

JANUARY 2026 PRAYER FOCUS

"Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honour depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge." Psalm 62:5-8

"Life is good—busy, but good!" If I had a pound for every time I heard that response when I ask someone how they are doing, or when the same words slip out of my own mouth, I suspect I would be quite wealthy by now.

We are surrounded by busyness. Our calendars fill quickly, our minds overflow with concerns and hopes, and our hearts carry more than we often realise. Many of the things that keep us busy are good things: meaningful work, opportunities to serve, responsibilities within the church, invitations to join committees or teams. Yet slowly, and often without noticing, our souls become crowded. We begin to feel stretched, overwhelmed, and tired. Sometimes, if we're honest, we even wear our busyness like a badge of honour.

But Scripture invites us into a different way. Psalm 62 gently reminds us where true rest is found:

"Truly my soul finds rest in God; my salvation comes from Him."

Rest is not something we earn by finishing our to-do list. It is something we receive when we turn our attention back to the One who loves us more deeply than we can imagine. God understands every complexity of our lives. He knows our limits. He sees our tendency to run at full speed. And into the midst of our hurried hearts, He whispers an invitation: *Come to Me. Let your soul rest.*

As we step into 2026, may we be people who choose to pause, to breathe, and to make space for God's presence. May His rest become our rhythm and His refuge our home. And may we discover that in Him, even in a busy world, our souls can be truly at peace.

Damian Wharton
General Director

SUNI SPOTLIGHT: Base Camp is a weekend for growing leaders! In April, we will gather 16-18 yr olds seeking to invest in their leadership journey. Base Camp is an opportunity to equip and inspire ahead of the summer. Sign up is live and costs £45. Find out more here: <https://www.suni.co.uk/what-we-do/camps/base-camp-2026>

BASE CAMP
SUNi Camps & Missions

THURS 1 JAN

As we launch into a New Year, pray for God's continued provision for the ministry of SUNI in providing the people, opportunities and finances to reach out with His Good News.

FRI 2 JAN

Pray for Stranmillis students who will be doing Alternative Placement with members of the Schools Team this month. Pray that they will be inspired by the work SUNI does in schools.

SAT 3 JAN

Praise God for the news of 27 children in one school who became Christians through their school's SU Group at the end of last year. Thank God for their faithful teachers and pray that they will grow in faith in the years to come.

SUN 4 JAN

Pray for preparations being made for the ONE WAY event with Boys' Model School.

MON 5 JAN

Pray for all the volunteers who will serve at Camps and Missions this summer.

TUES 6 JAN

Pray for Jonathan, our Volunteer Coordinator, as he oversees volunteering within the movement. As a volunteer-led movement, we value our volunteers so much!

WED 7 JAN

Pray for Eve, Glen and the Church teams in Ballymena as they deliver the Amazing Jesus RE lessons across this month and term in P5 classes.

THURS 8 JAN

Give thanks for all of our volunteers who serve the SUNI movement in a variety of ways. Pray that God would bless them in all that they do this year.

FRI 9 JAN

Pray for Damian, our General Director, as he leads the SUNI movement.

SAT 10 JAN

Pray for Helen and schools volunteers as they deliver 'Amazing Jesus' lessons in 5 schools across the East Antrim district this month.

SUN 11 JAN

Thank God for potential new opportunities as we work alongside children and young people with additional and different needs.

MON 12 JAN

Pray for 'The Amazing Jesus' lessons in Springfield and Wheatfield Primary Schools beginning today.

TUES 13 JAN

Pray for Mark and the Stranmillis students as they deliver assemblies and an RE lesson with P2/3 in Alexander Dickson Primary School this week.

WED 14 JAN

We hope to recruit a new Communications Coordinator this month. Pray for God's leading throughout the process.

THURS 15 JAN

Pray for our interns, Glen and Victoria as they gather with interns from across Northern Ireland to connect and encourage one another at Interns TOGETHER, getting equipped for the year ahead!

