



# INSIGHT

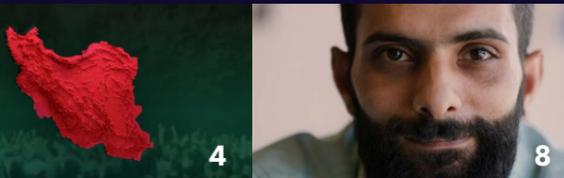
SPRING 2026

A woman with long dark hair in a ponytail, wearing a pink ribbed turtleneck and blue jeans, sits on the left side of a light-colored sofa. A man with glasses, wearing a light-colored blazer over a light blue shirt and blue jeans, sits on the right side of the sofa. They are both smiling at the camera. The background features a white shelf with a large ornate ceramic plate, a small potted plant, and a dark metal pot. A large yellow banner is overlaid across the middle of the image.

TOGETHER

ACROSS BORDERS

**INSIDE** GATHERING AS ONE FAMILY IN CHRIST  
FROM EAST TO WEST



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SAT-7 is an international Christian media ministry, bringing life changing joy to the people of the Middle East and North Africa through powerful, faith-filled television and digital media programmes.

Senior Editor: Emily Shurmer

Cover image: *Evening Gatherings*, a North African devotional programme filmed in Tunisia, Algeria and Morocco, displayed unity among Christian believers during Ramadan 2025

Images: Unsplash, Shutterstock.com, SAT-7. Some names have been changed for security reasons and some images are for illustrative purposes only.



## AT A GLANCE

In a world where social media amplifies outrage and algorithms quietly divide us into camps, it could be said that technology is driving us further apart than ever. But here at SAT-7, we believe it also has the power to draw us closer together. That's why, in this issue of *Insight*, we're celebrating the ways that technology is uniting us as one body of Jesus around the world.

With your support, SAT-7 is using satellite television and digital media to stand alongside believers across the Middle East and North Africa (MENA), reminding them that they are not alone. When the internet was shut down in Iran following widespread protests earlier this year, SAT-7 was there, beaming out encouragement and messages of solidarity to our Iranian brothers and sisters. Read more on p4-5.

SAT-7 stands with isolated believers across the region, who, though unable to gather, are finding family in Christ. I was deeply moved by the story of Taim (p11), who came to know Jesus through SAT-7 and, more than 20 years later, is still being supported and disciplined through the channel.

When we gather together – despite our differences – with Christ at the centre, something powerful happens. This conviction lies at the heart of our brand-new podcast, *Around the Table*, which brings together guests from the MENA and the UK for honest, faith-filled conversations. Find out more and have a listen on p6-7.

We hope this issue encourages you, as it has encouraged us, with the reminder that distance need not mean disconnection. Through SAT-7's ministry, God's family is being gathered across borders and cultures, connected by faith and sustained by hope.

With every blessing,

*Rachel Fadipe*

**Rachel Fadipe**

Executive Director, SAT-7 UK



# SAT-7 FILMS IN SAUDI ARABIA AND OMAN

## SAT-7's Youth for an Enabling Society (YES) project is expanding its coverage in the Arab world after overcoming challenges to film inside Oman and Saudi Arabia.

It proved particularly difficult to gain permission to enter and film inside the Saudi Arabia, and many of their initial approaches to Saudi influencers were rejected. But with perseverance, the team finally established trust through showcasing their previous work filmed in other Arab countries and shared on the project's Our Generation Plus social pages. They went on to film nine inspiring stories from Saudi Arabia.

YES project lead, Rafik George, shared: "We believe Our Generation Plus' presence in Saudi Arabia is a major achievement, reflecting the channel's regional presence, marking an important milestone in its journey, and proving our ability to enter new environments, build trust, and expand our social impact on a wider scale."

In both Oman and Saudi, as well as in other Arab countries, the YES team has been filming inspiring youth-led initiatives and success stories that are making an impact in local communities and beyond. The films are part of a bigger drive by the project to promote youth entrepreneurship in the MENA region, where the youth unemployment rate is almost double the global average.

In Saudi Arabia, they filmed with Remaz Alaqbi, an award-winning opera singer and member of the Saudi National Orchestra and Choir. She is the first Saudi soprano to use her voice to challenge stereotypes about her country.

They also filmed an initiative by a young Saudi man, who wants to improve access to healthcare for people in the country. He designed a small device that captures images of the retina and uses artificial intelligence to detect indicators of serious diseases that may not yet show symptoms.



In Oman, the team filmed eight initiatives as well as providing media coverage for a big exhibition that included projects led by Omani women.

"By filming and sharing these initiatives, we can bring the voices of Omani youth to the Gulf and the whole Arab world," Rafik said. "These projects show the real image of young people in Oman and highlight Our Generation Plus as a platform for all Arab youth, not just in Egypt." ■

The YES project is implemented by SAT-7 Egypt in partnership with the Norwegian Mission Society and supported by DIGNI.



# STANDING TOGETHER WITH VIEWERS IN IRAN

When largescale protests broke out in Iran at the end of December and escalated over the following weeks, SAT-7 PARS – with the help of dedicated supporters around the world – sprung into action. Bypassing an ongoing internet shutdown in the country, the channel has continued to offer non-stop support and hope-filled satellite broadcasts to the people of Iran.

