



Uniting our hearts in prayer

From one radio to many hearts

TWR Women of Hope in Zanzibar, Pemba and Tanzania is quietly changing lives – one listening heart at a time. In these regions, where the majority population is predominantly another religion and traditional beliefs remain strong, Christian teaching is often scarce or hard to access. Yet through radio programs, audio devices, community gatherings and training, TWR Women of Hope is bringing hope, education and spiritual growth to women and families who hunger for truth.

In Mama Sarunye's home, the sound of the radio is more than just music or voices – it is the sound of family. Whenever the radio is turned on, her daughters come running, listening with full attention.

Through educational programs, they learn new things about life, people and the world around them. And through spiritual programs, they grow in faith, in values and in the understanding of what it means to love and serve God. More than knowledge, the radio has become a bond, bringing Mama Sarunye and her daughters closer and filling their home with love, respect and togetherness.



In many communities across Tanzania, radios are scarce.

A single radio becomes a shared treasure, drawing women together to listen. They sit close, lean in and absorb messages of encouragement, biblical truth and practical wisdom.

In places where radio signals do not reach, TWR Women of Hope provides preloaded audio devices so women can listen on their own or in small groups,

even in the most isolated areas. After listening, they meet in small groups to discuss what they have learned, share their struggles and pray together. These gatherings have become safe spaces where burdens are lifted and friendships are formed.

TWR Women of Hope also trains local women to lead these groups, facilitate discussions and mentor others. These leaders become beacons of hope in their communities, helping others apply biblical teaching to everyday challenges. Through radio, audio devices and face-to-face fellowship, TWR Women of Hope is reaching women and families across Tanzania – bringing the light of Christ into dark corners and planting seeds of lasting change.

– *Joyce Malima, Tanzania National Coordinator*



2026

MAY
Lifting up the women of East and Southern Africa in prayer

JUNE
Praying for the family

Hope amid trials in Ethiopia

Family: A place of grace from Director Susie Pek

Devoted to God
A Word of Hope

Hope & healing in Jesus for women

May

1. Lord, heal **Angolan** women scarred by war, poverty and loss. Provide their daily bread and bring them hope. “[The Lord] heals the brokenhearted and binds up their wounds” (Ps. 147:3).
2. God, protect every vulnerable female in **Botswana** from exploitation and abuse and release the oppressed. May your healing power bring holistic health to victims of violence. (Ps. 9:9)
3. Lord, uplift **Comoros** island women trapped in poverty and isolation. Please provide them hope, sustenance and opportunities for education. (1 Pet. 5:7)
4. Father, may couples in **Eswatini** honor their marriage covenants and choose to work out their differences so that families are not broken by separation or divorce. (Eph. 5:31-33)
5. God, strengthen the believers in **Ethiopia** who are persecuted for their faith. May they identify with Jesus and find grace to stand in you. (1 Pet. 4:13-14)
6. Lord, shield **Kenyan** women from gender-based violence and abuse. Grant them courage, justice and healing, for you are their refuge and stronghold in times of trouble. (Ps. 18:2)

7. Lord, break the chains of child marriage in **Madagascar** as you open educational doors for girls and bless them with wisdom and unshakeable purpose. (Ps. 138:8)

8. God, protect **Mauritius** women from human trafficking, violence and exploitation. Please bring swift justice, deep healing and lasting peace through your merciful love. (Ps. 34:18)

9. Father, in Jesus’ name, heal **South Africa** from harmful patriarchal norms that endanger women and restrict their safety, health and economic freedom. (Gal. 3:28)

10. God, bring healing for women in **Tanzania** suffering from illness, emotional trauma and spiritual wounds. May they find peace and health in you. (Isa. 61:1-3)

11. May women in **Botswana** recognize their value in your eyes, Lord. Enable them to use their talents for you and as leaders in their families and communities. (Eph. 2:10)

12. Lord, stop the abomination of **Eswatini** girls being raped when they go to their uncles or other relatives to ask for help with school fees and supplies. (Ps. 82:4)

