

Pray for New York

PRAYER GUIDE



Choosing Hope Through Prayer

Prayer is a powerful act of faith—it's how we stay connected to the God of hope, even when life feels overwhelming. In New York City, it's easy to see challenges around us and feel hopeless. But prayer reminds us that our hope isn't tied to circumstances; it's rooted in God's unchanging love and faithfulness.

When we pray, we're **choosing hope**. We're declaring that, despite the brokenness we see, we believe God is at work, bringing transformation and healing. Through prayer, we partner with God in His mission to restore and renew.

This guide is an opportunity to **choose hope**, even when it's hard. As you pray for specific vulnerable populations in our city, know that your prayers are an invitation for God to move.

We believe in a God who is always working for good. We're not just praying for change; we're trusting the **God of hope** to make it happen. Let's pray together with that confidence.

Heavenly Father, we come to you with hearts full of hope, trusting that You are at work in our city, bringing healing and restoration to those in need. Strengthen us to be vessels of Your love and compassion, serving the vulnerable with grace and kindness. May our prayers and actions reflect Your unwavering faithfulness and bring hope to those who feel forgotten. Amen.



JANUARY

Pray for Choosing Hope This Year

ROMANS 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

In a world that often feels uncertain, prayer leads to hope and strength beyond ourselves. Our focus is shifted from the chaos around us to the power of God working through us. Prayer not only impacts the lives of others, but it also fills our hearts with joy and peace. When we pray, we align with His purpose and we become part of something much bigger than we can imagine. Serving and giving aren't just about helping others—they're pathways to growth. Through generous acts, we open ourselves up to transformation, and we find purpose and fulfillment in God's work.

JOIN US IN PRAYER FOR

- + **Hope in New York City:** For spiritual, social, and economic flourishing for all New Yorkers, that they may experience the peace, hope, and love of Christ
- + **Our Non-Profit Affiliate Partners:** For strength, resources, and empowerment for our partners serving vulnerable communities across the city
- + **Vulnerable Communities:** For hope, healing, and renewal for marginalized populations, that God meets their emotional, spiritual, and practical needs
- + **Volunteers:** For God's love and hope to be carried through them, that they be filled with joy to shine light wherever they serve
- + **Sacrificial Generosity:** For open and generous hearts in our city, that people would see their resources as gifts from God
- + **Collaboration and Unity:** For continued unity and collaboration, to bring lasting change to our city



Pray for Unhoused Neighbors

PSALM 34:18

The Lord is close to the brokenhearted and
saves those who are crushed in spirit.

Story of Hope

One man facing homelessness and despair approached an affiliate partner from their meal service line. With the support of a loving community and the message of God's hope, his heart softened and his life transformed. Now, with the keys to his very own apartment, he shares, "Thank you for embracing me as one of your own. You allowed me to come in, despite the fact that I was in desperate need of a shower. Thank you for all the miracles that have happened to me since."

In a place where people come to achieve their dreams and build their futures, New York City is also where **350,000** individuals, including **44,541** children, are without a home, facing uncertainty each day. They sleep in shelters, on the streets, or in temporary spaces, unsure of where they'll find warmth, safety, or nourishment.

JOIN US IN PRAYER FOR

- + Men, women, and children experiencing homelessness to find stable shelter, food, and access to healthcare, and that they experience dignity, care, and an identity in Christ
- + Don't Walk By, an annual winter outreach that connects volunteers to unhoused and hungry neighbors to receive hot meals, winter resources, health services, and shelter

OUR AFFILIATES SERVING THIS COMMUNITY: 9 MILLION REASONS, ALL ANGELS' CHURCH, BACK ON MY FEET, THE BOWERY MISSION, CITY RELIEF, DREAM CENTER, THE FATHER'S HEART, HABITAT FOR HUMANITY, NEIGHBORHOOD COALITION FOR SHELTER, LIVING WATERS FELLOWSHIP, NEXT STEP COMMUNITY CHURCH, PROJECT 12.31, ST. PAUL'S HOUSE, THE SALVATION ARMY



MARCH

Story of Hope

One woman, overwhelmed by her circumstances, reached out to an affiliate partner for help to find a safe space where she was met with care. She also received emotional, legal, and financial support, along with the tools to rebuild her future and the hope to live again.

Pray for Vulnerable Women in Crisis

PSALM 23:4

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.

