



# PRAYER DIARY

JULY 2024 - DECEMBER 2024



Prayer is fundamental to what we do and helps us to continue to rely on God, for his provision, leading and guidance. We are so grateful for everyone who stands with us in prayer and would love for you to commit to pray regularly for Kintsugi Hope, for all our Group Leaders and Partner Churches, and for everyone who joins and becomes part of a group.

PRAYER





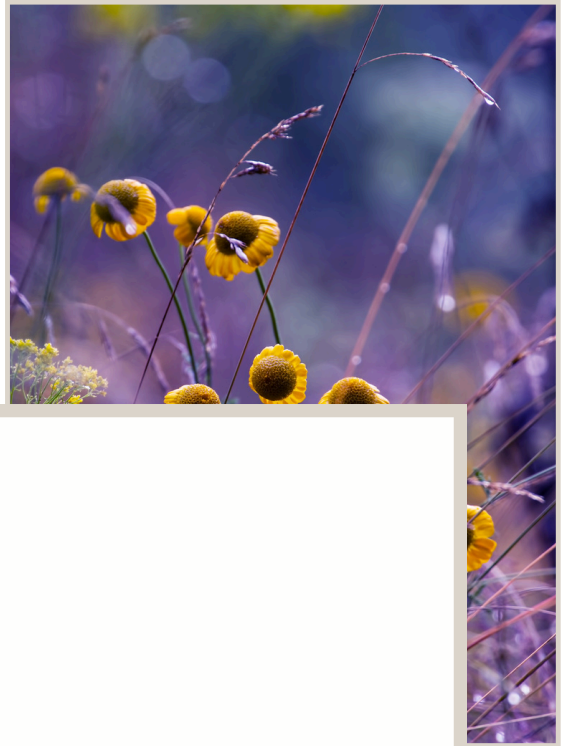
# PRAYER

Thank you, Lord, for the work of Kintsugi Hope and the vision they have to see a world where mental and emotional health is understood and accepted. Thank you for the safe and supportive communities that they encourage and enable, where hurting people throughout the UK can grow and flourish, recognising that there is treasure to be found in life's scars.

We ask for your hand of blessing to be on all their work – give them the resources, vision, and passion to continue this vital work, and to expand their reach to more broken and hurting people.

*Amen.*

On the following pages are specific monthly prayers to help you pray with and for us.



## July

### **Changes to Kintsugi Hope**

As many of you will know, Diane and Patrick Regan are stepping back from their day-to-day work at Kintsugi Hope, in order to pursue other challenges – Diane is retraining as a midwife and Patrick will be going freelance, in order to dedicate more time to reaching organisations and businesses outside of the church – including councils, prisons, homeless shelters, businesses, and public service organisations. Please pray for Patrick and Diane during this time of change – that they might know God’s provision and presence, as they continue to look to him and follow his leading.

And we’re delighted to welcome Ellie Gage as our new CEO, who takes on the challenge and joy of leading Kintsugi Hope. Please pray for her as she comes on board, and learns and understands all the things she needs to know; about Kintsugi Hope, our amazing Group Leaders, and our fabulous Partner Organisations and supporters. There’s a lot for her to take in so please pray for clarity, wisdom, and great relationships with the whole team.

*Amen*



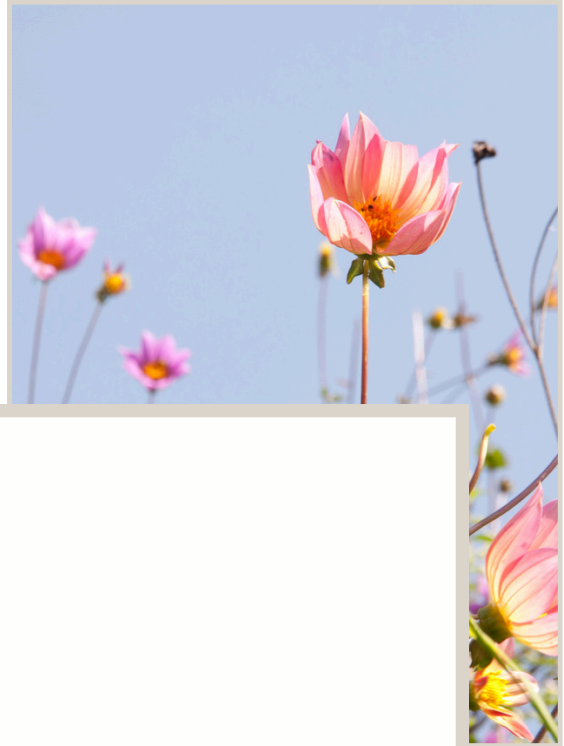
# August

## Rest & Time off

Many people will be going on holiday or taking some time, to refresh and recharge during the summer months. Pray for all our Group Leaders and staff who are away, to be able to unwind and be fully refreshed over the summer.

Pray too for everyone in our wellbeing groups who struggle when usual schedules and routines are disrupted / paused, particularly that they might be able to use the techniques and tips they've learned in their groups, putting them into practice to strengthen their own wellbeing and resilience.

*Amen*



# September

## **New Groups Starting**

September is a time when many new Kintsugi Hope wellbeing groups start – the beginning of the new term is a perfect time to start a group! Please join us in praying for all participants, and also for people who are wondering if a Kintsugi Hope group is right for them – that they will be encouraged and inspired to join in, and able to find the treasure in their scars for themselves.

*Amen*



# October

## **Suicide Prevention Day**

10th October is Suicide Prevention Day, and we are currently planning tailored resources and support for those who can be most at risk of suicide – which includes those with learning difficulties (especially neuro-diversity), women in the perinatal period, young people, and middle-aged men.

Please pray for wisdom as we work on these resources, that they will be helpful and effective, and for everyone who, at this time, is feeling desperate, alone and suicidal. May they find loving and secure communities who can help them and walk alongside them, during their darkest moments.

*Amen*



# November

## Impact and Reach

We're reminded again, as the dark nights draw in, how lonely and cold our world often feels to people who are struggling. We're praying for more Churches and Partner Organisations to join our movement, in order to increase our reach and impact – please pray for that. We want to widen our reach, so we can provide more safe and supportive communities for people who are struggling with loneliness and isolation, stigma, or shame.

*Amen*





## December

### Christmas Challenge

Our Big Give Christmas Challenge and end of year Christmas appeal raises vital funds so we can reach more people, by creating more safe and supportive spaces across the UK. Please pray for donations and gifts to come in, so we can continue this essential work of walking alongside more people.

Join us in giving thanks to God for his generous provision in 2024 and pray for his continued provision for the year ahead, and that we will look to him for all we need in 2025 and beyond.

*Amen*



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