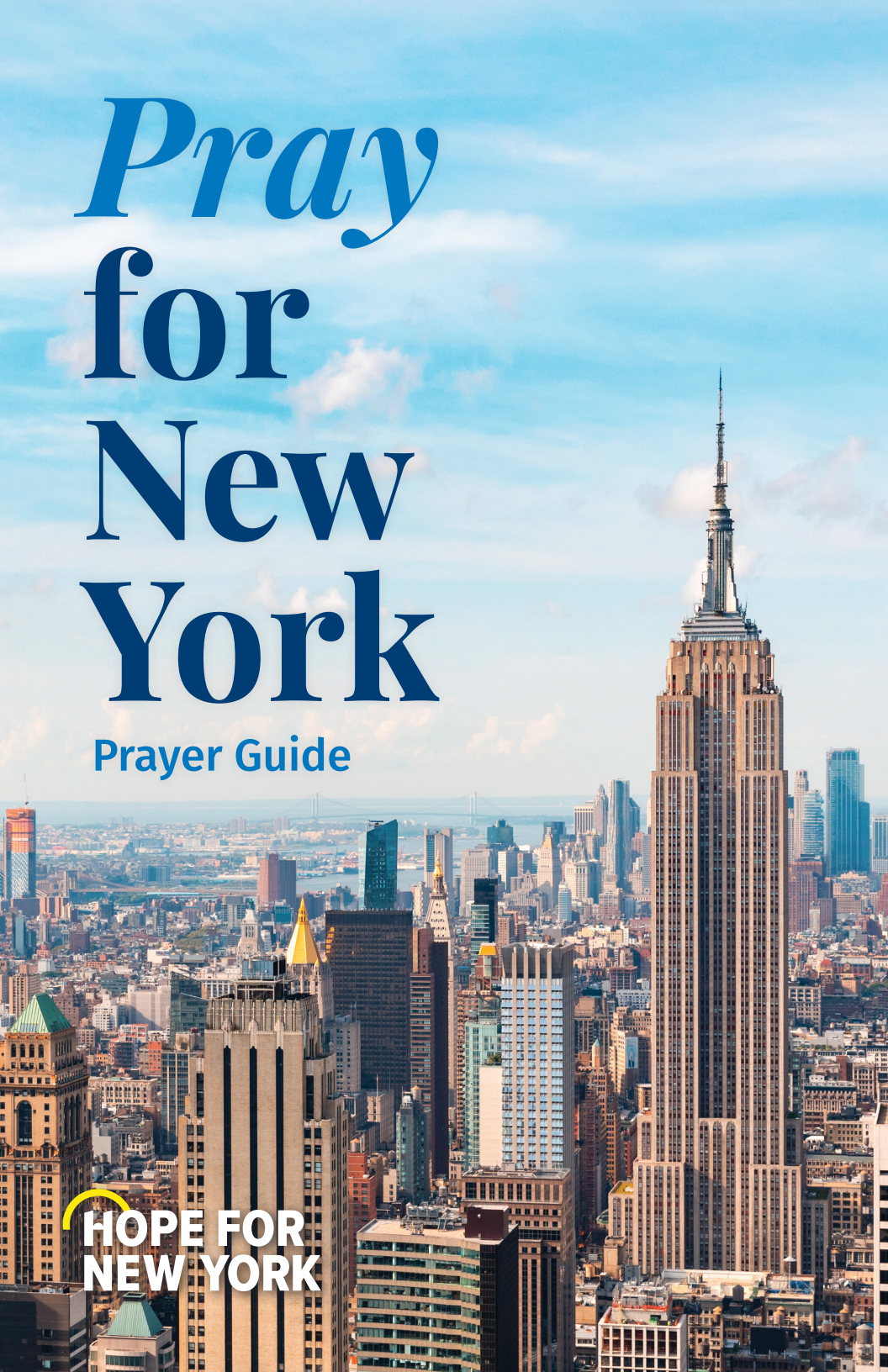
Pray for New York

Prayer Guide



HOPE FOR NEW YORK

Be part of the *Hope* you're looking for

Prayer is a powerful act of faith that reminds us that our hope is rooted in God's unchanging love and faithfulness.