Vulnerable women in crisis are not only weighed down by circumstances but by the fear of judgment, isolation, and uncertainty. In New York City, over **31,000** cases of domestic violence are reported, with **70%** of victims harmed by an intimate partner, and an average of **26,000** people are trafficked—especially in communities affected by racism, sexism, and classism.

Whether escaping abuse, overcoming exploitation, facing an unexpected pregnancy, or seeking shelter, vulnerable women need compassion, support, and opportunities to rebuild their lives.

JOIN US IN PRAYER FOR

- + Women trapped in uncertain circumstances, abusive situations, and violent relationships to find safety, strengthen healing, and freedom
- + Mothers, expectant and current, without consistent support to be connected to the communities and resources they need to provide for their children

OUR AFFILIATES SERVING THIS COMMUNITY: AVAIL NYC, BEACON CHRISTIAN COMMUNITY HEALTH CENTER, THE BOWERY MISSION, EXPECT HOPE, GARDEN OF HOPE, NEW BEGINNINGS CENTER FOR HOPE, RESTORE NYC, SAFE FAMILIES FOR CHILDREN



APRIL

Story of Hope

One older adult woman found new joy and connection when she received meals and companionship through a community program. This simple act reminded her that she was seen, loved, and not forgotten. Through the kindness of volunteers, she rediscovered the hope that her golden years were meant to be filled with dignity, care, and community.

Pray for Older Adults and Isolated Neighbors

ISAIAH 46:4

Even to your old age and gray hairs I am he,
I am he who will sustain you.

Our older adult neighbors have so much to share—stories, wisdom, and a lifetime of experiences. But too often, they face life's toughest challenges alone. Many are isolated, and their struggles can easily go unnoticed. In New York City, **21.5%** of seniors are living in poverty, and 1 in 10 have been taken advantage of financially. This reality weighs heavily on those who have spent their lives giving, yet find themselves vulnerable in their later years.

JOIN US IN PRAYER FOR

- + Elderly neighbors who live alone and without close family to find local communities that offer support, connection, and love
- + Seniors facing unstable health, unsafe living conditions, and food insecurity to experience flourishing instead

OUR AFFILIATES SERVING THIS COMMUNITY: CITYMEALS ON WHEELS, GIFTED HANDS, PROJECT FIND, UES REHABILITATION & NURSING CENTER

MAY

Pray for People Affected by Addiction

2 CORINTHIANS 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Addiction affects so many in our city, leaving individuals feeling trapped in the grip of substance use and hopeless. Over **1.9 million** New Yorkers—**1.77 million** adults and **156,000** youth ages 12-17—struggle with substance abuse, including alcohol and drugs. This is the harsh reality many face, often feeling isolated in their pain. But we trust that in Christ, renewal and hope in rehabilitation is possible. This battle is not theirs to fight alone.

JOIN US IN PRAYER FOR

- + Men and women recovering from various addictions would find liberation from the diseases of alcoholism and drug addiction, plus true freedom in Christ's love
- + Friends and family to provide the necessary support system (emotional, spiritual, social) for loved ones struggling with the effects of addiction

Story of Hope

Battling addiction for years, one man felt stuck in a cycle. But through recovery programs that offered more than just treatment—such as support and community—he found healing. Today, he helps others take their first steps toward freedom, showing that healing is not only possible, it's happening.

OUR AFFILIATES SERVING THIS COMMUNITY: THE BOWERY MISSION, BROOKLYN TEEN CHALLENGE, GRAFFITI 2

JUNE

Story of Hope

A student from Africa with a painful past of abuse worked full-time and cleaned homes on weekends while she was preparing for her citizenship exam. With an affiliate partner's support through evening classes and tutoring, she found hope and independence—and passed her exam to become an American citizen! She no longer wants to take her own life and remains on a journey toward complete healing.

Pray for Immigrants Seeking a New Beginning

MATTHEW 25:37-40

Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in...' 'The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'"

The Statue of Liberty has always been a beacon of hope for immigrants and asylum seekers looking to start new lives. With **63%** of residents born elsewhere, New York City is rich with diverse culture. For millions of immigrants, this city offers safety, opportunity, and a fresh start. For over **4.5 million** immigrants (including **200,000** asylum seekers) who now call New York home, the need for support is greater than ever.

