PRAYER DIARY

For SAT-7 and the Middle East

October 2022
Dear Friend,

Welcome to your SAT-7 Prayer Diary for October and November!

I hope you will be encouraged as you pray for the Middle East and North Africa (MENA).

In this edition, we focus on mental health, women, cities of the MENA and television as the UN marks World Television Day on 21 November. There are also plenty of general prayer points covering a variety of topics and individual viewers’ needs.

You will probably notice that this is a shorter edition than normal, covering two months instead of three. That’s because our special Advent prayer guide replaces the prayer diary for December, and you will receive this soon. For a taste of Advent prayer, see p.26 for details. You can order extra copies of the prayer guide and/or a church resource pack at sat7uk.org/advent.

Thank you so much for taking the time to pray for SAT-7 and the MENA region.

In His Love,

Chloe Chettleburgh
Communications & Resources Officer
SATURDAY 1 OCTOBER
VISION

SAT-7’s vision is “to see a growing church in the MENA, confident in Christian faith and witness, serving the community and contributing to the good of society and culture”. Pray for SAT-7’s ministry as it seeks to provide Christians in the MENA region an opportunity to witness to Jesus Christ through its programmes.

SUNDAY 2 OCTOBER
WORLD NON-VIOLENCE DAY

An entire generation in parts of the Middle East is growing up afflicted by violence, displacement and poverty, with their physical, emotional and social needs frequently neglected. Pray that young people growing up in violent contexts will choose to pursue peace.

MONDAY 3 OCTOBER
CYRUS FROM IRAN

“My mother no longer says the religious rota prayers and she is constantly speaking of Jesus. I am so happy that I am no longer a subject, but a son. And I know that I have a Father who cares about me and this gives me hope and peace.” Pray for Cyrus, a SAT-7 viewer from Iran, and his mother as they explore their new faith in Christ.

TUESDAY 4 OCTOBER
EARLY MARRIAGE

Every year, 700,000 girls are forced into child marriage in the MENA region due to poverty, lack of education, and parental pressure. SAT-7 programmes such as Story in the Attic are combatting this issue by informing girls about their rights. Pray this important message will impact many young lives.
THURSDAY 6 OCTOBER
SAT-7 VIEWER NABILA

“I watch you continuously every Thursday. Your programme enlightens the mind and heals the heart. You are a true blessing.” Pray for Nabila as she watches SAT-7 today and ask that the Lord will speak to her through the programmes.

FRIDAY 7 OCTOBER
EGYPT CHURCH FIRE

On Sunday 14 August, a fire sparked by an electrical fault at the Coptic Abu Sefein Church in Giza, Egypt killed at least 41 people – including 18 children – and injured another 45. Lift up to the Lord those who lost loved ones and suffered injuries in this tragedy. Pray that this congregation will find a safe place to meet: Egypt’s president has ordered the armed forces to rebuild the church.

SATURDAY 8 OCTOBER
DARE TO BELIEVE BANGOR

Pray for the Dare to Believe event happening in Bangor, Northern Ireland, today where SAT-7 Founder and President Dr Terence Ascott will be sharing the exciting story behind his new book. Ask that attendees will be inspired in their own faith as they hear about how God has blessed and grown SAT-7’s ministry.
SUNDAY 9 OCTOBER
MENTAL HEALTH

Tomorrow is World Mental Health Day. In the Middle East, there is stigma around mental health issues; some of the negativity comes from those who have beliefs and superstitions about what causes mental ill health. Pray for better awareness and understanding of mental health in the MENA region.

MONDAY 10 OCTOBER
EFFECTS OF COVID-19

According to UNICEF, up to 53 percent of children living in the MENA region have reportedly suffered from mental and emotional distress due to the COVID-19 pandemic. This is a result of being deprived of outdoor play and social interaction, which has brought about an increase in anxiety, boredom and stress. Ask God to heal them from the effects of the pandemic.

TUESDAY 11 OCTOBER
MENTAL AND SPIRITUAL HEALTH

Mental and Spiritual Health is a programme on SAT-7 PARS that provides spiritual and psychological support to viewers in Tajikistan and Afghanistan, where rates of suicide are particularly high among women. Presenters Dr Isana and Inna have overcome mental health issues themselves and have powerful testimonies of God’s grace to share as a result. Pray that this programme will help many Tajik and Afghan women.