13. Your Word says that you deliver your people “from death and keep them alive in famine.” Father, provide for your children in the **Somali** region of Kelafo. (Ps. 33:18-19)



ESWATINI
TEAM
MEMBERS

14. God, deliver from the kingdom of darkness to your kingdom of light and life **South African** women who have been trained as traditional healers. (Col. 1:13)

15. Lord, bring financial breakthrough, employment and business opportunities for women in **Tanzania**, blessing the work of their hands and breaking the cycle of poverty. (Phil. 4:19)

16. Father, we pray for the restoration of **Botswana** households. May there be peace, communication and healing in all relationships. (Rom. 12:18)

17. Lord, we pray against gender-based violence in **Eswatini**. May the killing of women by their loved ones stop in Jesus’ name. (Prov. 11:29)

18. God, please bring peace to the Tigray region of **Ethiopia**. Work peace in the hearts of the leaders so that the suffering of the people may stop. (Ps. 27:1-3)

19. Lord, break harmful expectations in **South Africa** that diminish single women. Let them know their worth in you so that they never feel pressured to marry. (1 Cor. 7)

20. Heavenly Father, we ask for your protection for women and girls in **Tanzania** from human trafficking, exploitation and deception. (Ps. 127:7-8)

21. Lord, clothe the women of **Botswana** with strength and dignity so they may speak and walk in wisdom and face the future without fear. (Prov. 31:25)

22. Father, we pray for **Eswatini’s** children living in deep poverty, leading their households and having the heavy responsibility of caring for their younger siblings. (Prov. 19:17)

23. God, you are the just judge and see the women in **Ethiopia** experiencing oppression. Advocate for them, Lord, that they may receive justice. (Ps. 103:6)



ESWATINI,
ETHIOPIA,
& BOTSWANA
LEADERS (LEFT
TO RIGHT)

OUR VISION

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



ZANZIBAR
TEAM
MEMBERS

24. Lord, set women free in **South Africa** who are being deceived by wicked religious men who preach your Word but their hearts and actions are far from you. (Matt. 15:8-9)

25. Father, please protect the girls of **Tanzania** from early marriages and teenage pregnancies, preserving their future and destiny in you. (Jer. 29:11)

26. Lord, bring emotional stability, mental peace and freedom from anxiety, depression and fear among women undergoing healing from trauma in **Zanzibar** and **Pemba**. (Ps. 34:4)

27. Enable the women of **Botswana** to remain steadfast in you, Father, as they navigate the challenges and anxiety of life through your grace and wisdom. (James 1:5)

28. God, you govern all the nations. We pray for peaceful and fair June elections in **Ethiopia**. May righteous and just leaders be elected. (Prov. 29:4)

29. Lord, bring justice, protection and restoration for **South African** women who have been exploited by the very ones who should be supporting them. (Exodus 14:14)

30. God, we pray for peace, understanding, and love

in families and marriages in **Tanzania**. Bring healing where relationships are broken. (Col. 3:15)

31. Help women in **South Africa**, Father, to trust and delight in you, believe your word and embrace how much you value them. (Ps. 37)

June

1. Lord, touch the hearts of busy fathers in **Indonesia**, leading them to be present, loving and involved with their children. And grant them wisdom to balance work and family. (Ps. 103:13)

2. Reveal yourself, Father, to the 1.2 million single mothers in **Japan** so they can find meaning and hope as they balance work and child-rearing amid loneliness and pressure. (Deut. 10:17-19)

3. Lord, please bring loving caregivers to the children in **Papua New Guinea** who lost parents to HIV/AIDS. Surround them with your love, comfort and protection. (Isa. 41:10)

4. Strengthen families in **Paraguay**, God, to establish the foundation of their homes on biblical principles rather than on current mindsets that change over time. (Josh. 24:15)

5. Father, lead **Portuguese** women to find their worth and

Hope amid trials

Ethiopia's Tigray, Somali and Afar regions are home to resilient women facing immense hardships from conflicts, unyielding cultural traditions and harsh climates.