In New York City, it's easy to see the challenges our neighbors face and feel discouraged. But through prayer, we declare that God is at work bringing transformation, healing, and renewal to our city in every season.

This monthly guide is an invitation to focus on different communities across New York City, like neighbors facing food insecurity, families without stable housing, immigrants building new lives, and people recovering from addiction.

Let's pray together for the God of hope to show us that renewal is here!

> *Heavenly Father, we come to you with hearts full of hope, trusting that You are at work in our city, bringing healing and restoration to those in need. Strengthen us to be vessels of Your love and compassion, serving the vulnerable with grace and kindness. May our prayers and actions reflect Your unwavering faithfulness and bring hope to those who feel forgotten, in every season of the year. Amen.*

January



Pray for a New Year of Hope

Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

In an uncertain world, prayer gives us hope and strength beyond ourselves, shifting our focus from the chaos around us to God working through us. Prayer fills our hearts with joy and peace, aligns us with His purpose, and makes us part of something far bigger than we can imagine. Serving and giving allow us to help others while also providing pathways to our own growth, transformation, and fulfillment in God's work.

Join us in Prayer for

- **Hope in New York City:** For all New Yorkers to receive spiritual, social, and economic flourishing and to experience the peace, hope, and love of Christ
- **Our Nonprofit Partners:** For our partners to receive strength, resources, and encouragement when serving vulnerable communities across the city
- **Our Volunteers:** For our volunteers to carry God's love and hope through them, that they always be filled with joy wherever they serve
- **Vulnerable Communities:** For marginalized neighborhoods to receive healing, renewal, and practical needs
- **Sacrificial Generosity:** For open and generous hearts in our city, that people would see resources as gifts from God
- **Collaboration and Unity:** For continued unity and collaboration across our Coalition of Hope, to bring lasting change to our city

February



Story of Hope

One man facing homelessness and despair approached a nonprofit partner from the meal service line. With the support of a loving community and the message of God's hope, his heart softened and his life transformed. Now, with keys to his own apartment, he's grateful for a community that welcomed him in, and for the changes that followed.

Pray for Unhoused Neighbors

Psalm 34:18

The Lord is close to the brokenhearted and
saves those who are crushed in spirit.

New York City is a place where people come to build their futures, yet more than **350,000** individuals citywide are estimated to be without stable housing, including nearly **31,000** children sleeping in DHS shelters each night. Many more sleep on the streets or in temporary spaces, unsure where they'll find warmth, safety, or their next meal.

Join us in Prayer for

+ **Unhoused neighbors:** For men, women, and children to find stable shelter, food, and access to healthcare, and that they experience dignity, care, and an identity in Christ
+ **Don't Walk By:** For our annual winter outreach that connects volunteers to unhoused neighbors so they receive hot meals, winter resources, health services, and shelter

---

Our Nonprofit Partners Serving This Community: 9 Million Reasons, All Angels' Church, Back On My Feet, City Relief, Dream Center, The Father's Heart, Habitat For Humanity, Neighborhood Coalition For Shelter, Living Waters Fellowship, Next Step Community Church, Project 12.31, St. Paul's House, The Bowery Mission, The Salvation Army

March



Story of Hope

One woman, overwhelmed by her circumstances, reached out to an nonprofit partner and received emotional care, legal advice, and financial support, along with the tools to rebuild her future and the hope to live again.

Pray for Vulnerable Women in Crisis

Psalm 23:4

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.

