

# **How to pray for Gaza and Israel**

**This guide helps individuals, churches and groups pray for Gaza, Israel, Lebanon and the Middle East. Join us in prayer.**

Edited by Tearfund | 30 Sep 2024

A year on from the horrific attack by Hamas on Israel on 7 October, the brutal war in Gaza is devastating the lives of men, women and children across the Middle East.

In Gaza, the West Bank and Lebanon, local churches and Tearfund's partners are responding to people's urgent needs and providing life-saving aid.

You can use this prayer guide to call out to God in [intercessory prayer](#), which simply means praying on behalf of someone else. God hears your prayers. You can trust him with them.

## **What to pray...**

### **Pray for peace**

- Pray for an immediate ceasefire, an end to the violence, and the release of all hostages.
- Pray for world leaders with influence in the region to make wise decisions that lead to lasting peace.
- Pray that God's peace would fill the hearts and minds of everyone who is suffering as a result of this conflict.

### **Pray for safety**

- Pray for all civilians – that God would protect them from harm, particularly the most vulnerable, including children, older people, and people with disabilities.
- Pray for humanitarian workers – for protection for those who are working to provide humanitarian assistance and medical supplies.
- Pray for the safe distribution of food, water, sanitary items, medical supplies and fuel.
- Pray for people forced to flee their homes. Pray for safe places to stay and that they will be able to return home.

### **Pray for strength**

- Pray for church leaders – for wisdom and strength to lead people through fear and uncertainty. Pray for bravery as they guide their communities and offer loving support.
- Pray for faith leaders and communities across the region – that they would stand firm, and for unity, connection and mutual understanding so that they can help bring people together and show kindness.
- Pray for Tearfund and our partners in Gaza, Lebanon and neighbouring countries – that God would strengthen them as they support schools and hospitals, and as they provide food and essentials to families who have been displaced.

### **Pray for hope**

- Pray for those who are terrified, mourning and suffering. Ask God to save them from despair – for the trauma and violence they’ve experienced not to overshadow hope.
- Pray that people across the Middle East wouldn’t lose hope – that peace is possible.

### **Pray for healing**

- Pray for people who have been traumatised or injured; ask God to heal their physical and emotional wounds and bring them deep comfort.
- Pray for hospitals and medical staff – for strength as they continue to provide life-saving services to all those affected. Ask God to provide all the resources and equipment they need to treat the sick and injured.

### **Prayer for the Middle East**

Dear God,

We cry out to you on behalf of the people seriously affected by the conflict in the Middle East. Our hearts break at the devastation and suffering that we see, and we know it breaks yours, too.

We ask that you would stretch out your mighty hand to bring an end to this war.

We cry out for people who have been injured or traumatised, who have lost loved ones or their homes. Please provide everything they need and be their comfort, their hope, their healer, and their safe refuge.

We pray for your peace to reign. We look to you as our Saviour and the hope of the world.

Amen.

### **Ways to pray...**

In 2022, we shared [creative ways to pray for Ukraine](#). You can try some of these ideas while praying for the Middle East:

- Use scriptures on peace to centre your thoughts on God and his promises in the Bible.
- Pray with a map of Gaza and Israel to guide your prayers.
- Light candles to help you meditate on Jesus as the light of the world.
- Set up prayer stations in your church.

Thank you for joining us in prayer. Let’s continue to pray and act together on behalf of people suffering the effects of violence everywhere.