



Young adults are growing up in a world filled with competing voices, shifting values and increasing pressure to conform to secular culture. The Lord Jesus Christ is calling this generation to know Him, follow Him and shine as lights in the darkness.

As we pray this week, let us ask the Holy Spirit to raise up a generation of young adults who love Jesus wholeheartedly, stand firmly in biblical truth and shine brightly for His glory in every sphere of society.

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**MONDAY 6 JULY 2026**

**IDENTITY AND SELF-WORTH**

*Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. (2 Corinthians 5:17).*

There is **constant pressure on young adults to define themselves** by appearance, achievements, social status, or the approval of others. Many seek acceptance apart from Christ, resulting in insecurity, comparison, rejection and uncertainty about their true identity and worth.

**Let us pray**

- Ask the Lord Jesus to help young adults in **colleges and universities** find their identity in Him rather than in the opinions, expectations and standards of the world.
- Pray that they will keep their eyes fixed on Jesus and that they will walk confidently in their God-given identity and purpose, knowing that their worth is found in Him alone.

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**TUESDAY 7 JULY 2026**

**ANXIETY AND UNCERTAINTY ABOUT THE FUTURE**

*Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths. (Proverbs 3:5-6).*

Many young people face uncertainty about their studies, careers, relationships and the future. **Anxiety can easily replace faith** when their circumstances seem unclear. Many in this generation fear failure and making wrong decisions.

### Let us pray

- Ask the Lord to fill young adults seeking employment with peace as they face decisions and uncertainties and to help them to trust Him, believing that He is directing their steps.
- Pray that they will **seek Jesus first in every decision** and that faith will overcome fear as confidence in His promises replaces every anxious thought.

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## WEDNESDAY 8 JULY 2026

### DIGITAL DISTRACTIONS AND SOCIAL MEDIA PRESSURE

*Looking unto Jesus, the author and finisher of our faith. (Hebrews 12:2).*

Technology offers many benefits, yet **constant digital noise can distract young people from intimacy with Christ**, while comparison often steals contentment. Social media frequently presents unrealistic images of success, creating pressure to measure one's worth against others. Endless notifications and entertainment can make it difficult to hear God's voice.

### Let us pray

- Ask the Lord Jesus to guide young adults in using **technology wisely**, to guard their hearts and minds from unhealthy influences and constant distractions, and to draw them into deeper fellowship with Him.
- Pray that our heavenly Father will teach them to value His voice above every other voice and for their attention, affection and devotion to remain centred on Christ.

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## THURSDAY 9 JULY 2026

### TEMPTATION AND MORAL COMPROMISE

*How can a young man cleanse his way? By taking heed according to Your word. (Psalm 119:9).*

Young people are frequently exposed to values and lifestyles that oppose God's design. The pressure to compromise can be intense. Through social media, entertainment, friendships and cultural influences, they are often **encouraged to embrace beliefs and behaviours that conflict with biblical truth**.

### Let us pray

- Ask the Lord to strengthen young adults to stand firm in biblical truth and resist the pressure to conform to ungodly values promoted through entertainment.
- Pray that our Father will plant **a deep love for Jesus and His Word in their hearts** and that their desire to honour Christ will be greater than every worldly temptation.

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## FRIDAY 10 JULY 2026

### LONELINESS AND RELATIONSHIPS

*A man who has friends must himself be friendly, but there is a friend who sticks closer than a brother. (Proverbs 18:24).*

Despite being more connected than ever, many young adults **experience loneliness, rejection and broken relationships**. Social media cannot replace genuine friendship and meaningful connections. Many of these young people struggle to find acceptance and build healthy support networks, which can lead to discouragement and insecurity.

### Let us pray

- Ask the Lord for **healing in families and communities** and for young adults to find meaningful friendships, spiritual mentors and healthy Christian fellowship.
- Pray that the Lord will provide **godly friendships** and surround this generation with people who will point them to Christ.

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## SATURDAY 11 JULY 2026

### DOUBT AND SECULAR WORLDVIEWS

*Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ. (Colossians 2:8).*

Young adults encounter many ideas that challenge biblical truth and seek to undermine faith in Jesus. Through education, media, social platforms and popular culture, they are often exposed to **beliefs that question God's Word**, promote self-sufficiency and present alternative views of truth. Without discernment, these influences can create confusion, doubt and spiritual compromise.

### Let us pray

- Ask the Lord Jesus for young people globally to **develop biblical discernment** and remain steadfast in their faith while engaging with the ideas and values shaping society.
- Pray that our Father will strengthen their faith in Jesus Christ and for them to grow in conviction, confidence and boldness as witnesses for His Kingdom.

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## SUNDAY 12 JULY 2026

### PURPOSE AND CALLING

*For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. (Ephesians 2:10)*

Many young adults long to know why they are here and what God has called them to do. Purpose is found in following Jesus and living for His glory. Yet many young people struggle to discover **God's unique plan for their lives and future** because the world often measures success by achievement and status.

### Let us pray

- Pray for this generation of young adults to hear the Lord's voice concerning their calling. Pray for the Church to equip, mentor and release them into God's purposes.
- Pray that they will **seek His Kingdom first** and live lives that honour and glorify Him.