



Prayers for Lasting Peace in the Middle East

Updated Prayer Guide — April 8, 2026

What Is Happening Now — Day 39: A Fragile Ceasefire

The war that began on 28 February 2026 with joint US-Israeli strikes on Iran has now entered its sixth week. On 8 April 2026 — Day 39 — a two-week ceasefire between the United States, Israel, and Iran took effect, brokered at the last moment by Pakistan’s Prime Minister Shehbaz Sharif.

Peace talks between the US and Iran are set to begin in Islamabad on 10 April. The ceasefire is a genuine answer to prayer — but it is fragile and deeply contested. Iran’s own security council stated it “does not signify the termination of the war.” Israel has warned that Iran must surrender its enriched uranium and halt all enrichment as a condition of lasting peace — something Tehran has not agreed to.

Fighting in Lebanon between Israel and Hezbollah continues: Lebanon is explicitly excluded from the ceasefire agreement. The Strait of Hormuz is reopening, which should bring relief to the world’s poor as oil and gas prices come down.

There are many sticking points that could cause a return to full hostilities. Iran’s new Supreme Leader, Mojtaba Khamenei — who replaced his assassinated father in March — has shown little flexibility on nuclear issues. Israel is deeply sceptical a deal is achievable and has kept an updated strike list ready. Trump has warned he will resume attacks if Iran does not comply.

Meanwhile the people of Iran, who rose up in the millions in December 2025 and January 2026 demanding an end to the Islamic Republic — and were met with massacres — continue to long for freedom and democratic change. Their courage and their longing for a better future deserves our prayers.

The human cost has been devastating. Over 1.2 million people in Lebanon have been displaced — many for the second time in recent months. Israel is now conducting a ground invasion of southern Lebanon and has announced plans for a long-term occupation of a “buffer zone” that would bar 600,000 people from their homes. Thousands have been killed across the region. In Iran, the regime has executed political prisoners and used foreign militias to suppress ongoing dissent. Hundreds of schools, hospitals, and homes have been destroyed.

As followers of Jesus, we believe prayer matters. Children and families around the world can pray for peace, protection, wisdom, and hope during this desperate time.



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How to Use These Prayer Points

Below are nine things we can pray for — seven updated from the original guide, plus two new sections reflecting today's urgent needs. Each topic includes two prayer points with Bible verses to guide our prayers.

Children, families, schools, Zoom calls, and churches can use these prayers in different ways. You might pray one topic each day, pray them all together in a prayer meeting, or invite children to take turns reading aloud. After each section, everyone can say the declaration together as a prayer of faith.

1. Pray for the Fighting to Stop

A ceasefire between the US, Israel, and Iran has taken effect — an answer to prayer! But the shooting continues in Lebanon, and the ceasefire itself could collapse at any point. Ask God to hold and extend this fragile peace, and to bring a just and lasting settlement.

Pray: that the two-week ceasefire will hold, that the Islamabad peace talks beginning 10 April will make real progress, and that a permanent end to all fighting — including in Lebanon — will follow.

“Turn from evil and do good; seek peace and pursue it.” – Psalm 34:14

Pray: that Pakistan's mediation will be blessed with wisdom, and that the many sticking points — Iran's nuclear programme, the Lebanon conflict, the fate of enriched uranium — will all be resolved without a return to war.

“Blessed are the peacemakers, for they will be called children of God.” – Matthew 5:9

Declaration

Jesus, Prince of Peace, still the missiles and bring silence where there is thunder. Let Your peace break through every barrier.

2. Pray for Children and Families Living in Fear

More than 1,100 children have already been killed or wounded. Millions of families are sheltering in basements, schools, and makeshift tents. Many are sleeping on streets in Beirut. In Tehran, subway stations are being used as bomb shelters.

Pray: that God will place His hand of protection over every child and family caught in the crossfire — in Iran, Israel, Lebanon, and across the Gulf.

“God is our refuge and strength, an ever-present help in trouble.” – Psalm 46:1

Pray: that families separated by the chaos will be reunited, and that frightened children will know God's peace.

“He will cover you with his feathers, and under his wings you will find refuge.” – Psalm 91:4



Declaration

Lord, place Your protection over every child living in fear tonight. Let them know they are seen and loved by You.

3. Pray for Leaders to Choose Peace Over War

Leaders in the United States, Israel, Iran, and across the region carry enormous responsibility. Diplomatic talks are fragile and mistrust is deep. Pray for wisdom to break through the deadlock.

Pray: that leaders on all sides will choose diplomacy over further destruction, and that mediators in Pakistan, Turkey, Egypt, and Oman will be given wisdom.

“For the Lord gives wisdom; from his mouth come knowledge and understanding.” – Proverbs 2:6

Pray: that national pride, fear, and anger will not stop leaders from taking bold steps towards peace.

“Everyone should be quick to listen, slow to speak and slow to become angry.” – James 1:19

Declaration

God, guide the leaders of every nation involved in this war. Give them the courage to choose peace.

4. Pray for the Wounded and Those Who Are Grieving

Thousands have been killed. Hospitals in Iran and Lebanon are under pressure. Medical workers have been among those killed. Families are grieving loved ones lost without warning.

Pray: for doctors, nurses, paramedics, and aid workers in conflict zones — that they will be protected and strengthened as they care for the injured.

“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you.” – Isaiah 41:10

Pray: that God will bring supernatural comfort to families who have lost children, parents, and loved ones in the strikes.

“He heals the brokenhearted and binds up their wounds.” – Psalm 147:3

Declaration

Jesus, bring healing to the broken and comfort to the grieving. Be close to every hurting family today.

