



PRAYER DIARY



For SAT-7 and the Middle East

March 2026

SUNDAY 1 MARCH WOMEN

“Come, see a man who told me everything I ever did. Could this be the Messiah?” (John 4:29). As Jesus encouraged the Samaritan woman at the well, so SAT-7 seeks to encourage women across the MENA with the teaching of Jesus. Pray that SAT-7’s programmes will increasingly benefit women in the region.



MONDAY 2 MARCH NASRIN FROM AFGHANISTAN

“I have many problems here,” said Nasrin, an Afghan woman living in Iran. “I’m far from my family. I am under a lot of financial pressure. I feel depressed and sometimes think about suicide.” Let us stand with her in prayer: “Please pray for me so that a way opens up, and I can get out of these tough circumstances and find peace.”

TUESDAY 3 MARCH VIOLENCE AGAINST TURKISH WOMEN

Violence against women in Türkiye is a major issue – a study in 2025 found that more than 1 in 10 Turkish women have experienced physical violence – and it seems to be getting worse. Pray that this deeply worrying trend will be reversed in Jesus’ name.

WEDNESDAY 4 MARCH “MAY GOD PROTECT THEM”

“Women are the most colourful beings in this life; without them, life would be black and white,” said Veysel, a man from Türkiye, after watching SAT-7 TÜRK programme *Homemade*. “Let us pray for our women, may God protect them, may the troubles of violence cease, and may everything work for good. Let us pray for an end to femicides.”

THURSDAY 5 MARCH
HADY FROM EGYPT

“The episode is truly amazing, and the dialogue is rich and insightful,” said *Today Not Tomorrow* viewer Hady, a woman from Egypt. “It corrects many misconceptions about life in general, and especially for women. Thank you very much!” Thank God that Hady was encouraged and pray she will grow in wisdom.

FRIDAY 6 MARCH
FGM

SAT-7 ARABIC programme *You Are Not Alone* raises awareness of regional issues and offers much-needed spiritual encouragement to people who are suffering. A recent episode highlighted the dangers of Female Genital Mutilation (FGM), which affects millions of women and girls in the MENA. Pray for an end to this practice!

SATURDAY 7 MARCH
THE KING'S DAUGHTER

“No matter what, I am the king’s daughter,” declared Bahareh, a female SAT-7 PARS viewer from Iran. “I walk forward with my head held high towards the light and pure love of the Lord.” Thank God that Bahareh has found her identity in Christ, and pray that many more Persian-speaking women will, too.

**SUNDAY 8 MARCH**
INTERNATIONAL WOMEN'S DAY

“So God created mankind in his own image, in the image of God he created them; male and female he created them” (Genesis 1:27). This International Women’s Day, thank God for this foundational verse and pray that more people throughout the MENA will respect the high and equal value of men and women.

MONDAY 9 MARCH**SPRING**

As winter gives way to spring, much of nature comes alive again. Ask God to breathe life into any areas of your life that feel like they are stuck in the dead of winter.

**TUESDAY 10 MARCH****"I LOVE CHRIST"**

"Yes, I want to experience the love of Jesus," said Ezz, a Syrian living in Jordan. "I follow your page on Facebook, and your posts are wonderful. I am not a Christian, but I love Christ and read verses from the Bible." Pray that Ezz will experience the love of Jesus and one day commit to following Him.

WEDNESDAY 11 MARCH**SAT-7'S PRESENTERS**

Being a well-known Christian personality in a region that can be hostile to Christians is tough. Pray for God's protection on SAT-7's presenters and ask that He will fill them with courage and joy.

THURSDAY 12 MARCH**TRUSTS & FOUNDATIONS**

Pray for SAT-7 UK's ongoing work with trusts and foundations. Pray that God will supply all our charity's needs while establishing healthy relationships between us and our donors. Give thanks for their life-giving partnership in our work.

FOCUS



FRIDAY 12 SEPTEMBER ETERNAL HOPE

Those who follow the way of Jesus can look forward to a future of such wonder and joy that the sufferings of this life will be far outweighed. Thank God for this truth and pray that He will illuminate your heart with eternal hope as we pray about the topic this week!

SATURDAY 14 MARCH ETERNAL LIFE

“Lord Jesus Christ, I believe that You loved me to the end and came to save me,” prayed Kareem, a SAT-7 ARABIC viewer from Morocco. “I believe You were crucified, died, and rose again to forgive all my sins and give me a new nature and eternal life.” Thank God for Kareem’s belief and pray that his faith will hold firm until he meets Jesus face-to-face.

SUNDAY 15 MARCH MOTHERING SUNDAY

“Adam named his wife Eve, because she would become the mother of all the living” (Genesis 3:20). As many people in the UK celebrate Mother’s Day, let us marvel at how God created women to bring new lives into the world, lives that will live on into eternity.

