

Winter Emergency Appeal Prayers



Thank you for showing your support for the work of the Trussell Trust and our food bank network. We hope this selection of prayers and reflections help shape your prayers this winter as we recognise the pressure that many are under due to the cost of living crisis.

“Then you will call on me and come and pray to me, and I will listen to you.”
Jeremiah 29:12

Prayer Points

Below are five things you can be praying for to support the Trussell Trust food bank network and people experiencing poverty in the UK this winter. You could take one point to pray about each day for a week, go through them all at once, or use them as the basis of a time of prayer in a small group or at church.

- Please pray for people facing hunger and hardship this winter. Pray that they would be given the support they need and their time of financial crisis would quickly be resolved.
- Please pray for all staff and volunteers at the Trussell Trust’s network of food banks across the country. May they be given strength and grace to serve their community with joy and generosity throughout a difficult winter.
- Please pray for politicians and decision-makers that they would have the will to make sure that people who need to claim benefits are not forced into poverty. That they might provide a package of support directly targeted at people on the lowest income so that everyone can afford life’s essentials and no one needs a food bank to get by.
- Please pray for everyone who donates food to our networks of food banks or supports the Trussell Trust financially through our Winter Appeal. Thank God for their continued efforts to make sure no-one in the UK faces hunger.

Written Prayers

Winter in food banks prayer with responses

All: We pray for food banks

Let us pray for food banks across the UK. For the warmth and comfort that they bring to all who walk through their doors. For the provision of food that they provide to all. For the hope they can bring through advice and support. Bless the buildings that house them, may

they be places of safety and hope to all who visit. Thank you Lord for all that food banks do, and all who run them so well. **Amen**

All: We pray for volunteers

Let us give thanks to God for food bank volunteers this winter. For all those that volunteer their time to make sure people who need emergency food are provided for. Who spend long hours in service especially as they approach the busiest time of year. For the hundreds of food parcels they will make up and the thousands of cups of tea they will pour. Give them grace and strength to approach their days as they see increasing hardship this winter. So that all who walk through the doors of food banks feel welcome, and leave with not only their provisions, but with a feeling of hope. **Amen**

All: We pray for people in need of hope

Confident in God's love and compassion, let us pray for all those whose hearts are heavy with fear, worry and pain this winter. Individuals and families struggling with rising costs and bills to pay. Parents who feel overwhelmed as they consider the cost of gifts for their children, when they are unable to afford the essentials. Father of all mercies and giver of all comfort: may they cast all their burdens onto you and may they know how much you care for them; may they be aware of light in the darkness, through Jesus Christ our Lord. **Amen.**

All: We pray for political leaders

Let us pray for political leaders: for our Government, for national leaders across the UK, and for all elected representatives in our national and local governments. We lift to you, all who have the responsibility of leadership, influence and power. As so many individuals, families and businesses across the UK face extremely challenging circumstances this winter, we pray for wisdom, discernment and boldness for our political leaders. May their actions and decisions protect and provide for those who are most in need of support. Grant them compassion and understanding, and the grace to act justly and walk humbly as they lead our nation through this difficult time. Be with them as the coming months, as always. **Amen**

All: We pray for churches and our communities

We give thanks to God for our church, the churches in our community and all the churches across the United Kingdom. Thank you for all the compassion they bring. For the provision and service that they give to our communities. Give them the courage to speak out against injustice, alongside providing practical support. May they continue to treat all with dignity and love. And strive to be beacons of God's love on earth, shining light in the darkness **Amen**

All: We pray for all this season

God of compassion and love, this winter season, when our calendars become increasingly busy and our budgets become stretched. If we are able to, we fill our bellies with food and our homes with friends and family. Help us to remember those who are feeling anxious and worried about this season. People who don't know how they will provide food and warmth to their family. People who are lonely. May we be reminded of how our saviour came into this world. In the lowly stable, born in a manger. May we remember how hardship can befall anyone at any time. May we seek ways in which we can speak out against this injustice and bring hope. And stand alongside those in need - not just this Christmas time, but always. We ask this in your name, **Amen**

Psalm 23 for Busy People - by Toki Miyashina

The Lord is my Pace Setter, I shall not rush,
He makes me stop and rest for quiet intervals,
He provides me with images of stillness,
Which restore my serenity.
He leads me in ways of efficiency,
through calmness of mind; and his guidance is peace.
Even though I have a great many things to accomplish each day,
I will not fret, for his presence is here.
His timelessness, his all-importance will keep me in balance.
He prepares refreshment and renewal in the midst of my activity,
by anointing my head with his oils of tranquility,
My cup of joyous energy overflows.
Surely harmony and effectiveness shall be the fruit of my hours,
For I shall walk in the pace of my Lord,
and dwell in his house for ever.

A Prayer for Change

God of Justice.

We know you can bring change.

At the sound of your voice, the world came into being. With a touch of his hand, your Son brought healing and wholeness. Like a wind blowing or tongues of fire falling, your Holy Spirit brought comfort, boldness and courage.

We know you still bring change.

We pray now for change in our communities, transformation in our nation and peace in our world.

We pray now for your Kingdom of love, peace, and joy to break into our fractured earth, asking 'Your Kingdom come, your will be done on earth as it is in heaven'.

We pray now for all of us, that you would meet our deepest needs, heal our brokenness, soothe our wounds and restore our relationships.

Give us the strength to cherish the dignity of every person we meet, to have compassion for all creation, to seek justice in every structure and system and to build communities where all can find their worth.

And may we see the day soon when there is no need for food banks because no-one is hungry because no Government, no community, no church and no society will let them be hungry.

We ask this in the name of Jesus

Amen

Prayer for young people affected by poverty

Heavenly Father,

We are reminded at this time of year how the son of God was born as a baby in a stable.

We bring before you now all children and young people who are vulnerable

Those who experience hunger and cold

Those who feel anxious and scared because they know their family is struggling

Lord, bring your comfort and love to them this season

Help their families find provision so they feel warm and fed.

There is more than enough for all Lord, and we pray our children and young people are given release from poverty.
We pray for a future for them that is free from poverty
Amen