

The Strategic Prayer Initiative - **Pink Sheet EXPANDER - HUMANITARIAN RELIEF** – Spring 2026

For those of you who regularly feel the pain of other human beings who are starving, needing clean water, being subjected to human trafficking, civil wars, unsafe homes, facing natural disasters, needing a surgery etc., and wish you could do more for them, this Pink Sheet Expander has been created for you.

Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow. - Isaiah 1:17

- 1. **Trafficking** - Guinea - Pray for young people like 18-year-old Marali, who was lured by promises of a job nearby. He was taken much farther away and was made to look for gold in the dirt in the forest. Praise God that humanitarian agency Compassion International sponsored him because when prompted by a dream, his tutor searched for him and realized he was missing. He was still able to text her, and 2 months later, he was rescued from slavery and his abductors arrested, though he was sick and frail. Pray that humanitarian agencies would be aware of human trafficking and assist in the prevention and rescue of victims. (Source: www.compassion.org)
- 2. **Safe Water** - Worldwide - Pray for the 696 million people who live without safe water—impacting health, compromising education, perpetuating poverty, etc. Every 2 minutes, a child under 5 dies from a preventable Water/Sanitation/Hygiene (WASH)-related disease. Women and girls spend 200 million hours every day collecting water instead of working or going to school. (Source: www.waterforgood.org)
- 3. **Refugees** - Global - Pray for the 123 million displaced people worldwide to be welcomed and find safety. Pray for Sudan, which now has the world's largest displacement crisis with 14.3 million internally displaced. Pray for an end to conflict—the primary cause of displacement, causing millions to flee their homes in Sudan, Myanmar, and Ukraine. (Source: www.worldvision.org)
- 4. **Hunger** - Sudan - Pray for families in Sudan who don't know if they will be attacked (armed troops from both sides press in) as they search for food in regions where they and a million other people have fled and look for food and shelter. (Source: globalhungerrelief.org)
- 5. **Conflict** - Haiti - Pray for long-term peace in Haiti, where armed groups have expanded their control across Port-au-Prince, disrupting access to food, clean water, healthcare, and other essential services. Insecurity has forced families to flee their homes. The conflict has also severely impacted supply chains. Looting and blockades have limited the movement of goods, contributing to rising food prices and worsening hunger. Pray that humanitarian agencies like World Vision would have the wisdom, compassion, and resources to help the suffering in Haiti. (Source: www.worldvision.org)
- 6. **Trafficking** - Globally - Continue to pray that world leaders would confront sexual trafficking and commercial sexual exploitation by dedicating their time and energy to the issue. Pray that they would also commit their national resources toward eradicating trafficking. (Source: salvationarmy.org)
- 7. **Safe Water** - Uganda - Pray for safe water in the villages of girls like 14-year-old Maureen, who was overcome with fear every time she gathered water in Busikwe, Uganda. The only source of drinking water was a swamp filled with disease and snakes, surrounded by tall sugarcane. “As a girl, it was a threat to get water,” she said. “Two years ago, a girl my age was attacked.” Praise God that Busikwe village received reliable water and adopted simple sanitation and hygiene practices to help manage their health. Pray for the resources to bring safe water to other villages in Uganda (Source: www.waterforgood.org)
