

## **16 Days of Action**

**Theme: “Together We Can End Violence Against Women”**

**Campaign Dates: 25 November – 10 December.**

**Official Hashtags: #16Days #EndViolence #OrangeTheWorld #NoExcuseForAbuse**

**Use the daily scripture verses, actions and prayers throughout the 16 days of activism as you complete your crochet project.**

### **Day 1 – Learn the Truth**

*John 8:32 — “Then you will know the truth, and the truth will set you free.”*

Violence against women is not inevitable — it’s preventable. Start by learning the facts. Together, we can change the story.

Action: Take time to understand what gender-based violence is, why it happens, and how it affects families and communities. Knowledge is the first step toward change.

#### **Prayer**

*God of wisdom, open our minds to learn and our hearts to understand.  
Help us to face hard truths with courage and compassion, that we  
may be part of lasting change. Heavenly Father, open our eyes to see as You  
see.*

*Where we have been blind to suffering, awaken us.*

*Where we have been silent, move us to speak.*

*You tell us in Proverbs 31 to “speak up for those who cannot speak for  
themselves.”*

*Lord, help us to notice the hurting, the hidden, and the unheard.*

*Let awareness become compassion, and compassion become action.*

*In Jesus’ name, Amen.*

## Day 2 – Wear Orange for Change

*Matthew 5:14 — "You are the light of the world."*

Today we wear orange to show our commitment to a future free from violence.

Action: Wear orange — the global colour for ending violence against women — and explain its meaning to others. Post a photo or orange ribbon with the hashtag #OrangeTheWorld

### Prayer

*Creator of light may this colour of hope shine through our communities.  
Let our simple acts – wearing orange, speaking out, showing care – become signs of love and transformation.  
Lord Jesus, You are near to the broken hearted and You save those crushed in spirit (Psalm 34:18).  
We lift every survivor into Your loving hands.  
Surround them with Your peace, restore what was stolen,  
and remind them that nothing can separate them from Your love.  
Heal their memories, strengthen their spirits,  
and let them know they are valued, cherished, and safe in You.  
Amen.*

## Day 3 – Listen and Believe

*Psalm 34:18 — "The Lord is close to the broken-hearted..."*

If someone shares their experience of abuse, listen without judgment. Believing survivors is powerful and helps break the silence.

Action: Let's replace silence with support. How can you do this in your context ?

### Prayer

*Healing God, help us to listen without judgement and to believe with compassion.  
May every survivor who speaks be met with safety, dignity, and love. Lord, our Refuge and Fortress (Psalm 91),  
we pray for all who live in fear right now.  
Shield them with Your mighty hand.  
Open paths to safety.  
Provide helpers, escape routes, and divine protection.  
Let Your angels encamp around them and deliver them from harm.  
Bring them to a place of peace.  
Amen.*

## Day 4 – Teach Respect Early

*Proverbs 22:6 — "Start children off on the way they should go..."*

Respect starts young. Teach children about kindness, fairness, and consent — lessons that build safer communities for all.

Action: Parents, teachers, and mentors: talk to children about respect, kindness, and consent from a young age. Equality begins at home and in schools.

### Prayer

God of all generations, bless parents, carers, and teachers. May we guide children to grow in kindness, respect and equality, planting seeds of peace that will last a lifetime. Lord, You created every woman and girl in Your image, fearfully and wonderfully made (Psalm 139).

We pray for their safety, flourishing, and dignity.

Lift those who feel small.

Strengthen those who feel silenced.

Empower them to grow, lead, dream, and rise.

Let every daughter know she is beloved by her Father in Heaven.

Amen.

## Day 5 – Stand Up, Speak Out

*Proverbs 31:8 — "Speak up for those who cannot speak for themselves..."*

Don't laugh off violence or harassment. Challenge harmful words and actions wherever you see them — online or offline.

Action: If you hear sexist jokes, see harassment, or notice harmful behaviour — don't stay silent. Speak out safely and respectfully. Consider whether you do this now and how you might do it in the future.

### Prayer

*God of courage, give us the strength to raise our voices when silence feels easier.*

*Let our words bring justice, healing, and hope to those who need it most. Mighty God, give us holy courage.*

*Courage like Esther, who spoke even when afraid. Courage like Moses, who confronted oppression. Courage like Jesus, who defended the vulnerable.*

*Fill us with Your Spirit so we may challenge harmful attitudes, stand beside the oppressed and bring Your light into dark places.*

*Make us instruments of Your justice.*

Amen.