WEDNESDAY 12 OCTOBER
MAKRAM FROM IRAQ

“I am a 21-year-old Iraqi man. A month ago, I was so frustrated, and each time I wanted to study and read, something hindered me. I am depressed and do not know what to do.” A SAT-7 viewer support team member gave Makram some advice and he later shared: “Thanks be to God. I followed the tips you sent me. Things are getting better.” Pray for him.
THURSDAY 13 OCTOBER
CHILDREN

In 2021, 87 percent of children in the Middle East reported enduring some form of violent discipline at the hands of their primary caregiver, according to UNICEF. This is one of the largest contributors to the rapid deterioration of a child’s mental health across the region. Pray for protection for children and help for parents to learn other forms of discipline.

FRIDAY 14 OCTOBER
PROFESSIONALS

In Lebanon, there were fewer than 100 registered psychiatrists in 2021. Pray that governments across the MENA will give more funding to mental healthcare and that there will be an increase in the availability of treatment.

SATURDAY 15 OCTOBER
DETOX FOR THE SOUL

Detox for the Soul is a biblical counselling series on SAT-7 PARS aimed at those living with trauma and other mental health problems. Please pray that Detox for the Soul will be a key to healing and freedom in Christ for many viewers across the Persian world.

SUNDAY 16 OCTOBER
SAT-7 VIEWER MINO

SAT-7 has been in touch with Mino for over two years, supporting her through a number of challenges. After a series of biblical counselling sessions, she gradually began to overcome her fears. Mino said: “I am grateful for all your help. I wanted to tell you that every night I go to sleep in the power of the Holy Spirit and I sense the sweetness of healing and freedom. Praise God that by the kindness of Christ I have been set free of fear and have moved from darkness into light.” Praise God for His work in Mino’s life.
MONDAY 17 OCTOBER
CITY OF STARS

The SAT-7 KIDS programme City of Stars welcomes children with mental health issues with love. Leading by example, the show aims to challenge the prejudice they often face and promote tolerance among young viewers. Pray the programme will inspire a shift in attitudes.

TUESDAY 18 OCTOBER
FARZAD FROM IRAN

Farzad was born in Iran but now lives in Afghanistan. He has struggled with his mental health since losing his parents at a young age. But one day, God spoke to him through the SAT-7 PARS programme Signal. He said, “It gave me tremendous energy and I too decided to follow Jesus. I really look forward to being able to go to church and talk to other Christians, but given the current circumstances here, that seems very unlikely. But by watching SAT-7 PARS programmes I can share this desire with my fellow Christians. I sincerely thank all of you.” Pray for Farzad.

WEDNESDAY 19 OCTOBER
OBSTACLE OVERCOMERS

SAT-7 TÜRK programme Obstacle Overcomers addresses important issues around disability and mental health, which remain taboo subjects in Turkey. By visiting guests in their homes, the presenter brings issues into the open, educating viewers, challenging cultural perspectives, and inspiring change in society. Pray that this programme will open up conversations around disability and mental health.
THURSDAY 20 OCTOBER
DECLINE IN BELIEVERS

During the past century, the number of Christians in the Arab World has decreased from 10 to 3.5 percent. The decline has been driven by wars, persecution, the prevalence of Islam and a lack of employment opportunities. Pray that there will be freedom for all to practise their religion and that numbers of Christians would rise again.

FRIDAY 21 OCTOBER
SUMMER EVENTS

Praise God for all the great conversations and connections made with UK Christians about SAT-7’s ministry at summer events and conferences. Ask God that he will use this to increase prayer and financial support for the work.

SATURDAY 22 OCTOBER
ANDISHA FROM AFGHANISTAN

“I listened to your programme about refugees, and it really helped me. Thank you for your excellent programme which helped me to have more peace. Please pray for my emigration.”

SUNDAY 23 OCTOBER
HUNGER AND HARDSHIP

Pray for countries including Syria, Afghanistan, Yemen and Lebanon that are experiencing severe food shortages causing a hunger crisis. Pray for drastic intervention in this life-threatening situation.
MONDAY 24 OCTOBER
WOMEN

SAT-7 programmes share and celebrate women and girls’ God-given value through biblical teaching, discussion and testimonies. Over the next week we’ll be praying for women and girls across the MENA. Pray that they will be empowered to transform their families and communities for God’s glory.

TUESDAY 25 OCTOBER
TACKLING TABOOS

SAT-7 programmes tackle taboo topics in the MENA such as domestic violence, Female Genital Mutilation (FGM) and forced marriage. A female SAT-7 ARABIC viewer said, “These are all things we don’t talk about – but it’s time to start talking about them.” Give thanks that SAT-7 programmes are opening up taboo topics and enabling Arab women to find their voice.

