

NOVEMBER 2023 – FEBRUARY 2024

Prayer Diary

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the
overseas
disability
charity

cbm
together we can do more

NOVEMBER

Prayers for women living with fistula

Sun 12 Dear Heavenly Father, we thank you for your healing power. We pray for the women who are affected by fistula and are awaiting surgery. May you provide a way for them to receive life-changing support.

Mon 13 We thank you Father, that you care for every part of our being. We pray for the women who are healing. May you make a way for them to be accepted back into their communities, knowing they are beautifully and wonderfully created by you.



As Nurse Victoria walks into the room, the faces of the women waiting for fistula surgery light up. At Kwali General Hospital in Nigeria, West Africa, where women receive fistula treatment, specialist nurses play a vital role in recovery, both physically and emotionally.

"I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well." **PSALM 139:14**

Tue 14 Father, we bring all women who have not yet had surgery before you and pray that you would send the right people along their path who will give them access to hospital appointments and surgery.

NOVEMBER

Prayers for women living with fistula



Nurse Victoria attending to a patient after her fistula repair surgery. She is one of 15 nurses trained to provide support to women having fistula repair surgery.

Wed 15 We thank you Father for your grace and mercy in our lives, we pray that families will have grace for women who await surgery.

Thu 16 May your love and tenderness surround all women living with fistula. May they know beyond a shadow of a doubt that they are loved, treasured, and valued.

Fri 17 Father, we thank you for the compassion and unconditional love you give to all of us. May you surround those who feel unloved and unworthy with your peace and grace.

Sat 18 Dear God, we pray that you will rescue the women from the shame and stigma they face as a result of fistula.

Prayers provided by Leanne Folscher, Senior Supporter Relations Officer, CBM UK

Front Cover: Following successful cataract surgery, Ildephonse from Rwanda, East Africa, is able to see his youngest daughter (6) for the very first time - a monumental moment for the entire family.

NOVEMBER

Prayers for disability inclusion

Sun
19

Father, we ask that you help us equip people living with disabilities with the tools they need to speak out and claim their human rights. Help them be the change that makes our world more inclusive.

Mon
20

God, we ask today that governments and decision-makers would step up and recognise the rights of people living with disabilities and the valuable contribution they make in our society.

Tue
21

Thank you Lord, that we are all made in your image. We ask today that people living with disabilities would be empowered to realise their full potential and enjoy the human rights we have as your children.

Agnes Rukombo, 67, from Zimbabwe, Southern Africa, has a physical impairment caused by an accident as a child. Her home was mostly destroyed by Cyclone Idai. Agnes is among those who have been identified for new assistive devices, ranging from crutches to fitted orthopaedic devices.



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"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us." 1 JOHN 5:14

NOVEMBER

Prayers for disability inclusion

19 year old Evans is pictured here in his wheelchair near his home in Kenya, East Africa. Evans was born with a spinal deformation and is unable to walk. He stayed at home with his mother while his siblings went to school. Evans now has a wheelchair, aiding his independence.



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Wed
22

God, we ask that you would help us end the invisibility of people with disabilities in some of the world's poorest and most remote communities. Equip us to raise awareness and create a society that is accessible and inclusive to all.

Thu
23

We pray for work that promotes disability inclusion and rights. Help us influence our government and other organisations to include people living with disabilities in all they do.

Fri
24

Jesus, we want to follow your beautiful example of leaving no one behind. Help all of us to seek out those who are excluded from society to become advocates for disability rights ourselves.

Sat
25

Father, we ask that you raise up bold advocates who would stand up for the rights of people with disabilities. Help them fight for meaningful inclusion, and strengthen the disability community.

Prayers provided by Bettina Galsan, Philanthropy Officer, CBM UK

NOV/DEC

Prayers for personal independence

Sun
26

We pray for mothers like Jeanne, in Rwanda, East Africa, who lost her leg after stepping on a landmine.

Mon
27

The Rwandan genocide brought misery not only to Jeanne, but also her three year old daughter who lived with mental health problems. We pray for wholeness and healing for families like Jeanne's.

Tue
28

After three years physiotherapy at a hospital, Jeanne received a prosthesis, but was unable to support herself and so begged on the streets. We pray for people forced into poverty due to a disability.

Jeanne, aged 55 years, lost her right leg, her mother lives with a physical disability, and her daughter is mentally impaired. Jeanne is a member and chairperson of a savings group. She received a loan from her group, which she successfully used for growing and selling tomatoes.



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"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." JEREMIAH 29:11

NOV/DEC

Prayers for personal independence



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Women at a meeting of their local Savings and Internal Lending Community (SILC) group in Kenya, East Africa.