## FAILING ECONOMY

The protests began on 28 December last year, when shopkeepers took to the streets of Tehran in anger over the country's failing economy. With Iran's currency, the rial, sinking to a record low, and inflation rising to 40%, many ordinary Iranians have been left unable to buy basic goods.

Estimates vary, but thousands of protesters are thought to have been left dead after the government's brutal crackdown on dissent.

## TRUE HOPE

With the clashes at their most violent, SAT-7 PARS went live across all its platforms on 5 January with *Towards The Light*, a special programme in response to the situation, which featured biblical reflections, worship and prayers for different groups in Iranian society.

Ashraf Khalilpour, the channel's Viewer Support Manager, presented the show. Guest Omeed Jouyandé brought a powerful message about the "living hope" that all believers have in Christ and encouraged viewers to hold onto that hope in the midst of trials. "True hope comes to life and grows only in the midst of hardship, darkness and challenge," he said. "As Paul points out in Romans 8, who hopes for what they already have?"

Omeed continued, "The truth is that no one can choose the era, the circumstances or the moment in history in which they live. But each of us can choose how we respond to the conditions before us."

Meanwhile weekly talkshow *Insiders* has been focusing on media and communication issues. One episode taught viewers how to examine the trustworthiness of different news sources and analyse the benefits and drawbacks of social media reporting.



**We know that your hearts are beating for Iran and I am grateful for you. These days, more than any other, we need your spiritual support, encouragement and solidarity."**

A SAT-7 VIEWER IN IRAN



Above: Members of SAT-7 PARS' Viewer Support team pray live on air for Iran during special broadcast *Towards the Light*.

Another recent episode of *Insiders* explored communication during times of protest and disagreement. Expert guest Maryam Hantoosh Zadeh said: "When we start by establishing a common ground – things we agree on – it creates a much safer space to engage in dialogue."

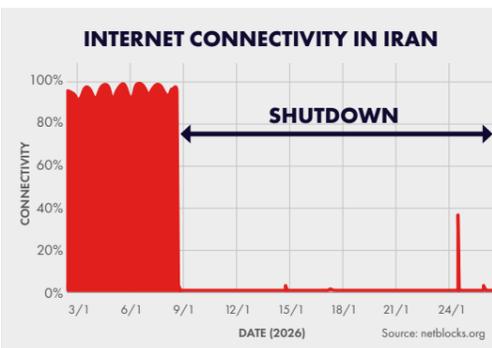
In mid-January, a special programme called *Freedom and Hope* explored the responsibility of Christians in this situation, and will also offer counselling advice to support people's mental and emotional well-being.

Youth programme *Generation of Hope* has been taking a similar approach, equipping young people with positive ways to deal with anxiety.

## INTERNET SHUTDOWN

At the time of writing, Iran's 92 million people have been cut off from all internet services – as well facing disruption to phone signal and text messaging – for several weeks. It is one of the most extreme digital blackouts in history.

SAT-7 is uniquely positioned to connect with, and encourage, believers in Iran even when the internet is shut off.



Our satellite programmes are still available 24/7 across the country, meaning believers can continue feeding their faith, even in such isolating times.

In late January, as some Iranians accessed the internet for brief moments, SAT-7 stated receiving heartfelt messages from its viewers once again.

Some shared their desperate prayers: "Our hope is the health of the young people of our country and their victory. I pray that all the people of Iran remain alive and are present at the celebration of Iran's freedom. May the souls of all of those killed rest in peace. My hope is that God does not leave this spilled blood unanswered."

Others shared their gratitude for SAT-7's ongoing support: "Thank you very much for your sympathy and kindness. Please pray that the people of Iran achieve victory as soon as possible. I hope for the day when we can all see each other again. I am grateful to every one of you." ■



In late January, prayers from SAT-7 supporters all over the world were displayed on the SAT-7 PARS live feed, meaning believers throughout Iran were encouraged by messages from the global Church!

**"We see you, and pray for you. Know there are people who care. Though we may not be with you we are interceding for you. You are not forgotten."**

JORDAN, CANADA

**"I am four years old and I like to play with my best friend who is also four. My family have told me about how difficult it is in your country. I pray that everything will be good again, so you also can play. I pray Jesus will comfort you when you are sad. He is the best friend you can have."**

MIRA, FINLAND

**"We ask that you would see and hold on to the light that darkness cannot overcome. Know that you are not alone and have brothers and sisters all over the world standing with you. Amen."**

BECKY, UK

**"I pray for my brothers and sisters: each of you are precious in Jesus' sight. I pray that these days of uncertainty and upheaval will be short and that there will finally come a time of freedom. May the peace of Christ that passes all understanding keep you in His embrace."**

JOHN, UK

## GIVE



Your gift today helps keep our Persian broadcasts on the air, sharing the hope of Christ with the people of Iran. Give today at:



[sat7uk.org/iran](https://sat7uk.org/iran)

# Together

## AROUND THE TABLE

### FOR HONEST, FAITH-FILLED CONVERSATIONS

In a time of growing division, our new podcast *Around the Table* invites voices from across the UK, the Middle East and North Africa to come together for honest, hopeful and thought-provoking conversations that go deeper than the headlines. Here, *Around the Table* producer and presenter Sophie Griffith reflects on why these conversations are so vital, what unity in Christ truly looks like, and how you can join the conversation.