JOIN US IN PRAYER FOR

- + Immigrants adjusting to a new city and new culture to find supportive neighbors, sustainable work and resources, and protection in school systems and churches
- + Immigrants and asylum seekers to navigate a new city well and experience opportunities of true flourishing

OUR AFFILIATES SERVING THIS COMMUNITY: 9 MILLION REASONS, BEACON CHRISTIAN COMMUNITY HEALTH CENTER, BROOKLYN ARAB AMERICAN FRIENDSHIP CENTER, HILLSIDE CENTER FOR EDUCATION, LIVING WATERS FELLOWSHIP, NEW LIFE CDC, THE OPEN DOOR, OPEN HANDS LEGAL SERVICES, PEACE BY PIECE, RELUME FOUNDATION

JULY

Story of Hope

One 5-year-old child of incarcerated parents attended a camp for children of incarcerated parents. She felt lost and sad, but over time, counselors showed her love and helped her to heal. Now, as a counselor herself, she is passing on that love to other children and showing them that their past and present life doesn't define their future.

Pray for People Affected by Incarceration

2 CORINTHIANS 4:8-9

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

Rikers Island is a reminder that incarceration affects both individuals behind bars and their communities. Over **6,000** people have served time in prison in New York City, and more than **105,000** children are estimated to have a parent serving time in a New York State prison. All this means that many families have faced heartbreaking separation from loved ones, and they need our prayers to help them find and secure a fresh start.

JOIN US IN PRAYER FOR

- + Formerly incarcerated men and women returning to society to be welcomed back with grace, openness, and fairness in job searches and relationships
- + Our justice system to reflect compassion, dignity, and wisdom to everyone impacted by incarceration

OUR AFFILIATES SERVING THIS COMMUNITY: COMMUNITY CONNECTIONS FOR YOUTH, DEFY VENTURES, EXODUS TRANSITIONAL COMMUNITY, PRISON FELLOWSHIP, YOUTH FOR CHRIST



AUGUST

Story of Hope

Through an affiliate program that forms connections between individuals with disabilities (partners) and without disability (advocates), two women became friends. The advocate helped transform the life of the partner by taking her outside on local trips, supporting her lease renewal, and transitioning her back to an apartment. The partner regained her sense of identity while the advocate has been reminded of God's faithfulness and of a person's humanity.

Pray for People with Disabilities and with Neurodiversity

ISAIAH 49:15-16

"I will not forget you! See, I have engraved you on the palms of my hands."

Nearly **one million** residents

in our city live with disabilities, navigating barriers like inaccessible transportation, unequal education, unemployment, and lack of affordable housing and healthcare. Despite these obstacles, they continue to push forward, seeking opportunity, connection, and a chance to thrive in this vibrant city—just like any New Yorker.

JOIN US IN PRAYER FOR

- + Adults and youth with neurodiversity and physical disabilities to know their worth through genuine friendships within their communities
- + Schools, churches, and institutions to provide support through staff training, wheelchair accessibility, and collaborative partnerships

OUR AFFILIATES SERVING THIS COMMUNITY: CENTER FOR ALL ABILITIES, CHINESE CHRISTIAN HERALD CRUSADES, DO FOR ONE, UES REHABILITATION AND NURSING CENTER, YOUNG LIFE



SEPTEMBER

Story of Hope

One student has found safety and protection through an afterschool program offered by one of our affiliates. Surrounded by people who care deeply about the student's education and well-being, the student now feels more equipped to be a support system for the family.

Pray for Children and Youth

MARK 9:37

Whoever receives one such child in my name receives me, and whoever receives me, receives not me but him who sent me.

Each child in New York City carries dreams, imagination, and the potential to shape the future. Yet, over **400,000 (1 in 4)** children live below the poverty line, and their journey is often filled with barriers that can dim their bright futures. Many live in shelters or face daily challenges that make it harder to see the opportunities ahead. Still, hope persists as high school dropout rates continue to decrease, showing that transformation is possible.

JOIN US IN PRAYER THAT

- + Children would meet caring and safe community mentors who are positive role models, experience nurturing relationships, and have access to available opportunities
- + Youth would be given the tools to succeed in school, and that parents or guardians would support their dreams for a bright future

OUR AFFILIATES SERVING THIS COMMUNITY: A HOUSE ON BEEKMAN, CHINESE CHRISTIAN HERALD CRUSADES, CODE FOR LIFE, THE FATHER'S HEART, GARDEN OF HOPE, GRAFFITI MINISTRIES LEARNING CENTER, GRAFFITI 2, HILLSIDE CENTER FOR EDUCATION, LIVING WATERS FELLOWSHIP, MONT LAWN CITY CAMP, NEW LIFE OF NYC, OPERATION EXODUS, REACH FAMILY AND EDUCATION CENTER, SAFE FAMILIES FOR CHILDREN, THE SALVATION ARMY, SHILOH NYC, THRIVE COLLECTIVE, URBAN HOPE NYC, VIVA UPTOWN, YOUNG LIFE/ YOUNGLIVES, YOUTH FOR CHRIST



OCTOBER

Story of Hope

One man, a regular at a local soup kitchen, describes the program as a lifeline while he lives in a shelter. He finds constant comfort and is reminded of hope as he's both nourished with delicious meals and also embraced by a second family.

