



How to host a prayer breakfast for persecuted Christian women

A PRACTICAL GUIDE FOR CHURCHES, SMALL GROUPS AND INDIVIDUALS

KEY OPPORTUNITY:

Sunday 8 March 2026 – International Women’s Day... but you can host your prayer breakfast whenever works best for your church or group.

WHAT YOU’LL NEED:

- *Tears of Gold* pack – available from opendoorsuk.org/seechange
- Breakfast (simple or elaborate – whatever suits your group)
- This guide
- Optional: music, low lighting, printed stories from persecuted women
- Art materials if using the reflective exercises: pencils, crayons, paints
- A Bible and a mirror (for specific activities linked to the prints).

WHAT IS TEARS OF GOLD?

Tears of Gold is a prayer resource created by Open Doors featuring self portraits painted by persecuted Christian women and the stories behind them.

The cards can be used in two ways:

1. For individual prayer and reflection
2. As prayer stations for a group experience

This guide will help you run either format as part of your prayer breakfast.



PLANNING YOUR PRAYER BREAKFAST

Step 1: Decide your format

You can host your prayer breakfast in one of two ways:

Option A – Whole group breakfast + prayer stations:

- Everyone eats together
- Everyone individually does each prayer station using the *Tears of Gold* prints
- You finish by gathering everyone for reflection and closing prayer.

Option B – Breakfast together + facilitated prayer time

- Eat breakfast
- Stay seated together while working through selected *Tears of Gold* cards and stories
- Spend time praying as a group.

Option C – Personal prayer breakfast (solo or at-home)

- Set aside a morning to enjoy breakfast and work through the cards slowly and reflectively.

USING TEARS OF GOLD

A. For personal devotions

If you are using the cards on your own:

- Read one story and complete one reflective exercise each day

OR

- Spread them across several weeks and go deeper

OR

- Use them during a personal retreat.
- There are no rules – feel free to use the pack however suits you best and at whatever pace.

B. For small groups or prayer groups

Set up the space:

- Display the cards around your venue so that people can pick them up, read the front, then turn them over to see the story on the back
- Also display the information card, which gives context for *Tears of Gold* and some information about Open Doors
- How you display the prints is up to you and depends on what space you are using. It's

best not to mount them on the walls, as all the information is on the reverse!

- If you have a larger group, consider ordering multiple sets so people don't have to wait
- If you want to make the room more atmospheric, you can dim the lighting and add music. Whatever is appropriate to the space
- The group can spend as long as they like praying this way
- At the conclusion of the session, you might like to gather people together to reflect on how they found the experience, and whether God has been saying anything to them
- When they leave, give everyone one of the small 'Portraits and Prayer' leaflets to take away as a reminder.

INCLUDE THE SPECIAL OBJECTS

Two exercises require:

- A Bible displayed near Aisha's print
- A mirror displayed near Ladi's print

Guide the prayer time:

- Invite participants to move around the prayer stations at their own pace
- Encourage them to pray silently using the prompts on each card
- Remind people that their level of artistic ability doesn't matter – this activity is a way of seeing God's daughters more clearly, not an art exam!

ABOUT THE ACTIVITIES

Many cards include:

- Reflective drawing or painting exercises (marked with a ■► symbol)
- Questions for contemplation
- Prayer prompts linked to each woman's story

Encourage people to:

- Take their time
- Engage creatively
- Reflect deeply on the experiences of persecuted Christian women.

Drawing is simply a way of seeing - and the heart of this resource is to see *and stand* with our sisters in Christ.

ADDING MORE STORIES

To widen your prayer breakfast, you can also include other stories of persecuted women from the Open Doors website. You'll find the latest news stories and prayer points at opendoorsuk.org/news, and the latest video stories by selecting the Persecuted Women category at opendoorsuk.org/videos.



AFTER THE BREAKFAST

Consider:

- Sending participants links to more resources: opendoorsuk.org/resources
- Encouraging people to continue praying for persecuted women beyond this one event
- Hosting another prayer breakfast during the year.

THANK YOU

Thank you for choosing to host a prayer breakfast for persecuted Christian women around the world.

However you use this guide – alone, with a small group, or as a church – we pray that you will find it a powerful, moving and encouraging time.

You can find more resources for personal prayer and for small group discussion at opendoorsuk.org/resources.