- 8. **Refugees** - Lebanon - Pray for the Refugee Crisis in the Middle East. Since early 2026, armed conflict and government upheaval have forced thousands across the Middle East to flee their homes. In Lebanon alone, more than 800,000 people were forcibly displaced within one week after the conflict reached new levels in early March. That number is rising every day. (Source: www.worldrelief.org)
- 9. **Hunger** - Global - Pray for the 318 million people who face acute hunger, with 41 million at emergency levels or worse. Two famines have been confirmed in Gaza and parts of Sudan. Sixteen hunger hotspots, from Haiti and Mali to Afghanistan and Yemen, remain at high risk. Conflict drives 69 percent of hunger, while climate shocks – droughts, floods, and storms – compound the crisis. Syria’s crop production is down 60 percent, and Hurricane Melissa recently devastated Jamaica, Haiti, and Cuba. (Source: wfp.org)
- 10. **Conflict** - Gaza/Israel - Pray for Amina and people like her who have endured family displacement, poverty, hunger, and psychological scars because of the war in Gaza. Armina’s family was sheltering in unhygienic tents when her children became ill. Praise God that a recent agreement has halted attacks, and the long-blocked humanitarian corridors have reopened, allowing aid to reach families. Pray for the families of the 67,000 dead and for shelter for the 2 million people displaced. (Source: www.worldrelief.org and www.samaritanspurse.org)
- 11. **Trafficking** - Thailand - Pray for young people and migrants in Thailand. Significant illegal migration to Thailand presents traffickers with opportunities to coerce or defraud undocumented migrants into involuntary servitude or sexual exploitation. Thailand is a well-known sex trafficking destination. Pray for Zoe and its prevention, rescue, and restoration programs. (Source: www.gozoe.org)
- 12. **Safe Water** - Chad - Pray that people like Fatima in Chad can have safe water. She worried about her 6 children because water was scarce at the Koursigué Refugee. Through World Relief’s water, sanitation, and hygiene (WASH) programming, a new borehole — which is a narrow, deep-drilled well that uses a manual handle to pull up clean water from underground without needing any electricity — was installed, and residents at the camp were trained to safely manage water points. Semipermanent latrines were also built and hygiene kits distributed to families, helping to restore health and dignity. (Source: www.worldrelief.org)
- 13. **Refugees** - Ukraine - Pray for Ukrainians who have become refugees or are displaced due to the war. Praise God that an elderly couple who were on the road for 4 days to escape bombing and were met by Samaritan's Purse, who provided them with clothing, hygiene essentials, and other supplies at a church in Lviv. Pray for an end to the war. Ask God to help the support agencies. (Source: www.samaritanspurse.org)
- 14. **Hunger** - Church - Pray that the church would be instrumental in alleviating suffering from hunger “For I was hungry and you gave me something to eat, I was thirsty, and you gave me something to drink, I was a stranger, and you invited me in.” — Matthew 25:35, NIV
- 15. **Conflict** - Iran - Pray for the quick end to the war in Iran. Ask God to comfort those who are affected by the war and provide for them.

