

# Prayers & Practices for Peace in a Time of War

## Lent 2026

### Daily Prayer for Peace

*As a Lenten practice, you are invited to set aside a time each day to pray for peace. The first US strike on Tehran was at 9:27 a.m. local time on February 28. Perhaps you want to pray at 9:27 each morning or evening, or at 28 minutes after an hour that works with your schedule. Consider lighting a candle or ringing a chime as a way of entering into prayer.*

*Below is a simple prayer format you can use. Alternatively, you may wish to pray your own words, find other prayers in books or online, or sing a hymn of peace.*

**Have mercy on us, O God, according to your steadfast love.  
According to your abundant mercy,  
save your world from the violence of war.**

*[Offer silent or spoken prayers for peace. You may include the daily prayer focus (below) and any specific people and situations that are especially weighing on your heart.]*

**Deliver us from bloodshed, O God of our salvation.  
By your tender mercy, hold those who sit in the shadow of death,  
And guide our feet into the way of peace.**

(From Psalm 51:1, 14; Luke 1: 78-79)

### Daily prayer focus suggestions

**Monday:** the people of Iran

**Tuesday:** people working for peace

**Wednesday:** deployed military personnel and their families

**Thursday:** political leaders

**Friday:** the land and creatures affected by war

**Saturday:** those injured and loved ones of those killed

## Weekly Practices for Peace

### Week of March 1:

**Learn** about war tax resistance.

**\*Write or Call** Senator Jerry Moran to express your opposition to the US war in Iran.

Phone: 202-224-6521      Website: [www.moran.senate.gov](http://www.moran.senate.gov)

**Support** the peace work of Mennonite Church USA or another group. *Each weekly "support" action can be carried out through prayer, a financial contribution, and/or a supportive note.*

### Week of March 8:

**Learn** about the people and culture of Iran. Find an article, documentary, or book about Iran. Or even read a novel set in Iran. Lists of such resources are available online.

**Write or Call** Senator Roger Marshall to express your opposition to the US war in Iran.

Phone: 202-224-4774      Website: [www.marshall.senate.gov](http://www.marshall.senate.gov)

**Support** the Iranian Student Association of Wichita State University, the International Student Association of Bethel College, or other people from Iran living in the US.

### Week of March 15:

**Learn** about organizations providing on-the-ground aid to the people of Iran such as Doctors without Borders, the International Committee of the Red Cross, and UNICEF.

**Write or Call** Representative Ron Estes to express your opposition to the US war in Iran.

Phone: 202-225-6216      Website: [estes.house.gov](http://estes.house.gov)

**Support** one of the aid organizations you learned about.

### Week of March 22:

**Learn** about the history of US/Iran relations. Overview articles and videos are available online.

**Write** or call Senator Jerry Moran and/or Roger Marshall again.

**Support** a news organization that is working to provide truthful information about the war

### Week of March 29:

**Learn** about organizations that support conscientious objection such as Veterans for Peace, Peaceful Options for Training and Careers, and the Center on Conscience and War.

**Write** or call Representative Ron Estes again.

**Support** one of the organizations you learned about.

*\*These legislators represent Harvey County, KS. Those in other locations can find contact information for their legislators online.*