Wed
29

We pray for people who are stigmatised as a result of a disability, Jeanne was called, "a broken jug," meaning, "she is worth nothing".

Thu
30

Jeanne heard about the CBM-supported Village Savings and Loan Association and applied for a loan to grow tomatoes. We pray for your blessing, Lord, on these schemes for people living with disabilities.

Fri
1

We pray for the mentors who support these loan scheme members with advice and business knowledge, that they will be effective in helping to transform lives.

Sat
2

Jeanne plans to buy a goat with the profits from her tomato crop and expand her farming activities further to buy a new prosthesis. We pray for an ongoing blessing for Jeanne and mothers like her.

Prayers provided by David Rootham, friend of CBM

DECEMBER

Prayers for Advent

Sun
3

Heavenly Father, on this first Sunday in Advent, which marks International Day of Persons with Disabilities, please bring light into the darkness of all those in need of our support, that they may feel the hope that the birth of Jesus brings.

Mon
4

Loving God, bless the work of CBM among the blind, in the poorest parts of the world. Comfort those who live with sight loss and sustain those working to prevent and cure the diseases which cause their hardship.

53 year old Gopal at his home in Nepal, South Asia. Gopal was hit by a vehicle 28 years ago and lost his leg from the accident. Thanks to CBM partner DEC Nepal, he was provided with an artificial limb enabling him to regain his independence and be part of his community.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life." JOHN 3:16

Tue
5

Dear Lord, please protect pregnant mothers, who may not have enough to eat or who are fleeing war-torn countries. Protect them and their unborn children on their difficult journey.

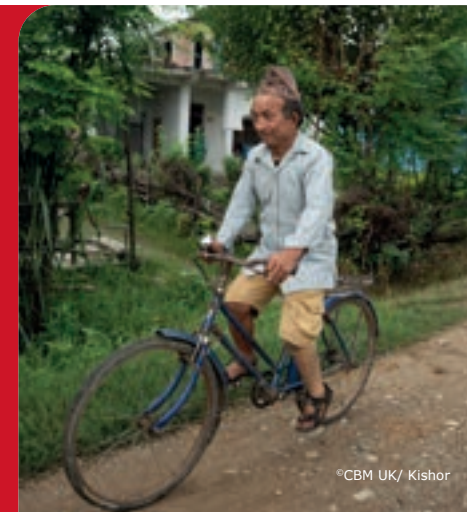


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DECEMBER

Prayers for Advent

Thanks to our supporters and our local partner in Nepal, Gopal can now ride his bike. He told us: "Before getting the artificial limb, I was using crutches, but I had much less mobility. I was only moving around the house and could not go anywhere."



©CBM UK/ Kishor

Wed
6

Dear God, we ask you to help parents who find it difficult to provide for their children. Please help them to put enough food on the table so that their children will grow into healthy adults.

Thu
7

Loving Father, we give thanks for the gift of children and the joy that they bring to our lives. Bless all newborn babies and give strength to those who enter the world in difficult circumstances.

Fri
8

Heavenly Father, we pray for people living with disabilities, that they may be treated with dignity, enabled to fulfil their potential, and be fully integrated into society. Please strengthen CBM's work.

Sat
9

Dear Lord, during Advent, help us to reflect on our own lives and how we can do more to support others. Help us to cast off those things that are dark and bring light into the lives of those around us.

Prayers provided by Dawn Gaub and Reverend Dr Rodney Holder, friends of CBM

DECEMBER

Prayers for churches



Dorothy at her home in Malawi, East Africa, after her successful cataract operation.

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Sun 10 Father, we thank you for your love and faithfulness, and today we pray for your blessing and favour on our generous churches.

Mon 11 Lord, we pray today for those who are struggling with poor health, may you heal and comfort them. May they know your love, tenderness and compassion.

Tue 12 Father, bless our church leaders. May you grant them wisdom and grace. We pray for churches who have given faithfully towards CBM's life-changing work, we pray that you will hear their prayers and honour hearts that seek and search for you.

"Give, and it shall be given to you. A good measure, pressed down, shaken together, and running over, will be poured into your lap." **LUKE 6:38**

DECEMBER

Prayers for churches

Wed 13 Jesus, we thank you for a fresh new day. May your grace be upon us and help us to live with integrity, showing others your love, as we give to help make this world a better place for us all.

Thu 14 Heavenly Father, we pray for strength. We pray for those who are weary, may you grant them rest and encourage their hearts.

Fri 15 Thank you Jesus that you see and know every part of our waking and our sleeping. Today we pray for our churches around the world. We pray for peace and clarity for all in difficult times.