Pray for Food Insecure Neighbors

ISAIAH 58:10

If you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.

We've all felt the sharp pangs of hunger when we haven't eaten in a while. But for **1.3 million** New Yorkers, hunger is a constant reality as they face food insecurity (not knowing when or where your next meal will be), with **23%** of the city unable to afford basic necessities like food and housing. In a place where meals cost an average **\$6.31**, nearly twice the national average, food insecurity affects millions, including **1 in 4** children and many elderly people living alone.

JOIN US IN PRAYER FOR

- + All New Yorkers experiencing food insecurity to find certainty in where their next meal will come from and receive the resources they need
- + Parents to find resources to provide consistent food for their children and their families

OUR AFFILIATES SERVING THIS COMMUNITY: 9 MILLION REASONS, ALL ANGELS' CHURCH, THE BOWERY MISSION, CITY RELIEF, CRU INNER CITY, DREAM CENTER, THE FATHER'S HEART, GRAFFITI COMMUNITY MINISTRIES, LIVING WATERS FELLOWSHIP, NEXT STEP COMMUNITY CHURCH, REDEMPTION RED HOOK, ST. PAUL'S HOUSE, THE SALVATION ARMY, URBAN HOPE NYC, WORLD VISION



Pray for Non-Profit Affiliate Staff

ISAIAH 40:28-31

The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

As we reflect on God's goodness, we express deep gratitude for those who serve tirelessly on the front lines, offering compassion and support to the vulnerable. In this season of thanksgiving, we pray that hearts will be stirred toward seeing opportunities to make a meaningful difference. We ask for rest, renewal, and strength for those who give of themselves, trusting in God's provision to sustain and equip them for the work ahead.

JOIN US IN PRAYER FOR

- + All non-profit staff to rest, replenish, renew their strength, and be encouraged
- + Emotional, mental, spiritual, and physical well-being to be strengthened
- + Gratitude and provision when serving, and for hearts to be moved toward purpose



Pray for Hope and Renewal in Our City

ROMANS 12:12

Be joyful in hope, patient in affliction, faithful in prayer.

As we look forward to the Christmas season, we lift up those in our city who feel isolated or forgotten. We pray that God's presence will bring hope and renewal for New Yorkers facing hardship and/or struggling to make ends meet.

We also ask God to grant wisdom and compassion to anyone in need of counsel, especially legal aid, to receive peace and to trust that God will make all things right. We also ask for God's protection over families in crisis to find support to thrive and over new parents to receive guidance to care for kids. May everyone in our city be surrounded by love, safety, and hope.

JOIN US IN PRAYER FOR

- + New parents to be reassured about caring for their children
- + Families in crisis to experience Christ's presence and provision
- + Hope for New York's network to be strengthened toward greater hope
- + Generous hearts to support New Yorkers in need

Partnering with Hope for New York

When we pray for New York City's most vulnerable communities, we are called to turn that hope into action. Hope for New York is a key partner with you in meeting the needs of individuals and families in our city, to provide life transformation. Your prayers are even more powerful when paired with action. By partnering with us—through giving or volunteering—you help restore and transform lives, supporting over 70 organizations across the city that provide tangible hope and healing.

Your financial contribution is more than just a donation; it's essential to someone in need. Volunteering brings hope to life, whether it's serving a meal, tutoring a child, or offering a listening ear. Our faith calls us to act, and by supporting HFNY, you make hope a reality. Together, we can be the hands and feet of hope in a city that desperately needs it.

Hope for New York partners with 70+ affiliates across all five boroughs, resourcing them through grantmaking, volunteer mobilization, capacity building, and community and collaboration. By strengthening these organizations, we enable them to do their work even better and to create a lasting impact in our communities.



Citations

NY Department of Homeless Services

NY State Office for the Prevention of Domestic Violence

NY State Office of Children & Family Services

NYC Department of Health

NY Office of Addiction Services and Supports

NY State Office for the Aging

NYC US Census Bureau



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