



Uniting our hearts in *prayer*

Finding hope and rest

Jesus calls for all those who are weary to come to him for rest in Matthew 11:28-30. These verses described Boitumelo's* reality. Struggling with personal issues for years, she found solace through the TWR Women of Hope Botswana prayer group. For Boitumelo, participating in the group lightened her burdens as she realized that women worldwide face similar challenges. The sense of community empowered her to open up about hidden struggles, gain confidence and improve her relationships.

In Botswana, Christianity is the dominant religion, composing almost 70% of the population.

Despite this, women face numerous challenges, including limited access to education, health care and economic opportunities, particularly in rural areas. Social norms often place a disproportionate burden on women as caregivers while constraining their ability to pursue personal growth.

Botswana is consistently ranked among the worst countries globally for reported gender-based violence in non-conflict settings. Two-thirds of the women in Botswana have experienced abuse, a proportion more than double the global average. More than 44% of men in Botswana admit to being perpetrators of violence.** Despite efforts by Botswana authorities to combat gender-based violence, a report stated that 93 women were raped and 10 murdered during the late-December festive season in 2024.**

STORY OF
hope



EASTERN
CAPE TEAM
MEMBERS

TWR Women of Hope addresses these challenges by fostering spiritual growth and emotional healing. Through these prayer groups, women's hearts are connected, and women find hope through this ministry. Boitumelo is in the process of healing with the support of these sisters in Christ who are helping her journey from heaviness to a place of confidence.

As she continues praying for herself and others, she embodies the message of Jesus in John 3:16: "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

– By Lerato Bwire, Botswana National Coordinator

2025

JULY

Lifting up women of East & Southern Africa in prayer

AUGUST

Praying for women living in bondage

Living in darkness and hearing hope

Confessing guilt brings freedom from Director Susie Pek

A persevering heart A Word of Hope

Hope & healing
in Jesus for women

* Name changed for privacy ** Statistics from reports by the Botswana government and Voice of America

July

1. Father, please bring an end to the high rate of gender-based violence in Selebi-Phikwe, **Botswana**, especially for Christian women with unbelieving husbands. (Rom. 8:18)

2. Lord, may cultural and legislative advances be made in **Burundi** so that women will have equal rights in owning property and receiving their inheritances. (Prov. 31:16)

3. Father, we ask that the women in **Comoros** have the same ability as the men to access quality education and health care. (Gal. 3:28)

4. God, we pray that you would enable women in **Djibouti** to have opportunities for work that will break the poverty cycle. (Phil. 4:19)

5. Lord, we ask that you provide access to good education and maternal health care for women in **Eritrea**. (Jer. 33:6)

6. May widows in **Eswatini** be honored and protected from stigma. Father, provide for their needs and grant them justice. (Ps. 68:5)

7. Lord, enable **South African** girls and women to find their worth in you and to embrace the truth that you view them as fearfully and wonderfully made. (Ps. 139:14)

8. God, strengthen Norea Media Mission and its partners as it continues trauma training for women of **Zanzibar** and **Pemba**. Guide the training for leaders taking place in October 2025. (Luke 4:18)

9. Father, we ask that women in **Kenya** be included in decision-making processes and leadership roles in every aspect of their lives. (Prov. 31:26)

10. God, we pray for an end to domestic violence in **Madagascar** and for women to receive justice and the support they need. (Ps. 46:5)

11. Lord, break down cultural barriers that rural women face in accessing maternal health care in **Malawi**. May their communities provide safe, dignified care for them. (Ps. 28:7)

12. God, please work in the hearts of those who do not value women in **Mauritius**. May gender discrimination in the workplace be eliminated. (Rom. 2:11)

13. Lord, may female-headed households in **Mozambique** overcome poverty and gain access to resources to help their families thrive. (Ps. 34:6)

14. Father, help men in **Rwanda** to understand and participate with their wives in the important responsibilities of caring for their families and homes. (Matt. 11:28)