Women in Tigray grapple with postwar trauma, sexual violence, massive displacement and dwindling leadership roles. Somali region women endure severe time deficits with endless treks for water and fuel, clan violence, child marriage and economic exclusion compounded by reoccurring droughts. Afar women confront similar arid struggles: scarcity of resources, threats from interclan conflicts, diminished decision-making and exclusion from peace processes.

Yet TWR Women of Hope shines Christ's light through its impactful programs reaching these remote sisters via radio broadcasts tailored to their realities. Episodes typically start with relatable, everyday scenarios – a Tigrayan mother shielding her children from war's hatred and violence; a Somali nomad battling thirst under the scorching sun; or an Afar wife navigating family tensions after drought losses. These stories draw women by mirroring their pain. Then they gently point

to Jesus Christ as the ultimate source of hope and healing, drawing from Scriptures like John 16:33: "In this world, you will have trouble. Take heart! I have overcome the world!"

Our TWR Women of Hope teams conduct occasional visits to these difficult-to-reach areas. Their purpose is to foster personal relationships through live discussions, prayer gatherings and friend-to-friend encouragement. They also distribute solar-powered audio devices which secure private listening – tucked discreetly under shawls – free from society's detection or family scrutiny.

One transformed listener shared: "We lived for a long time with other religions that kept us far from the knowledge of the true God. God sent his Son, Jesus Christ, to die on the cross of Calvary to give us eternal life. We are incredibly happy to be children of Jesus Christ. Our children are an important part of sharing this great gospel. They are a generation whom God will bless and use."

As women in Ethiopia interact with our TWR Women of Hope programs and team members, not only are cycles of despair breaking, but they also are experiencing spiritual renewal and finding true hope.



By **Sphiwe Nxumalo-Ngwenya**
Africa Regional Coordinator

JOIN US FOR
OUR VIRTUAL
prayer
gathering

MAY 7

Sphiwe Nxumalo-
Ngwenya, 'Updates
From East and
Southern Africa'

JUNE 4

Susie Pek, 'The Family'

Sign up at twrwomenofhope.org/events

rest in you. Grant them wisdom to manage their time, peace when making difficult decisions and trust in your faithful provision. (Ps. 23:1)

6. **Romania** faces a troubling rise in women killed by partners. Lord, protect vulnerable women and guide authorities toward effective solutions to end this alarming violence. (Ps. 82:3)

7. God, may fathers in **South Africa's Eastern Cape** province not abandon their families but instead compassionately provide for and lead their children by example. (Eph. 6:4)

8. Merciful Lord, with 40% of **South Korea's** elderly in poverty, empower leaders to create effective care that brings real solutions and supports those who feel hopeless and depressed. (Lev. 19:32)

9. Father, please give strength and comfort to the elderly in **Timor-Leste** who feel weak, lonely and forgotten. Help families and communities honor, love and care for them well. (Isa. 4:26)

10. May single mothers in **Uruguay** find their identities, wisdom, provision and protection in you, Lord. Strengthen them to raise their children in a healthy environment. (Ps. 121:7)

11. God, strengthen the love of couples in **Vietnam** who are struggling in their marriage relationships. Please bring healing, understanding and forgiveness between them. (Col. 3:13-14)

12. Lord, strengthen single moms in **Albania** as they care for their children even while working more than one job to afford rent, food and basic necessities. (Ps. 132:15)

13. Raise up wise leaders on **Bonaire** to teach the youth how to walk boldly in faith so they do not give in to the spirit of fear, intimidation and insecurity. (2 Tim. 1:7)

14. Break the bondage, God, of social media over **Botswana** parents and children who are isolated from one another. Build back strong communication and relationships between them. (1 Thess. 5:11)

15. Lord, may men and women in **Cambodia** value faithfulness in marriage and dedication to their families, setting an example of fidelity for their children. (Matt. 19:5-6)

