



## Overseas

Pray for young people  
in a war-torn country  
or  
The work of a charity  
you know who works  
overseas



## Life

Pray for someone who  
has lost someone  
they love—or  
Pray for your own  
worries and stresses.



## School

Pray for someone  
who finds school  
difficult—or  
Pray for help to steer  
away from bad  
influences.



## Family

Pray about relationships within your own family—or  
Pray for a family member who is sick /  
needs God's help.



## Friends

Pray about relationships within your friendship group—or  
Pray for someone you know who has no friends and is lonely.



## The future

Pray for guidance for what to do when you leave school —  
or  
For how best to spend your time and money.