16. **Trafficking** - Globally - Every country in the world is affected by human trafficking. Human trafficking happens when a human being is tricked, forced, or coerced into performing manual labor, domestic servitude, or commercial sex acts. Most of the time, these services are then sold for profit. While the commercial sex trade is the largest area of trafficking, forced child labor, such as working in mines and quarries, is also common. Other forms of child trafficking include: domestic servitude and domestic slavery (i.e., nannies, cooks, cleaners, elder care, etc.); forced marriage; forced soldiering; and criminal activity. (Source: www.compassion.com)
17. **Safe Water** - Zambia - Pray for girls like Loveness in Zambia, who, at 14, struggled in her studies because she spent 6 hours each day walking to the nearest well. She also feared being assaulted while walking alone. Women and girls across the world spend a collective 200 million hours daily gathering water. Ngandu, a local teacher, says that many of the teen pregnancies in the village could be attributed to the vulnerability girls faced as they gathered water in the dark hours. Praise the Lord, World Vision put a borehole well at her school and established a WASH program. Now Loveness and her friends attend school regularly. (Source: www.worldvision.org)
18. **Refugees** – Rwanda - Pray for Rosine, a Tutsi, and those like her. Born in DRC, the 18-year-old resides with her child and her niece in the Nkamira refugee camp in Rwanda. She fled there to escape ethnic violence after her parents and siblings were killed by FDLR rebels. She had already experienced sexual violence by the rebels that resulted in a pregnancy when she was 13. She feels safer in the camp and is thankful that Rwanda welcomed her, but hopes to return to DRC when it is safe. Pray that humanitarian agencies like the Salvation Army would have what is needed to continue to help the suffering refugees in Rwanda. (Source: www.salvationarmy.org)
19. **Hunger** - Afghanistan - Pray for Ahmadi, a malnourished child in Afghanistan who must decide who in her family eats first. The country is grappling with overlapping shocks, including a collapsing economy, job losses, and climate extremes. Over 13.8 million people now face acute food insecurity, and nearly 5 million children and pregnant or breastfeeding women are malnourished. (Source: www.wfp.org)
20. **Conflict** - Ukraine - Pray for Ivan and Elena, along with their three children, who had to resettle in Moldova after their home in Ukraine was destroyed by bombing. Pray for Christian humanitarian agencies to have the compassion, wisdom, and resources to help the suffering here. The conflict in Ukraine has displaced an estimated 3.7 million people within the country and forced 5.9 million to leave the country as of December 2025. There are 10.8 million people who need humanitarian aid and protection. Families face prolonged power outages; limited access to heating, water, and healthcare; damaged or destroyed housing; disruptions to education and livelihoods, etc. Pray for an end to this conflict. (Source: www.worldvision.org)
21. **Trafficking** - Asia - Pray for a teen in Asia who was taken to another country where she didn't know the language and was made to beg on the street and beaten. At age 13, after being beaten, she decided to escape to Zoe, a rescue Christian trafficking-prevention/rescue/restoration organization. She was safe and able to help Zoe rescue her friend as well. (Source: www.gozoe.org)
22. **Safe Water** - Peru - Pray that God provides safe water for people like Grandma Maria Luciana in Peru, in need of safe water. The contaminated water piped to her home made her family ill. Praise God, Water Mission offered access to a safe water solution and the health and hope it brings. Pray that God provides for agencies like Water Mission that provide safe water to communities. (Source: www.watermission.org)
23. **Refugees** - Afghanistan/US - Pray that Afghan Refugees, like Safiullah and Suma, would be welcomed and supported as they transition. Thankfully, the couple connected with World Relief, which provided social support and employment services, restoring stability. Within a month, they were moved into their own apartment and found a job. Pray for comfort and resources for refugees. (Source: www.worldrelief.org)
24. **Hunger** - South Sudan - Pray for people like Nyanko Kwang Makor Mayak in an emergency shelter in Malakal after fleeing violence that killed her husband in Bali County. Although she is in a safer place, food and income remain a challenge. An estimated 7.8 million people in South Sudan are expected to face high levels of acute food insecurity between April and July 2026. (Source: www.ipcinfo.org)
25. **Conflict** - Lebanon - Pray for a Lebanese mother of 3 who, along with ill extended family members, was displaced into open areas without a place to sit or sleep. At least 1.2 million people across Lebanon are still displaced, with more than 140,000 living in shelters. Pray that World Relief and other Christian humanitarian agencies would have the resources to help those suffering. Pray for the conflict to end. (Source: www.worldrelief.org)
26. **Trafficking** - Los Angeles - Pray for Zoe International, which helps those exploited by the \$150 billion industry all around the world, including a hot spot in Los Angeles known for trafficking girls as young as 12. Pray for victims of trafficking. (Source: www.gozoe.org)
27. **Safe Water** - Cambodia - Pray for Sarn, a mother of five, who remembers that despite her efforts, walking miles to collect water, boiling water, and keeping her home clean, her children were always sick and too weak to attend school. Thank God for change when Water for Good brought a nearby hand pump, hygiene, and WASH sanitation training. Pray that more places in Cambodia will have clean water. (Source: www.waterforgood.org)
28. **Refugees** - Sudan - Pray for refugees from Sudan, where Samaritan's Purse is bringing food and medicine as tens of thousands of displaced families face starvation amid Sudan's civil war. (Source: www.samaritanspurse.org)
29. **Hunger** - Burundi - Pray for people like Francine in Burundi, who recalls the change made when school meals were provided through World Vision and others. Her children had struggled to stay awake in class due to hunger and would spend their evenings searching for food instead of studying. Her children are now engaged in their studies. Pray for groups like World Vision as they help the hungry. (Source: www.worldvision.org)
30. **Conflict** - Sudan - Pray for the people caught in the conflict in Sudan, where 13 million people have been displaced from their homes. Food insecurity is at the highest levels ever recorded by the international community. Pray for an end to this violence and pray that Christian humanitarian agencies would have the wisdom and resources to adequately meet the needs of the people here. (Source: www.worldrelief.org)