

Week of **PRAYER** *for older people*



Prayer Week
2026 runs from
28th September
to 4th October



Day 1 Monday 28th September

Older people living well



Bible Verse: *“Even to your old age and grey hairs I am He, I am He who will sustain you.”* Isaiah 46:4

Growing older is a season that can bring joy, wisdom, and new opportunities, but also challenges such as loneliness, health concerns, or reduced independence. Scripture reminds us that God sustains us through every stage of life. Today we pray that older people would experience fullness of life – physically, emotionally, socially, and spiritually.

Prayer focus

- Thank God for the gift of long life and the wisdom older people carry
- Pray for physical strength, emotional wellbeing, and meaningful community
- Ask God to help families, churches, and neighbourhoods honour older people with dignity and respect

Lord, thank You for the lives of older people in our communities. Strengthen them, surround them with friendship, and help them live with purpose, joy, and peace. Amen.

Day 2 Tuesday 29th September

Dementia, memory loss, and faith

Bible Verse: *“Can a mother forget the baby at her breast? ... Though she may forget, I will not forget you!”* Isaiah 49:15

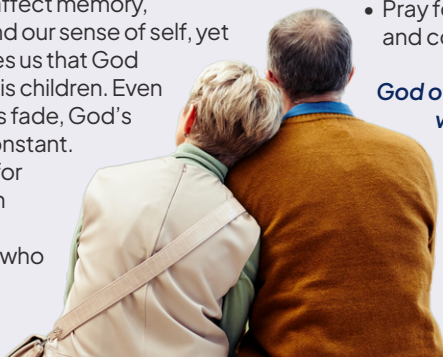
Dementia can affect memory, relationships and our sense of self, yet the Bible assures us that God never forgets His children. Even when memories fade, God’s love remains constant.

Today we pray for those living with dementia, their families, and all who support them.

Prayer focus

- Pray for those living with dementia, that they would feel safe, loved, and held by God
- Pray for families coping with grief, confusion, and exhaustion
- Pray for breakthroughs in research and compassionate care

God of all comfort, hold close those whose memories are fading. Remind them – and us – that their identity is secure in You. Bring peace to families and wisdom to carers. Amen.



Day 3 Wednesday 30th September

Staff and carers

Carers – paid and unpaid – show extraordinary patience, kindness, and resilience. Their work is often unseen but deeply Christ-like. Today we pray for rest, encouragement, and strength for all who care for older people.

Bible Verse: *“Serve one another humbly in love.”* Galatians 5:13

Prayer focus

- Pray for care home staff, home care workers, nurses, volunteers, and unpaid family carers
- Pray for rest, resilience, fair pay, and emotional support
 - Pray that they would feel valued and encouraged

Gracious God, bless every carer with patience, strength, and joy. Renew their spirits when they are tired and remind them that their work reflects Your heart. Amen.

Day 4 Thursday 1st October

Older people and the church

Bible Verse: *“They will still bear fruit in old age, they will stay fresh and green.”* Psalm 92:14

Churches flourish when every generation is valued, older people bring prayer, wisdom, experience, and stability to the body of Christ. Today we pray that churches would be places where older people are welcomed, included, and empowered to serve.

Prayer focus

- Pray that churches would value older people not only as attendees but as contributors
- Pray for intergenerational friendships and mutual encouragement
- Pray for accessibility, pastoral care, and inclusion

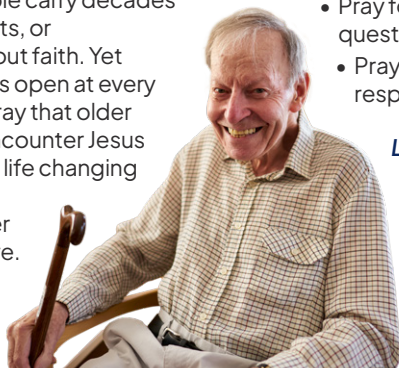
Father, build churches where every generation belongs. Help us honour older believers, learn from them, and walk together in unity. Amen.

Day 5 Friday 2nd October

Older people coming to faith

Bible Verse: *"'Even now,' declares the Lord, 'return to me with all your heart!'"* Joel 2:12

Many older people carry decades of questions, hurts, or assumptions about faith. Yet God's invitation is open at every age. Today we pray that older people would encounter Jesus in a personal and life changing way, discovering hope that is never too late to receive.



Prayer focus

- Pray for older people who have never encountered Jesus or who feel faith is "not for them."
- Pray for courage to ask spiritual questions and openness to God's love
- Pray for Christians to share faith gently, respectfully, and with hope

Lord Jesus, draw older hearts to Yourself. Let Your love break through loneliness, fear, or past hurts. May many discover new life in You in their later years. Amen.

Day 6 Saturday 3rd October

The social care sector

Bible Verse: *"Speak up for those who cannot speak for themselves... defend the rights of the poor and needy."* Proverbs 31:8-9

The social care sector carries enormous responsibility, supporting older people with compassion and professionalism. Yet it often faces pressure, under funding, and staff shortages. Today we pray for strength, wisdom, and justice across the whole system.



Prayer focus

- Pray for the social care system in the UK and globally – its funding, leadership, and sustainability
- Pray for wisdom for policymakers and compassion in every decision
- Pray for high quality, person-centred care for all who need it

Lord, strengthen the social care sector. Guide leaders, protect everyone who relies on social care. Please bring justice and compassion to every level of care. Amen.



Day 7 Sunday 4th October

Older people around the world

Bible Verse: "Defend the weak and the fatherless; uphold the cause of the poor and the oppressed."

Psalm 82:3

Around the world, millions of older people face poverty, displacement, conflict, and lack of healthcare. Many live without family support or social protection. Today we pray for justice, safety, and dignity for older people globally.

Prayer focus

- Pray for older people in countries affected by poverty, conflict, or displacement
- Pray for access to healthcare, food, safety, and community
- Pray for governments and NGOs working to protect vulnerable older adults

God of the nations, be near to older people who face hardship around the world. Provide for their needs and raise up people who will defend their dignity. Amen.



Closing blessing

May God's compassion guide our prayers, shape our actions, and deepen our love for every older person He has created. Amen.



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 fortnightly email dedicated to sharing things to thank God for as well as things to ask Him for
- The Pilgrims' Magazine comes out once a quarter and has a Prayer Guide insert 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 Facebook and Instagram share weekly prayer posts featuring people and things to pray for



To sign up for our newsletters/ magazine please visit
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A downloadable version of this resource is available at

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or get in touch if you want it posted directly to your door.



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