BY SOPHIE GRIFFITH

Our world often feels noisy and divided.

Opinions clash, headlines shout, and it can be easy to feel as if everyone

is talking, but somehow no one is really listening. Even as Christians we're not immune. Yet, Jesus called us to unity and to love one another, despite our differences. At SAT-7 we believe that when we come together, when we truly take the time to sit down with people and listen to their stories, something beautiful happens. That's the vision behind *Around the Table*, SAT-7 UK's brand-new podcast for 2026.

#### BEYOND THE HEADLINES

At its heart, *Around the Table* is about going deeper than the headlines. It's not about clickbait; it's not about soundbites. It's about real people and their honest, authentic stories and bold, faith-filled ideas. It's a space where voices from across the UK, the Middle East and North Africa can come together for meaningful, faith-filled conversations.

Each month, we'll be inviting storytellers, peacemakers, and thought leaders to pull up a chair and share their insights, experiences and hopes for the future. It's a privilege to give a platform to guests who are making a difference – whose voices you might not hear in the headlines, but who are leading real change in the region.

#### TRUE UNITY

We live in an age of polarisation - socially, politically, even spiritually. But as followers of Jesus, we're called to something different. When we choose to come together with humility and open hearts, we resist the forces that try to divide us. As a Western Christian, I recognise how easily our perspectives can dominate global conversations, often unwittingly. But our prayer is that *Around the Table* will create a unifying and safe space; a space that's cooperative

rather than combative, a space that allows for honest and sometimes vulnerable dialogue. No soundbites, no monologues, but meaningful stories and a different kind of conversation.

#### CONVERSATIONS OF HOPE

In one of the first episodes we recorded, a friend from Lebanon shared what it means to practise empathy and reconciliation after years of social and political tension. Sitting across from him was a British author reflecting on how we can be peacemakers in a society so obsessed with inflammatory headlines. The conversation was honest, confronting and deeply human.

Another upcoming episode explores how young Christians in the Middle East and North Africa are using media and creativity to tell new stories of hope – where public expressions of faith can be risky and yet the witness is bold and joyful.

These are the kinds of dialogues that remind us that we have much more in common than we've been led to believe. When we gather around the table, we make space for understanding – recognising each other as fellow image-bearers of God; the most authentic kind of unity.

I'm genuinely delighted to be able to share these conversations with you. We have some truly inspiring guests joining us around the table as we explore a wide range of important and powerful topics – everything from personal testimonies to the complexities of the geopolitical landscape, and the region's fascinating cultural heritage. And we're looking at all of it through the lens of faith.

#### AROUND HIS TABLE

My hope is that this becomes the kind of life-enhancing podcast that you listen to and can't wait to share with your friends and family, one that reveals something new to you. I pray it will be uplifting, encouraging, and even spark a laugh or two along the way. God is doing amazing work in



For me, *Around the Table* isn't just a podcast – it's a spiritual practice. It's a reminder that Jesus still invites us to sit down, break bread and listen."

SOPHIE GRIFFITH

the region, far beyond the stories that usually make the headlines, and it's our privilege to be able to share them with you.

For me, *Around the Table* isn't just another podcast – it's a spiritual practice. It's a reminder that Jesus still invites us to sit down, break bread and listen. Around the Lord's Table, we are reminded that we are all one in Christ, no matter our background or nationality. Around His table, no one is forgotten. Everyone has a voice. My prayer is that maybe, with each episode, the Lord will help our listeners see the world, and their faith, a little differently.

So, it's my honour to invite you: pull up a chair, bring your story, your questions, your heart.

Because around this table we believe that real stories, lived experiences and bold ideas can spark hope, healing and transformation – and that's a story worth telling. ■

### JOIN US AROUND THE TABLE



Listen to faith-filled episodes of *Around the Table*, streaming now on Apple and Spotify. Find us on these podcast platforms by searching "The SAT-7 UK Podcast", or stream on the SAT-7 website at:

[sat7uk.org/listen](https://sat7uk.org/listen)

You can also watch full episodes on [YouTube](https://www.youtube.com).



*Around the*  
**TABLE**  
A SAT-7 UK PODCAST



# GATHERED INTO GOD'S FAMILY

Not all Christians in the Middle East and North Africa are able to gather together. In countries where church gatherings are monitored or prohibited, it can be hard for Christians – particularly new believers – to know how to find fellowship and support in their faith.

But thanks to your support, SAT-7 is there for them. When isolated viewers get in touch with our trained viewer support teams, we are able to provide them with discipleship, prayer and advice. What's more, where possible, we can connect them to local church families. Here are four of their real stories.