Sat 16 Father, may your presence rest on our church congregations as they step into Sunday, ready to share your heart of grace and compassion.

Children sing a song of praise after Mafunasi, aged 85, returns home from her cataract surgery in Malawi: "You know I could not see, and I could not walk alone, praise God."



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Prayers provided by CBM UK team

DECEMBER

Prayers of gratitude



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As patients wait in anticipation to have their eyes examined following cataract surgery in Rwanda, East Africa, the hallway is filled with joy and laughter as people are regaining their sight. One lady shows her gratitude to Dr Theophile, the eye surgeon.

Sun
17

Lord, we are truly thankful for the work of our partners in the places we work. Without their commitment and care we would not be able to reach the many people we support.

Mon
18

We are thankful Lord for all CBM supporters who give their time, prayers and donations to enable support for people in desperate need. May you bless them and the work of their hands.

Tue
19

Lord, we are thankful for the medical personnel who have committed to providing care to people living with disabilities. We thank you for guiding them to deliver the right treatment for each patient.

DECEMBER

Prayers of gratitude

Wed
20

Lord, we are thankful for your protection and provision for the many survivors caught up in the many disasters and wars around the world. Lord, shine your light that they may know you are near to them.

Thu
21

We are thankful Lord for the successful cataract operations around the world and how these change lives. Lord, we thank you for answered prayers and for putting smiles back on the faces of your people.

Fri
22

Thank you Lord for the CBM team who continue to work hard to deliver projects that make a difference. Give them the courage to continue to fight for what is right – an equal and just world.

Sat
23

Lord, we are grateful for the many partners who work alongside CBM to tackle inequalities and poverty across the world and for the continued provision of resources to deliver more.

Erica received eye surgery thanks to CBM supporters and our partner, the Eye Hear Foundation. Erica is now living a happy life and is thankful to those who made her surgery possible.



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Prayers provided by Mildred Zimunya, Head of Operations, CBM UK

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." **1 THESSALONIANS 5:16-18**

DECEMBER

Prayers for Christmas
and the New Year ahead

Wishing you all
a peaceful and
merry Christmas.



Sun
24

Dear Father, we thank you for the eve of your birth. We thank you for coming into this world to bring peace and love to earth.

Mon
25

Thank you Jesus, for today. As we remember your birth, we pray your love and compassion will be revealed on this earth.

Tue
26

Today we remember and pray for those who do not have food or a safe place to rest their head. May you provide a way for people to experience your love in action.

Wed
27

Father, we thank you for your faithfulness and presence in our lives. May you give us the grace to continue to do your work on this earth. Speak to our hearts that we can be a light and show people who you are.

"For this I have been born, and for this I have come into the world, to testify to the truth. Everyone who is of the truth hears My voice." **JOHN 18:37**

DECEMBER

Prayers for Christmas
and the New Year ahead

Thu
28

We pray today for those around the world who are waiting for sight-saving operations. May they continue to have hope and gain the support they need.

Fri
29

Father, we thank you for coming into this world to be our saviour and light our path. We pray you will grant us the grace to be a light to others in this world.

Sat
30

As 2023 draws to a close, we look ahead into 2024 with a desire for you to impart your love to people, and with a refreshed willingness to be a vessel of change in this world.

**Francois,
aged 7, and his
classmates enjoyed
designing greeting
cards for CBM. They
wish you a merry
Christmas and a
happy New Year.**



Prayers provided by friends of CBM

DEC/JAN

Prayers for provision

Sun
31

Heavenly Father, as we move into a new year, we pray that you will help us to make the most of every opportunity to help others, and that you will bring us together to make the world a better place.

Mon
1

Lord, we pray for people living with disabilities during humanitarian crises. Thank you for the teams working to reach families to provide food and medication to those in need.

Tue
2

Thank you Lord for the miracle of sight-restoring surgery. We pray for provisions as teams travel to rural areas to carry out eye examinations to identify people in need of cataract surgeries.

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Anderson arrives back home with some small fish for dinner. Anderson from Malawi, East Africa, regained his sight following successful cataract surgery.

DEC/JAN

Prayers for provision

Wed
3

We pray for families that have fled to refugee camps from countries in crisis. We pray that families and communities are able to rebuild their lives.

Thu
4

Jesus, thank you for incredible supporters who faithfully give to provide help that improves the lives of those living with disabilities in the world's poorest places.

Fri
5

Father, thank you for being our provider and our provision. We thank you for our medical teams and for the many lives they have impacted with their life-changing work.

Sat
6

Lord, we pray for women living with fistula and we pray for communities that have no access to medical services. Help us provide medical teams and treatments to those women who are often forgotten and excluded.

