

FWW Prayer Guide

July 2026



Holidays

Phillip Jones writes:

I've just returned from holiday, which is why this month's Prayer Guide is a bit late appearing. Those of us who are no longer bound because of family or other commitments to school holidays, may have already been away on holiday or at least taken a break from work. For many the approaching (or looming, depending on your point of view!) school holidays will signify holiday time or at least a change of routine. Not everyone will be able to afford to go away on holiday and for some families, school holidays can cause extra financial strain. I have just signed a Church Action on Poverty petition asking the government to include a group of children on free school meals who would currently miss out, because of a loophole, in the Holiday Activities and Food programme.

Holidays are supposed to be a time of rest and recreation (re-creation), though if you have energetic kids it may not feel much like that! Hopefully, though, a change of pace and from the daily routine will enable some opportunity for refreshment and recharging. There may be an opportunity to see new things, to explore, whether that's getting out and about or being immersed in a book or other media. There may be a sense of wonder at the sights we see or the insights we gain. Or we may just be glad to relax and forget about the cares of life for a while.

For many children and young people, the summer holidays will also be the occasion of leaving school, whether permanently or going to a new one in the autumn. Transitions in life often have mixed feelings: anticipation and perhaps anxiety about what comes next, sadness about leaving familiar places and maybe friends too (and perhaps for some, joy at leaving, if they've always hated school).

As recent reports have made clear, this is a difficult time for those leaving school, college or university and looking for a job. Levels of those Not in Education, Employment or Training (NEET) continue to increase and entry level jobs available are diminishing, whether because of employment costs, AI, or for other reasons. For those who do get jobs, the challenge of the transition to work can be demanding.

Heavenly Father, we thank you for times of rest and relaxation which are given to us in the course of our lives.

Teach us to use our leisure and our holidays to rebuild our bodies and renew our minds; and may we be strengthened and refreshed in spirit for our daily work and the service of your kingdom; through Jesus Christ our Lord.

(The Episcopal Church, USA)

- We pray for all who will be on holiday in the next couple of months or so.
- For refreshment, renewal, recreation
- For all who travel, that they may go and return safely
- For fun and exploration, as well as rest and relaxation
- For opportunities to wonder (as well as wander) and for insight and new Understandings
- For those still at work, who may have to work harder or longer to cover for those who are off
- For those unable to go away through force of circumstance or lack of money
- For parents and others who will find this time of year a strain and a worry
- For holiday clubs and play schemes organised by churches and others that they may be places of fun and growth
- For all who provide vital services at this time to keep children and people more widely safe and secure.