

Pray for Peace in Ukraine

60 Minute Prayer Guide

This 60 minute prayer guide has been created to help you pray for Ukraine as an individual, family, or group. You'll need a bible, candle & lighter, paper, pen, scissors, and a lamp or flashlight. Feel free to adapt this guide to your own needs.

Pause 10 MINUTES

Be still and welcome God's presence.

You might like to sit somewhere comfy and take a few deep breaths, or pray a simple, short prayer such as "God, I welcome your presence" or "Come, Holy Spirit".

Pray through Psalm 46

Read the whole Psalm out loud once or twice, before using it to form the basis of your prayers.

*God is our refuge and strength,
an ever-present help in trouble.*

*2 Therefore we will not fear,
though the earth give way
and the mountains fall into the heart of the sea,*

*3 though its waters roar and foam
and the mountains quake with their surging.*

*4 There is a river whose streams
make glad the city of God,
the holy place where the Most High dwells.*

*5 God is within her, she will not fall;
God will help her at break of day.*

*6 Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.*

*7 The Lord Almighty is with us;
the God of Jacob is our fortress.*

*8 Come and see what the Lord has done,
the desolations he has brought on the earth.*

*9 He makes wars cease
to the ends of the earth.*

*He breaks the bow and shatters the spear;
he burns the shields with fire.*

*10 He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."*

*11 The Lord Almighty is with us;
the God of Jacob is our fortress.*

Rejoice and Reflect 10 MINUTES

Rejoice and Praise God

You could invite the Holy Spirit to remind you of moments of God's love, faithfulness and goodness. You might like to play or listen to your favorite worship music, or write down your prayers of thanks.

Reflect on the qualities of God that the Bible proclaims

You could look up the Bible verses below, or choose qualities that are meaningful to you in this present moment. You could write your reflections and thanksgiving on paper or in a journal.

God is our protector (Psalm 5:11) **God is our strength** (Psalm 28:7) **God is our rock** (Psalm 18:2)
God is our refuge (Psalm 46:1) **God is our redeemer** (Psalm 19:14)

Ask 30 MINUTES

The prompts below contain creative ideas to help you pray in different ways for peace in Ukraine. You might like to work through all of them, or spend extra time focusing on just one or two areas.

Peace

Light a candle and take a moment to focus on the light of Christ. As you focus on the light and peace that Jesus brings, begin to speak out prayers of peace over the crisis in Ukraine. You could declare Bible verses as prayer or pray for ceasefire; for peace talks; for peace in the hearts of those who are afraid. Give space for the Holy Spirit to prompt and guide your prayers, and pray peace into whatever God brings to your mind when thinking about the conflict.

People

Take paper, scissors, and a pencil. Cut out shapes in the form of people and write prayers for the people who are affected by the war; those who are refugees, those handling the refugee crisis; those staying in the country and those facing war. As you write the prayers, begin creating a prayer chain of people by linking them together by their arms. You could pray for unity across all people as you do this.

Presence

As you listen to or read the news about the war in Ukraine pray for God's presence. As you pray, imagine the spirit of God falling on the people in Ukraine, and declare God's strength and goodness over them.

Protection

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, 'He is my refuge and my fortress, my God, in whom I trust'" - Psalm 91:1-2, NIV

With a light (this could be a lamp, a flashlight or phone flashlight) place something in front of it to cast a shadow. In the shadow place a piece of paper, and write the names of people or places in Ukraine you are praying for protection over; that they might rest in the shadow of the Almighty. You could also draw a map or write prayers of protection within the shadow cast.

Yield

10 MINUTES

Invite God's kingdom to come and will to be done with this prayer written by Pete Greig*:

Father God, King of all nations, I cry out to you now for the people of Ukraine. I ask you to rescue those who are vulnerable from the hands of their enemies that they may live without fear before you all their days [Luke 1:74-75].

Kyrie eleison – Lord have mercy.

Lord of lords and Prince of peace, our politicians are predicting the biggest war in Europe since 1945, and I simply cry out to you urgently to write another story in our time. Thwart the dark machinations of evil men. Give wisdom beyond human wisdom to peacemakers seeking an equitable and less violent way. May politicians exercise the wisdom from above, which is peaceable, gentle, willing to yield, and full of mercy [James 3:17].

Kyrie eleison – Lord have mercy.

Holy Spirit, I pray for the church in Ukraine, a nation in which 70% of the population call themselves Christian. Give my many brothers and sisters in that nation courage in this crisis that they may proclaim the good news of your kingdom, bind up broken hearts, and bring comfort to all who mourn. [Isaiah 61:1-2].

Kyrie eleison – Lord have mercy.

You Lord, make wars cease to the end of the earth; you break bows, shatter spears, and burn shields with fire [Psalm 46:9]. And so I ask you now to save the lives of many people in Ukraine. Make a peace that is strong and not weak. De-escalate this crisis. I hear of wars and rumors of wars (Matt. 24:6), but you Lord are our rock, our fortress and our deliverer. My hope is in you. And so I address the nations now. In the name of Jesus I say: "Be still and know God! He is exalted among the nations; he shall be exalted in the earth [Psalm 46:10].

Kyrie eleison – Lord have mercy.

Lamb of God, who takes away the sins of the world, have mercy upon us. Lamb of God, who takes away the sins of the world, grant us peace. Amen.

*Adapted from the original: <https://www.24-7prayer.com/a-prayer-for-the-crisis-in-ukraine/>