## NAJAH, ALGERIA

Najah, a woman from Algeria, was an active member of an Algerian church until widespread church closures in 2018 and 2019 changed everything. Her Christian friends scattered, and her faith was rocked. After conversations and prayers with our Arabic Viewer Support team, Najah felt a new desire to commit her life to God once again.

**“ Thank you, from the bottom of my heart, for this prayer, and thank you for understanding and listening to me. The church in Algeria has been closed by the authorities for seven years. But when it was open, I was part of the discipleship team. They taught us how to grow close to the Lord Jesus. During that time, I truly understood that the Christian life is a serious and personal relationship with Him, and I really enjoyed those days.**

**“But since the church was closed, each of us has gone our own way, and now there are no spiritual guides. Because of that, my relationship with the Lord has grown somewhat cold. I want to be closer to Him again, because I know He is the way, the truth, and the life. After [our time of] prayer, I felt protected and strengthened. I can do all things through Christ who strengthens me.”**



## KAAN, TÜRKIYE

Kaan, a 50-year old man from Türkiye, was grappling with the claims of Christianity, but he didn't know anyone following Jesus locally who could help him with his questions. Our Viewer Support team were delighted to point him in the right direction.

**“ Hello, I've been watching the [SAT-7 TÜRK] programme Let's Talk About This. I want to listen to you and get informed. The only thing that confuses me about Christianity is that Jesus is called 'son'. Other than that, I am warm to the idea of Christianity, as from my experience it feels like the most honest faith. When I told you that I could get more information if people like you were around me, you directed me to a church. I also want to thank you for answering my question during your live programme.”**

**“I don't have a gathering to attend, and I feel the need for guidance and connection...”**

*Imad, Egypt*

## IMAD, EGYPT

We were recently contacted by Imad, a young man from Egypt whose struggle with sin and lack of a support network left him feeling guilty and isolated. Our Viewer Support team walked alongside Imad until he discovered a deeper relationship with God and found a discipleship group.

**“ I am like any young man with my challenges and needs. I have walked in sin a lot and felt guilty. When I tried to change, I didn't have a safe community that could help me develop my relationship with God. I need to grow and deepen my relationship with Him... but I don't know where to go. I don't have a gathering to attend, and I feel the need for guidance and connection. Thank you for your concern; you have no idea how much this means to me. I hope God grants you help and strength just as you support and help others. I am honoured to know you.”**

*All names have been changed, and images used for representation only.*

## THANK YOU!

Your support is changing lives in the MENA, gathering isolated believers into God's family. Please pray for Najah, Kaan, Imad and Taim (overleaf), that they will continue to grow in faith and fellowship.

**READ TAIM'S STORY OVERLEAF**



**“We are truly grateful to you and thank the Lord for your satellite ministry that breaks our loneliness, comforts our distress, and encourages us to stand firm on Christ in a context that rejects us.”**

*Taim, Syria*

**TAIM, SYRIA**

Taim is a Syrian man from the majority faith background who came to Christ after watching the Jesus film on SAT-7 over twenty years ago. Recently, after watching a Christian film on SAT-7 ARABIC, he got in touch with the channel to share his story – and the role that SAT-7 has played in his faith over the past two decades.

“ Thank you for this beautiful film. May the Lord bless your ministry and satisfy all your needs to cover broadcast, film, and programme costs.

We who have left our other backgrounds from Arab countries are truly blessed by your channel. Thanks to you, we are encouraged and empowered to grow in our faith in our Lord and Saviour, Jesus Christ.

We have much love and deep gratitude for you. We are truly grateful to you and thank the Lord for your satellite ministry that breaks our loneliness, comforts our distress, and encourages us to stand firm on Christ in a context that rejects us. We have received Him and are following in His footsteps, having left the world and the traditions under which we were raised as our old selves.

“

**I remember when I was a young teenager, you were the reason I came to know the love of Christ.”**

TAIM, SYRIA

I know that your service to the Lord is not free – I mean, you have to pay a lot of money to stay on the airways broadcasting, preparing programmes, and so on. I pray with all my heart that the Lord will always fulfill your needs, reward you, and bless you.

I remember when I was a young teenager, you were the reason I came to know the love of Jesus Christ. More than 20 years ago, your station broadcast the film *Jesus Christ*. Oh, how I loved watching it on your channel as a young man who had not yet decided to follow Jesus! What wonderful memories! And then there are the songs that take me to another world full of peace, love and joy.

You are a blessing to millions – I thank God for you. Greetings and love.” ■

**YOU MAKE IT HAPPEN**

**WHEN YOU GIVE**

**Because of your support, people like Taim, who first met Jesus as a young teenager through a film on SAT-7, continue to find hope, comfort, and strength in Christ.**

Your gift today will bring Jesus’ words of hope and comfort to those who feel isolated, rejected, or alone. When you give, you stand together with believers

across the Middle East and North Africa, encouraging them to stand firm in their faith.

Could you give to open the door for more people like Taim to encounter the love of Jesus – and find the courage to follow Him?

*Thank you.*



Powerful depictions of Jesus’ life on SAT-7, like *The Chosen*, are touching hearts across the region

**BE THERE FOR SAT-7 VIEWERS TODAY**

**£18**

provides an hour of vital follow-up support for viewers.

