

## Mission Partner prayer and update 20 September 2026

### From Care for the Family

#### Just for You: Hope

If you are a parent or carer of a child with additional needs, you may sometimes find yourself carrying more than most people realise. Between looking after everyone else's needs, juggling responsibilities, and navigating the ups and downs of family life, it can be easy to find yourself physically, mentally, or emotionally depleted. As well as having negative consequences on your well-being, it can have knock on effects on those around you. Looking after ourselves is essential for looking after others - you cannot pour from an empty cup.

*Just for You: Hope*, an online event, is an opportunity to take a breather and connect with other parents who understand some of the challenges you face. It is designed to provide a space for you to be encouraged, refreshed, and remind you that you are not alone. Events run on **16 and 18 November at 8pm**. [You can book or find out more here](#).

You can also find [details here for the live event Left to their own devices?](#) ...How to confidently parent tech-savvy kids. Events are being held in Wimbledon (24 November), Horsham (25 November) and Guildford (26 November).

#### Please pray

- For Care for the Family - for wisdom as they seek to support family life.
- For parents who carry the extra responsibilities of parenting children with additional needs.
- For children who find life challenging at times.
- And, for families - that they feel God's presence, and know that they are held in His loving care.