



TTR Disability Awareness Sunday 2026 – One Body, Many Parts – ‘Together In Prayer’ Resource

Thank you for “catching the vision” for continuous prayer by joining our virtual prayer room from Saturday 26th September 8am to Sunday 28th September 8pm in partnership with 24-7.com, supporting Disability Awareness Sunday services.

On the TTR website you’ll find an introduction to DAS 2026 and 24-7 prayer information pages to assist with sign up, frequently asked questions and access to resources:

[Pray for Disability Awareness Sunday – Through the Roof](#)

This is our annual prayer guide offered alongside ‘Through the Roof’ Disability Awareness Sunday materials and DAS 24-7 web pages. It has been written by members of the ‘Together at Home’ Bible fellowship group and uses a range of prayer activities and ideas. Underpinning this guide is a vision for using our imaginations to pray, so we have adopted a range of ‘Lectio Divinia’ (‘Sacred Reading’ or praying with the Bible), ‘Visio Divinia’ (praying with a picture or visual prompt) and praying with a poem.

The 2026 Disability Awareness Sunday resource is based on '**One Body, Many Parts**', reminding us that everyone, disabled or not, has a part to play in God's kingdom. It explores **1 Corinthians 12:12-27**, which concludes: '**You are the body of Christ. Each one of you is a part of it.**'

It will help to read this guide ahead of your prayer time; there is a wide Selection of prayer prompts. They are all optional, so please, do use what is helpful to shape your prayer time in a way that best suits you.

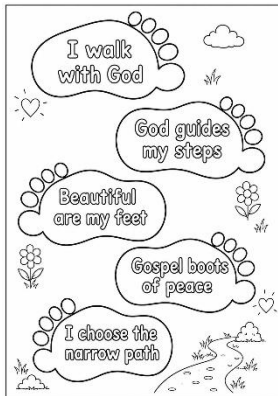
We trust you will be blessed in prayer and want to carry some of the prayer ideas forward into your daily life.

Every prayer makes a difference!

We recommend that you note your thoughts and responses during your prayer time for further reflection and consider giving feedback about your experience so we can develop our prayer resources to support future TTR Disability Awareness Sundays.

For further details of the prayer styles used in this guide, please contact Lis or Ian at lisandianjohnstone@throughtheroof.org

One body, many parts – imaginative reflection



Foot - if You are The Foot then you are actively working to bring about the vision. You perform the hard and routine work of the church - especially outreach - going places - taking God places (mission, evangelism and acts of mercy).

“They also will answer, ‘Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?’ He will reply, ‘Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.’”
Matthew 25:44-45

Here are some Disability Mission organisations you may want to learn more about and spend some time praying for:

- **ADD International** (formerly Action on Disability and Development) supports the power and agency of disability justice movements, organisations and activists with funding and leadership skills to build powerful movements for change. <https://add.org.uk/>
- **CBM: UK** – (CBM Christoffel Blind Mission) works with local partners, making sure people with disabilities in some of the world’s poorest communities have access to healthcare, education and a future where they can thrive <https://www.cbmuk.org.uk/>
- **Disability Rights UK** work with DPOs (Deaf and Disabled People’s Organisations), public bodies, businesses and Government across the UK to influence regional and national change for better rights, accessibility, benefits, quality of life and economic opportunities for disabled people. <https://www.disabilityrightsuk.org>
- **Free Wheelchair Mission** provides the transforming gift of mobility to people with a disability living in developing nations, as motivated by Jesus Christ. They are a US organisation that build wheelchairs and distribute them. <https://freewheelchairmission.org/>
- **Humanity and Inclusion UK** (formally Handicapped International) is a humanitarian aid agency working alongside disabled people in situations of poverty and exclusion, conflict and disaster. <https://www.humanity-inclusion.org.uk/en/about/our-mission>
- **Joni and Friends** is a US charity bring practical help and Gospel hope to people with disabilities around the world. <https://joniandfriends.org/about/>
- **Scope** exist to create an equal future with disabled people. They campaign to transform attitudes to disability, tackle injustice and inspire action. <https://www.scope.org.uk/about-us>
- **Through the Roof (TTR)** is a registered UK charity that Transforms lives through Jesus with disabled people. They bring freedom through international missions; encourage fellowship with accessible groups/retreats; and enable faith by equipping churches for disability inclusion. <https://throughtheroof.org/> - (TTR host the Together at Home group that made this resource, Find out more at <https://throughtheroof.org/enabling-community/fellowship-groups/>)

