



Prayer WEEK 2024

Monday 30th September
– Sunday 6th October

“Even to your old
age and grey hairs
I am He, I am He who
will sustain you.
I have made you and
I will carry you;
I will sustain you and
I will rescue you.”

Isaiah 46:4

Monday 30th September Living well in later life

God doesn't put an age limit on our value, but the changes that ageing can bring are often very challenging. Whether it's increased physical frailty, cognitive decline, less independence or less ability to get out and about, there are significant difficulties to navigate in later life.

But there are also real joys– seeing family and friends flourish and grow, more time to volunteer and to spend in prayer and worship, opportunities to share the hard-earned wisdom gained over a long time.

Let's pray that older people would find ways to flourish in their later life, knowing that they have a vital and valid place in our society and being confident of all that they can bring to others – even if that looks a little different from what it was during their younger years.

Please pray for the physical, emotional, mental, and spiritual health of older people and for friendships and communities around them which help with their well-being. Pray for support support to access the services that they need, particularly through social care.



Tuesday 1st October **International Day of Older People**

The United Nations estimates that there are over 760 million people aged 65 and over worldwide. Today is a special day to mark the important contribution that older people make around the world.

While many cultures value and respect older people, the resources and support that is needed is not always available, whether that's meeting basic physical needs or not to being able to access provision for those living with dementia or other age-related illnesses.

Let's pray that older people across the globe would know that they are loved and valued, and for the authorities in the UK responsible for setting policy for seniors: UK government, Stephen Kinnock MP (minister responsible for social care), Wes Streeting, Secretary of State for Health and Social Care, and those running the NHS and local authority social services.

Please pray for those older people who are playing important and cherished roles within their families and communities and for those who cannot access the care and support that they need.



Wednesday 2nd October **Social care**

The challenges within the social care sector in the UK are well known – from insufficient funding, to complex systems and poor communication, to confusion about what services can be accessed and when.

We also know that there are many wonderful people working incredibly hard to deliver these services, with The King's Fund estimating that there are 1.5 million people working in adult social care. The vast majority of these people have a true desire to support and care

for older people, despite the challenges of the overall system.

Let's pray for all those working in the sector and using its services, and for those overseeing it.

Please pray for all those using and working in social care today. Pray that our government will find solutions to the funding and organisational challenges and for all those supporting the sector through volunteering and local initiatives.

Thursday 3rd October Staff

At Pilgrims' Friend Society, we are proud of the hundreds of wonderful people who work in our housing, care homes, and support teams. Our teams are diligent and committed to the work that they do to care for and support those who live with us, whether that's through housekeeping or administration, management and leadership, or care and maintenance.

Our Christian faith is at the heart of our mission and our values of **community**, **transparency**, **compassion** and **excellence** guide the way we work, care, and lead. All those who work with us

understand the centrality of the Christian view of the world around them and together we serve those older people who live with us to encourage them in their faith.

Please pray for satisfying, encouraging and productive days for all those working today and for strength and resilience to manage the challenges, and opportunities to celebrate successes. Pray for wisdom and discernment for all staff to make excellent decisions and navigate tricky situations.

Friday 4th October Evangelism to older people

The proportion of people over 65 who have "no religion" doubled between the 2011 and 2021 census. We don't want any person to get to the end of their life without having heard the great news of the gospel.

There are wonderful groups like **Linking Lives**, **Anna Chaplaincy**, **Faith in Later Life** and **London City Mission** who are reaching out to older people, and equipping churches to reach this precious group with the good news about Jesus. Let's pray that they

would hear about Him and come to know Him.

Please pray that churches and Christians would commit to sharing Jesus with older people in and around their communities. Pray for groups that equip churches and Christians to reach out to seniors and that older people would want to find out more about the Christian faith and be prompted to explore it for themselves. Pray that no-one in the UK will grow old without having heard the gospel of grace.

Saturday 5th October Across the generations

Intergenerational relationships are good for human well-being, regardless of age. So many younger people need the wisdom and support of older people, and many older people enjoy the vitality and curiosity of the young.

There are over 14 million grandparents in the UK and over 7 million with childcare responsibilities, more than ever before in history! What an opportunity this is for fostering good intergenerational relationships: the handing down of life wisdom and the learning of new skills.

Let's pray that more friendships would grow between young

and old, and for more sharing of the faith across the generations.

Please pray that all older people would build relationships with younger people in their families and communities and that younger people would recognise the value and importance of older people. Pray that common interests and beliefs would bring people together, no matter their age and for Christian grandparents and older people sharing the gospel in word and deed.



Sunday 6th October Silver Sunday

Silver Sunday is an opportunity for older people to be celebrated! So often we forget about the influence of older people in and around our communities but today is a great day to acknowledge and give thanks for the contributions that our elders make.

Our churches are places of comfort and community for so many older people and today is a special day to remember the service and contributions of our older church family members alongside other community groups who will be finding ways to honour the lives of older people.

Let's pray that many older people would feel encouraged and affirmed today.

Please pray that events and celebrations happening today would be successful and that many people would spend time with older people that they wouldn't usually. Pray that churches would take the opportunity to celebrate and thank their older members.



There are lots more ways that you can pray with us throughout the year. Make sure you're signed up to get all the latest prayer information in a variety of ways:

- **Prayer News** is a regular email dedicated to sharing things to give thanks to God for as well as things to ask Him for
- **The Pilgrims' Magazine** comes out once a quarter and has a pull-out Prayer Guide as well as news and stories
- **Family News** is a monthly email newsletter full of news and stories about life at Pilgrims' Friend Society including prayer points
- **Our social media channels**, including Facebook and Instagram, share weekly people and things to pray for



To sign up for any of these things please visit www.pilgrimsfriend.org.uk/keepintouch, email info@pilgrimsfriend.org.uk, or call **0300 303 1403**

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