

**Ridiculed.
Threatened.
Rejected.
But still
following
Jesus.**

**Church
family
guide**

Prayer guide for Nepal

Praying for Christians in Nepal

Nepal is one of the places in the world where the Church is growing the fastest, but it's not an easy place to be a Christian. Because of their faith, Jesus-followers are often pushed to the edges of society, treated as outsiders, and face opposition even from their own families. For example, a Christian leader called Oman came out of church one day to find 300 people waiting for him, ready to beat him and smear him with black ink, the ultimate mark of shame in his culture.

We may not be able to stand beside Christians in Nepal in person, but we can stand with them in prayer. When we pray, we join with God's heart for Nepal and unite with courageous Christians like Oman, who is leading others to Jesus despite the risks.

This resource offers creative ways for your church family to stand in prayerful solidarity with Christians in Nepal.

All-age service activities:

► Words of hope

1. Before the service, prepare a large sheet or roll of black card or paper and place it on a table or wall where people can gather.
2. After a time of reflection and prayer, invite people to come forward and write words of hope, encouragement, or Scripture verses using bright or metallic pens to symbolise God's light breaking through the darkness – forming a visual reminder and prayer of solidarity for Christians in Nepal.
3. Encourage the congregation to take their time, praying as they write, and to reflect on how their words can bring encouragement to others. You could

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**With Jesus
With each other
To the edges**

display the prayers in the weeks to come together with the Nepal posters in the church pack. (If you haven't received posters and you would like some, please contact us at hello@churchmissionsociety.org.)

► Fingerprint cross

1. Prepare a large cross-shaped outline on paper, card, or cloth and set up a small station with black paint (water-based) and wipes or cloths for hands.
2. Invite people to pray for Nepal – especially for those like Oman who are leading others to Jesus – and then, as a sign of solidarity, to press their thumb into the paint and add their fingerprint to the cross.
3. As the thumbprints build up, the cross will become a visual reminder that even in the darkest places, God knows each unique individual, is at work, and that we are all members of the body of Christ – united in prayer and love.

Messy prayer: **standing with Christians in Nepal**

► Introduction for leaders

In Nepal, Christians can face being publicly shamed for their faith. Sometimes, people throw or smear black ink on them to mark them as outsiders and make them feel ashamed. It's a way of saying they don't belong.

But in many Nepali festivals and celebrations, people throw bright coloured dyes in the air or on one another as a sign of joy, blessing, and honour. The festival of Holi is a well-known example of this tradition.

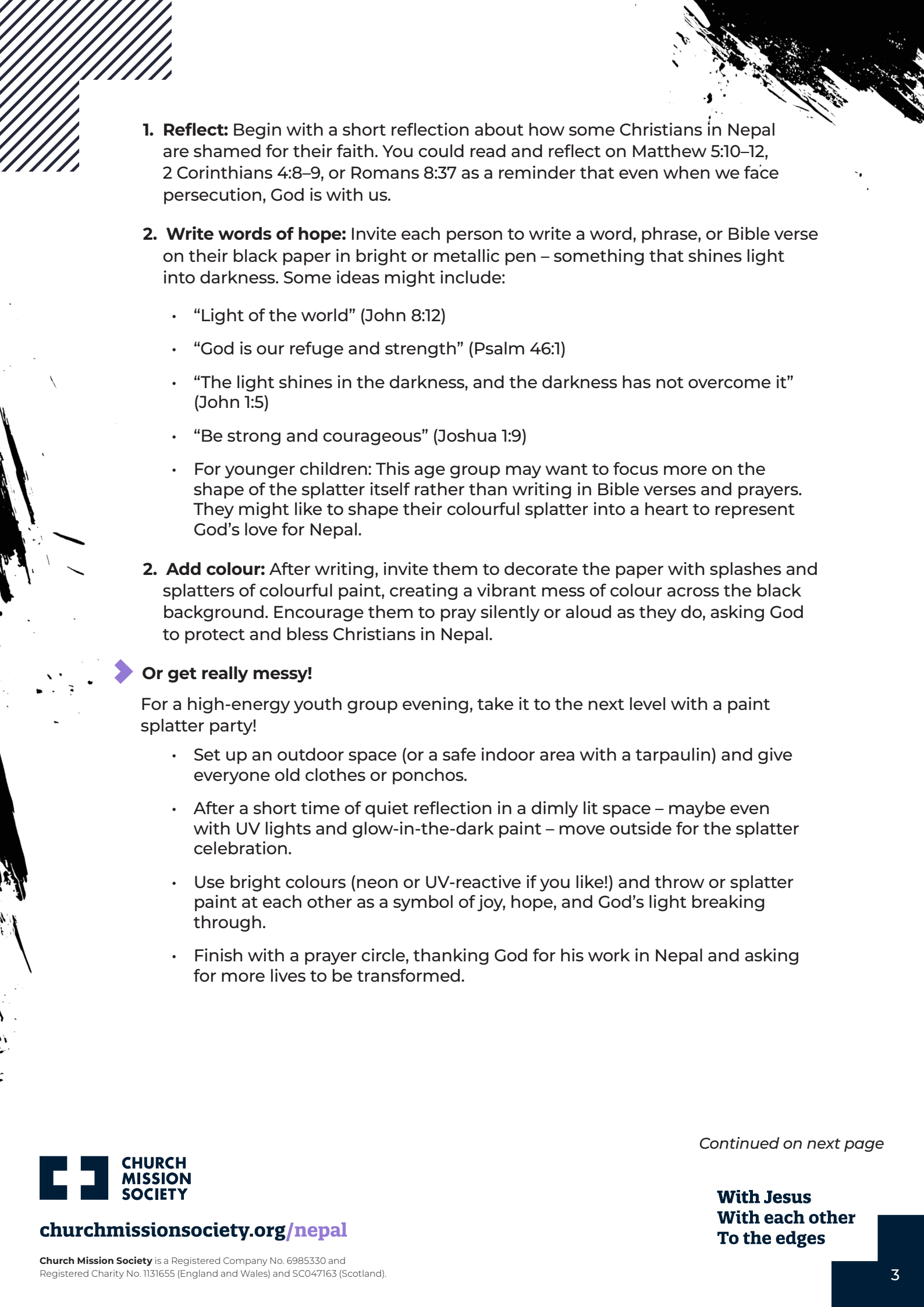
This creative prayer activity invites children and young people to reflect on that contrast – between the shame that Christians in Nepal experience and the joy we long for them to know. As we make art, we pray for God's light to break through the darkness.

