

PRAYER DIARY

16 Days of Activism Against
Gender-Based Violence

**RISE
UP**
against
domestic
abuse



25th November
to
10th December

2023



The Anglican Church of Australia are committed to enacting the following:

10 COMMITMENTS FOR PREVENTING AND RESPONDING TO DOMESTIC AND FAMILY VIOLENCE

1

Our Church acknowledges and laments the violence which has been suffered by some of our members and repents of the part we have played in allowing an environment where violence went unaddressed.

2

Our Church leaders commit to ensure conditions that support the prevention of violence, a church culture that promotes equality, and support for those who experience violence.

3

Our Church consistently teaches about equality, freedom from violence, respectful relationships and the honour/value of every person.

4

Our Church affirms that human relationships are to be based on respect and mutuality.

5

Our Church acknowledges the different experiences of all people and that these have played a part in whether they have been treated with respect and equality

6

Our Church actions are directed by the gospel of love, peace and justice, and are informed and engaged with local, state and national government initiatives as appropriate.

7

Our Church supports cultural change in our communities by communicating effectively to our members.

8

Our Church trains our leaders, pastoral staff and parish councils to understand and be equipped to respond in ways that prevent and address domestic and family violence.

9

Our leaders and pastoral staff hold themselves to account and are guided by the Anglican Church's Code of Conduct: *Faithfulness in Service*.

10

These commitments are regularly reviewed and improved.

16 days of **Activism Against Gender-Based Violence**

For 30+ years communities across the world have campaigned for a safer and more just world for women starting on:

25 November The International Day for the Elimination of Violence Against Women *and ending on* **10 December** Human Rights Day.

In Australia 1 in 6 women experience domestic violence and 1 in 16 men.

Globally, 1 in 3 women experience physical and/or sexual abuse in their lifetime.



16 Days of **Bible Verses and Prayers**

As Christians, we know that prayer is powerful and knowledge is empowering. Please join us in praying for peace and justice to prevail. You may also like to consider supporting any public events happening in your local area or online.

Mother's Union – **Rise Up** campaign

There are around 4 million Mother's Union members in 84 countries working to strengthen families, serve their communities and advocate for building a future where everyone thrives. In 2023 we have launched an international campaign called RISE UP Against Domestic Abuse to raise awareness amongst churches that abuse is never okay. There are bronze, silver and gold awards for MU branches and churches who take part and complete various actions. Visit our website for more information: <https://www.mothersunion.org/riseup>

RISE UP Against Domestic Abuse

Respond

Inform

Support

Empower

Unite

Pray

Day 1 – Sat 25th Nov

Created in his image, each of us and all of us. Created for good, for relationship, for community. Created to care for, support, honour and respect one another as we recognize God's image in each other. No 'buts' and no exceptions of age, gender, ability, colour, background, education, ethnicity or religion. All made in God's image, and that is very good!

Genesis 1:27, 31

God created human beings in his own image. In the image of God, he created them; male and female, he created them. Then God looked over all he had made, and he saw that it was very good!

*Creator God,
thank you that we are all
made in your image, and
equally loved by you. Open
our eyes to see your face in
those of our sisters and
brothers. Amen*

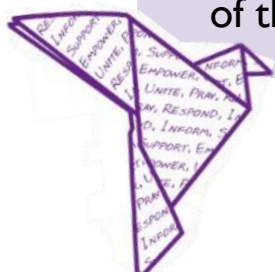
Day 2 – Sun 26th Nov (MU global day of action & prayer)

Captivity of any kind is not in the will of God for humankind. It militates against the freedom we have as children of our heavenly Father and the dignity of individual autonomy and agency. Abuse cages those who experience it and limits their God-given autonomy. Pray for all to experience freedom from unjust and cruel bondage to the capricious will of another.

Luke 4:18-19

He has sent me to proclaim that captives will be released, that the blind will see that the oppressed will be set free, and that the time of the Lord's favour has come.