Julius, 46, collects water from a hole dug in a river bed in Kenya, East Africa. Julius has been blind in one eye since childhood and his family is a beneficiary of CBM's drought response in Meru and Tharaka-Nithi, Kenya.



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Prayers provided by CBM UK team

"The lions may grow weak and hungry, but those who seek the Lord lack no good thing." **PSALM 34:10**

JANUARY

Prayers for surgeons and doctors



©CBM UK/Habimana

Sun
7

Father, we thank you for doctors and surgeons, our earthly healers. We ask that you bless the work of their hands, and that their surgeries bring glory to your heavenly name.

Mon
8

Lord, bless all medical teams who are based in Cox's Bazar in Bangladesh, the largest refugee settlement in the world. We pray for families who have fled there due to violence.

Tue
9

Bless all surgeons who perform club foot surgeries, so children are able to walk. Lord, we thank you for their medical expertise to perform these life-changing operations.

Nurse Peace is preparing for Valerie, aged 81, who is having cataract surgery at Kabgayi Eye Unit in Rwanda, East Africa.

JANUARY

Prayers for surgeons and doctors

Wed
10

Father, we thank you for our ophthalmic surgeons who were able to give 125,141 men, women and children last year the gift of sight through sight-restoring cataract surgery.

Thu
11

We pray for all mental health professionals and think especially of our Basic Needs Basic Rights program in Kenya, East Africa, which focuses on preventative mental healthcare.

Fri
12

Lord, please protect doctors and health teams who work in countries affected by conflict, disaster and drought. Help them reach people living with disabilities who are in need and often forgotten.

Sat
13

We thank you, Father, for the faithful commitment of CBM supporters. Their generosity last year meant that over 5000 doctors, nurses and other medical professionals were trained.

Eye surgeon, Dr Theophile, at Byumba District Hospital in Rwanda, East Africa, performing cataract surgery as part of an outreach programme supported by CBM UK.



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Prayers provided by Doné McConnell, Supporter Relations Officer, CBM UK

"As each has received a gift, use it to serve one another, as good stewards of God's varied grace." 1 PETER 4:10

JANUARY

Pray for sight-saving work

Sun
14

Thank you Heavenly Father, as you watch over us today we pray for those living with avoidable blindness. We pray that you would make a way for them to receive the surgery or treatment they need to be able to see again.

Patients are waiting in anticipation to have their eye patch removed following sight-restoring surgery.

Mon
15

Lord, we ask for comfort to those facing stigma and discrimination. Please surround them with your warmth and reassurance in their moments of darkness.

Tue
16

We thank you for the amazing sight-saving work carried out by the hospital in Biratnagar, Nepal. May you give the surgeons strength and tenacity as they work tirelessly to help people regain their sight.

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"For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us."

ROMANS 8:18

JANUARY

Pray for sight-saving work



Velena, aged 76, is overjoyed after successful cataract surgery.

©CBM UK/Habimana

Wed
17

We thank you for the amazing work carried out by CBM, we pray for all staff who carry out this work; may you bless them, give them strength, and keep them safe.

Thu
18

Thank you for your strength and grace that sustains us; may you sustain the work carried out. May you make a way for those who need cataract operations.

Fri
19

Father, may your light shine through all the teams who are working with CBM. May they work and speak with your grace and peace. Bless their tenacity and their passion for you.

Sat
20

May today be filled with your beauty and peace that surpasses all understanding.

Prayers provided by Leanne Folscher, Senior Supporter Relations Officer, CBM UK

JANUARY

Prayers for those who are
struggling with mental health



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Counsellor, Rekha Yadav, from CBM partner, the Centre for Mental Health and Counselling Nepal, providing counselling and medical support to a young patient.

Sun
21
Dear God, we thank you for our health. We pray that you will give much needed comfort and peace to those living with disabilities (visible or invisible).

Mon
22
Father, we pray that we have hearts of compassion for people living with disabilities. May you continue to equip our teams with effective strategies to reach those who do not have access to hospitals and the care they need.

Tue
23
God, we pray for teams and ministries that are actively helping people living with disabilities. We trust and pray for necessary strategies, funding and resources to be able to aid effectively and reach even more people.

"Do not conform to the pattern of this world but be transformed by the renewing of your mind." **ROMANS 12:2**

JANUARY

Prayers for those who are
struggling with mental health

Wed
24
Thank you Lord, we know you will help those who might be struggling with their mental health. We pray that they will realise that they have a place and be powerful in their sphere of influence.

Thu
25
God, we pray for systems, protocols, and policies to really reflect our community that deals with disabilities, to help them and advocate for better access, resources and platforms to increase awareness.

