**Supplemental Material**

**for 2025 International Women’s Day of Prayer**

**Ideas for Prayer Activities**

The International Women’s Day of Prayer (IDOP) is a great blessing for your congregation. You can fill your day with many prayer activities by using the traditional forms of prayer or or by introducing new prayer models while praying for the topics presented. Choose prayer forms that you are comfortable with [with which you are comfortable] and those that are acceptable in your cultural context.

Prepare some visual aids, such as banners, bookmarks, handouts, etc. You can use the following quotes on prayer from *Steps to Christ*, or use others:

“Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him” (Ellen G. White (1892), *Steps to Christ,* 93.2*).*

“Prayer does not bring God down to us but brings us up to Him” (Ellen G. White (1892), *Steps to Christ,* 93.2*).*

“We may keep so near to God that in every unexpected trial our thoughts will turn to Him as naturally as the flower turns to the sun” (Ellen G. White (1892), *Steps to Christ*,99.4.*)*

**Divine Service “Reach Out”**

Adjust the suggested order of divine service to fit the model your congregation normally follows for special events, including special music, congregational responses, or recitation of poetry. (See the suggested poem below.) You may also use a variety of prayer forms.

**Opening and closing prayers** can be done by young women as they are also in the WM’s focus.

**Pastoral prayer.** You may wish to ask four women to pray for the needs of the congregation and individual church members. Each woman can lead a special prayer block following the sections of the ACTS prayer model (Adoration, Confession, Thanksgiving, Supplication).

**Children story**. At the close of the children’s story, ask children to thank God for His creation and for any part of their body (eyes, ears, hands, etc.) because they are also wonderfully made. If you trust one of the children, invite him or her to summarize all that was mentioned in a closing prayer before the children return to their seats.

**Closing prayer**. Ask the congregation to observe a moment of silent prayer before closing the divine service with prayer, because “... secret prayer … is the life of the soul” (Ellen G. White (1892), *Steps to Christ,* 98.2).

**Take Time to Pray**

I got up early one morning

And rushed right into the day.

I had so much to accomplish

That I didn’t have time to pray.

Problems just tumbled about me,

And heavier came each task.

Why doesn’t God help me, I wondered;

He answered, “You didn’t ask.”

I wanted to see joy and beauty,

But the day toiled on, gray and bleak.

I wondered why God didn’t show me.

He said, “You didn’t seek.”

I tried to come into God’s presence,

I tried every key in the lock.

God gently and lovingly chided;

“My child, you didn’t knock.”

I woke early this morning,

And paused before starting the day.

I had so much to accomplish

That I had to take time to pray.

Author Unknown

**Seminar “Discovering the Joy of Being His Daughter”**

**Ideas for Prayer Activities**

1. **At the beginning** (choose one or more prayer activities appropriate for your group):

* **Thanksgiving prayers.** Provide time for group prayer. Ask women in groups of two or three (or more if they are sitting around tables) to pray about what they are thankful for today using only one phrase. If time permits, they may go around the circle a second time thanking God, using just one phrase. Challenge participants to praise God for something that has not been mentioned yet.
* **Prayer requests**. Provide baskets to collect written prayer requests.—one labeled, “Prayer Requests for Others,” and the other labeled, “Prayer Requests for Me.” Ask women to write their prayer requests for others and for themselves (provide notes and pens/pencils). Women place their requests in one or both baskets.
* **Intercessory prayers.** Provide a prayer wall or a poster board attached to an accessible wall or window. Ask women to write the names of their children, family members, or friends they want to pray for on sticky notes and place the notes on the wall or poster.
* **Prayer of gratitude with a mirror**. Provide a special place with a mirror hanging on a wall or standing on a small table but covered with a piece of cloth. Write an inscription to place over the covered mirror (or next to it): “God’s Favorite Person.” Ask each participant (taking turns throughout the day) to go and look under the cover and give thanks to God for the person they see and give thanks for God’s love for that person.

1. **At the end** (choose one or more prayer activities appropriate for your group):

* **Prayer requests**. If you used two baskets for prayer requests, ask one woman to pray for all requests in the basket with prayer requests for others and another woman to pray for all prayer requests in the basket “for me.”
* **Intercessory prayers**. If you used a prayer wall, have one or several people pray for all names on this wall. You can also ask women to pick up some names from this wall and continue praying for them at home throughout the year.
* **Prayers for the seminar participants.** Ask several people each to pray for one characteristic of a godly woman mentioned in the seminar so that God can help the participants be such godly women. If you have groups at tables, each woman in the group can pray for all at the table to receive or develop or grow one of the characteristics.
* **Prayers for the women around the world**. Have a special prayer for all women in our church and women outside the church and their challenges and struggles.
* **Prayers for women struggling with one or more global issues**. Have a prayer in groups for women who experience one or several critical issues: abuse, poverty, health problems, illiteracy, a heavy workload, a lack of leadership opportunities. Each group can pray for one of these issues so that these women can feel God’s presence and His love, and understand that they are His special daughters.
* **Prayer walk**. You can organize a prayer walk with prayer stations in the room or in your church yard or other part of the facilities with different prayer topics connected to the seminar.
* **Prayer of gratitude with a mirror**. Regardless of whether you used this prayer at the beginning or not, you can give small mirrors with the note “God’s Favorite Person” to the seminars participants as a gift. You can conclude with a prayer thanking God for all of them as each one is very special and a favorite God’s person.