## Day 6 – Support a Survivor Service

*Galatians 6:2 — "Carry each other's burdens..."*

Local shelters and crisis centres need us. Donate funds, supplies, or time to help those on the frontlines supporting survivors.

Action - Donate time, money, or supplies to a women's shelter, counselling centre, or helpline in your area. Every contribution helps.

Prayer

*Compassionate God, bless all who work to support survivors.  
May our giving – of time, gifts, and prayer be a channel of your love and care. Father, strengthen those who serve on the frontlines:  
pastors, counsellors, social workers, shelter staff,  
advocates, volunteers, and crisis responders.  
Renew their energy, guard their hearts, and bless their labour.  
Give them wisdom that comes from Your Spirit  
and compassion that flows from Your heart.  
Amen.*

## Day 7 – Share Helplines

*1 Thessalonians 5:11 — "Encourage one another and build each other up."*

Action: Post and share national or local helpline numbers online and in your community centres, schools, and workplaces. You never know who might need them.

Prayer

*God of comfort, remind us that sharing help can save lives.  
Bless those who reach out for support, and may they always find someone ready to listen. Sovereign Lord, move in the hearts of leaders and nations.  
Guide governments, institutions, and systems  
to prioritise the safety and dignity of all.  
Let policies reflect justice,  
let resources reach the vulnerable,  
and let truth guide decision-making.  
Use Your Church to bring light, restoration, and change.  
Amen.*

## Day 8 – Include Everyone

*Genesis 1:27 — "God created... male and female... in his image."*

Violence affects women of all identities — no one should be left behind. Let's make support inclusive for all women and girls.

Violence affects women of all backgrounds — including those with disabilities, Indigenous women, migrants, and LGBTQ+ people.

Action: Consider how you can promote inclusion and equal access to support

Prayer

Loving God, you see all people as precious and worthy. Help us to build communities where every woman and girl is safe, seen, and celebrated. God of mercy, You see every person society overlooks.

We pray for disabled women, refugees, those in poverty, LGBTQ+ survivors, and all who carry multiple burdens.

You are the Shepherd who leaves the ninety-nine for the one.

Comfort them, defend them, and raise up support around them.

Help the Church to be a refuge and not a barrier.

Amen.

## Day 9 – Promote Healthy Relationships

*1 Corinthians 13:4–7 — "Love is patient, love is kind..."*

Respect, trust, and consent — the foundations of healthy relationships. Let's build love without fear.

Action: Encourage open conversations about mutual respect, trust, and consent in relationships — at school, at home, and online.

Prayer

God of love, teach us how to love rightly – with respect, trust, and honesty. May every relationship reflect your care and peace.

Prince of Peace, walk through homes filled with fear or conflict. Replace anger with gentleness, intimidation with respect, and violence with Your peace that surpasses understanding.

Heal families and relationships.

Teach forgiveness, repentance, and healthy love.

Let every home become a sanctuary of safety and grace.

Amen.

## Day 10 – Engage Men and Boys

*Micah 6:8 — "Act justly, love mercy, walk humbly..."*

Men and boys are powerful allies.

Action: Invite men and boys to be allies. They can model respect, challenge harmful behaviour, and show that ending violence is everyone's responsibility. Challenge harmful behaviour, lead by example, and speak out for equality. Start conversations about respect, consent, and equality with the boys and men in your life. Encourage them to be allies and active bystanders.

Prayer

*God of transformation, bless the men and boys who choose respect, empathy and action. May they lead by example, showing that strength is found in love. Father, raise up men and boys who reflect the character of Christ. Teach them strength rooted in gentleness, leadership rooted in humility, and power rooted in love. Break generational cycles of harm. Equip fathers, brothers, mentors, and sons to be protectors of peace and advocates for justice. Form their hearts after Yours. Amen.*

## Day 11 – Make Workplaces and Schools Safe

*Psalms 82:3 — "Defend the weak and the fatherless; uphold the cause of the poor."*

Everyone deserves safety and dignity at work and school.

Action: Advocate for anti-harassment policies and zero tolerance for abuse. Encourage your employer to adopt or review policies on sexual harassment.