**£27**

supports one hour of powerful, faith-filled broadcasting on SAT-7.

**£45**

supports one hour of broadcasting and one hour of prayer, fellowship or discipleship as needed by isolated believers.

**TO GIVE**

Scan the QR code or visit [sat7uk.org/insight](http://sat7uk.org/insight)



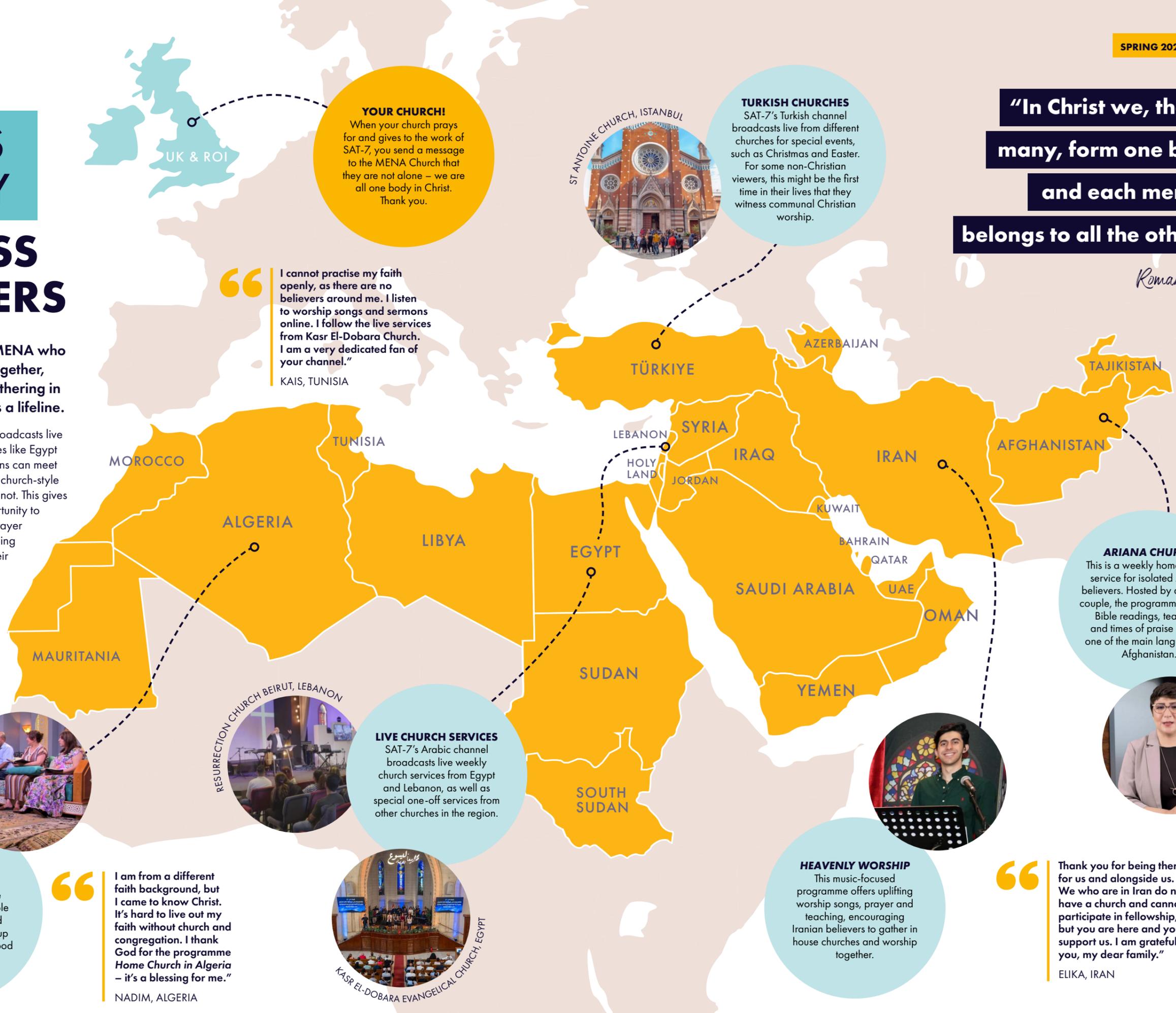
# GOD'S FAMILY

## ACROSS BORDERS

For Christians in the MENA who are unable to meet together, watching a church gathering in their own language is a lifeline.

With your support, SAT-7 broadcasts live church services from countries like Egypt and Lebanon where Christians can meet in freedom, as well as home church-style programmes where they cannot. This gives isolated Christians the opportunity to join others in worship and prayer from their own homes – helping them stay connected with their global family in Christ.

This map offers a snapshot of some of the church programmes on SAT-7, celebrating how believers are worshipping together across borders. ■



**"In Christ we, though many, form one body, and each member belongs to all the others."**

*Romans 12:5*

**YOUR CHURCH!**  
When your church prays for and gives to the work of SAT-7, you send a message to the MENA Church that they are not alone – we are all one body in Christ. Thank you.