15. Lord, bring loving unity to marriages in **Tanzania**. May spouses seek the well-being of their families. (Mal. 2:16)

16. God, bring healing to the victims in **Uganda** of gender-based violence. May their voices be heard and bring societal change. (Ps. 103:6)

17. Father, may your love and healing restore the broken hearts of children in **Eswatini** experiencing trauma because of violence, poverty or loss. Bring them hope, safety and peace. (Jer. 17:14)

18. Father, in your power, uproot the spirit of violence as **South Africa** experiences crime, gender-based violence and femicide. Bring heart transformation to the perpetrators. (Gal. 5:19-21)

19. God, we pray for change in cultural norms and roles that marginalize women in **Somalia**. Help each woman there to find freedom to reach her full potential. (Ps. 9:9)

20. Thank you, Lord, for using women leaders' courage and wisdom to advance peace in **South Sudan**. Bless their efforts at bringing reconciliation to their nation. (Matt. 5:9)

21. Father, we ask that you intervene in the lives of women in **Tanzania** who face severe domestic violence. (1 Cor. 13:4-7)

22. Lord, as Christians in **Zanzibar** and **Pemba** are a segregated minority in society, strengthen them to persevere and participate in government decision-making processes. (Rom. 5:3-5a)



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23. God, may educational and financial opportunities be restored to **Zambian** women whose jobs were lost and schooling halted during the pandemic. (Prov. 1:5)

24. Lord, strengthen grandmothers in **Zimbabwe** who care for their grandchildren while the parents work as migrant laborers in neighboring countries. (Isa. 40:31)

25. May the Lord provide wisdom to **Eswatini** leaders as they navigate challenges of reduced aid funding, particularly affecting the health-care sector. (James 1:5)

26. We pray that jobs will be restored within **South Africa's** economy so that people, especially young people, can find work and provide for themselves. (2 Thess. 3:10-12)

27. God, open up opportunities in the lives of women in **Uganda** who face barriers in



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Bringing hope and healing in Jesus to women around the world and across generations



education, health care and financial well-being. (Ps. 146:7)

28. Lord, give wisdom to government officials in **Zanzibar** and **Pemba** as they seek to create employment for their people and alleviate poverty. (Deut. 8:18)

29. Lord, grant innovation to the youth of **Eswatini** to identify ways to use their skills to establish businesses in their communities. (Col. 3:23)

30. Father, restore missing children in **South Africa** to their grieving parents. May the guilty be prosecuted and find transformation in you. (Jer. 31:17)

31. Lord, 98% of the ladies in the Zingwe Zingwe prayer group on the island of **Zanzibar** are illiterate. Create a way for them to learn to read so they may follow the prayer calendar and read the Bible. (Prov. 4:13)

August

1. God, encourage the believers in the **Albanian** women's prisons to stand strong in you and to freely share their stories of faith with those around them. (2 Tim. 1:8)

2. Father, we ask that you raise up churches in **Bonaire** to be able to care for and bring hope to those who are victims of sex and labor trafficking. (Ps. 72:12)

3. Lord, we pray for justice for rural workers in northern **Brazil** who are exploited. May the authorities enforce labor laws in that area. (Prov. 14:31)

4. Lord, set free those in **Cambodia** who struggle with internet use that results in sexual exploitation or gambling addiction. (John 8:36)

5. Father, we pray against exploitation of Haitian, Venezuelan and other migrants in **Chile** who face abusive labor conditions, especially in agriculture and construction. (Deut. 27:19)

6. Father, we ask you to protect women who are at risk of being trafficked to **China** to become brides because of the gender imbalance there. (Ps. 32:7)

7. Father, please rescue victims of armed conflict in **Colombia** who are forced to work under inhumane conditions. Protect them and give them justice. (Isa. 61:8)

Living in darkness

A local pastor spotted Zandi* as she walked along the dusty road in a large township outside of Gqeberha tapping her white stick to help her find her way. He was preparing for a TWR Women of Hope meeting at his church and stopped to invite her to come along. This pastor knew that TWR Women of Hope distributes audio devices to women's groups.