Vulnerable women in crisis carry not only their circumstances but the fear of judgment, isolation, and uncertainty. NYPD responds to around **246,000** domestic violence incidents in New York City each year, which is nearly **675** calls each day. Trafficking remains a hidden and pervasive threat, disproportionately affecting communities shaped by racism, sexism, and classism. Whether escaping abuse, overcoming exploitation, facing an unexpected pregnancy, or seeking shelter, these women need compassion, support, and a real opportunity to rebuild.

Join us in Prayer for

+ **Women: For any woman trapped in uncertain circumstances, abusive situations, and violent relationships to find safety, strengthen healing, and freedom**
+ **Mothers: For expectant and current mothers without consistent support to be connected to the communities and resources they need to provide for their children**

Our Nonprofit Partners Serving This Community: Avail NYC, Beacon Christian Community Health Center, Expect Hope, Garden Of Hope, New Beginnings Center of Hope, Restore NYC, The Bowery Mission, Safe Families For Children



April

Story of Hope

One older adult woman found new joy and connection when she received meals and companionship through a community program—a simple act that reminded her she was seen, loved, and not forgotten, and that her golden years were still meant for dignity, care, and community.

Pray for Older Adults and Isolated Neighbors

Isaiah 46:4

Even to your old age and gray hairs I am he,
I am he who will sustain you.

Our older adult neighbors have so much to share, like stories, wisdom, and a lifetime of experience. But too often, they face life's toughest challenges alone, and their struggles can easily go unnoticed. Nearly **1 in 5** New York City seniors (more than **250,000**) live in poverty, and New York ranks among the states hardest hit by elder financial exploitation. This reality weighs heavily on those who have spent their lives giving, only to find themselves vulnerable in their later years.

Join us in Prayer for

+ **Elderly neighbors: For anyone living alone and without close family to find local communities that offer support, connection, and love**
+ **Isolated seniors: For anyone facing unstable health, unsafe living conditions, and food insecurity to experience flourishing instead**

Our Nonprofit Partners Serving This Community: Citymeals On Wheels, Gifted Hands, Project Find

May



Story of Hope

One man battled addiction for years and felt stuck in a cycle until he found healing through recovery programs that offered real support and community. Today, he helps others take their first steps toward freedom.

Pray for People Affected by Addiction

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Addiction affects so many in our city, leaving people feeling trapped in the grip of substance use and hopeless—often in isolation and pain. In New York City, an estimated **42%** of people who identified with having a substance use disorder were able to access formal treatment services in the past year, though an unclear majority may still need assistance.

Join us in Prayer for

+ **Recovering addicts:** For men and women in recovery to find liberation from the diseases of various addictions (e.g. alcohol, drugs, etc.), plus freedom in Christ's love
+ **Support systems:** For friends and family to provide the necessary support system (emotional, spiritual, social) for loved ones struggling with addiction

---

Our Nonprofit Partners Serving This Community: Brooklyn Teen Challenge, Graffiti 2, The Bowery Mission

June



Story of Hope

One student from Africa, carrying a painful past of abuse, worked full-time and cleaned homes on weekends while preparing for her citizenship exam. Through evening classes and tutoring from a nonprofit partner, she found hope and independence. Plus, she's now an American citizen!

Pray for Immigrants Seeking a New Beginning

Matthew 25:37-40

Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in...' "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'"

The Statue of Liberty has always been a beacon of hope for immigrants and asylum seekers starting new lives. New York City is home to more than **3 million** immigrants (about **38%** of the city's population), making it one of the most diverse cities in the world. For millions, this city still offers safety, opportunity, and a fresh start, and the need for support remains great.

Join us in Prayer for

+ **New immigrants: For anyone adjusting to a new city and new culture to find supportive neighbors, sustainable work and resources, and protection in school systems and churches**
+ **Asylum seekers: For any immigrants navigating a new city to experience it safely and find opportunities of true flourishing**

Our Nonprofit Partners Serving This Community: 9 Million Reasons, Beacon Christian Community Health Center, Brooklyn Arab American Friendship Center, El Barrio Angels, Hillside Center For Education, Living Waters Fellowship, New Life CDC, The Open Door, Open Hands Legal Services, Relume Foundation, South Asian Community Center

July



Story of Hope

One 5-year-old child of incarcerated parents attended a camp for children in her situation. She felt lost and sad, but counselors showed her love and helped her heal. Now, as a counselor herself, she passes on that love and shows other children that their past doesn't define their future.

