

GIRLS' FRIENDLY SOCIETY - ZAMBIA
WORLD DAY OF PRAYER
29th September 2026



THEME: BEING AN EXCEPTIONAL WOMAN

ESTHER 4:10 - 15

Introit Hymn

What A Friend we have in Jesus

1 What a friend we have in Jesus,
all our sins and griefs to bear!

What a privilege to carry
everything to God in prayer!

O what peace we often forfeit,
O what needless pain we bear, all
because we do not carry
everything to God in prayer!

2 Have we trials and temptations?

Is there trouble anywhere?

We should never be discouraged;
take it to the Lord in prayer!

Can we find a friend so faithful
who will all our sorrows share?

Jesus knows our every weakness;
take it to the Lord in prayer!

3 Are we weak and heavy laden,
cumbered with a load of care?

Precious Savior, still our refuge--
take it to the Lord in prayer!

Do your friends despise, forsake you?

Take it to the Lord in prayer!

In his arms he'll take and shield you; you
will find a solace there.

HISTORY AND BACKGROUND OF THE GIRLS' FRIENDLY SOCIETY - ZAMBIA

The Girls Friendly Society (GFS) commenced in 1875 in England (within the Anglican Church) to offer spiritual and physical support and friendship to young women away from home who had no local support, especially in "at risk" situations.

The society spread quickly around the world as women, moving to other countries, wished to share this vision with those around them. It is a worldwide organization within the Anglican Communion. We provide ministries in a safe and accepting environment where Christ's love is evident and the Gospel is proclaimed. Initially formed for women and girls, today there is a growing male membership in most countries.

The motto is "Bear one another's burdens and so fulfill the law of Christ" (Galatians 6:2) and this "service" element within the calling of Christ is a central focus of the Society.

GFS offers programs for evangelism, support, empowerment, education and encouragement, sometimes in partnership with both secular and sacred organizations.

In Zambia the Girls Friendly Society was initially introduced in early 1980s by the Late Mrs. Dorothy Clay at St George's Anglican Church, Luanshya in the Central Diocese but when she left there was no one with interest to take it up hence it died. However, in 1992 Ms. Florence Phiri when she visited England, she was fascinated with the GFS activities and decided to re-introduce GFS in Kabwe through the late Mrs. Rosemary Chisenga who by then was a Girls Brigade member. She was the first delegate from Zambia to attend the 1993 14th GFS World Council in New Zealand where Zambia was formally registered as a member country.

In 1996, Mrs. Beatrice Zulu and Ms. Grace Kaoma attended the 15th GFS World Council in England and since then GFS has continued to grow in Zambia.

Service leader

The Call to Worship

Introduction and welcome

MINISTER: In the Name of the Father, the Son and the Holy Spirit

All: Amen

MINISTER: The Lord be with you

All: And also with you

MINISTER: Praise the Lord

All: Praise Him, you servants of the Lord

MINISTER: Blessed be God, Father, Son and Holy Spirit

All: Blessed be His Name, now and forever

Praise & worship

Let us pray

All: Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord. Amen.

Lord have Mercy
Lord have Mercy

Christ have Mercy
Christ have Mercy

Lord have Mercy
Lord have Mercy

Penitence

Jesus said, "You shall love the Lord your God with all your heart, and with all your soul and with all your mind". This is the first and great commandment and the second is like it, "You shall love your neighbour as yourself". On these two commandments depend all the law and the prophets.

The Minister may exhort the congregation in penitence in these or similar words;

Let us confess our sins, firmly resolved to keep God's commandments and to live in love and peace with ourselves, our neighbours, and our God.

Silence may be kept

All: Almighty God, our heavenly Father,
In penitence we confess that we have sinned against You
Through our own fault
In thought, word, and deed
And in what we have left undone.
For the sake of Your son, Christ our Lord
Forgive us all that is past and grant that we may serve you in newness of life to the glory of your name.
Amen.

The Priest

Almighty God, who forgives all who truly repent, have mercy upon you, pardon your sins and set you free from them; confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord. **Amen.**

THE COLLECT

GFS Prayer

"O God our father, we beseech thee to bless us and all who belong to the Girls and Boys Friendly Society and Townsend Fellowship. Help us to bear one another's burdens and to live not for ourselves but for others, as members of one family in Jesus Christ our Lord.
Amen"

PRESENTATION OF MEMORY VERSES, POEMS (IF ANY)

The Liturgy of the Word

The First Reading:

Esther 4:10-15

This is the word of the Lord

All: Thanks be to God.