*Compassionate God,
may those experiencing all forms
of violence be given courage,
hope and practical help to break
free from their abuse.
Amen*





Day 3 – Mon 27th Nov

Change is difficult, costly and time-consuming if it is to last. It is so much easier to accept things as they are or say it's not my business or responsibility. What happens to one affects us all. The treatment of others is the responsibility of everyone. Kindness, gentleness and self-control are not signs of weakness but gifts we can give to others. They are taught, not caught. Work towards change for good, for all – every step counts!

Galatians 6:9

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

*Steadfast God,
give us resolve to work tirelessly to
change attitudes that promote, accept
and perpetuate all forms of violence
and abuse. Amen*

Day 4 – Tue 28th Nov

When you see or hear or notice that something is not quite as it should be, do you 'walk by on the other side'? Or do you say or do something to bring justice and mercy into the situation? We can each of us make a difference, one instance at a time, for one person at a time. Pray for courage to step up and speak up.

Micah 6:8

The Lord God has told us what is right and what he demands: "See that justice is done, let mercy be your first concern, and humbly obey your God."

*Righteous God,
help those who administer justice for
victims and survivors of gender-based
violence to make decisions with
integrity and compassion.
Amen*

Day 5 – Wed 29th Nov

The prison of abuse closes the door to hope and shuts the mouth to cry for help. We can be the one to bring hope and help and healing, bearing the burden of speaking out for the sake of those who have no voice. A letter, an email, a signature on a petition – small steps towards a great goal.

Hebrews 13:3

Remember those in prison as if you were together with them in prison, and those who are ill-treated as if you yourselves were suffering.

Righteous Saviour,

*who came to free the oppressed,
use us to challenge social injustice
with a clear voice, in a world where
the vulnerable strive to be heard.*

Amen

Day 6 – Thur 30th Nov

The trauma and pain of abuse lingers long after the abuse ceases. Survivors need support, love, care, healing, and hope. These things can be in short supply in a busy world where everyone has so much to do and accomplish for themselves. Look beyond your own needs and comforts, and reach out to begin to meet the need in another today.

John 10:10

The thief comes only in order to steal, kill, and destroy. I have come in order that you might have life — life in all its fullness.

Lord of life,

*thank you that many women and
girls are now free from abuse and
violence. Thank you for your
healing power which brings hope to
survivors. Amen*





Day 7 – Fri 1st Dec

Love – an overused and much misunderstood word! Love God and love your neighbour as yourself. If we really did this, what would change? What would it cost? What would be the benefits to you, to me, to all? Strive to love God and others as God loves you. How can you show that you are growing in this love today?

Mark 12:30-31

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength and love your neighbour as yourself. There is no commandment greater than these.

*Loving Lord,
you have called us to love
our neighbour as ourselves.
Help us to treat all with
dignity and respect as we
follow Christ's example of
selfless love. Amen*

Day 8 – Sat 2nd Dec

God's righteous right hand will uphold you when you seek to live for him and his purposes. God has been calling humanity back into his ways since Eden was vacated. Turning back the tide of human abuse of power, strength and sex will take more than good wishes, a petition, or a protest march. We need God's help to do God's business. So pray, and pray, and pray.

Isaiah 41:10

Do not fear, for I am with you.
Do not be dismayed, for I am
your God. I will strengthen you
and help you. I will uphold you
with my righteous right hand.

*God of righteousness,
we pray against regimes that
endorse violence against women
and girls. Replace their evil
influence with a rule of justice and
decency. Amen*

Day 9 – Sun 3rd Dec

Abuse and violence inflict more than bruises and draw more than blood. Change seems impossible and transformation beyond a dream. Yet with God, nothing is impossible. Pray with faith and courage, calling on the God of transformation who alone can do marvelous things.

Isaiah 61:3

God will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair.

*Transforming God,
we pray for all who live in fear of
violence and despair that life will
ever change. Bring an end to their
suffering; restore their sense of
worth. Amen*

Day 10 – Mon 4th Dec

This is too important to leave it to the professionals. As 24/7 human beings, we ARE the professionals and able to speak with insight and experience to those with the power to effect change. God wants to use you, too. We are all influencers.

Isaiah 6:8

Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!'