FRI 16 JAN

Two camps hold their reunions this weekend. We pray that campers and leaders would have a safe and encouraging time away together.

SAT 17 JAN

Give thanks for the volunteers who contribute so much of their time and expertise to SUNI Council. As Council meets today, pray for God's presence and leading.

SUN 18 JAN

Please pray for Rebekah as she shares about the work of SU in Christ Church Lisburn and for good relationships to be established with churches across Lisburn.

MON 19 JAN

Pray for Courtney as she delivers a range of assemblies throughout the Antrim & Lisburn district this month.

TUES 20 JAN

Pray for SUNI as they, alongside key youth organisations launch a new initiative with the TOGETHER network called Growing TOGETHER; an initiative launching 12 mentoring groups with a total of 40 youth workers, where an older and more experienced youth worker will mentor a small group of youth workers throughout the year.

WED 21 JAN

Please pray for the Stranmillis students who are with us this week on placement. Pray that they would feel inspired as they think about their future place in school assemblies and RE lessons.

THURS 22 JAN

Pray for the Church teams who will run the Prayer Space for Ballykeel Primary School this week in Ballykeel Pentecostal Church. Pray that God would use the space in the lives of the pupils and staff.

FRI 23 JAN

Pray God's blessing over the contractors and businesses that serve the ministry of SUNI.

SAT 24 JAN

Our Team Leaders meet today to prepare for the year ahead, share a meal together & encourage each other in their ministry- Lord let this be a day of excitement and joy as we look ahead to a new year of camps and missions.

SUN 25 JAN

Give thanks for the many people who are interested in knowing about the ministry of SUNI. Ask God to help us communicate our story clearly and effectively.

MON 26 JAN

Give thanks for the churches who are invested in our schools, pastorally, practically and spiritually.

TUES 27 JAN

Pray for all our finance and administrative staff, that they would know God's enabling and blessing in their key roles.

WED 28 JAN

SEAG results day was on Saturday past. Pray for our Year 7 pupils, that they would know their identity is Christ and they are so loved no matter their result.

THURS 29 JAN

The Prayer Breakfast in East Antrim this weekend will launch 'Pray for Schools Week' in the area. Pray for unity and passion for the schools in East Antrim.

FRI 30 JAN

Camper Booking opens today! Lord we pray for the hearts and minds of all the children and young people who sign up for camp today.

SAT 31 JAN

Pray for the Ballymena SU Rep and Church Leader breakfast this morning as people passionate about Schools Ministry gather to pray for and support our local schools in Ballymena.



Damian Wharton
General Director



Joanne Coulter
PA to General Director



Leanne Dunlop
Ministry Development
Director



Kathy Croskery
Operations Manager



Sarah Coghlan
Youth Ministry
Coordinator



Aisling Pitt
Chaplaincy Support
Coordinator



Mark Moorhead
Schools Ministry
Manager



Anita Conkey
Special Needs
Coordinator



Jonathan Parkes
Volunteer
Coordinator



Niall Moore
Camps & Missions
Manager



Nicola Shaw
Camps & Missions
Operational Support
Worker



Alastair McFarland
Fermanagh &
Fivemiletown Schools Worker



Catherine Auld
North Coast
Schools Worker



Caroline Sleator
North Down &
Newtownards Schools
Worker



Eve McMullan
Ballymena Schools
Worker



Rhys Ditty
North West Schools
Worker



Rebekah Armstrong
Antrim & Lisburn
Schools Worker (PT)



Courtney McCombe
Antrim & Lisburn
Schools Worker (PT)



Kerry Connolly
North Belfast &
Newtownabbey Schools
Worker



Jax McCallum
East Belfast Schools
Worker



Helen Buchanan
East Antrim
Schools Worker



Ian McAvoy
Finance Manager



Jill Simpson
Finance Administrator



Victoria Campbell
Fermanagh &
Fivemiletown



Glen Mailey
Ballymena Intern