

How to Pray

for the conflict in Israel and Palestine

The big picture

This conflict is one of the most complex and painful issues of our time — rooted in thousands of years of history, theology, and trauma. It divides nations, churches, and hearts. But God's call to us is clear: to mourn, to seek justice, to love both neighbour and enemy, and to pray for peace.

Micah 6:8

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

How to approach prayer for this conflict

Non-Negotiables

- God loves every person involved, regardless of ethnicity, politics, or religion.
- Sin is sin. Injustice and violence have been committed on all sides.
- God's promises include both Jews and Gentiles.
- Our allegiance is not to a flag, but to the Kingdom of God.
- Jesus is the only one who can reconcile and resolve this fully.

Debatables

- The present-day role of ethnic Israel within God's plans.
- Whether modern Israel fulfils biblical prophecy.
- Political solutions for peace in the region.
- The accuracy and context of media narratives from either side in the region.

Let's hold our convictions humbly, knowing our theology is often influenced by context and emotion.

Rom 8:26

In the same way, the Spirit helps us in our weakness. For we do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that are too deep for words.

What to pray

Pray for peace for all who live in the region.

Mourn all innocent life lost, Israeli, Palestinian, or other. Every life bears the image of God.

Ask for justice, especially for the displaced and oppressed.

Pray for wisdom and restraint for political and military leaders.

Ask for repentance, personal and national, where needed.

Lift up churches and ministries on both sides working for peace.

Pray that people would come to know Jesus, the Prince of Peace.