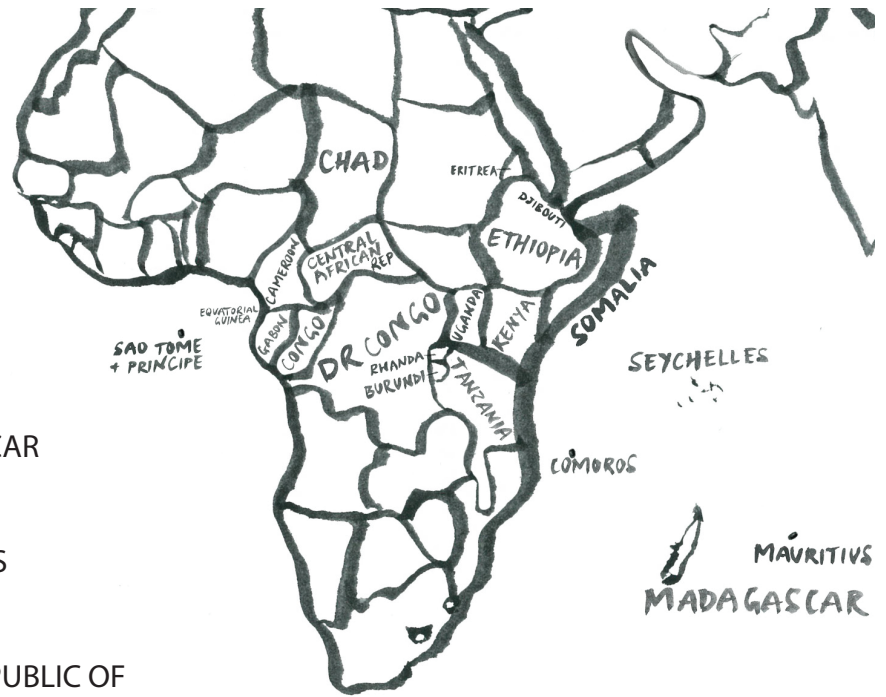


SISTERHOOD FIGHT CLUB

#MIDDAYBABYMIDDAY #SETYOURALARM #BETHECHANGE #PRAYINGFORTHEWORLD

#8: CENTRAL & EAST AFRICA

- CAMEROON
- CENTRAL AFRICAN REPUBLIC
- CHAD
- CONGO
- DEMOCRATIC REPUBLIC OF THE CONGO
- EQUATORIAL GUINEA
- GABON
- SAO TOME & PRINCIPE
- BURUNDI
- COMOROS
- DJIBOUTI
- ERITREA
- ETHIOPIA
- KENYA
- MADAGASCAR
- MAURITIUS
- RWANDA
- SEYCHELLES
- SOMALIA
- UGANDA
- UNITED REPUBLIC OF TANZANIA



THE REGION

Central and East African countries boast a wealth of natural resources and beauty that are unlike anywhere else. Countries such as Rwanda, the “Land of a Thousand Hills”, and Ethiopia, the location of some of the world’s most renowned archaeological finds, help comprise this region’s intrinsic richness. In recent years, strides have been made in building this region politically, economically, and socially.

KEY STATISTICS

- » Over 4 million children in Africa are Refugees. An estimated 7 million are Internally Displaced. The largest numbers of these are coming from South Sudan, followed by Somalia, Sudan, the Democratic Republic of the Congo and Central African Republic ¹
- » Over 200 million girls and women alive today have been subject to Female Genital Mutilation (FGM) ²
- » Africa has the highest prevalence of undernourishment, especially in Eastern Africa, where it is suspected that one-third of the population is undernourished ³
- » 5 countries in this region rank in the Top 50 of Open Doors World Watch List of Christians facing persecution in their nation with Somalia at ranking third ⁴

THE CHALLENGES

Some countries in this region are experiencing civil and political unrest. Civil wars with religious and ethnic undertones, accompanied with political corruption, present an unsteady terrain for these countries. The dire living conditions give rise to protection and health concerns. Women and girls who have been kidnapped have been subjected to physical and psychological abuse, forced labour, forced marriage, and sexual slavery. Boys have been forcibly enlisted as soldiers or forced to do manual labour in conditions. Exploitation of the wealth of natural resources in this region has led to land rivalries, strained international political relationships, and local flare ups of violence. Refugees and Internally Displaced People (IDPs) are at an all time high. At the end of 2017, 7.4 million refugees originated from African countries and children are disproportionately represented among them. Some 57 per cent of all African refugees are children – totaling more than 4 million (as of the end of 2017). The largest numbers of African child refugees come from South Sudan, followed by Somalia, Sudan, the Democratic Republic of the Congo and Central African Republic.