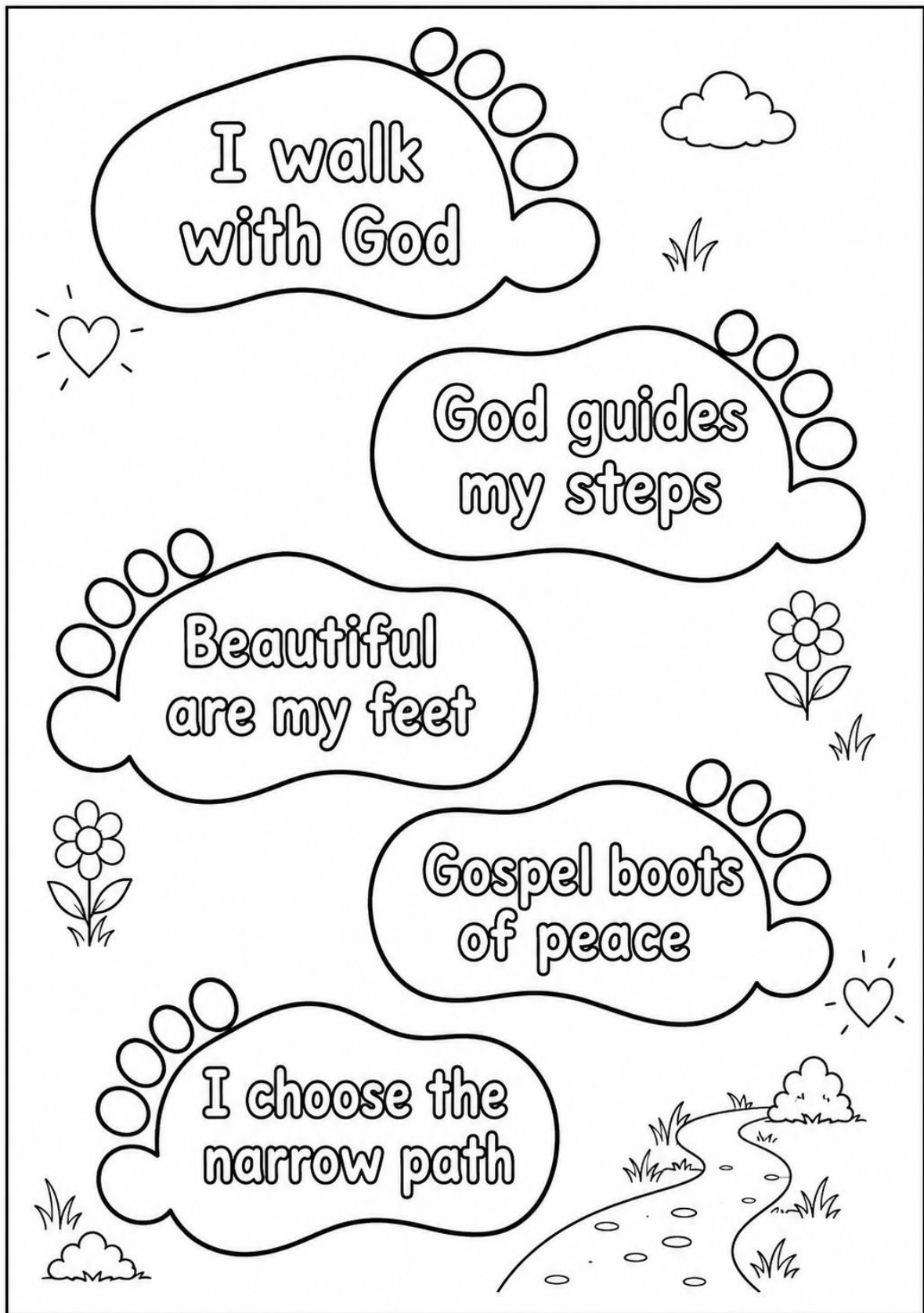


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Activity for The Foot reflection

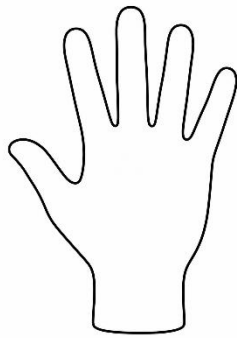
Colour in the footprints on the next page and think over the statements in the image— which stands out to you and why? Talk to God about this.

