

Praying for the people of Ukraine and Russia

‘Be strong and take heart, all you who hope in the Lord.’ (Psalm 31:24)

It can be hard to know how to pray for the situation in Ukraine, but when we struggle to find the words to pray, we can turn to the Scriptures and lean on the prayers of the psalmists.

In Ukraine, many besieged Christians are turning to Psalm 31 and Psalm 46 in these dark days, remembering that God is our refuge and deliverer, and that he makes wars cease.

Not knowing how to pray, and finding the news overwhelming, we can be tempted to try to disengage from what is happening. But we are called to be a people of prayer, so let’s stand alongside our brothers and sisters in prayer.

Here are some ways that we can pray:

- **Pray for** those in Ukraine under bombardment who are trying to move to areas that are safer. Ask God to provide protection and provision for them.
- **Pray for** the churches in Ukraine – and in Russia – to have wisdom to know how to respond to current events and to be united in prayer.
- **Pray for** understanding and brotherly love as Russian and Ukrainian Christians and families communicate with one another. For Christians’ heavenly citizenship to be more important to them than their earthly one.
- **Pray for** the refugees who have had to leave Ukraine. Please pray for open doors and guidance on where to go next.
- **Pray for** leaders around the world – for God’s will to be done through them.