



# Prayers for Sudan

Written by Canadian Foodgrains Bank Staff



## Prayer for Sudan (Rogation)

*Rebekah Sears, Senior Public Engagement Officer – Church Engagement*

Oh Lord of the harvest; God of the wheat and barley, of the potatoes, lentils and corn  
As we come to the fields this spring with our seeds, ready to plant  
And our hearts laid bare, waiting in hope for the harvest  
We also remember those who do not have enough food to eat  
We think of those experiencing famine, conflict and crises  
We lift up to you the people of Sudan – the communities who are struggling, the men, woman and children  
We pray for an end to conflict, to suffering, to hunger  
We know You care for those that suffer, oh God; that Your heart breaks for those who are hungry  
As we plant our own seeds, praying for a good and plentiful harvest in Canada,  
Fill our hearts and minds with compassion for others  
Create in us pure hearts and minds, that seek to serve others, to give all we can  
Help us be the hands and feet of Christ  
Bless our seeds, oh Lord, that they would reap a wonderful harvest, and be a blessing to those here in Canada and around the world  
God of love, bless the people of Sudan.  
We pray all of this in the name of Jesus.

Amen.

## Prayer for people to care

*Lorena Rivera, Nature+ MEL Coordinator*

Almighty Lord,

Today, we pray for the people of Sudan. Though this crisis may seem far away, it is not far from us who follow Jesus Christ. Remind us that He knew suffering and stood with the oppressed. Help us to see His face in those who are displaced, hungry, and forgotten.

Do not let distance make our hearts indifferent. When we sit at our tables in peace, remind us of those who do not know where their next meal will come from. When we go about our ordinary lives in safety, help us remember those whose lives have been broken by war.

Give us hearts that remain open to the suffering of our sisters and brothers in Sudan, and the courage to care, to pray, and to act with compassion.

Amen.

# Praying for the people of Sudan

*Christina Phillips, Director, Resources & Public Engagement*

God, we pray for the people of Sudan.

For the children, men and women who continue to live in the midst of violence.

We ask you to protect their bodies from harm and hunger and exhaustion.

We pray for their hearts and their minds, that they can find enough moments to stay hopeful and not give way to discouragement.

We seek your comfort as too many people mourn the loss loved ones.

For every individual, we pray they will find a place of community, so that they can encourage one another.

We plead for the weather, that you bring the rain when the plants need it and the ability to harvest bounties of crops. We pray that you keep the locusts and other infestations away so that farming may be fruitful.

For the millions of people who have had to run from their homes, God, help them find sustenance on their journey and peaceful dwellings at the end of it. And may their need for refuge be short-lived. And for the people hosting and caring for those forced to flee, please give them endurance to keep doing good.

Because God, we ask for peace. We ask for those that are causing the violence to stop. Lord, we ask that their hearts are filled with mercy and compassion for fellow humans.

We ask for leaders around the world to want to intervene so the killings are stopped.

We pray for those on the ground inflicting pain to lay down their weapons.

Oh God, we ask you to give courage for those that want to stand for peace in the midst of such

conflict that they can raise up peacemakers throughout Sudan and their neighbouring countries.

And for us God, for those of us that do not worry about violence and hunger on our doorsteps – move our hearts daily to uphold our neighbours around the world who do.

# Prayer for Mother's Day

*Michelle Butterfield-Kocis, Ontario Regional Representative*

Holy parent,  
you know the joy and  
heartbreak of parenthood.  
You see your children suffering  
and respond with love, compassion and care.

Hear our lament for the  
mothers, grandmothers, aunties  
and all displaced women of Sudan.

We pray for Sudanese parents  
who are watching their children  
waste away from acute hunger  
with no way of relieving such pain.

We pray for the many  
grandmothers and aunties,  
watching over displaced families,  
creatively attempting to help ease  
the loss of daily food, home,  
family and safety.

We pray for our siblings in Christ  
and global agencies tirelessly working  
to help in any way possible  
as famine moves toward severe, while  
disease and violence  
follow families into displacement.

God of all creation,  
provide strength to mothers  
who struggle for energy  
to care for their families,  
surround mothers with comfort  
who long for children and family lost  
to hunger and violence,  
and sustain those who grieve  
what once was their home,  
a full life and safety.

Keeping Sudanese Mothers  
and families in our hearts and minds  
guide us to stand together,  
through our prayers,  
our voices of advocacy  
and our hope filled actions.

Bring quick and efficient relief  
through various means  
to the millions of families  
caught in hunger, violence, injustices  
and violations of human rights  
in Sudan. Holy parent, hear our lament.

In Christ's name we, Amen.

# Prayer for peace and healing

*Dale Friesen, Manitoba Regional Representative*

God of every hungry place,  
We come to you holding in our hearts  
Those who face the harsh reality of hunger  
For your children in Sudan.

We pray for rains to restore the land  
For crops that take root again  
For livestock to flourish  
And for the fragile spark of hope to endure.