Consider washing someone's feet with water like Jesus did with the disciples (John Chapter 13) or anointing someone's feet with oil or perfume (Luke 7:36-50) or allowing someone to do this for you. If you are unable to do this, which idea would be the more challenging for you if you were able to do this... being the washer or the one being washed, and why? Speak to God about this.





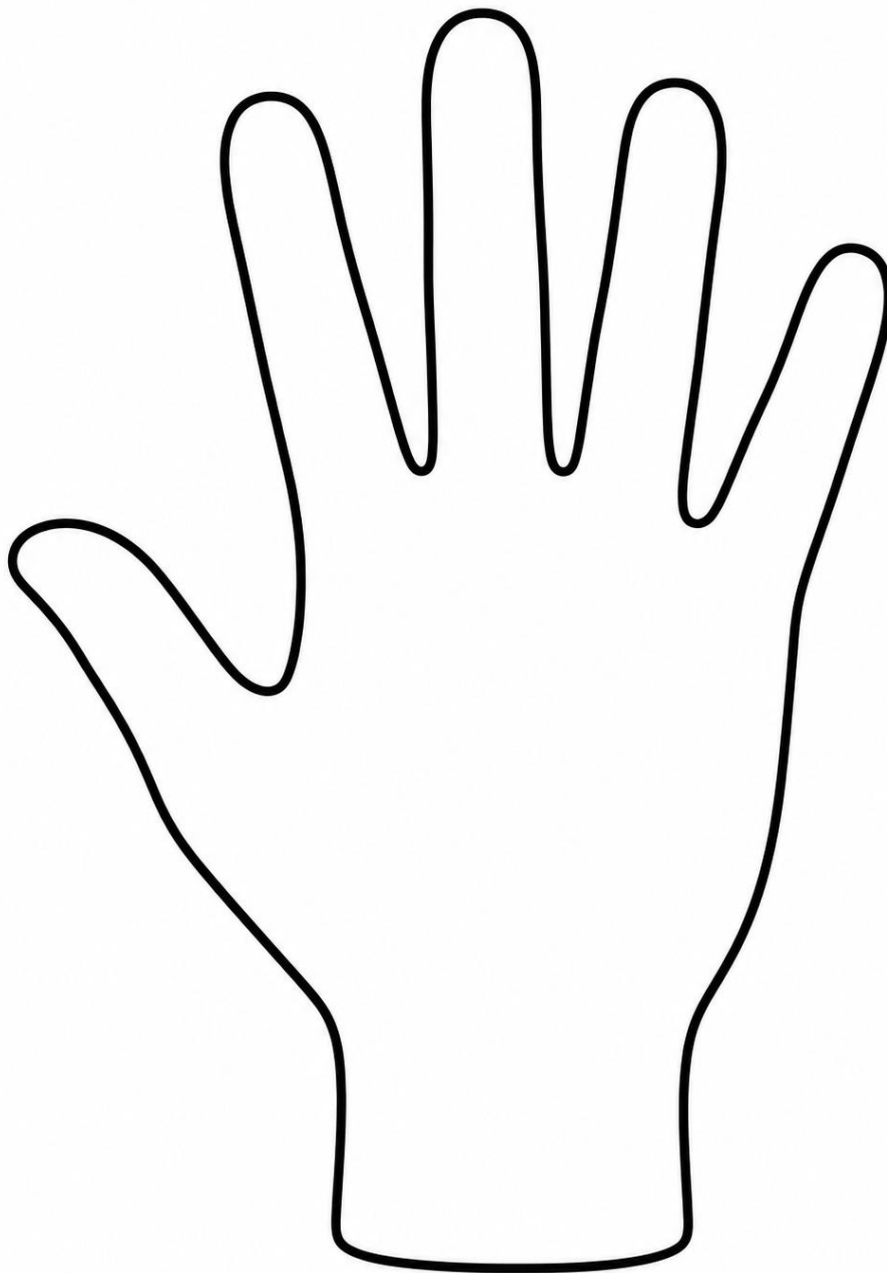
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Hand - if You are The Hand, you are the pastoral, kind, practical, helping or giving part of the church.

"I command you to open wide your hand to your brother and to the poor and needy in your land." Deuteronomy 15:11

There are many forms of giving: time, finances, praying and so on. One example could be to consider making a donation to a charity that supports those with disabilities. Another could be committing time for praying. Write all the ways you'd like to see your church reach out to include disabled people on the outlined drawing of the hand.