**TURKISH CHURCHES**  
SAT-7's Turkish channel broadcasts live from different churches for special events, such as Christmas and Easter. For some non-Christian viewers, this might be the first time in their lives that they witness communal Christian worship.

“

I cannot practise my faith openly, as there are no believers around me. I listen to worship songs and sermons online. I follow the live services from Kasr El-Dobara Church. I am a very dedicated fan of your channel.”  
KAIS, TUNISIA

**ARIANA CHURCH**  
This is a weekly home church service for isolated Afghan believers. Hosted by a married couple, the programme features Bible readings, teaching, and times of praise in Dari, one of the main languages of Afghanistan.

**HOUSE CHURCH IN ALGERIA**  
Filmed in a set styled like a family home, the programme features Bible teaching, worship, and prayer with a small group of believers who share food and fellowship.

“

I am from a different faith background, but I came to know Christ. It's hard to live out my faith without church and congregation. I thank God for the programme Home Church in Algeria – it's a blessing for me.”  
NADIM, ALGERIA

**LIVE CHURCH SERVICES**  
SAT-7's Arabic channel broadcasts live weekly church services from Egypt and Lebanon, as well as special one-off services from other churches in the region.

**HEAVENLY WORSHIP**  
This music-focused programme offers uplifting worship songs, prayer and teaching, encouraging Iranian believers to gather in house churches and worship together.

“

Thank you for being there for us and alongside us. We who are in Iran do not have a church and cannot participate in fellowship, but you are here and you support us. I am grateful for you, my dear family.”  
ELIKA, IRAN



# TOGETHER AROUND THE CAMPFIRE

**"Around the campfire,  
we find more than warmth  
– we find each other."**

*Ilker Yilmaz*



“

**In a noisy world,  
the campfire is  
a place of calm,  
reflection and  
light. [It is] a  
reminder that  
we're not alone,  
and that hope still  
burns bright.”**

İLKER YILMAZ, *CAMPFIRE*  
PRODUCER

**Young Christians in Türkiye, who are often isolated, need safe spaces where they can go deeper in faith. So SAT-7 TÜRK has created *Campfire*, an honest and compelling discussion series set within beautiful natural spaces. Launched in autumn 2025, the programme tackles a wide variety of difficult questions about Christianity and life with warmth and wisdom.**

With discipleship at its core, *Campfire* wants to connect younger, less mature Christian viewers with slightly older role models who are willing to be vulnerable about the joys and challenges of following Jesus. İlker Yılmaz, producer of the programme, thinks that a campfire is the perfect setting to facilitate this connection. “Around the campfire, we find more than warmth; we find each other,” he says. “It’s where stories are shared, hearts are opened, and faith is rekindled.”

Presenter Sedat Selamet, who has been working with youth in Türkiye for 20 years, acts as a spiritual mentor, guiding the discussions of four young participants, whose personal stories will help viewers see what the life of faith is really like. “Our programme is

different in that it isn’t preaching – it’s real conversations,” shares Sedat. “By sharing these relaxed chats, we want to impact young people’s lives.”

Each episode tackles a different topic that is highly relevant to Turkish youth and allows time for honest, thoughtful conversations. Questions about the Bible and prayer are complemented by discussions about culture, identity, sexuality and mental health. Young viewers will not only gather a wealth of wisdom but also learn how to think critically and live well.

Sitting around a campfire talking with good friends has always had widespread appeal. But in the modern world, experiences in nature that facilitate connection are perhaps more needed than ever.

“In a noisy world, the campfire is a place of calm, reflection and light,” says İlker. “[It is] a reminder that we’re not alone, and that hope still burns bright.”

**Please join SAT-7 TÜRK in praying that as young viewers watch *Campfire*, their lives will be illuminated by the teachings of Jesus, and they will go on to shine His light in a dark world. As we read in Ephesians 5:8: “For you were once darkness, but now you are light in the Lord. Live as children of light.” ■**

**WATCH**



Join presenter Sedat for a behind-the-scenes tour of the *Campfire* set! Scan the QR code below or visit:

[sat7uk.org/campfire](https://sat7uk.org/campfire)



## OVER TO YOU



## YOUR LETTERS AND STORIES

From faithful prayers and thoughtful questions to epic activities and creative uses of our resources, we're continually encouraged by the support and feedback you share with us. Here are some of your latest messages...

### Running the race(s) for SAT-7

I thought I'd let you know about not one, but three extreme running events I'm taking part in this year to raise money for the work of SAT-7 and Street Child. I must be crazy, as over the next 14 months I'm taking on three epic endurance challenges:

#### RACE ONE: The Marathon des Sables, a six-day, 270km race across the Sahara, April 2026.

This is often called the toughest foot race on earth, across the scorching sands of the Sahara. Overnight, the temperature can drop to -6°C, and in 2023 it exceeded 60°C during the day, all while carrying all my own food, cooking equipment, sleeping bag, mat – even toilet paper!

#### RACE 2: The Sierra Leone Street Child Marathon, October 2026.

Runners World Magazine call this "the craziest and most worthwhile marathon".

In the tropical heat of rural Sierra Leone, this marathon winds through both jungle and local villages, across some of the country's most stunning scenery.

