



Thought for the Week from MU - Sunday 2 October 2016

Respect for the elderly

We give thanks for our elders who cared for us and gave us moral guidance in our formative years. We are grateful for their diligence and pray that we may follow their good examples. *"Show respect to the elderly, and honour older people. In this way you show respect for your God."* (Leviticus 19.32)

We pray for MU members in Vanuatu. In a nation where food can be scarce, MU members seek to ensure that no person is left hungry. We pray for continuing recovery from the hurricane in 2015 as they seek to address the long term effects on their country of such devastation.



Thought for the Week from MU - Sunday 9 October 2016

Gratitude

We give thanks for God's abiding love and constant presence in an ever-changing world. May we grow in faith and deepen our relationship with God, so that we may accomplish God's work. *"Since we are receiving a kingdom that can't be shaken, let's continue to express our gratitude. With this gratitude, let's serve in a way that is pleasing to God with respect and awe."* (Hebrews 12.28)

We pray for MU members in Ethiopia as they show generosity and kindness to the people of Ethiopia, including refugees who desperately need help. We pray for success for the literacy programme, and ask for resources as they welcome and work with refugees from South Sudan.



Thought for the Week from MU - Sunday 16 October 2016

Challenging poverty

"We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty." *Mother Teresa of Calcutta*

"Speak up for the poor and helpless, and see that they get justice." (Proverbs 31.9)

Lord, we lift up to you our members in Guinea and Brazil. We pray for their initiatives to alleviate poverty, and address health issues in their communities. May we prayerfully reflect on the riches that we enjoy.



Thought for the Week from MU - Sunday 23 October 2016

Family matters

We give thanks for the joys and blessings that we have shared in our own family through the years. May the love that binds us together grow stronger every day. *"I fall on my knees before the Father, from whom every family in heaven and on earth receives its true name."* (Ephesians 3.14-15)

We pray for MU members in Scotland and for all that they do to address and campaign on various family matters. We pray for their partnerships with others which give more opportunity to serve local and worldwide communities.



Thought for the Week from MU - Sunday 30 October 2016

Saints

We give thanks that through Jesus' redeeming work we are all saints; chosen people set apart for God. May we take every opportunity to speak of the wonderful things he has done. *"Give joyful thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light."* (Colossians 1.12)

We pray for MU members in Korea who, in their focus on supporting families, empowering one another and expanding membership, are having an impact in their communities. We pray for their vocational training for rural women and their pastoral work with the vulnerable in society.



Thought for the Week from MU - Sunday 6 November 2016

Remembrance

We remember in humble gratitude the courage of those who have been willing to die for the sake of others. May we never take for granted freedoms gained at the cost of another's life. We give thanks for Jesus' willingness to lay down his life that we might be reconciled to God.

"Jesus took bread, gave thanks and broke it, and gave it to them, saying, 'This is my body given for you; do this in remembrance of me.'" (Luke 22.19)

We remember with thanks MU members in Canada and their faith down the years. Remaining sympathetic to those in need means that they are recognisable helpers in their communities. We pray that they will have renewed vision for the future following their provincial council.



Thought for the Week from MU - Sunday 13 November 2016

Freedom

"To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." *Nelson Mandela*. Jesus came to proclaim freedom for the captives. When we struggle to break free from the bonds of sin and selfishness, we pray that he will loosen their hold through his atoning love, that we may gladly follow him.

"Christ has set us free! This means we are really free. Now hold on to your freedom and don't ever become slaves of the Law again." (Galatians 5.1)

We thank you, Lord, for the work of MU members in Trinidad & Tobago to transform the lives of children and families through a variety of schemes which make a significant difference in some of the most challenged areas of society. We pray that they will have all the resources they need to continue their vital work.



Thought for the Week from MU - Sunday 20 November 2016

Love and service

We give thanks that Jesus gave us the ultimate example of service. We pray for grace to serve with that same love and humility.

"I love you just as the Father loves me; remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love." (John 15.9-10)

We pray for MU members in Iraq who, from food distribution to rehabilitation and training, continue to support those in need. They work tirelessly in testing conditions, and we pray that they will know times of peace and refreshment to strengthen them in all they do.



Thought for the Week from MU - Sunday 27 November 2016

Challenging gender-based violence

We give thanks for those who are willing to challenge harmful cultural practices. May they be strengthened to persevere so that society may be changed for the good of all, both now and for future generations.

"Speak out on behalf of the voiceless, and for the rights of all who are vulnerable." (Proverbs 31.8)

We pray for MU members in Sri Lanka. Financial difficulties and remote populations make their work challenging, but their committed members are willing to help however they can. We pray for them as they work with both the young and the elderly in their communities, for your blessing on all they do and for their fellowship together.



Thought for the Week from MU - Sunday 4 December 2016

Advent

Loving Messiah, help us during this Advent time to reflect on our faith, to take stock of our lives and our faith journey thus far. Help us to seek you afresh and wonder anew at the miracle of the Nativity. *"Listen! It's the voice of someone shouting, 'Clear the way through the wilderness for the Lord! Make a straight highway through the wasteland for our God!'" (Isaiah 40.3)*
We pray for MU members in Namibia as they face the big issues of child abandonment and domestic violence. We pray for them as they share the love of the Messiah through their witness and their outreach. May they bring hope to their communities and be a blessing to one another.



Thought for the Week from MU - Sunday 11 December 2016

Light

"Kindle, O Lord, in our hearts, the flame of that love which never ceases, that it may burn in us and give light to others. May we shine forever in your temple, set on fire with that eternal light of yours which puts to flight the darkness of the world." *St. Columba*
"The true light that gives light to everyone was coming into the world... To all who did receive him, to those who believed in his name, he gave the right to become children of God." (John 1.9, 12)
We pray that the light of Christ will guide MU members in Rwanda as they set up transformational savings and credit initiatives. May these enable many to find their way out of the darkness of poverty and dependency.



Thought for the Week from MU - Sunday 18 December 2016

Joy

May our hearts be filled with joy and praise as we contemplate the salvation of God made available through the gift of the coming Messiah.
"The angel said to them, 'Do not be afraid. I bring you good news that will cause great joy for all the people.'" (Luke 2.10)
We pray for MU members in Sierra Leone who, having provided considerable support during the 2015 Ebola outbreak, consider how they can provide further help to those in need. May their work bring great joy to those whom they seek to help. We also pray that they themselves will be filled with the joy of the Lord as they prepare to celebrate the coming of the Promised One.



Thought for the Week from MU - Sunday 25 December 2016

Christmas

We give thanks for the time that we can spend with our families at this special time of year and pray for those who will spend Christmas on their own. May they know the comfort of God's love in their hearts.
"The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth." (John 1.14)
We pray for members in Europe where MU has branches in Lanzarote, Spain, Finland, Denmark, Germany, France, Portugal, Italy, Malta and Gozo. As the new year beckons we pray that they will be filled with vision and hope for the year ahead. May they continue to nurture unity with one another despite the challenges of physical distance between them.