



## WEEKLY PREPARATION AND PRAYER GUIDE

Week	Domestic Violence Awareness Fact	Prayer for the Week	Additional Support
One <b>March 2nd</b>	Nearly 3 in 10 women and 1 in 10 men in the United States have experienced rape, physical violence, and/or stalking by an intimate partner and reported at least one impact related to experiencing these or other forms of violent behavior in the relationship.	Pray that all individuals (men, women and children) live an abundant life free of physical, mental, spiritual, financial, emotional abuse from their oppressor so that they may walk in peace and enjoy a life full of God's blessings.	Download the Couch-to-5K training guide to begin your preparation for The Park 5K Domestic Violence Awareness Run/Walk.
Two <b>March 9th</b>	Women account for 85 percent of the victims of intimate partner violence, men account for approximately 15 percent of intimate partner violence.	Pray for all victims of abuse that God will surround them with His care, love and protection in order that they may have experience healing, wholeness, strength, peace and love.	It's not too late to start! Download the Couch-to-5K training guide to begin your preparation for The Park 5K Domestic Violence Awareness Run/Walk.
Three <b>March 16th</b>	Approximately one in five female high school students reports being physically and/or sexually abused by a dating partner.	Pray for our youth as they struggle to find their way in life amid all the pressures and messages sent out by social media and peers. Help parents to be more involved in what their children are involved in, their intimate relationships with others, and teach them to honor and respect others.	Save the Date for The Park 5K Fashion Show to Support Domestic Violence Awareness.



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Four <b>March 23rd</b>	Forty percent of girls aged 14 to 17 report know someone their age who has been hit or beaten by a boyfriend.	Pray for teens in our schools, youth groups and in our lives who are victims – both in their dating relationships or in their homes. Pray that they may be given God’s peace, healing, knowledge and courage to be free from harm.	We’re on Week 4 of the Couch-to-5K Training guide. You can start right now!
Five <b>March 30th</b>	Studies suggest that 3.3 – 10 million children witness some form of domestic violence annually.	Pray that God will protect those innocent children who suffer or witness violence and abuse at the hands of the ones they love.	Support: Sign up for The Park Church Domestic Violence Awareness 5K Run/Walk at <a href="http://www.thepark5krun.org">www.thepark5krun.org</a> .
Six <b>April 4th</b>	Nearly 75 percent of Americans personally know someone who is or has been a victim of domestic violence. 30 percent of Americans say they know a woman who has been physically abused by her husband or boyfriend in the past year.	Pray that God will open our ears, our eyes and our hearts to be more aware and supportive to people in abusive situations, so that they won’t feel alone and know that someone cares.	Support: Volunteer at a Domestic Violence shelter (or donate some items).
Seven <b>April 13th</b>	Battering is not loss of control or an anger issue; it is the exertion of power and control of one partner over the other.	Pray that God will touch the hearts of those who abuse others (physically, mentally, emotionally, financially, sexually, and spiritually). Pray that God will heal their thinking, in order that they may turn to you and seek your ways for healthy intimate relationships. Pray that they will seek God for forgiveness and to trust God to lead them to a new path of life.	Support: Come to Wednesday Night Bible Study on April 29th to learn more about how you can help us stomp out domestic violence.



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<p>Eight</p> <p><b>April 20th</b></p>	<p>Domestic violence touches every demographic group – regardless of race, ethnicity, economics, class, sexual orientation, occupation, or education. There are doctors, pastors, psychologists, police, attorneys, judges and other professionals who abuse their partners.</p>	<p>Pray for all victims of abuse. Pray for God’s protection and inspiration for those who suffer from all forms of abuse, loss of hope and self-esteem. We pray for those who use resources to control or manipulate victims into staying in relationships or not reporting their abuse.</p>	<p>Support: Spread the WORD....encourage a family member, church member, coworker, friend to sign up for The Park Church Domestic Violence Awareness 5K Run/Walk at <a href="http://www.thepark5krun.org">www.thepark5krun.org</a>.</p>
<p>Nine</p> <p><b>April 27th</b></p>	<p>65 percent of pastors have spoken one or fewer times about domestic and sexual violence, with 22 percent indicating they addressed it annually, while 33 percent mentioned it "rarely." Ten percent of pastors said they had never taught on it.</p>	<p>Pray for those victims who suffer in silence, those who are afraid to utter a word, afraid of being misunderstood or misjudged. Pray that the church will become compassionate and not to judge the victim or the abuser. That God will help the church be a responsive community of faith in denouncing verbal, emotional, economic, physical, spiritual and sexual abuse. Pray that God will give leaders the tools needed to be better equipped and anoint them with the holy boldness to face this issue head on. Let leaders not refrain from holding an abuser accountable or hold back when helping a victim or children.</p>	<p>Support: Gather old cellphones to bring to the 5K. Donated phones will be refurbished by a third party organization that makes a donation to a Domestic Violence awareness and prevention organization.</p>