We pray for peace to restore hearts  
From Darfur to Khartoum to Juba  
To every village and city longing for rest.  
Begin your healing in the hearts of the Sudanese  
people.

Until famine ends and every table is full  
Keep us faithful and moved by love.

Amen

# Prayer for reconciliation and peace

*Stefan Epp-Koop, Senior Manager, Humanitarian and Nexus Programming*

Dear God, we pray today for peace in Sudan.  
God, please give wisdom to leaders to set aside  
selfish ambitions and work in the interests of all.  
Help leaders remember those who are most  
impacted by this war – the millions who are  
displaced and hungry.

God, please give strength to those working for  
peace, that they may have courage to sustain  
their important efforts.

God, please help people see past the hate that  
fuels conflict. Help us see each other as brothers  
and sisters, not as strangers or enemies.

God, please give comfort and solace to those who  
continue to suffer from war and stand with them  
as they await a just peace.

You are a God who calls us to seek peace.  
Please guide our steps as we too seek a more  
peaceful world.

Amen.

# Prayer for leadership and discernment

*Andy Harrington, Executive Director*

Creator God,  
We lift the nations in turmoil due to the Sudan crisis up before You. Amidst conflict, suffering, and uncertainty, we ask for Your guiding hand to be seen.

Grant leaders, both in the countries involved and across the international community, true wisdom and discernment. Give them clarity that cuts through confusion and courage that stands against injustice. May they practice compassion that seeks the wellbeing of every person, and may hearts be softened where they have hardened. May they turn to You as Your guidance illuminates paths towards peace where none seem to exist. We ask that you give strength to those working tirelessly to protect civilians, deliver aid, and advocate for the vulnerable. Cover the innocent with Your protection. Bring healing to those broken by the conflict, and hope to all who feel forgotten.

Lord, let wisdom rise above ambition, truth above deception, and peace above violence. Guide every decision taken, and every hand extended in help.

May justice flow and mercy prevail.

Amen

# Prayer for host families

*Rick Block, Saskatchewan Regional Representative*

King of the universe, we humbly acknowledge our inability to govern ourselves in ways that are just, whole, and peaceable.

We thank you for giving your Spirit to guide all those who seek you whole-heartedly. We call out to you, our Provider and Sustainer, to strengthen the body, mind, and heart of those suffering from hunger due to the crisis in Sudan. We know too that there are many, within Sudan and outside of its borders, who are offering whatever they can, from their own homes and pocketbooks, to help alleviate the sufferings of their neighbours, just as the Good Samaritan that you spoke of long ago. Lord, give them courage, to see the suffering, to respond in love, by and thru the means they have, and to know there are others whom you have called to help share the burden and the cost.

We pray Lord, that your Body, which was broken to establish a new covenant with your people, will seek to break bread with those in need, and trust in the goodness of your hands and your will. May we, who are across the ocean, identify (and participate) with those responding as Good Samaritans to the aching hunger that is present in Sudan.

We pray these words in and through the powerful and merciful name of Jesus our Lord.

Amen.

## Prayer for those who have fled their homes

*Chinelo Agom-Eze, Senior Policy Advisor*

Merciful and compassionate God, our refuge and strength, we pray for those who have fled their homes as they escape violence, we pray that they be protected on their journeys. May safe places of refuge be opened to them, and may they find helping hands ready to offer shelter- protection from violence, from rain, and from the heat.

Be close to families forced onto uncertain roads, to children who are afraid, and to all who carry the weight of loss and displacement. Grant them strength for each day, and moments of rest, and peace amid hardship.

Bless and strengthen those who offer care and assistance. Give wisdom, courage, and generosity to all who provide shelter, safety, and support, and sustain them in their work of compassion.

May all who have fled have the hope of tomorrow: the chance to rebuild their lives in safety, to find stability and shelter, and, when the time is right, to return home in peace.

Amen

## Prayer for those facing severe hunger

*Silantoi Kisoso, Senior Program Officer*

God our Father, we remember the people of Sudan who are facing severe hunger and struggling each day to survive.

In the name of Your glory, You gave bread to the hungry and multiplied a few loaves and fish so that every person was fed, we ask that Your sustaining presence be near to all who are facing severe hunger in Sudan. Provide for families who search desperately for nourishment and safety. Whose strength is fading under the weight of conflict, displacement and uncertainty. Bring comfort to those whose days and nights are shaped by worry about their next meal and provide them with enough for today and the days ahead.

Soften our hearts so that we may share generously from what we have. Guide leaders and communities to act with justice, compassion, and integrity. Support all those in need, that their efforts may bring relief, nourishment and hope. Help us become instruments of your mercy, offering care, dignity, and life to every person you place in our path. We bring these needs in your loving hands; trusting in Your name.

Amen.



## Video Playlist | Prayers for Sudan

Scan the QR code or search on YouTube for [@canadianfoodgrainsbank](#) to watch the video playlist.

*March 2026*