Prayer

*God of justice, bless our schools, homes and workplaces. May they be places of safety, fairness, and dignity for all. Lord, make our churches and communities places where the vulnerable are protected and the hurting are embraced with compassion. Remove cultures of silence, shame, or minimisation. Raise up believers who advocate boldly and care deeply. Let the Church reflect the heart of Jesus— a refuge for the oppressed and a voice for the voiceless. Amen.*

## Day 12 – Support Girls' Dreams

*Jeremiah 29:11 — "I know the plans I have for you... plans to give you hope and a future."*

Encourage and support girls to stay in school, take leadership roles, and pursue their ambitions. Empowered girls become empowered women. Education empowers. Let's keep girls in school and open every door of opportunity.

Action: Donate to or volunteer with organisations that keep girls in school – education reduces vulnerability to gender based violence.

### Prayer

*God of promise, bless the hopes and dreams of every girl. May nothing hold them back from becoming all you have created them to be. Lord Jesus, protect the hearts and minds of young people. Guard them from harmful influences, unsafe relationships, and voices that distort their worth. Teach them to value others, honour boundaries, and walk in love as You taught us. Raise up a generation that rejects violence and embraces the Gospel of peace. Amen.*

## Day 13 – Be a Safe Bystander

*James 2:17 — "Faith by itself... is dead."*

If you see harassment or abuse, don't ignore it. Learn how to step in safely and show support.

Action: Learn safe ways to intervene when you witness violence or harassment — whether in public, at home, or online. Check out websites: Press Red and Restored.

### Prayer

*God of courage, help us to notice when others are in need and to act wisely and bravely. Make us instruments of your peace and protection. God of redemption, You make all things new. Break cycles of violence, trauma, and generational pain. Bring transformation to families, communities, and nations. Replace harmful patterns with legacies of grace, respect, compassion, and Christlike love. May Your transforming power tear down strongholds and build up new hope. Amen.*

## Day 14 – Go Digital for Good

*Philippians 4:8 — "Whatever is true... noble... right... think about such things."*

Use your online voice for change. Report online harassment, support those targeted, and make digital spaces safe for women and girls.

Action: Use your social media to share positive messages, survivor stories, and educational posts. Help create a safer online space for women and girls.

### Prayer

*God of creation, bless our online spaces. May we use technology to spread kindness, truth, hope, and stand against all forms of harm. Jesus, our Healer, You came to bind up the broken-hearted (Isaiah 61:1).*

*We ask You to pour healing into every wounded heart, every painful memory, every place shattered by violence.*

*Restore identity, rebuild trust, and renew hope.*

*May Your Holy Spirit bring comfort and wholeness where trauma once lived.*

*Amen.*

## Day 15 – Advocate for Change

*Amos 5:24 — "Let justice roll on like a river..."*

Your voice matters!

Action: Write, call, or tag your local leaders to demand stronger laws, better funding, and accountability for preventing violence against women.

### Prayer

*God of justice, move our hearts to action. Inspire leaders, communities, and each one of us to make choices that build a world free from violence. Righteous Father, You love justice and hate wrongdoing (Psalm 45:7).*

*We pray for justice for all who have been harmed through violence and abuse.*

*Guide judges, officers, social workers, and leaders to act with fairness, wisdom, and compassion.*

*Let truth prevail.*

*Let protection surround the vulnerable.*

*Let Your justice roll down like waters (Amos 5:24).*

*Amen.*

## Day 16 – Unite and Remember

*Romans 12:15 — "Mourn with those who mourn"*

Today we honour survivors and remember those lost to gender-based violence. Let's unite — in action, in hope, and in solidarity

Action: Join a march, vigil, or community event. Light a candle, wear orange, and honour survivors and those lost to violence. Commit to being part of lasting change.

### Prayer

*Loving God, we remember all who have suffered because of violence. May their stories inspire our commitment to peace. Unite us in hope, and help us to walk together toward a world made whole.*

*God of peace and renewal, we thank you for these days of prayer, reflection, and action.*

*As our campaign ends, may our commitment continue.*

*Let the seeds of awareness grow into courage, and acts of kindness become movements of justice.*

*Bless all who work to end violence and heal the broken-hearted.*

*Together, may we walk in your light – bringing hope, safety, and love to every corner of the world. Gracious God, as the 16 days conclude, let not our prayers or our commitment end.*

*Strengthen our resolve to walk with survivors, challenge injustice, and promote peace every day.*

*Fill us with the hope of Christ, the courage of the Spirit, and the compassion of the Father.*

*Lead us forward as instruments of Your healing and justice.*

*In Jesus' holy name, Amen.*