn apart.**

We pray for the work of Mothers' Union  
to help those in prison  
and their families.

Bless our efforts to support the families  
to cope with the challenges they face.  
Give us favour with authority  
for access to those who need our care.

**Renew and strengthen us  
to work together  
for a free and just society;  
to grow your kingdom on earth.  
Amen**

“When did we see you sick or in prison and care for you?”  
The King will answer, “I tell you the truth.  
Anything you did for any of my people here, you also did for me.”  
*Matthew 25:39-40 (ICB)*

**When Christ makes us free  
we are free indeed.  
Praise be to God.  
Amen**

**Thursday: Freedom from captivity**

**Loving Lord,  
break the chains of captivity  
over body, mind and soul.**

Proclaim your words of freedom  
to those enslaved by oppression.  
**Lord, break the chains that bind,  
and set the captives free.**

Send your Spirit of freedom  
to those enslaved by fear.  
**Lord, break the chains that bind,  
and set the captives free.**

Impart your power of freedom  
to those enslaved by addiction.  
**Lord, break the chains that bind,  
and set the captives free.**

Reveal your way of freedom  
to those enslaved by adversity.  
**Lord, break the chains that bind,  
and set the captives free.**

He has sent me to proclaim  
that captives will be released...  
that the oppressed will be set free.  
*Luke 4:18*

**When Christ makes us free  
we are free indeed.  
Praise be to God.  
Amen**

**Friday: Freedom in Christ**

**Loving Lord,  
break the chains of legalism  
and set us free to walk in grace.**

Amazing grace!  
We are set free from the shame of sin  
and clothed in righteousness.  
**All praise to our Redeemer;  
all glory to his name.**

We are set free from failing God  
and share in the victory of Christ.  
**All praise to our Redeemer;  
all glory to his name.**

We are set free from the fear of death.  
and given fullness of life.  
**All praise to our Redeemer;  
all glory to his name.**

Christ has set us free! This means we are really free.  
Now hold on to your freedom and don't ever become  
slaves of the Law again.  
*Galatians 5:1 (CEV)*

**When Christ makes us free  
we are free indeed.  
Praise be to God.  
Amen**

**Saturday: Freedom from poverty**

**Loving Lord,  
break the chains of poverty  
that all the world may flourish.**

**God of compassion,  
your eyes are turned to the poor and needy.**

Turn our gaze to see the need around us.  
Give us a vision of an equal world  
where poverty has no place.

**God of justice,  
your face is set against poverty.**

Shake us out of our comfort.  
Challenge us to counter injustice  
whatever the cost to ourselves.

**Envision us to act and pray.  
Inspire us to work for a future hope  
of fullness of life for all.  
Amen**

I know that the Lord secures justice for the poor  
and upholds the cause of the needy.  
*Psalm 140:12*

**When Christ makes us free  
we are free indeed.  
Praise be to God.  
Amen**

## Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

**1-3** Nzara in South Sudan; North Kigezi in Uganda; Kivu in Rwanda;  
Damataru in Nigeria; Auckland in New Zealand and Vanuatu and New  
Caledonia in Vanuatu

### **4 Mothers' Union worldwide**

**5 – 7** Mbhashe in South Africa; Kitgum in Uganda; Ukwa & Ilesa South-West in  
Nigeria; Tasmania in Australia and Central Melanesia in Solomon Islands

**8 – 10** Ethiopia; Zanzibar in Tanzania; Awgu/Aninri in Nigeria; Freetown in  
Sierra Leone; Monmouth in Wales and Malaita in Solomon Islands

### **11 Mothers' Union worldwide**

**12 – 14** Ezo in South Sudan; Thika in Kenya; Jos & Akoko in Nigeria; in Europe  
and União de Mulheres Episcopais Anglicanas do Brasil (UMEAB) in Brazil

**15 – 17** Terekeka in South Sudan; Nairobi in Kenya; Maiduguri & Osun North in  
Nigeria; Edinburgh in Scotland and Calcutta in India

### **18 Mothers' Union worldwide**

**19 – 21** High Veld in South Africa; Nambale in Kenya; Niger-Delta in Nigeria;  
in Guinea; Blackburn in England and Bhopal in India

**22 – 24** Kimberley and Kuruman in South Africa; Kitui in Kenya; Kano & Kwara in  
Nigeria; Armidale in Australia and Myitkyina in Myanmar

### **25 Mothers' Union worldwide**

**26 – 28** Malakal in South Sudan; All Saints Cathedral in Kenya; Kontagora & Osun  
North East in Nigeria; Glasgow & Galloway in Scotland and Pune in India

**29 – 31** Luapula in Zambia; Nakuru in Kenya; South Rwenzori in Uganda; Ibadan-  
North in Nigeria; Connor in All Ireland and Pusan in South Korea

## Final Blessing

**Let us go into the world  
in the power of the Spirit  
to bring hope of freedom  
through the love of Christ.  
Amen**