

*What the heart meant to say*

by Susie Pek, global director

If you're anything like me, you cherish a good conversation. Let's be honest: There's nothing quite like connecting with people we hold dear – those who are fun, thoughtful and insightful. Some conversations have the power to completely transform our day. And even when we can't speak face-to-face – whether through video calls or phone chats – those ongoing exchanges via text or voice messages can be just as meaningful.

But there's something about conversations that has always intrigued me. Sometimes, a chat that begins beautifully can take a wrong turn with just a few careless words. Words carry weight. It doesn't take much to offend, betray, insult or even damage someone's reputation. *"The tongue has the power of life and death, and those who love it will eat its fruit."* This verse from Proverbs is a powerful reminder – especially for those of us who love words.

It's sobering to realize how much harm can be done with so little. But, thankfully, there's another side to this story. Our words also have the power to comfort, defend, encourage and build up. They can spread hope and preserve peace. What a relief to know that the tongue doesn't always wound – it can also be a fountain of life. Scripture reminds us again and again: The way we use our words can bring healing or hurt.

This double-edged nature of speech leads me to a question: *"If you had to eat your words, would they nourish your soul – or poison it?"* I think it's fair to say it depends on the day. When our hearts are light, our words tend to be full of life and encouragement. But when we're burdened or frustrated, our speech may turn sharp and hurtful.

James 3 confronts us with a powerful truth: We can tame wild animals but not the tongue. *"All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. Can both fresh water and salt water flow from the same spring?"*

Taming the tongue is a daily battle for every one of us. And if we truly want to fight the good fight, we must remember: The root of this struggle isn't in the mouth; it's in the heart. *"The mouth speaks what the heart is full of,"* says Luke 6:45. Our words reflect our inner world. So, what do your words reveal about your heart? Are they overflowing with grace, or do they expose hidden bitterness, impatience or pride?

May I encourage you to pray once again, this time the words of Psalm 139:23-24, *"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting."*

I love the idea that our words can bring healing. And I truly believe they can make beautiful gifts – especially during Thanksgiving and Christmas – as we spread hope through texts, voice messages, handwritten cards and more. Let's be creative. Let's speak life. Let's touch hearts. And let the words of our mouths and the meditation of our hearts be pleasing to the Lord, our God.

In his amazing love, Susie

## NOVEMBER 2025 Prayers for West & Central Africa

1. Holy Father, reveal yourself to the peoples of **West and Central Africa**. May they respond with godly repentance and seek to know and follow you! (Rev. 22:17)
2. Lord, transform the hearts of those in **Benin** who are forcing women who want to follow Christ to instead worship idols. Protect these women. (1 John 5:21)
3. You alone change hearts and communities, God. Raise up wise leaders to boldly challenge and change harmful customs and practices that limit women in **Burkina Faso**. (Gal. 3:28)
4. Capture the hearts and minds of young people in the **Central African Republic**. Father, set them free from sexual immorality and the cultural depravity surrounding them. (1 Cor. 6:18)
5. Lord, be the place of safety for women in **Côte d'Ivoire**, shielding them from domestic violence, sexual assault and discrimination. (Ps. 32:7)
6. Bring revival to the unreached peoples of **Gabon**, including the Pygmy communities and those of the Islamic faith. Lord, come into their hearts with power. (Eph. 1:18)
7. God, please provide opportunities, resources and breakthroughs for women in **Ghana** to gain financial stability and break cycles of poverty. (Phil. 4:19)
8. Lord, may women in **Liberia** suffering from physical and mental abuse be set free from the cycles of violence, fear and emotional trauma. (Ps. 34:18)
9. Bring your peace and healing to all affected by war and unrest in our **Mali** communities, Father. Calm troubled hearts and restore harmony and hope. (John 14:27)
10. Lord, bring healing to girls in **Mauritania** suffering from female genital mutilation, forced feeding and early marriage. Please intervene so that these practices will end. (Ps. 9:9)
11. Father, be the shelter and protector of women in **Niger**, shielding them from violence and harm. May your presence keep them safe and bring them peace. (Ps. 46:5)
12. Marital crisis among believers is increasing in **Nigeria**. Father, help husbands and wives to love and respect one another. (Eph 5:21-28)
13. May the upcoming elections in **West Africa** take place in peace, Lord. Guide them to elect righteous and just leaders. (2 Chron. 7:14)
14. Father, give courage, grace and strength to Christian women in **Benin** who are persecuted by their families and husbands for their faith. (Rom. 8:35)
15. God, give creativity and initiative to women in the **Central African Republic** to launch and sustain income-generating activities to lead them out of poverty. (Isa. 43:19)
16. Instruct and strengthen women in **Côte d'Ivoire**, Lord, as you guide them in how to live out their roles as mothers, wives and active members of society. (Ps. 32:8)
17. God, silence Satan's lies, which are aimed at deceiving, confusing and dividing your people in **Gabon**. Give your church victory in Jesus' name. (Isa. 54:17)
18. May women in **Ghana** find strength in you, Lord, for their discouraged hearts. Renew their hope and inspire them to courageously rise above the challenges they face. (Ps. 31:24)
19. Father, transform the hearts of those who misuse religion and authority to control, shame and exploit women in **Liberia**. (Ps. 51:10)
20. God of wisdom, pour out your understanding and grace upon pastors and mentors in **Mali**. Guide them to lead with humility, patience and love. (James 1:5)
21. Lord, please provide food, clean water and safe shelter for women and their families in **Niger**. Let your abundance overflow in their lives. (Matt. 6:11)
22. Lord, strengthen the **Nigerian** TWR Women of Hope prayer group in Ebonyi state. May the women they impact come to Christ and grow to maturity. (Matt: 5:16)
23. Father, set free and give voice to women in **Benin** who have been silenced through violence and sexual abuse. (John 16:33)
24. May our team in the **Central African Republic** reach and minister hope and healing in Jesus to abused and mistreated women in the hinterland. (Ps. 82:3)
25. God, bring physical and mental healing to women in rural areas of **Côte d'Ivoire**. May they have access to health care, especially during pregnancy and motherhood. (Jer. 17:14)
26. Bring healing to widows, orphans and the sick in **Gabon**. Lord, may the church love and care for these. (Jer. 30:17)
27. Lord, give courage to **Liberian** leaders to challenge traditions and systems that promote gender-based harm such as fistula and female genital mutilation. (Eph. 6:10)
28. Compassionate Savior, comfort widows, single mothers and caregivers in **Mali** burdened by loss and responsibilities. Provide for them tenderly and draw them close to your heart. (Matt. 5:4)
29. The *Women of Hope* program is now in **Nigerian** Pidgin English! May the lives of women listeners be transformed as they come to know you. (Acts 19:20)
30. Lord, help women in **Côte d'Ivoire** realize their potential by taking leadership roles in their communities and country and by promoting peace, justice and development for all. (Mic. 6:8)