16. Save the family unit in **China**, merciful Father, amid record-low marriages, rising divorces, delayed childbearing, work pressure and infidelity. May they turn to you for healing. (1 Cor. 13:7)

17. Comfort children in **Denmark**, Lord, whose hearts are broken because of their



parents' major conflicts. Draw them into your loving, powerful arms. (Ps. 50:15)

18. May women in the **Dominican Republic** take responsibility to raise their children in the admonition of the Lord, giving them the attention and special touch they need. (Eph. 4:2)

19. Enable young people in **Eswatini** to walk in purpose and purity, Father. May schools and youth ministries become places of hope and transformation. (1 Tim. 4:12)

20. As the **Finnish** population ages, may they do so with dignity. God, give strength to relatives and those caring for the elderly. (Isa. 46:4)

21. Revive your children in **France**, Lord, to live in intimate relationship with you! Almost two-thirds of the people call themselves Christian but don't read the Bible or go to church. (Matt. 28:19-20)

22. God, as the number of isolated elderly people rapidly increases in **Japan**, may churches reach out and offer these souls eternal life and purpose in Christ. (John 4:13-14)

23. Father, as **Portuguese** women face loneliness, teach us to share without fear, listen without judgment and build relationships that heal rather than wound. (Gal. 6:2)

24. In this difficult economic year for **Romania**, we pray, God, that you give women the wisdom to know how to manage their resources. (Prov. 2:6)

25. Enable women in **South Africa** suffering in toxic and abusive marriages and relationships to find their worth in you, Lord. Bring healing and freedom to them. (Ps. 46:1)

26. Holy God, as divorce continues to increase in **Albania**, we pray for fidelity in marriage and for spouses to treat each other with dignity and respect. (Heb. 13:4)

27. Grant wisdom to women on **Bonaire**, Lord, to set healthy, godly boundaries in their relationships and to say no to manipulation. (Prov. 4:23)

28. Father, strengthen Christian families in **Denmark** to put you first and to let your Word be their guide in all of life. (Phil. 3:20)

29. God, strengthen **Eswatini** families with love, devotion and unity, enabling parents to raise their children in faith and peace. (1 Cor. 13:4-7)

30. Heal families in **France**, Lord, where one-third of children no longer live with both biological parents. Instead, they are single-parent homes or blended families. (Eph. 4:31-32)



Family: a place of grace

*“Everyone
should be
quick to listen,
slow to speak
and slow to
become angry.”*

– JAMES 1:19

Family is our first home, the place where life begins and love is learned. Ideally, it is a refuge in times of storm and a school where we discover patience, forgiveness and joy. Within its embrace, we are shaped by gentle words and sometimes difficult lessons yet always surrounded by bonds that remind us we belong. Family is not perfect, but it is precious — designed by God to be both a safe harbor and a living classroom of grace.

Communication is one of the greatest gifts God has given us. It allows us to share our hearts, express our needs and build relationships. Yet it is also one of the greatest challenges we face. A careless word can wound deeply, while a word spoken with love can heal and restore.

In family life, we learn how to master that skill. Home is where filters often disappear and intimacy gives us freedom to speak openly. But that freedom can also lead to misunderstandings. We assume our loved ones know what we mean, or we expect them to read our thoughts. When they don't, frustration builds and relationships strain.

Scripture reminds us of the power of words: “Pleasant

words are a honeycomb, sweet to the soul and healing to the bones” (Prov. 16:24). Within the family, words can either strengthen bonds or create distance. A simple request, if unclear, can spark unnecessary conflict. A hurt feeling, if left unspoken, can grow into resentment. Silence, when used as punishment or even as a weapon, becomes a wall that communicates rejection instead of love.

Healthy family communication rests on three pillars: **clarity**, **transparency** and **gentleness**. Clarity ensures our words are understood. Transparency allows us to share honestly when we are hurt or disappointed. Gentleness reminds us that intimacy does not excuse disrespect. Even in the closest relationships, simple words like “please,” “thank you” and “excuse me” express signs of love and respect. And let's not forget some of the hardest simple words of all: “I'm sorry.”