WEDNESDAY 26 OCTOBER
GENDER AND FORB

SAT-7 embarked on a new five-year project on gender and Freedom of Religion or Belief (FoRB) this year. It is tackling issues that arise from faith-informed worldviews that violate, repress or otherwise undermine human and women’s rights, mainly in relation to FoRB. Pray that this project will help many women to realise their freedom, particularly in matters of faith.
THURSDAY 27 OCTOBER
MALE VIEWS

Men can benefit from hearing women’s voices instead of stereotypical representations, and this indirectly helps to reshape societal beliefs about women and give them a say on the issues that affect them. Pray that SAT-7 programmes will help men and women to have open and constructive dialogue.

FRIDAY 28 OCTOBER
NEW IDENTITY

The SAT-7 PARS programme New Identity addresses topics that are relevant to Persian-speaking women, from both a psychological and a biblical perspective. Pray that the discussions and time for prayer will impact the lives of many women in Iran and Afghanistan.

SATURDAY 29 OCTOBER
FEMALE VIEWER

“God has been healing my heart from all its wounds... I feel so encouraged, watching this show, to overcome my fears in my marriage,” a female viewer said. Pray for continued healing for her and for the Lord’s blessing on her marriage.
SUNDAY 30 OCTOBER
YOU ARE NOT ALONE

In Turkey, verbal or physical forms of harassment and violence towards women frequently occur both within families and on the streets. The live programme You Are Not Alone on SAT-7 TÜRK informs women about their legal rights and provides support to viewers who feel isolated. Pray that God will use this programme to build up loving families and safe communities.

MONDAY 31 OCTOBER
TABAN FROM IRAN

“Today I was feeling downhearted and despairing and as I was switching between television channels I was drawn to SAT-7 PARS. I had come across the channel a number of times and it had not impacted me, but this morning it brought me a deep sense of peace. I am very concerned and troubled by my son and his life situation. Listening to the SAT-7 PARS programme today I felt such a deep peace and realised that God was speaking to me and the questions that I had were answered.”

Praise God that Taban gave her heart to Christ after speaking to a member of SAT-7 PARS’ viewer support team. Pray for her relationship with her son.
Amid all the crises the Arab World has recently passed through, SAT-7 ARABIC’s weekly programme You Are Not Alone has been a voice for those affected and a place to find hope and feel God’s presence.

“Even though the people on the programme are suffering and often living in bad conditions, they are able to transmit to viewers a message of hope and peace. This has always encouraged and touched me,” says Sirene Semerdjian, presenter of the show.

You Are Not Alone has now been sharing this message of hope for more than two years. The programme began in 2020 as part of SAT-7’s COVID-19 response. But multilayered crises have continued to hit Lebanon, and economic struggle and growing inequality continue to affect the whole region. The programme has continued through these struggles to speak out and to bring people together in faith and peace.

Beginning with the Beirut blast of August 2020, the programme has also been able to respond quickly
to breaking news incidents, allowing people to share their suffering and feel heard. “The families of the victims of the Beirut blast came with a desire to be healed in the exact place of the blast,” says Sirene, describing a special episode marking one year since the blast. “Their tears, their smiles and their faith; this all moved me. I cannot forget this day.”

From then on, the programme has shown Christian care to people suffering across the Middle East and North Africa, from famine in Yemen, to floods in Sudan, to the conflict in the Holy Land in 2021. Whatever has happened, the programme always reminds people to listen to God’s voice and that we can lean on Him.

In addition to being a source of hope in times of distress, You Are Not Alone is also making stories of success heard, so that people might be encouraged. This includes the stories of women across the Arab World. Sirene tells all women watching at home that no matter what they are facing, to always remember they are not alone. “I always say that if we were able to help even one person through our episodes, and show them that they are not alone, I believe that is success,” she said.

Give thanks for the impact of You are Not Alone in supporting and encouraging viewers through difficult times.

Pray for Sirene and all those involved in making the programme, that the Lord will continue to give them wisdom to speak into the lives of those who are suffering.
Your Advent prayer guide replaces the Prayer Diary for the month of December. Join us for Silent Night as we focus on the voices of believers in the Middle East and North Africa.

You should receive your copy of Advent Prayer in the post in time to begin praying on 1 December.

If you’d like to order extra copies or find out more about our church pack, visit sat7uk.org/advent, scan the QR code or get in touch with us at the contact details overleaf.
SAT-7 broadcasts 24/7 in Arabic, Persian and Turkish

SAT-7 is watched by millions of people in 25 countries

SAT-7 had 84,000 one-to-one viewer conversations in 2021

Names of viewers throughout have been changed and images used for representation only.

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today for the latest news on SAT-7’s work in the Middle East.