The appointed Psalm – Psalm 139:14

The Second Reading: A reading from Romans 16:1–6.

This is the word of the Lord.

All: Thanks be to God.

GOSPEL HYMN: All to Jesus I surrender

1

All to Jesus I surrender,
All to Him I freely give;
I will ever love and trust Him, In
His presence daily live.

I surrender all, I
surrender all.
All to Thee, my blessed Savior, I
surrender all.

2

All to Jesus I surrender,
Humbly at His feet I bow,
Worldly pleasures all forsaken;
Take me, Jesus, take me now.

3

All to Jesus I surrender,
Make me, Savior, wholly Thine;
Let me feel Thy Holy Spirit,
Truly know that Thou art mine.

4

All to Jesus I surrender,
Lord, I give myself to Thee;
Fill me with Thy love and power, Let
Thy blessing fall on me.

All to Jesus I surrender,
 Now I feel the sacred flame.
 Oh, the joy of full salvation!
 Glory, glory to His name!
 Gospel Reading

Hear the Gospel of our Lord Jesus Christ according to Matthew 15:21-28

All: Glory to Christ our Saviour

This is the Gospel of Christ

All: Praise to Christ our Lord

The Homily PRAYERS OF INTERCESSION

1. Identity and Self-Worth

- Praying that girls and women recognize their divine value, rooting their identity in Christ rather than worldly standards or comparisons.

"I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well." – Psalm 139:14

Lord in your Mercy

All: Hear our Prayers

2. Divine Protection and Wisdom

- Praying for physical, emotional, and mental protection over women and girls, asking for wisdom in their daily choices, education, and relationships.

"God is within her, she will not fall; God will help her at break of day." – Psalm 46:5

Lord in your Mercy

All: Hear our Prayers

3. Strength and Endurance

- Asking God to grant resilience and courage to women facing trials, anxiety, or heavy burdens, so they may stand firm in their faith.

"She is clothed with strength and dignity; she can laugh at the days to come." – Proverbs 31:25

Lord in your Mercy

All: Hear our Prayers

4. Purpose and Calling

- Praying that women and girls discover and boldly step into the unique purposes and plans God has designed for their lives.

: *"For I know the plans I have for you," says the Lord. "Plans to prosper you and not to harm you, plans to give you hope and a future."* – Jeremiah 29:11

Lord in your Mercy

All: Hear our Prayers

5. Peace and Joy in the Heart

- Praying for the removal of worry, stress, and fear, asking the Lord to fill their hearts with His unshakeable peace and joy.

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." – Philippians 4:6

Lord in your Mercy

All: Hear our Prayers

6. Grace and Forgiveness

- Pray for a spirit of compassion, enabling women and girls to extend and receive grace, and to let go of bitterness or past hurts.

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." – Ephesians 4:32

Merciful father, accept these our prayers for the sake of your Son Jesus Christ our Lord and Savior, Amen

THE PEACE

Jesus says;

Peace I leave with you; My peace I give to you. Not as the world gives, do I give you. Do not let your hearts be troubled, neither let them be afraid.

The peace of the risen Lord be always with you

All: And also with you

Let us share the sign of peace with one another

OFFERING HYMN – take my life and let it be

- 1 Take my life and let it be
 consecrated, Lord, to thee.
Take my moments and my days;
let them flow in endless praise,
let them flow in endless praise.*
- 2 Take my hands and let them
 move at the impulse of thy love.
Take my feet and let them be
swift and beautiful for thee, swift
and beautiful for thee.*
- 3 Take my voice and let me
 sing always, only, for my King.
Take my lips and let them be
filled with messages from thee,
filled with messages from thee.*
- 4 Take my silver and my gold;
 not a mite would I withhold.
Take my intellect and use every
power as thou shalt choose,
every power as thou shalt
choose.*
- 5 Take my will and make it
 thine; it shall be no longer mine.
Take my heart; it is Thine own;
it shall be thy royal throne, it
shall be thy royal throne.*
- 6 Take my love; my Lord, I
pour at thy feet its treasure store.
Take myself, and I will be
ever, only, all for thee, ever,
only, all for thee.*

The Eucharistic Prayer

Led By the Minister

THE PRESENTATION OF GIFTS

Yours Lord is the greatness, the power, the glory, the splendor, and the majesty; for everything in heaven and earth is yours. All things come from you, and, of your own do we give you.

All: Amen

THE TAKING OF THE BREAD AND WINE

The bread and wine are placed on the altar. The following prayers are said:

AT THE TAKING OF THE BREAD

Blessed are you, Lord, God of all creation. Through your goodness we have this bread to offer, which earth has given and human hands have made, for us it becomes the bread of life.