Well, not only did she come, but she brought two of her visually impaired friends along with her! There she shared her story with us. Ten years ago, she became blind. Then, last year, her 20-year-old son, just out of school and looking forward to studying at university, suddenly got very ill, was diagnosed with kidney failure and needed dialysis. She struggled deeply with this devastating news.

We had only one audio device with us and gave it to her. How excited she was to be able to hear the Word of God being read and to receive teaching and encouragement from the *Women of Hope* messages – and all this in her heart language of isiXhosa!

IsiXhosa is spoken predominantly in Eastern Cape, a beautiful mountainous region. There, the homes in the countryside are scattered, and the hills make access

very difficult. To effectively reach the women in this part of the world, audio devices are used. These have selected program content together with the Bible. These devices become teachers not only to the women who come together to meet and pray but also to those in their homes and families.

We distributed devices through a pastor who is responsible for 15 churches in a rural area. He reported back to us that one Sunday when he visited one of his churches, he heard what sounded like a radio playing. The elder said they use the audio player every Sunday – listening to a Bible passage and a *Women of Hope* program. It has become like a pastor to them!

In a different remote area, another pastor was so pleased to be able to use her audio player with her group of illiterate elderly women who walk a long way to meet each week.

Jesus said in John 8:12; "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." May God's Word and the *Women of Hope* programs bring light to all who hear them, but especially to the three visually impaired women we encountered that day.

**Name changed to protect privacy*



By **Lyn Burnett**

TWR Women of Hope, Eastern Cape, South Africa

JOIN US FOR OUR VIRTUAL prayer. gathering

JULY

No gathering

AUGUST 7

Borgelina Burgos
of Dignitate Brazil,
on human trafficking

Sign up at [twrwomen
ofhope.org/events](https://twrwomenofhope.org/events)

8. God, we pray for those trapped in prostitution in the **Dominican Republic**. Provide them with dignified work and emotional and spiritual healing. (Ps. 107:20)

9. Father, rescue victims of human trafficking in **Eswatini** and lead them to freedom. Heal their wounds, restore their dignity and fill them with hope for a new beginning. (Isa. 61:1)

10. Lord, we pray that the practice in **Ethiopia** of pressuring young girls to marry will be ended and that women will achieve increased literacy. (Jer. 29:11)

11. Heavenly Father, please help the women in **Indonesia** trapped by predatory loans. Provide a way out for them and lead them to financial freedom and peace. (Ps. 72:4)

12. God, we ask that you rescue children in **Japan** from sexual violence and exploitation. Please strengthen those who seek to help them. (2 Thess. 3:3)

13. God, please protect the vulnerable women and girls in the tourist and border areas of **Mexico** from being trafficked. Raise up churches and the government to defend them. (Isa. 1:17)

14. Lord, we ask that the government in **Mongolia** would enact laws to stop sexual exploitation and human trafficking, including forced labor, for young people. (1 Tim. 2:1-2)

15. Father, please give justice and strength to the women in **Myanmar** imprisoned for defending human rights. Please protect the children forced to stay with them. (Prov. 21:15)

16. Father, please protect the prostitutes in the Red Light District in the **Netherlands**. Draw them to your light so they may seek and find you. (2 Cor. 5:17)

17. God, we ask for laws to protect girls forced into early marriages in **Nicaragua** and for changes in the cultural norms that encourage this practice. (Ps. 140:12)

18. Comfort the hearts of **North Korean** parents whose children are fighting in the Ukraine-Russia war. Bring peace to the fighting, Lord, so that families may be reunited. (2 Cor. 13:11)

19. Lord, please bring change to the traditions in **Papua New Guinea** that devalue women and force girls to marry young. Restore their worth and protect their dignity. (Isa. 58:6)

