



PRAYER DIARY



For SAT-7 and the Middle East
September 2026

TUESDAY 1 SEPTEMBER
JOY

As we begin September – which feels like a new start for many – we will contemplate the joy available to us in Christ. Pray that God will open your heart to receive a new anointing of His joy.

FOCUS**WEDNESDAY 2 SEPTEMBER**
A YOUNG MAN FROM LEBANON

“During many moments in my life, I cried out to God, asking, “Where are you? Are you there?” shared Leo from Lebanon. “He always reaches out His hand to pull me out of the rubbish, lifting me to life and joy. Thank you, Lord, for everything.” Thank God for Leo’s story and pray that many more young men in the region will also sense God lifting them up.

THURSDAY 3 SEPTEMBER
CELEBRATION

In the latest series of SAT-7 PARS devotional programme *Sacred Transformation*, the presenters explored the idea that celebration is a spiritual act that reflects God’s joy. Pray that Persian-speaking viewers will take this message to heart and find ways to enjoy life with other believers – even if they must do so quietly.

FRIDAY 4 SEPTEMBER
CHRIST’S JOY AND LOVE

“SAT-7 KIDS has instilled in our hearts and the hearts of our children the word of Christ, joy, and the greatness of His love,” said Cherine, a mother from Egypt. Thank God for Cherine’s experience and pray for God’s richest blessing on her family and community.

SATURDAY 5 SEPTEMBER

THE FREEDOM OF IRAN

"God willing, Iran can be free and joy can rise again in our hearts," said Behrokh, a female SAT-7 PARS viewer. Let us echo her prayer: "I also pray for all Iranians in exile to have a joyful return to their homeland and experience a good and happy life with their families."

SUNDAY 6 SEPTEMBER

ETERNAL PLEASURES

"You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand" (Psalm 16:11). Pray that every person watching SAT-7 right now will experience something of the joy of God's presence!

MONDAY 7 SEPTEMBER

DAILY BREAD

New SAT-7 ARABIC programme *Our Daily Bread* (pictured) is a short, uplifting teaching series which applies the Gospel to daily life. Pray for the presenter, Elchin Salimov, to be filled with infectious joy as he shares each message.



TUESDAY 8 SEPTEMBER

JOYFUL HOPE

"We endure all hardships with hope in Jesus Christ, for the Lord is a reliable promise keeper," shared Anoush, a woman from Iran. "I am grateful for your programme amidst all the challenging conditions and deep sorrow for my country and its people. The Lord has placed a glimmer of hope in my heart through the Holy Spirit, encouraging me to be joyful in hope, patient in tribulation, and steadfast in prayer." Pray that this joyful hope will spread from Anoush to her friends and family.

WEDNESDAY 9 SEPTEMBER**PRESENTERS**

Pray for all of SAT-7's presenters today, that they will be encouraged to continue making God's love visible to all their viewers.

THURSDAY 10 SEPTEMBER**DISCERNMENT**

"Freedom has faded with the rise of social media and mass media, which now overflow with trivial content and sensational stories instead of promoting awareness," shared Younis, a Today Not Tomorrow viewer from the United Arab Emirates. Pray that Christians in the Gulf will grow in discernment as the media landscape continues to change.

FRIDAY 11 SEPTEMBER**POLITICIANS**

Pray for God to raise up a new generation of godly politicians across the MENA who will work to fight evil, protect what is good and true, and relieve the suffering of the oppressed.

**SATURDAY 12 SEPTEMBER****LAYAL FROM MOROCCO**

"My husband passed away some time ago, and all of my children are now married... I feel a deep sense of loneliness," shared Layal from Morocco. Our team empathised with Layal and committed to pray for her. Later, Layal said: "I feel very encouraged by your support and care." Pray that our Viewer Support team will continue to bless lonely people in North Africa.

FOCUS

**SUNDAY 13 SEPTEMBER****SAT-7 KIDS**

"All your children will be taught by the Lord, and great will be their peace" (Isaiah 54:13). As we turn our attention to the work of SAT-7 KIDS, pray that our young viewers will hold onto the teachings of Christ and live lives of peace.

MONDAY 14 SEPTEMBER**JANA FROM LEBANON**

"Jesus alone is always aware of us and with us in every detail of our daily lives, even the smallest details that may not seem important to us, but He cares," shared Jana, a Lebanese teenage girl. "Thank you, *Jesus Our Strength* programme, because you always encourage us and support us. We love you so very much!" Thank God for Jana's experience of our channel.

TUESDAY 15 SEPTEMBER**CITY OF HEROES**

City of Heroes is a series of educational animated songs featuring characters from the Bible such as King Josiah, Saint Paul, the Wise Men and more. Pray these songs will bless those who struggle with reading, do not have access to the Bible in their language, or who prefer visual learning.