**RACE 3: The HARP Southend 24-hour endurance race, June 2027.** This race completes my trilogy of madness! From noon on Saturday 26 June to noon the following day, I will run as many laps of the woody, off-road, hilly 8km course as I can – morning, noon and night. Last year I placed second across all 50+ age categories, so assuming I make it back alive from the Sahara and Sierra Leone, that's the benchmark to beat.



Above: Marty during last year's HARP endurance run. Marty shares, "Some people smile all the way round, but I'm not one of them!"

Part of why I do these things is to see what I'm made of – and I guess I'll find out! As well as the personal challenge, I'm also delighted to be able to help raise awareness and money for SAT-7. My daughter works at SAT-7 so I know your work is invaluable, particularly in bringing joy and strength to isolated Christians in the MENA. I'm happy with anything that gets the message out and the funds in.

I also hope my madman's mission might inspire other supporters to consider taking part in an event to raise awareness and support for SAT-7. Sometimes just seeing someone else getting out there can be a real encouragement. And if anyone wants to support me in my fundraising efforts, it would help me feel my inevitable – and significant – suffering is worth it!

#### Marty Whitten, Dorking



To support Marty's challenge, visit [sat7uk.org/marty](https://sat7uk.org/marty) or scan the QR code. You'll be directed to Marty's personal GiveWheel sponsorship page, which is hosted independently of SAT-7.

**Are you inspired to take on your own sponsored activity for SAT-7's 30th anniversary? Let us know what you have planned – or get in touch with us for ideas!**



### SAT-7's doctrinal basis

I received a copy of your Advent Prayer Guide. I read it day by day through Advent and was deeply impressed. I have since received monthly bulletins about the work of SAT-7. I remain impressed, but one thing remains unclear. In an age when Christianity remains divided into denominations, are you officially interdenominational? Do you work from a doctrinal basis and if so, what is it? As a practising and now retired Anglican priest, I have always valued the fellowship of Christians from many other churches, so I wanted to find out where you stand. **Andrew, Bristol**

**OUR REPLY:** *We are so glad you enjoyed the Advent Prayer Guide! In answer to your question, SAT-7 was designed from the beginning to be a ministry for the whole Church in the MENA. Our interdenominational position is grounded in Scripture. We have therefore adopted the Nicene Creed, widely accepted among the churches as a concise statement of the one biblical Gospel, as a basis of faith for the ministry and its members and partners. Our programmes and activities also conform to the principles of the Lausanne Covenant.*

*On this basis, SAT-7 welcomes the involvement and contributions of Christians from across the ecclesiastical spectrum in the MENA. We promote the unity of the Church by emphasising the core truths that Christians hold in common, while also affirming the rich diversity of forms in which these are expressed. In the UK, SAT-7 UK has a board of trustees that represents a spectrum of the UK Church, and in our activities we seek to engage and connect with all denominations. We hope this answers your question!*

### Praying more and more

Just a quick email to say thanks for the 7 things to pray about... It is humbling [to learn about] the harsh day-to-day life our brothers and sisters go through, and it inspires me to pray more and more. I love this new format – it helps me to add the monthly prayers to the prayer app I use, to make sure that not only do I pray about them when the email arrives, but through the month itself. Love the informative podcast too. Thank God for the work you are doing. **Albert, West Midlands**



Visit [sat7uk.org/listen](https://sat7uk.org/listen) to listen to recent episodes of 7 ways to pray, and make sure you are subscribed to our emails to receive the latest editions.

### Using Insight creatively

Thank you so much for your latest *Insight* magazine, focusing on children in the MENA. The resource is so good I felt we just had to use it in our weekly church prayer group. We read some of the sections, I told them the lovely story of Jad, and we prayed through "7 ways to pray". Each person had their own copy to take away and read more. This week we will use it again to pray for each of the children in the "God at work in young lives" pages. We have a young Iranian married couple coming to our church, who have recently become members. They had to escape from Iran. I have given them some of your literature, which they liked. Thank you again for sending me the magazines. **Helen, Galashiels**

### GET IN TOUCH



**Would you like to comment on our resources, tell us about your activities for SAT-7, or ask us a question about our work?** Email us at [respond@sat7uk.org](mailto:respond@sat7uk.org) or write to us at SAT-7 UK, 2nd Floor, 3-4 New Road, Chippenham SN15 1EJ. Please mention "Insight" in your message. Messages may be published in future issues of *Insight*, and might be edited for clarity or length.



# OUR BIGGEST-EVER GATHERING

# SAT-7 AT PROM PRAISE

## ROYAL ALBERT HALL, 6 JUNE 2026

**SAT-7 UK is excited to announce our biggest event to date: a partnership with Prom Praise at the Royal Albert Hall.**

You are invited to join us on Saturday 6 June 2026, 7.30pm at the Royal Albert Hall, London, for a Prom Praise special in partnership with SAT-7 as we celebrate our 30th anniversary.