MONDAY 16 MARCH KINGDOM OF GOD

“How can I be part of building a truly free country?” asked Saleh, a 14-year-old from Yemen. “One without killing or oppression, governed by justice and peace?” Pray that Saleh will taste something of the eternal Kingdom of God, and commit his life to its cause.

TUESDAY 17 MARCH
DAMOUN FROM IRAN

Damoun, a male SAT-7 PARS viewer from Iran, has experienced much hardship. "My hope is solely for the day when I will be free from this life – which is filled every day with suffering, pain, and injustice every day – to go to heaven to be with God." Pray that Damoun, and other troubled Christians in Iran, will know God's peace and purpose in this life as well as in the next.

WEDESDAY 18 MARCH
"A LITTLE TASTE OF HEAVEN"

"The meeting today was like a little taste of heaven," said Hiba, a woman from Lebanon, after watching a live church service on SAT-7. "Thank you for your effort and love." Pray that more viewers will glimpse heaven through our programmes and be drawn to Jesus.

**THURSDAY 19 MARCH**
ETERNAL HOME

Millions of refugees in the MENA are looking for a safe and suitable place to call home. Pray they not only find shelter but embrace the biblical promise of a new heaven and a new earth.

FRIDAY 20 MARCH **EASTER PREPARATIONS**

With Easter a little over two weeks away, pray for all the SAT-7 staff across the world who are preparing special events and church services. Ask God to give them eyes to see, and the ability to clearly communicate, the power of Jesus' death and resurrection.



SATURDAY 21 MARCH **NOWRUZ**

Today is Nowruz, the ancient festival marking the Persian New Year, celebrated by the majority of SAT-7 PARS viewers and by many millions around the world. Pray that the light of Christ will shine through our programmes during this special weekend.

SUNDAY 22 MARCH **WORLD WATER DAY**

"But whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life" (John 4:14). Praise Jesus for giving us water that quenches our spiritual thirst. This World Water Day, pray for more SAT-7 viewers to drink this water for the very first time.

MONDAY 23 MARCH **CREATION CARE**

With more of SAT-7's programmes featuring segments on creation care, pray that more believers in the MENA will learn about their responsibility to steward God's world with care and wisdom.

TUESDAY 24 MARCH
SAT-7'S CHANNEL STAFF

Our channel staff hold the huge responsibility of making God's love visible to millions of viewers in the MENA. Let us pray today that they will be brave and courageous as they go about their work amid unique regional, national and local challenges.

WEDNESDAY 25 MARCH
PANAYIOTIS KEENAN
SAT-7 PARS

As Executive Director of SAT-7 PARS, Panayiotis oversees the work of staff in Cyprus, the UK, and the US. Pray for God's blessing on all the elements of his work and for an increase in his faith.

THURSDAY 26 MARCH
RAMI AL-HALASEH
SAT-7'S ARABIC CHANNELS

Rami's role as Executive Director of SAT-7's Arabic channels includes overseeing our Egyptian and Lebanese content, as well as children's programmes on SAT-7 KIDS. Pray that he will be filled with wisdom and godly ideas as he continues working on a diversity of projects and programmes.

FRIDAY 27 MARCH
MAGED MOUNIR
SAT-7 EGYPT

Maged is Executive Director at SAT-7 Egypt, managing the production of all our Egyptian-Arabic content. Pray that Maged will be well supported in his work at our Cairo studio and that he will increasingly model Christlike leadership.

SATURDAY 28 MARCH**ÜMIT TEYMUR
SAT-7 TÜRK**

After a season of change and transition at SAT-7 TÜRK, Ümit became the channel's Executive Director at the beginning of 2025. Pray that he will be inspired to lead the channel in a manner that pleases God.

SUNDAY 29 MARCH**ANDREA EL MOUNAYER
SAT-7 KIDS**

Andrea El-Mounayer is the Channel Manager at SAT-7 KIDS, and younger sister of SAT-7 CEO Rita El-Mounayer. Pray for God to work powerfully in Andrea's life as she seeks to help millions of children in the MENA know and love Jesus.

**MONDAY 30 MARCH
MAROUN BOU RACHED
SAT-7 LEBANON**

Maroun works as Executive Director at our Beirut studio, guiding SAT-7 ARABIC's Lebanese content production. Let us pray for the strengthening of his faith and for him to experience more of God's heart for the Arab world.

TUESDAY 31 MARCH**"WONDERFUL AND IMPACTFUL"**

"Thank you all! You bring us joy," said Makram, a man from Egypt. "You are wonderful and impactful in our lives, across the generations. May God bless every member of the team: production, presentation, technical staff, and directors." Pray our channel staff will inspire their teams to continue making highly impactful programmes.

Visit

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



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