5. Pray for the Four Million Who Have Been Displaced

Over four million people across the region have been forced from their homes — the largest displacement crisis in the Middle East in years. In Lebanon, one million people are on the move. In



Iran, up to 3.2 million. Humanitarian aid is struggling to reach those in need.

Pray: for safe shelter, food, clean water, and medical care to reach those who have lost everything — especially in Iran, where international aid access is severely limited.

“Defend the weak and the fatherless; uphold the cause of the poor and the oppressed.” – Psalm 82:3

Pray: that humanitarian organisations will be given full access to bring aid to those who need it most, and that borders and supply routes will open.

“Whoever is kind to the needy honours God.” – Proverbs 14:31

Declaration

Lord, provide shelter, food, and safety for every displaced family. Let aid reach those who are suffering and forgotten.

6. Pray for the Strait of Hormuz and the World’s Poor

Iran has blocked or threatened one of the world’s most important sea lanes — the Strait of Hormuz. This has pushed oil prices toward \$100 a barrel, disrupted global food supplies, and increased the cost of living for millions of the world’s poorest people who depend on affordable food and fuel.

Pray: that the Strait of Hormuz will reopen safely and that shipping and trade will be restored, bringing relief to families around the world facing rising prices.

“The earth is the Lord’s, and everything in it, the world, and all who live in it.” – Psalm 24:1

Pray: for the many migrant workers and seafarers caught in the conflict — at sea or in Gulf nations — who have been exposed to attacks and have no safe way home.

“He upholds the cause of the oppressed and gives food to the hungry.” – Psalm 146:7

Declaration

Lord, open the sea lanes and bring relief to the poor. Protect those who work on the seas and far from home.

7. Pray for Peace Talks to Succeed

The Islamabad talks between the US and Iran begin on 10 April. Iran has presented a 10-point plan; the US has accepted it as a basis for negotiation. But huge issues remain: Iran’s nuclear enrichment, its stockpile of highly enriched uranium, Lebanon and Hezbollah, and deep mutual distrust. Both sides attacked each other while earlier negotiations were in progress. This moment is a gift — but it could easily be lost.

Pray: that the Islamabad talks will be filled with the Spirit of wisdom — that both sides will negotiate honestly, that Iran’s nuclear programme will be safely resolved, and that a just and permanent peace



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will emerge, not just a temporary pause.

“Seek peace and pursue it.” – Psalm 34:14

Pray: that Lebanon will not be forgotten in the peace process — and that Pakistan, as lead mediator, will be given the creativity and authority to bring all the warring parties, including Israel and Hezbollah, to lasting agreement.

“Blessed are the peacemakers, for they will be called children of God.” – Matthew 5:9

Declaration

God, let the peace talks bear fruit. Give mediators wisdom, give leaders courage, and open the way for a deal that brings lasting peace.

8. Pray for the People and Church of Iran

In January 2026, five million Iranians rose up in the largest protests since the 1979 revolution, demanding an end to the Islamic Republic. Thousands were massacred by the regime using foreign militias, and tens of thousands were imprisoned. Even so, Iranians continue to resist — chanting from rooftops, defying curfews, and crying out for freedom. The underground church is growing in this darkness. The people of Iran overwhelmingly want democratic change and peace. Pray for them with hope.

Pray: that many Iranians will encounter Jesus through dreams, Scripture, satellite broadcasts, ‘The Light of the World’ movie, and the witness of bold believers — and that the underground church will grow.

“I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.” – John 8:12

Pray: that God will fulfil the longing of the Iranian people for freedom and democracy — and that a new Iran will emerge from this suffering: free, at peace, and open to the Gospel.

“For the earth will be filled with the knowledge of the glory of the Lord as the waters cover the sea.” – Habakkuk 2:14

Declaration

Jesus, let Your Kingdom advance across Iran. Shine Your light into the darkest places, and let many find hope in You.

9. Pray for Freedom, Justice, and Lebanon’s Future

Christians and minorities in Iran face serious persecution. In Lebanon, a million people are displaced and the country faces a tipping point — its government has moved to ban Hezbollah’s military activities, but Israel is threatening to invade. Pray for freedom and a future for these nations.



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Pray: that Christians facing persecution in Iran and across the region will be protected and strengthened — and that their faith will shine brightly even in danger.

“The Lord is a refuge for the oppressed, a stronghold in times of trouble.” – Psalm 9:9

Pray: for Lebanon — that its government will have the courage to chart a new course of peace, and that the Lebanese people will not be crushed between competing forces.

“Learn to do right; seek justice. Defend the oppressed.” – Isaiah 1:17

Declaration

Lord, bring freedom, justice, and a future of hope to Iran, Lebanon, and every nation affected by this war.

Global Children’s Prayer Declaration

Lord Jesus, we lift the Middle East to You.

We pray for Iran, Israel, Lebanon, and every nation touched by this war.

We ask You to stop the fighting — today, Lord — and bring Your peace.

Protect children and families living in fear.

Comfort those who are hurting and grieving.

Provide help for the four million people who have lost their homes.

Give wisdom to leaders so they choose peace instead of more destruction.

Let the peace talks succeed and the ceasefire hold.

Open the sea lanes and bring relief to the world’s poor.

Let Your light shine across Iran, Lebanon, and the whole region.

May many people discover the love and truth of Jesus.

Bring freedom to those who are oppressed.

Protect believers who follow You and strengthen their faith.

**We declare that Jesus is the Prince of Peace,
and His Kingdom brings hope, justice, and new life.**

**Lord Jesus, let Your peace and Your glory
fill the Middle East.**

Amen.

For further prayer resources, visit: www.2bc.world/shine