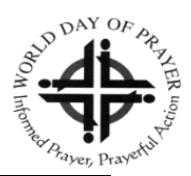




World Day of Prayer Friday 6th March 2026

Charity number SC020446

“I Will Give You Rest: Come” Prepared by WDP Nigeria Participants-Preparation Sheet



No.	Part	Page	Name	Church
1	Leader 1	4,7,8,9,13,14,18		
2	Leader 2	5,8,11,14,15,18		
3	Leader 3	6,12,15,16,18		
4	Reader	Matthew 11:28-30 (NRSV)	6	
5	Reflection	14 (Separate sheet)		
6	Woman 1	Beatrice's Story (age 28)	9	
7	Woman 2	Jato's story (A mother of teenager)	10	
8	Woman	Blessing's Story	11,12	
9		Commissioning Prayer	19	

Gathering Symbols for your worship space

Colourful African Fabrics - The vibrant textiles embody the rich tapestry of Nigerian cultures, each pattern and colour telling a story of heritage and identity. They represent the resilience and creativity of Nigerian people, who weave beauty and meaning into everyday life. Like these interwoven threads, we are reminded of how our diverse stories come together in the fabric of our shared humanity and faith.

Green and White Colours - Nigeria's flag - Symbolize unity in diversity and hope for the future. Green represents the lush land and agricultural wealth, while white signifies peace and unity. These colours remind us of our call to be stewards of God's creation and peacemakers in our communities, working together for a future where all can flourish.

Mourning Cloth - Represents the burden of systemic oppression that is described in the story of Beatrice, a Nigerian widow.

Backpack - Represents the burden of religious persecution that some children face, particularly described in the story of Jato, a mother in northern Nigeria.

Grains of Rice - Symbolize the interconnected burdens of poverty and despair, highlighting the relationship between economic hardship and mental health struggles, as described in the story of Blessing.

Stones - Represent the heavy burdens people carry, symbolizing struggles like poverty, oppression, and injustice. They also remind us of Nigeria's rich mineral resources, which have been both a blessing and a challenge. As Christ promised to lighten our loads, these stones call us to consider how we can transform burdens into opportunities for growth and positive change.

Olive Oil in a Glass Jar or Bottle - This oil symbolizes Nigeria's complex history with crude oil, reflecting both potential for prosperity and the weight of global exploitation. It represents the challenging balance between economic development and environmental stewardship, reminding us to pray for global equity, and for innovative solutions that allow all nations to thrive sustainably.

Candles - Symbolize hope in the face of despair, and the light at the end of the tunnel that many Nigerians hold onto in difficult times.

Calabash Bowl - Is associated with women farmers in Nigeria, who often use it to gather and sell crops. It symbolizes how God provides sustenance, nourishment and respite amidst the struggles of life.

Include a **Bible** on the altar space, opened to Matthew 11:28-30.

If you cannot uplift an offering but have a plate at the door, you will have to change the wording on p15.