20. Heavenly Father, please rescue those in **Paraguay** who are working as domestic servants and have no protection or rights. Provide them with safe homes. (Ps. 82:3)

21. Lord, we intercede for women who are physically or verbally assaulted within their families or workplaces in **Romania**. Please stop the abusers and guide these mistreated women to you. (Ps. 64:1)

22. Father, bring holistic healing, restoration and hope to those who have been victims of human trafficking in **Russia**. (Jer. 30:17)

23. As kidnappings and human trafficking escalate in **South Africa**, Father, rescue and bring healing to the victims. May these kidnapping rings be dismantled. (Ps. 82:4)

24. Lord, turn the hearts of women prisoners in **Spain** who have come to know you toward their families with a desire to care for their loved ones. (Isa. 49:15)

25. God, give a hunger and thirst to those in **Swiss** prisons to read the Bibles available to them. Open their hearts to respond to your invitation of salvation. (1 Tim. 2:4)

26. Due to life's difficulties, many women in **Tanzania** take loans that they cannot afford to repay and therefore lose their belongings and homes. Lord, open the way for these women to support themselves. (Prov. 22:7)

27. Heavenly Father, please heal the children of **Timor-Leste** who are victims of war



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and exploitation. In your mercy, please comfort them, restore their lives and protect them. (Matt. 19:14)

28. Violence, economic instability and the lack of freedom have caused many in **Venezuela** to leave their nation. Father, protect and bring restoration to those experiencing sexual and labor exploitation abroad. (Lam. 3:34)

29. God, two-thirds of the women in **Vietnam** face partner abuse, including emotional, physical, economic and physical harm. Please protect, provide comfort for them and change their situations. (Ps. 34:18)

30. Father, minister through our leaders Arta and Vita as they share your love with women in **Albanian** prisons and establish good relationships with the prison staff. (John 13:34-35)

31. Father, please free children who are forced to work as servants and suffer abuse in **Haiti**. Restore them emotionally and give them better lives. (Deut. 10:18)



Confessing guilt brings freedom

*“Therefore,
there is now no
condemnation
for those who are
in Christ Jesus!”*

– ROMANS 8:1

Our prayer focus for August centers on the reality of “living in bondage.” This is a hard topic, as the struggles some women encounter can feel unbearable, even irreversible. It’s in these moments that we turn to prayer, acknowledging that only the Lord is God, and he is all-powerful. For him, nothing is impossible.

As we contemplate the theme of bondage, it’s crucial to recognize that a different form of constraint can affect not only those facing difficult external circumstances but also all of us at various times. I’m speaking of the bondage of guilt. Lilly’s story serves as an illustration of how this form of captivity can manifest.

“Mea culpa, mea culpa, mea maxima culpa!” This lament, a cry of profound guilt voiced in a Catholic prayer of confession, was Lilly’s constant companion. Though the burden was immense, she had grown accustomed to navigating life under its oppressive weight. This relentless “enemy” had shadowed her for three decades, making life weighty.

Finally, the day arrived when she could no longer endure bearing this burden. With deep anguish, she confided in a friend, seeking to understand the invisible force holding her back. Her friend, filled with compassion and attuned to the Spirit, gently stated, “Lilly, you need to confess to the Lord the guilt you have been carrying. The burden is no

longer yours. It was fully dealt with on the cross.”

Suddenly, everything began to align. The two women prayed together, and as Lilly poured out her confession to the Lord, she immediately felt an enormous weight lift from her shoulders. She embraced newfound freedom.

Lilly’s experience is not isolated; it mirrors the silent struggles of countless women shadowed by guilt. However, when we address the topic, it’s vital to distinguish between two distinct forms: false guilt and true guilt. If the guilt we carry is unfounded, then we must actively resist allowing it to take root in our minds and hearts, preventing it from dominating our thoughts and actions.