Fri
26
Dear God, we pray for people affected by harmful thoughts due to their mental health, that you will bring the correct people and resources to help them on the path of healing and recovery.

Sat
27
Lord, we pray for those living with disabilities that they will realise the power they have within themselves and their incredible resilience to tackle life, and become a positive example of overcoming.

Nine year old Sonia from Madagascar, East Africa, lives with a learning and physical disability. Sonia attends an inclusive school, where all the pupils are sympathetic towards her because the situation has been explained to them.



©CBM/Rakotoarivony

Prayers provided by friends of CBM UK

JAN/FEB

Prayers for livelihood opportunities

Sun
28

Father, we thank you for your faithful provision. Today we pray for people who have no source of income. May you provide them the means and innovation to begin a small business.

Mon
29

We thank you, Jesus, for the miracle you performed by parting the Red Sea for the Israelites. We trust for miracles in the lives of those who are setting up opportunities for others to create a source of income. May you lead and guide their every step.

Tue
30

We pray for Miriam (right), may you bless her work; may she be prosperous in all she does.



Miriam from the drought-hit Tharaka Nithi county in Kenya, East Africa, in her house, which now has a tin roof thanks to her success in business activities. Miriam received a small loan from her local CBM-supported Savings and Internal Lending Community for mothers, which she now chairs.

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" **MATTHEW 6:26**

JAN/FEB

Prayers for livelihood opportunities

Wed
31

Dear God, we pray for new opportunities where they are needed most, for the right people to provide support at the right time to aid innovations.

Thu
1

We thank you for the opportunity Puneeta has had from training provided by CBM. Today, we pray for Puneeta - may the harvest of honey be in abundance; may she have enough to sell as well as share extra with her friends and family.

Fri
2

Father, may you continue to bless every venture that is set to aid independence and provision for families and local communities.

Sat
3

Father, we take this moment to thank you for your provision in our lives and pray for your grace and favour over those who are weak and weary from the struggle of disappointment. May your Holy Spirit comfort their hearts, minds and souls.

Puneeta is now 25 years old. At the age of five, she was affected by the poliomyelitis virus which affected her lower limbs leading to neuromuscular paralysis. After receiving training on organic farming, thanks to CBM supporters, she has now started beekeeping and runs a mini oil mill.



Prayers provided by friends of CBM UK

FEBRUARY

Prayers for access to education



©CBM/Rakotoarivony

In the classroom, Luca's teacher takes the time to explain how she should do her exercises.

Sun
4

Thank you for CBM's partnership with Plan International, helping girls with disabilities access education in Zimbabwe. We pray for each one of those girls and for reduced stigma in their communities.

Mon
5

We pray for the local Disabled People's Organisations in Zimbabwe, that with their help CBM can identify girls with disabilities, to help them to overcome barriers to their access to education.

Tue
6

Thank you for the Learning Hubs that have been set up across Zimbabwe to reduce the distance to school. We pray that this would make it easier for more children with disabilities to attend.

FEBRUARY

Prayers for access to education

Wed
7

As the SAGE project in Zimbabwe prepares to finish this year, thank you for the lives that have been changed, and for the dedication of the new Hub Development Committees to keep the services going.

Thu
8

Thank you for all the staff and volunteers working to create an inclusive learning environment through our programmes. Please encourage them and give them the training and resources they need.

Fri
9

Today, we remember schools across the world who are under-resourced. We pray that through CBM's work, they would receive the support and equipment they need to help all children access education.

Sat
10

Thank you for the love and support of families of children living with disabilities. Be with them as they help children to learn and go to school, removing barriers or prejudices in their way.



©CBM/Rakotoarivony



All children have the right to education.

"The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my." **PSALM 23:1**

Prayers provided by Elizabeth Taylor, Senior Data Officer, CBM UK

the
overseas
disability
charity

cbm
together we can do more



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Pledge to break the cycle of poverty and disability

.....

For over 110 years, we have been building more inclusive communities for people living with disabilities in the world's poorest places. By leaving a gift in your Will to CBM, you'll be helping to save sight, strengthen health systems and improve access to education and employment opportunities.

You can make a Will for free through CBM. All we ask in return is that you consider leaving a gift, no matter how large or small, to support people living with disabilities in the world's poorest places.

For more information about leaving a gift in your Will, or to request a legacy brochure, please call our team on 0800 567 7000 or email info@cbmuk.org.uk

With grateful thanks to Elizabeth Taylor, Mildred Zimunya, Bettina Galsan, Doné McConnell, David Rootham, Leanne Folscher, Dawn Gaub and Reverend Dr Rodney Holder.

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