Pray for People Affected by Incarceration

2 Corinthians 4:8-9

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

Rikers Island is a reminder that incarceration affects both individuals behind bars and their communities. Nearly **7,000** people are currently held in New York City's jail system—most still awaiting trial—and roughly **36,000** children across the five boroughs have a parent serving time in a state prison or local jail. Many families face heartbreaking separation from loved ones and need our prayers as they work toward a fresh start.

Join us in Prayer for

+ **Formerly incarcerated neighbors:** For men and women who are returning to society to be welcomed back with grace, openness, and fairness in job searches and relationships
+ **Our justice system:** For the broader system to reflect compassion, dignity, and wisdom to everyone impacted by incarceration

---

Our Nonprofit Partners Serving This Community: Community Connections For Youth, Defy Ventures, Exodus Transitional Community, Prison Fellowship, Youth For Christ

August



Story of Hope

Two women formed a bond that changed both their lives through a program which pairs individuals with and without disabilities. The advocate planned local outings and provided support with a lease renewal for the friend with a disability, which was a reminder of shared humanity.

Pray for People with Disabilities and with Neurodiversity

Isaiah 49:15-16

"I will not forget you! See, I have engraved you on the palms of my hands."

Nearly **one million** New Yorkers (about **11%** of the city) live with a disability, navigating barriers like inaccessible transportation, unequal education, unemployment, and a lack of affordable housing and healthcare. Despite these obstacles, they keep pushing forward, seeking opportunity, connection, and a chance to thrive in this city, just like any other New Yorker.

Join us in Prayer for

+ **Disabled and neurodiverse neighbors: For adults and youth with disabilities and/ or neurodiversity to know their worth through genuine friendships within their communities**
+ **Schools, churches, and institutions: For these public systems to provide support through staff training, wheelchair accessibility, and collaborative partnerships**

Our Nonprofit Partners Serving This Community: Center For All Abilities, Chinese Christian Herald Crusades, Do For One, Young*Lives*



September

Story of Hope

One student found safety and protection through a nonprofit partner's afterschool program. Surrounded by people invested in the student's education and well-being, the student now feels equipped to serve as a support system for others.

Pray for Children and Youth

Mark 9:37

Whoever receives one such child in my name receives me, and whoever receives me, receives not me but him who sent me.

Each child in New York City carries dreams, imagination, and the potential to shape the future. Yet more than **450,000** children (roughly **1 in 4**) live in poverty citywide, and their journey is often filled with barriers that can dim those bright futures. Many live in shelters or face daily challenges that make it harder to see the opportunities ahead. Still, hope persists, and transformation remains possible.

Join us in Prayer that

+ **Young children: For young ones to meet caring and safe community mentors who are positive role models, experience nurturing relationships, and have access to available opportunities**
+ **Older youth: For teens to be given the tools to succeed in school and for the parents or guardians to support their dreams for a bright future**

Our Nonprofit Partners Serving This Community: A House On Beekman, Chinese Christian Herald Crusades, Chosen NYC, Code For Life, Garden Of Hope, Graffiti 2, Graffiti Ministries Learning Center, Hillside Center For Education, Living Waters Fellowship, Mont Lawn City Camp, Operation Exodus, Reach Family And Education Center, Safe Families For Children, The Father's Heart, The Salvation Army, Shiloh NYC, Street 2 Street, Thrive Collective, Uptown Literacy Lights, Urban Hope NYC, Viva Uptown, Young Life/Young*lives,* Young Urban Christians And Artists (YUCA), Youth For Christ

October



Story of Hope

One man, a regular at a local soup kitchen, calls the program a lifeline while he lives in a shelter. He is consistently nourished by delicious meals and embraced by a second family.