Listening is just as essential as speaking. Proverbs 18:13 warns: “To answer before listening – that is folly and shame.” And James 1:19 instructs: “Everyone should be quick to listen, slow to speak and slow to become angry.” Listening requires patience, but it opens the door to understanding. It shows our family members

that we value their thoughts and feelings.

Of course, there are moments when emotions run high and we need time before we can talk calmly. In those moments, it is wise to say, “I need a little time, but we will talk later.” This simple phrase communicates both honesty and commitment to resolution. It prevents silence from becoming a weapon and instead turns it into a pause that prepares the way for peace.

Family is God's gift. It is the place where we learn forgiveness, patience and love. It is where we practice speaking the truth in love and listening with open hearts. Good communication does not mean we will never disagree, but it does mean we will handle disagreements with respect and grace.

As we pray for families around the world, may we be reminded that words matter. They can build up or tear down. They can bring healing or cause harm. May the Lord grace us with wisdom, words of kindness, gentleness, encouragement and truth in love.

Thank you for using your words to present families around the world before the throne of God asking for protection, salvation and restoration.





Lisa Hall
International Prayer Coordinator
for TWR Women of Hope

Can you picture God searching the world over for those who are completely devoted to him? They are rare: Noah alone in his generation was found righteous in God's sight and, with his family, was saved through the flood; God spoke to Moses face to face, as one speaks to a friend; King David was known as the "man after God's own heart." How we long to belong to this rare group of individuals for whom God was their highest desire!

It is with this same heart of desiring God and his will alone that the 2026 theme of "No Distractions" was chosen for TWR Women of Hope. For it is a call to focus our eyes firmly on our God as we live in him and work alongside him – a call to cry out to

God like David did, "Give me an undivided heart, that I may fear your name" (Ps. 86:11).

Living a life with no distractions begins by having devotion to God as our top priority. God calls it holiness, a being set apart only for him. He is to be our first love – the one whom our heart seeks to know and be with. Who or what has taken that place of "first love" in your life in front of God, and how can you reorder your loves so that God has your first devotion?

We are told in Scripture to delight ourselves in the Lord (Ps. 37:4). Delight is a word we reserve for those whom we love immensely. You are devoted to those you delight in because you love being with them. Who doesn't love being with someone who loves them back intently, who wants what is best for them and lavishes them with compassion and grace? God our Father is the best example we have of this kind of love.

When I was a young adult taking on greater responsibility for myself and those around me, my eyes were suddenly opened to see my

parents in a new light. I began to understand and appreciate their devotion to me and the loving sacrifices they had made for me as their child.

And now as I spiritually mature, I'm seeing the depth of God's sacrificial love, compassion and grace extended toward me. My heart responds with gratitude and thankfulness and a desire to be with my heavenly Father, for he is where I find rest and peace amid the chaos of life. He is the abundant life that I seek. The more I understand who God is and what he has done for me, the greater is my desire to be devoted to him.

It's so easy for us to fall into the trap of seeing "devotion to God" as being service to him. While we are called to faithfully serve God and the body of Christ, it must take second place to our loving time with him alone. Where have we embraced Martha's posture of service as more important than Mary's posture of sitting at Jesus' feet, listening and simply being in his presence (Luke 10:38-42)?

"For the eyes of the LORD roam throughout the earth, so that He may strongly support those whose heart is completely His."

– 2 CHRONICLES 16:9A

Devotion is that pure covenantal love that Jesus says is the most important thing for us to embrace: "Love the Lord your God with all your heart and with all your soul and with all your mind" (Matt. 22:37). This is our foundational call to undivided devotion.

Devotion to God has so many expressions: listening for him in the Word, in prayer or in reflection; noticing and responding to him in continuous conversation; obeying, being faithful, loving, enjoying his presence as Emmanuel, God with us in silence and solitude. How can you carve out time and space to be with him today?

As we bring our praise and adoration to God, may it be with genuine joy and delight because we desire to spend time with our Father as much as he does with us.