

Taking action for children



Welcome to our Legacy Month 2026 – a time to celebrate the difference legacy gifts can make to the lives of vulnerable children across the UK. We'd love you to use these prayer reflections on your own or in a group, to think about how important it is to advocate for the rights of vulnerable children and young people. And how, through your faith and the action you take, you can make a difference.

Week one

Loving support

Read: John 5:1–9

Reflect

"Sir, I have no one..."

John 5:7, NIV

In John 5:1–9, Jesus Christ walks into a place filled with suffering, disappointment, and forgotten people. With them is a man who has been ill for 38 years. Day after day, he has waited by the pool at Bethesda, hoping for change but without the support he needs to find it. His words are heartbreaking: "I have no one to help me."

Those words still echo today in the lives of vulnerable people in our communities – those facing poverty, loneliness, injustice, and hardship. It's not that they don't have strength or desire – they need support, opportunity, and someone willing to stand beside them.

As the Church, we are called to respond – not alone, but together. For over 150 years, Action for Children has partnered with churches across the UK, stepping into the gap to support children, young people, and families who need it. Through practical care, emotional support, and long-term relationships, they reflect Christ's compassion in action. As churches, we're invited to pray, to give, to welcome, and to walk alongside this work – becoming part of the answer to that cry, "I have no one to help me."

What is so powerful about this passage is that Jesus noticed the man when others may have overlooked him. He stopped, listened, and responded with compassion, restoring not only his health but his dignity and hope. This is the heart of Christian advocacy – seeing people as valuable, worthy, and deeply loved by God. And it's at the heart of everything Action for Children does too.

As Christ's followers, we are invited to do the same. Advocacy is more than charity - it's choosing to walk alongside people, to speak up, and to help remove the barriers that keep people trapped in struggle. The story at Bethesda reminds us that lives can change when someone chooses to care. Who, today, is waiting to be seen — and how might God use us, as His Church, to bring hope?

Karis

Karis Kolawole
Faith Partnerships Lead, Action for Children

Pray

Loving God,
You see those who feel forgotten and hear the cry, "I have no one to help me."
Open our eyes to notice those around us who are struggling, and soften our hearts with Your compassion.
Give us courage to act, to walk alongside others, and to be part of Your healing work in the world.

Bless the work of Action for Children and all who serve the vulnerable with care and love.

Use us, as Your Church, to bring hope, dignity, and support to those in need.
In Jesus' name.
Amen.

Become an Action for Children campaigner

Sign up to be the first to know about our latest campaigns and petitions, and how you can support us. Our thousands of campaigners are making a difference – but there's more to do, and we need your help.