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.

WEDNESDAY 5 OCTOBER
WORLD TEACHERS’ DAY
The SAT-7 ACADEMY programme My School delivers primary school lessons to Arabic-speaking children who cannot attend formal schooling because of conflict, displacement and poverty. On World Teachers’ Day, pray for the My School teachers, that they will be equipped to deliver impactful lessons and will communicate effectively with young viewers.

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.

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**MENTAL HEALTH**

**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.

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**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.

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**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.

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**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.

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**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.

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**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.

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**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.

Women

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.