WEDNESDAY 16 SEPTEMBER**COMPASSION**

"[I learned] that when we see someone in need, we shouldn't leave them in crisis; we should stand by them and help them," said young Bernard from Egypt after watching SAT-7 KIDS. Pray that many more children will learn about compassion from our programmes.

THURSDAY 17 SEPTEMBER

SALIM FROM SUDAN

"Thank you for this channel, which promotes love, morals, and education – I am a huge fan," said Salim, a young female SAT-7 KIDS viewer from Sudan. "You are a light to the world." Pray that more young viewers from North Africa will be drawn to the light of Christ!

FRIDAY 18 SEPTEMBER

THE TREASURE

The Treasure (pictured below) is an engaging Bible-based programme where children compete in two teams to solve puzzles and answer Scripture-related questions as they race to 'find' the treasure hidden in the Word of God. Pray that God's love will touch the hearts of every participant.



SATURDAY 19 SEPTEMBER

LONELINESS

Teenage SAT-7 KIDS viewer Karen recently moved from Egypt to Iraq. When speaking with our Viewer Support team, she said she felt lonely because she hasn't made friends yet. Our presenters prayed for her, asking God to surround her with loving friendships and remind her that she is never alone. Pray that more lonely young people like Karen will be reminded of God's presence through our children's channel.

SUNDAY 20 SEPTEMBER**SOCIAL MEDIA**

Pray for Christian parents across the MENA who are struggling to manage their children's social media usage. May God give them grace, wisdom, and courage!

MONDAY 21 SEPTEMBER
MIRACULOUS ANSWER TO PRAYER

Chady from Egypt hit rock bottom after losing his job, having his motorcycle stolen, and getting injured. Our team prayed with him, and just two days later, he told us: "The Lord blessed me with a new motorcycle and a new job yesterday. My house is filled with a surreal sense of God's blessing. I thank the Lord very much and thank you for your prayers for me." Praise God for blessing Chady!

**TUESDAY 22 SEPTEMBER****GATHERING**

The SAT-7 UK team in Chippenham regularly gather to pray for SAT-7's work and the MENA region. Ask God to bless these devotional times and guide the team's prayers.

WEDNESDAY 23 SEPTEMBER**KHASHAYAR FROM AFGHANISTAN**

A Christian man from Afghanistan called Khashayar told us he lives "a life of secrecy, full of fear and lacking support from other believers." Let us pray in line with his prayer request: "[May we] see our financial and spiritual challenges and all the serious threats to our lives alleviated through [SAT-7's] prayers. May our faith in the Bible and in the Holy Spirit of Christ grow stronger."

**THURSDAY 24
SEPTEMBER
SUSTENANCE**

SAT-7 has always provided spiritual sustenance to its viewers. In recent years, several cooking programmes have sprung up across our channels, meaning viewers are learning how to sustain themselves physically as well as spiritually. Pray that SAT-7's programmes will increasingly serve the whole person.

**FRIDAY 25 SEPTEMBER
JOYFUL KITCHEN**

SAT-7 PARS cookery show *Joyful Kitchen* (pictured above) encourages children and families to cook simple and healthy meals, with a healthy dose of laughter and love. Pray that young viewers will be inspired by this programme and experience the love of God through it.

**SATURDAY 26 SEPTEMBER
CHRIST'S TABLE**

As the Muslim world observes Ramadan, SAT-7 ARABIC programme *Evening Gatherings* - now in its second season - helps viewers from different religious and cultural backgrounds better understand the Christian life. Pray for the presenters of this show, that as they share discussions, worship moments and meals together on set, viewers will feel drawn to Christ's table.

SUNDAY 27 SEPTEMBER

FEEDING ON CHRIST

"Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me" (John 6:57). Pray that you and your Church family will feed on Christ regularly – when you take communion, as you pray together, and in everyday life as you follow Him.

MONDAY 28 SEPTEMBER

HOMEMADE

Now in its tenth season, SAT-7 TÜRK's women's programme *Homemade* (pictured) combines conversation, cooking, and storytelling in a warm, home-like atmosphere. Pray for God's love to be on display among presenters and guests.



TUESDAY 29 SEPTEMBER

BAKING WITH SAHAR

SAT-7's first programme filmed in Iran for many years, *Baking With Sahar* offers a home-style baking experience that helps viewers create healthy, homemade snacks – and save money in the process. Pray that this programme will draw new viewers to other SAT-7 programmes.

WEDNESDAY 30 SEPTEMBER

"FEEDING MY SPIRIT"

"Since I have been connected with you and listening to God's living word at night, I have become accustomed to feeding my spirit with spiritual food before going to sleep," said Touraj, a male SAT-7 PARS viewer. "How comfortingly God's Word speaks to the human heart!" Pray that more SAT-7 PARS viewers will learn to regularly feed on God's word.

Visit

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



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