Pray for Food Insecure Neighbors

Isaiah 58:10

If you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.

We've all felt the sharp pangs of hunger after going too long without a meal. But for **over 1.6 million (1 in 5)** New Yorkers, hunger is a constant reality; they don't know when or where their next meal will come from. New York City's poverty rate has climbed to 26%, nearly twice the national rate, and food here costs well above the national average. Food insecurity touches every corner of our city, including roughly 1 in 4 children and many elderly people living alone.

Join us in Prayer for

+ **All New Yorkers: For anyone experiencing food insecurity to find certainty in where their next meal will come from and receive the resources they need**
+ **For hungry families: For parents to have access to resources that provide consistent food for families.**

Our Nonprofit Partners Serving This Community: 9 Million Reasons, All Angels' Church, City Relief, CRU Inner City, Dream Center, Graffiti Community Ministries, Living Waters Fellowship, Next Step Community Church, NYC Love Kitchen, Redemption Red Hook, St. Paul's House, The Bowery Mission, The Father's Heart, The Salvation Army, Urban Hope NYC, World Vision


November

Pray for Nonprofit Affiliate Staff

Isaiah 40:28-31

The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

As we reflect on God's goodness, we're grateful for those who serve tirelessly on the front lines, offering compassion to the vulnerable. In this season of thanksgiving, we pray for hearts stirred toward meaningful action, and for restoration, renewal, and strength for those serving communities in need to be equipped for the work ahead.

Join us in Prayer for

+ **Nonprofit partner staff: For everyone to rest and replenish their emotional, mental, spiritual, and physical well-being.**
+ **Thankful hearts: For feelings of gratitude when we serve and for hearts to be moved toward provision and purpose**


December

Pray for Hope and Renewal in Our City

Romans 12:12

Be joyful in hope, patient in affliction, faithful in prayer.

With Christmas drawing near, we lift up New Yorkers who feel forgotten. May God's presence bring hope to anyone facing hardships or struggling to make ends meet, so that they have the support and resources to thrive. May everyone in our city be surrounded by safety and love.

Join us in Prayer for

+ **New parents:** For new moms and dads to be reassured in caring for their children
+ **Families in crisis:** For families to receive guidance and God's protection
+ **Our Coalition of Hope:** For all our partners to be strengthened toward greater hope
+ **Generous hearts:** For kinder, more compassionate acts that support New Yorkers in need


ROOSEVELT ISLAND

Partnering with Hope For New York

Hope For New York partners with our Coalition of Hope to meet the needs of individuals and families across the city.

When you give, your financial contribution is more than a donation; it's essential to someone in need. When you volunteer, you show that our city can be a kinder, more compassionate place. When you pray for vulnerable communities, you turn hope into action.

By providing tangible hope, you help even more New Yorkers in need to flourish!



Citations

Coalition for the Homeless shelter census
NYPD data via NYC Mayor's Office to End Domestic and Gender-Based Violence
Center for an Urban Future/AARP senior poverty study; NY State reporting
NY Office of Addiction Services and Supports (OASAS); Addiction Data Bulletin
U.S. Census Bureau/NYC Department of City Planning
NYC Department of Correction population reporting
NY State Office of Children & Family Services/Osborne Association
NYC Mayor's Office for People with Disabilities (MOPD); NYC Comptroller's Office
Robin Hood/Columbia University Poverty Tracker; NYC DOE graduation/dropout data
City Harvest Hunger in NYC page; Feeding America's Map the Meal Gap
NYC Mayor's Office of Food Policy; Food Bank For New York City

HOPE FOR NEW YORK

hfny.org

1500 Broadway, Suite 700
New York, NY 10036
info@hfny.org

Hope for New York is a 501(c)(3) organization, and your gifts are tax deductible to the full extent of the law.