► Activity instructions

You'll need:

- Sheets of black paper or card (one per child or a large shared piece)
- Bright or metallic pens
- Coloured paints (ideally liquid or water-based for splattering)
- Old shirts or aprons to protect children's clothing (ideally, let parents know in advance that children will be working with paint)
- Optional: protective covers for tables, wipes for hands

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- 1. Reflect:** Begin with a short reflection about how some Christians in Nepal are shamed for their faith. You could read and reflect on Matthew 5:10–12, 2 Corinthians 4:8–9, or Romans 8:37 as a reminder that even when we face persecution, God is with us.
 - 2. Write words of hope:** Invite each person to write a word, phrase, or Bible verse on their black paper in bright or metallic pen – something that shines light into darkness. Some ideas might include:
 - “Light of the world” (John 8:12)
 - “God is our refuge and strength” (Psalm 46:1)
 - “The light shines in the darkness, and the darkness has not overcome it” (John 1:5)
 - “Be strong and courageous” (Joshua 1:9)
 - For younger children: This age group may want to focus more on the shape of the splatter itself rather than writing in Bible verses and prayers. They might like to shape their colourful splatter into a heart to represent God’s love for Nepal.
 - 2. Add colour:** After writing, invite them to decorate the paper with splashes and splatters of colourful paint, creating a vibrant mess of colour across the black background. Encourage them to pray silently or aloud as they do, asking God to protect and bless Christians in Nepal.

► **Or get really messy!**

For a high-energy youth group evening, take it to the next level with a paint splatter party!

- Set up an outdoor space (or a safe indoor area with a tarpaulin) and give everyone old clothes or ponchos.
- After a short time of quiet reflection in a dimly lit space – maybe even with UV lights and glow-in-the-dark paint – move outside for the splatter celebration.
- Use bright colours (neon or UV-reactive if you like!) and throw or splatter paint at each other as a symbol of joy, hope, and God’s light breaking through.
- Finish with a prayer circle, thanking God for his work in Nepal and asking for more lives to be transformed.

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Youth group prayer night: tie-dye for Nepal

For a youth group activity, you could hold a tie-dye evening to explore the theme of joy and light breaking through darkness. While creating the tie-dye designs – using dark and bright colours – invite the group to reflect on what it means to be a Christian in Nepal and pray for courage, joy, and strength for Jesus-followers there.

Take it into the week: personal prayer ideas

Encourage people to keep praying for Nepal during the week ahead. You could suggest they:

- ▶ Wear black one day as a reminder to pray for Christians in Nepal.
 - ▶ Set a daily alarm at a particular time (for instance 8:00am or 8:00pm) to pause and pray.
 - ▶ Light a candle in the evening as a symbol of God's light in the darkness.
 - ▶ Set aside time to pray or do their daily devotions in darkness as a reminder of those who face persecution.
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Thank you for praying

Your prayers and generosity are a powerful way to stand in solidarity with the people of Nepal. Thank you for being part of God's mission to bring light and hope where it's needed most.

And if your church shares your prayer activities or reflections on social media, don't forget to tag CMS so we can pray alongside you.