The region also suffers from chronic food insecurity and under-development, resulting in people facing severe hunger and a negative impact on livelihoods, food security, and nutrition. Africa has the highest prevalence of undernourishment, estimated in 2016 to be 20% of the population. This is especially alarming in Eastern Africa, where it is suspected that one-third of the population is undernourished. The agricultural sector, which is the chief contributor to gross domestic product (GDP) continues to lose ground, in particular because of the lingering insecurity and the slow return of displaced persons. Continuous drought and displacement of people have created a crisis in the area which cause more people to suffer from disease, starvation and malnutrition.

Although FGM has seen a decline in recent decades due to strong social pressure, it remains an underground practice. Globally, over 200 million girls and women alive today have been subject to FGM, with 44 million of those females aged 14 or under. It is a common practice in the Middle East, Asia, Central and South America, however is predominantly performed on the African continent; with 87 – 98% of girls aged 15 to 49 affected in Egypt, Guinea and Somalia.

Persecution of the Christian Church occurs in this region. According to the World Watch List created by Open Doors, 5 countries in this region are in the top 50 countries with the most severe Christian persecution. As of 2019, Somalia ranks 3rd due to a religiously oppressive government and Islamic extremism. Eritrea, Ethiopia, Kenya and Central African Republic are the other countries in this region that rank on that list.

SO WHAT DO I PRAY FOR?

PRAY FOR STABILITY AND FREEDOM OF CHOICES.

We pray for economic stability that people might be able to flourish and live healthy and safe lives, that they might have the ability to choose wisely for their children and protect their future. Isaiah 60:1-3, Isaiah 61:4

PRAY AGAINST WAR.

We pray against conflict that tears apart the region and its people, displaces the innocent, and exposes the vulnerable to dangers. We pray for oppressors to be brought to justice. We pray that peace will reign in this region. Leviticus 26:6, Psalm 99:4, John 16:33

PRAY FOR WOMEN AND GIRLS.

We pray that the rights of women will be upheld and for protection against violence and abuse. We pray for girls to receive an education and fulfil their potential. Psalm 140:12, Psalm 36:6

PRAY FOR THE VULNERABLE AND OPPRESSED.

We pray against abuse and Female Genital Mutilation. We pray against terrorism, discrimination and exploitation. We pray for shelter, security and hope for refugees and displaced people. Psalm 82:3-4, Isaiah 40:29, Jeremiah 31:17, Psalm 91

PRAY FOR THE PERSECUTED CHURCH.

We pray for the Church, for those who are facing persecution for the name of Jesus. We pray that those being persecuted will be strengthened and we pray for those who are persecuting that they will meet Jesus. Isaiah 55:7, Romans 5:6-8, 2 Timothy 2:25, Psalm 94:16, Proverbs 31:8, Matthew 9:37-38

I BELIEVE THAT THE WEAPON
THE CHURCH OF JESUS CHRIST
MUST BRING TO THIS CURRENT
GLOBAL TABLE OF UNREST AND
CRISIS IS PRAYER. IT'S A WEAPON
THAT MANY OUTSIDE OF FAITH
MAY NEVER TRULY UNDERSTAND
NOR EVER APPRECIATE - BUT
REGARDLESS OF WHETHER THEY
DO OR DON'T PRAYER IS WHAT
ENGAGES THE SPIRITUAL REALM
THAT IS SO OFTEN AT THE CORE
AND CAUSE OF TODAY'S
PROBLEMS."

Bobbie Houston
excerpt Chapter Twenty-one
The Sisterhood

BRAVE WOMEN

Run in Our Family

Among those who are championing the cause of women in this region is Viola Lutara, the director of Living Hope - Watoto in Uganda. Living Hope is an organisation that helps women who are mostly HIV+, single, returnees from abduction into the rebel army in Northern Uganda, or teenagers. Along with meeting a woman's immediate needs for food and medication, Living Hope also provides spiritual discipleship and assistance with setting up a self-sustainable income.

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The Sisterhood Fight Club is all about letting prayer do the heavy lifting as we turn our attention to a world that is broken on many levels and in need of restoration. Our world is a place of beautiful and challenging complexity. We do not claim to be experts, nor to understand or represent this complexity fully. This is a brief collection of information and examples based on our research.

Through prayerful reflection we seek to learn, empathise, add our support to the efforts of brave women everywhere, and continue to grow in our understanding through the help of the Holy Spirit. Let our churches and homes be known as "a house of prayer for all peoples" (Isaiah 56:7).

Join us! Set your alarm at #middaybabymidday and pray with us for the world.



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 @coloursistahood

 The Colour Sisterhood

 coloursisterhood

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² <https://www.who.int/news-room/fact-sheets/detail/female-genital-mutilation>

³ <https://www.worldhunger.org/africa-hunger-poverty-facts-2018/>

⁴ <https://www.opendoors.org.au/persecuted-christians/world-watch-list/>