Blessed be God forever

AT THE TAKING OF THE WINE

Blessed are you, Lord, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands, for us it becomes the cup of salvation.

Blessed be God forever

THE FIRST EUCHARISTIC PRAYER

The Lord be with you

All: And also with you.

Lift up your hearts.

All: We lift them to the Lord.

Let us give thanks to the Lord our God.

All: It is right to give thanks and praise.

It is indeed right, it is our duty and our joy, at all times and in all places to give you thanks and praise, holy Father, heavenly King, almighty and eternal God, through Jesus Christ your only Son our Lord.

For he is your living Word; through him you have created all things from the beginning, and formed us in your own image.

Through him you have freed us from the slavery of sin, giving him to be born as man and to die upon the cross; you raised him from the dead and exalted him to your right hand on high.

Through him you have sent upon us your holy and life-giving Spirit, and made us a people for your own possession.

Therefore, with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, forever praising you and saying:

**Holy, holy, holy Lord
God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest
Blessed is he who comes in the name of the Lord
Hosanna in the highest**

Accept our praises, heavenly Father, through your Son our Saviour Jesus Christ; and as we follow his example and obey his command, grant that by the power of your Holy Spirit these gifts of bread and wine may be to us his body and blood;

Who in the same night that he was betrayed, took bread and gave you thanks; he broke it and gave it to his disciples, saying, "Take, eat; this is My Body which is given for you. Do this in remembrance of Me."

In the same way, after supper he took the cup and gave you thanks; he gave it to them, saying, "Drink this, all of you; this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Do this as often as you drink it, in remembrance of me."

So, we proclaim the mystery of faith

Christ has died

Christ is risen

Christ will come again

Therefore, heavenly Father, we remember his offering of himself made once for all upon the cross, and proclaim his mighty resurrection and glorious ascension. As we look for his coming in glory, we celebrate with this bread and this cup his one perfect sacrifice.

Accept through him, our great high priest, this our sacrifice of thanks and praise; and as we eat and drink these holy gifts in the presence of your divine majesty, renew us by your Spirit, inspire us with your love, and unite us in the body of your Son, Jesus Christ our Lord.

Through him, and with him, and in him, by the power of the Holy Spirit, with all who stand before you in earth and heaven, we worship you, Father almighty, in songs of everlasting praise:

All Amen.

and the Prayer ends

All: Blessing and honour and glory and power be yours for ever and ever. Amen.

The Lord's Prayer

As Christ has taught us, so we are bold to say:

All: Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.

BREAKING OF THE BREAD

The Archbishop breaks consecrated bread:

The bread which we break, is it not a sharing of the body of Christ?

All We, who are many, are one body, for we all partake of the one bread.

Lamb of God, you take away the sin of the world: **have mercy on us.**

Lamb of God, you take away the sin of the world: **have mercy on us.**

Lamb of God, you take away the sin of the world: **grant us peace.**

All: We do not presume to come to this your table, merciful Lord, trusting in our own righteousness, but in your manifold and great mercies. We are not worthy so much as to gather up the crumbs under your table. But you are the same Lord whose nature is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of your dear Son Jesus Christ and to drink his blood, that our sinful bodies may be made clean by his body and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen.

The Minister says the invitations to communion

Draw near and receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you. Feed on him in your hearts by faith with thanksgiving.

Communion Hymn

POST COMMUNION PRAYERS

Give thanks to the Lord for he is gracious

His mercy endures forever

Almighty and eternal God, we thank you for feeding us in these holy mysteries with the body and blood of your son our savior Jesus Christ, and for keeping us by your Grace in the body of your son the company of all faithful people. Help us to preserve as living members of that fellowship and to grow in love and obedience according to your will, through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

Amen

All: Father almighty we offer ourselves to you

As a living sacrifice In

Jesus Christ our Lord.

Send us into the world

In the power of the Holy Spirit

To live and work

To your praise and glory

All: Amen.

BENEDICTION

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

All: Amen.

The Minister says
Go in peace to love and serve the Lord.

All: In the name of Christ. Amen.

Recessional Hymn: Bind Us Together

Bind us together, Lord
Bind us together
With cords that cannot be broken
Bind us together, Lord
Bind us together
Bind us together in Love

There is only one God,
There is only one King
There is only one Body,
That is why we sing.

Fit for the glory of God,
Purchased by His precious Blood,
born with the right to be free Jesus
the victory has won.

We are the family of God
We are the promise divine We
are God's chosen desire
We are the glorious new wine.