*Holy Spirit,
fill us with new resolve to challenge
unacceptable mindsets and actions
and to champion the cause of
righteousness in the name of Christ.
Amen*





Day 11 – Tues 5th Dec

Anything you did for any of my people, you did for me; so says our God. Anything. That's a big word. It encompasses a smile or acknowledgement. It includes a cup of coffee and a place of refuge. It involves a listening ear or a lift to A&E. It is a lifetime of working or a moment of caring. Anything – and everything – to ease the burden, lighten the load, facilitate freedom.

Matthew 25:40

Then the king will answer, "The truth is, anything you did for any of my people here, you also did for me."

Lord Jesus,

*be with those who work with survivors of gender-based violence. May they be given the resources they need to offer long lasting support.
Amen*

Day 12 – Wed 6th Dec

Precious children, the smallest and least able to defend themselves or make sense out of what they see, hear and experience. What should be a place of safety, nurture and love can be a place of darkness, pain and fear. Pray for protection, rescue and comfort for them beyond the reach of the violent perpetrator.

Matthew 18:3-5

Jesus said: Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. And whoever welcomes one such child in my name welcomes me.

*Heavenly Father, protect children who witness violence in the home. May they be given support to enable them to lead positive lives, in freedom from fear.
Amen*

Day 13 – Thur 7th Dec

It may seem that the world will never change and we just have to make the best of it. But that is not God's verdict! We CAN swim against the tide and show the world a better way. We CAN live differently, treating others as we wish they would treat us. The only one we can change is ourselves, and we need the help of the Holy Spirit to do even that: transformation within (the way we think) and without (the way we behave). Pray for God's Spirit to be at work in individuals to bring transformation that lasts.

Romans 12:2

Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think.

*All-powerful God,
break the patterns of abuse
committed down the generations.
Transform attitudes and behaviour
for current and future relationships.
Amen*

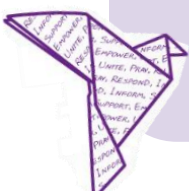
Day 14 – Fri 8th Dec

Leaders in society and government have great responsibility to set the course of nations and communities, put boundaries in place and deal with law-breakers. Where there is righteousness and justice, people can live in peace and harmony. Without these, there is violence, self-seeking and power grabs at every level. Pray for those who are law-makers, law-enforcers and judges.

Psalms 72:1-2

Endow the king with your justice, O God, the royal son with your righteousness. May he judge your people in righteousness, your afflicted ones with justice.

*Lord of the nations,
we pray for governments as
they deal with gender-based
violence. May they make policy
and law with wisdom and
discernment. Amen*





Day 15 – Sat 9th Dec

You may think that what goes on behind closed doors is none of your business. Yet God sees and will bring all things into his light. As we speak out against those things which are dark and hidden, we can bring light, BE light, for those in darkness, and so assist in bringing eventual revelation and transformation.

Ephesians 5:11, 13

Don't take part in doing those worthless things that are done in the dark. Instead, show how wrong they are. The light will show what these things are really like.

*Merciful God,
bless those working with
perpetrators of gender-based
violence. Give them your
resources to bring about lasting
transformation of lives.
Amen*

Day 16 – Sun 10th Dec (Human Rights Day)

All one in Christ. When one suffers, we all suffer. When one is treated badly, we are all bruised. When one is beaten and abused, we are all battered and down-trodden. When one is rescued, brought into freedom and peace, we all breathe more comfortably and sigh. But it is not enough and we must not cease until there is rescue and freedom and peace for each one and everyone.

Galatians 3:28

There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.

*Lord of heaven and earth,
we pray for all to follow Christ's
example of treating women with
equality and respect. We pray for
the dawn of a better world where
justice and peace may flourish.
Amen*

NATIONAL HELPLINES

If you or someone you know is impacted by sexual assault,
domestic or family violence call:

Emergencies: 000

1800 Respect National Helpline: 1800 737 732

Kids Helpline: 1800 55 1800

MensLine Australia: 1300 789 978

Lifeline: 131 114

For more information about a service in your state or local area
download the **DAISY App** from App Store or Google Play



ANGLICAN
MOTHERS UNION
AUSTRALIA

www.muaustralia.org.au