Conversely, if the guilt stems from actual wrongdoing, we no longer need to bear its weight alone. As Scripture assures us, “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9).

Have you, like Lilly, ever felt trapped within yourself, as though a slave to your own conscience? Have you experienced the torment of guilt, feeling dominated and controlled by its relentless presence? Perhaps you have internalized negative pronouncements and accusations throughout your life, becoming a captive to their influence, acting impulsively as if under an oppressive power

from which escape seems impossible. Or perhaps you are burdened by the consequences of past choices, unable to break free from genuine guilt, even after sincere repentance and a commitment to change.

If any of this resonates with you, remember the profound source of hope: Christ possesses the power to liberate us completely. He illuminates our lives with truth, dismantling every lie spoken against us, shattering every false accusation. He frees us from the haunting echoes of the past and offers us a new life, a fresh beginning.

Jesus declared, “And you will know the truth, and the truth will set you free” (John 8:32). Christ is the way, the truth and the life (John 14:6). In Romans 8:33-34, we find this affirmation: “Who shall bring any charge against God’s elect? It is God who justifies. Who is to condemn? Christ Jesus is the one who died – more than that, who was raised – who is at the right hand of God, who indeed is interceding for us.”

And 2 Corinthians 5:17 proclaims, “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come!” Jesus sets us free from the bondage of sin, the sting of condemnation, the weight of accusations and the debilitating burden of both false and true guilt. In Christ, freedom is absolute and complete.





Lisa Hall
International Prayer Coordinator
for TWR Women of Hope

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

– JAMES 1:2-4

I think the most satisfying books and movies are the ones in which the main characters go through extremely difficult circumstances, but they are not destroyed by them. Instead, the perseverance they display actually makes them into better people.

The Father desires us to become like his Son, Jesus, and he wants our faith in him to grow and mature as we learn to trust him in all things. And the way that God usually produces this growth is through challenges in our lives. James 1:3 says that the testing of our faith produces perseverance. But there is a stipulation: It does this only if we don't run away from the difficulties but rather allow the pressure of the circumstances to mature us.

If God wants us to have persevering hearts so that we can become more Christlike, how do we practically accomplish this? What do we need to understand and embrace? And even more importantly, what hope can we cling to as we walk through difficulty?

There is no getting around this truth – some of God's words are hard to receive. Learning perseverance through trials and testing can be a difficult truth to embrace. It is only through knowing the Father's heart of love for us and acknowledging that he is a good Father that we can willingly accept these words for our lives with courage and hope.

We don't need to fear, for we are not alone.

Trials in life can be hard, but God tells us that we will not face them alone. Just as he told Joshua, he tells us, “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you” (Deut. 31:6).

God promises to walk by our side. We can draw such comfort and strength from his vow that when we “pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze” (Isa. 43:2).

We are called to stand firm.

This is a deliberate act of our will to choose not to give up or run away in our time of testing. As Paul discusses the armor of God in Ephesians 6:13, we are told, “Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand (my emphasis). It's not our job to fight or conquer – that is the job of God and his warrior angels.

But we can stand our ground using the truth of the Scriptures just as Jesus did against Satan's temptations in the wilderness.

Paul wrote in 2 Thessalonians 2:15 that we are also to “hold fast to the teachings” of God. We need to cling to the truths that we have been taught about God, his character and how he interacts with us in this life. The Father longs for us to believe him and not doubt. When we fix our minds on Jesus and the life he modeled for us, it enables us to stand firm in what he taught.

We place our faith in Jesus, who understands our trials.

“Since he himself has gone through suffering and testing, he is able to help us when we are being tested” (Heb. 2:18).

Jesus faced temptations and trials in every way that we do and now intercedes for us as we walk a similar path. Friends, as we stand firm through difficult times with God alongside us, let's call out to him “so that we may receive mercy and find grace to help us in our time of need” (Heb. 4:16).