Prom Praise is an annual event which fuses popular classical and contemporary styles and musicians for an evening of world-class worship and praise. This year's event, Prom Praise: To the Ends of the Earth, will carry you from the heart of London to communities and cultures across the world, echoing Jesus' final commission: "You will be my witnesses... to the ends of the earth." The evening promises to be a global celebration of all that unites us in Christ.

From rousing hymns to vibrant expressions of international worship, the

event will be a powerful demonstration of the joy and hope that connect the family of Christ across borders and in every circumstance. In a world marred by conflict and brokenness, attendees in person and online will be able to witness the beauty of a worldwide family of faith gathered as one beneath the splendour of the Royal Albert Hall dome.

SAT-7 is partnering with Langham Arts at this year's event as we celebrate 30 years of media ministry. The event and livestream will feature interviews with SAT-7 international guests, showcasing how SAT-7's ministry brings joy to the Middle East and North Africa through the power of satellite television and digital media.

The free livestream of the event provides an ideal opportunity to gather as a church, small group or family to support SAT-7 and experience a world-class concert.

Martin Thomas, SAT-7 UK's Senior Director, shares:

**"This is the biggest public event SAT-7 UK has ever been a part of, and we can't wait to share SAT-7's powerful story on such a large scale.**

**"As we mark the milestone of our 30th anniversary, it's a fitting way to celebrate the goodness of God and all that He is doing across the Middle East and North Africa. Please join us, whether in person or online, and lift your voice in worship alongside your global family!"**

### TICKETS



Tickets are available from the Royal Albert Hall box office – scan the QR code to order. The free livestream starts at 7:15pm.

[sat7uk.org/prompraise](https://sat7uk.org/prompraise)



## IMPACT THE MIDDLE EAST



## THROUGH YOUR WILL

**This year, SAT-7 is 30 years old! Did you know that's as old as around 60% of the MENA population?**

Without your support at different points over the last 30 years, SAT-7 would not have been able to thrive. The Lord has used you in powerful and wonderful ways to keep His work going. As we reflect on the last three decades, we are simply overwhelmed with gratitude. We look ahead to the future with anticipation and expectancy; like any 30 year-old would!

What about you? What are your dreams for the next chapter of life, and even beyond your own lifetime? What do you long to see God doing across the Middle East and North Africa (MENA)?

Have you ever considered how a gift in your Will might significantly impact the future for good?

A gift in your Will, however large or small, will keep powerful, faith-filled programmes broadcasting into hearts and homes across the Middle East. Imagine the impact of MENA Christians leading new believers to Christ through their life and witness; all because your support made it possible for them to stay connected through satellite and digital media.

**When the time is right for you, would you consider remembering SAT-7 in your Will?**

You can find out more, including how to make your Will for free, by going to [sat7uk.org/giftsinwills](https://sat7uk.org/giftsinwills) or scanning

the QR code. You can also contact us to request your free guide to leaving a gift in your Will. Thank you. ■

### FIND OUT MORE

Visit [sat7uk.org/giftsinwills](https://sat7uk.org/giftsinwills)



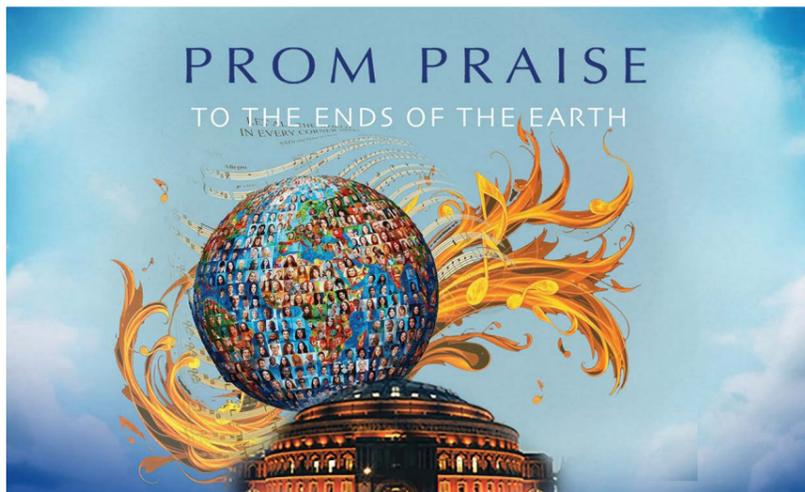
# REASONS

## TO PRAY FOR THE MIDDLE EAST



FIND OUT MORE: [SAT7UK.ORG/SEVEN](https://sat7uk.org/seven)

**A NEW RESOURCE TO TAKE YOU AND YOUR CHURCH DEEPER IN PRAYER**



LISTEN NOW



# Around the TABLE

A NEW PODCAST FROM SAT-7 UK

**Pull up a chair for conversations of hope and faith from the Middle East and North Africa...**

Each episode of *Around the Table* brings together voices from the UK, Middle East and North Africa for honest discussions that challenge stereotypes, build bridges, and spark faith-filled reflection.

Listen today on Apple and Spotify podcast platforms by searching "The SAT-7 UK Podcast", or stream on the SAT-7 website at [sat7uk.org/listen](https://sat7uk.org/listen). You can also watch full episodes on YouTube.



Read more  
on page 6