Eye – If You are The Eye, you are the seeing part of the church – the visionaries, the prophetic dreamers, the artists...

"Open my eyes, that I may behold wondrous things out of your law." Psalm 119:18



This artwork is [Hyatt Moore's Luke 14 Banquet mural](#) commissioned by Joni and Friends, USA, the Christian disability charity (which seed-funded UK charity Through the Roof in 1997). The mural shows a re-imagining of the Great Banquet from Jesus's parable, recorded in Luke 14.

How does this image make you feel? If you are blind, ask someone to describe the image.

Alternatively, there is an online art exhibition about disability and faith you could reflect on:

'Seeking the Disabled Christ,' is a powerful and thought-provoking exhibition of prints by **Dr Rachel Holdforth** – a disabled and neurodivergent theologian and Spiritual Director – which is available online at www.wobblygoose.com (or in person at All Saints Church, High Wycombe, 19 October to 27 November 2026.)



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Ear – If You are The Ear, you are the hearing part of the church – the intercessors, the prophets.

“So, faith comes from hearing, and hearing through the word of Christ.”

Romans 10:17

Song for those with Disabilities – Bob Kauflin

Within the womb I formed you
I fashioned and made each part
I thought of your fingers, your hands and your feet
Your mouth, your lungs, your heart
Though you might think that you're different
I made you the way that you are
So you could discover the God who made you
And find out all I am

And though you might think you have limitations
There are no limits with me
When you turn your eyes to my salvation
Finally you will see

In Me, you have all that you need
In Me, you have all that you need
In Me, you have all that you'll ever need.

And I've heard each prayer that you've called out
“Why did you make me this way?”
You may not completely understand now
But there will be a day

When I make everything known to you
And what you don't now understand
You will see that I'm wise and I'm mighty and good
Just like all my plans
And if you trust in the work of my Son
One day you will see
That I've made you the way you are
To draw your heart to me
To draw your heart to me.



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Nose – If You are The Smell, you are the discerning part of the church – you know what ‘smells off’...

“For we are to God the pleasing aroma of Christ among those who are being saved and those who are perishing.” 2 Corinthians 2:15

Think of 5 things you like the smell of and 5 things you don’t - are there any commonalities in your likes? What about your dislikes? What do smells tell us about the things we like and dislike? How can we use this insight in our spiritual lives? If you’ve lost your sense of smell, you can do this exercise based on when you used to be able to smell. If you’ve never been able to smell, then feel free to skip this one.

Mouth – If You are The Mouth – you preach and you teach, and taste the goodness of God...

‘Taste and See That the Lord Is Good’ Psalm 34:8

If you can eat, pick a favourite snack, place it in your mouth and hold it on your tongue for a moment. Really savour the taste and think about how God made each of your tastebuds and each of the flavours of your snack, so you can taste and see that the Lord is good. How does it make you feel to be reminded that God put such effort into taste because He wanted us to enjoy food and know that He is good? If you can’t eat, then pick another sensory object that you interact with instead and adapt the exercise for that sense.

Head – If you are The Head, you are the thinking part of the church – you are wise and strategic, you help lead...

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” Philippians 4:8

Meditate on 3 things you are grateful your church does to include people with disabilities and thank God for those things. Praise God for the things your church is doing right and then, in a spirit of thanksgiving (Philippians 4:6), ask God to continue the work He has begun (Philippians 1:6) in your church by developing their work with people with disabilities further so they are even more inclusive.

Pages 2-7 Material prepared by Miriam Rudge.



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Praying with poetry

1. Quiet yourself and imagine dropping down into the dark abundant well of your soul. Take a few moments to feel that deep place and become aware of God's presence there.
2. Silently read one of the poems (below) completely through once.
3. Read the poem out loud.
4. Slowly read the poem again silently, savouring the phrases, the words, the feel, the taste of it.
5. On a blank piece of paper, or on a page in your journal, complete the following:
 - The first image that arose in me as I read this poem was...
 - My immediate feelings after reading this poem are...
 - The reality that has been unearthed for me by reading this poem is...
 - If I were to paint a picture about this poem, I would include in my work of art...
 - If I were to add a line of my own somewhere in this poem, it would be...
6. Read the poem out loud again, but this time as a prayer to God.
7. Sit in silence to see if God has a response to make to you.
8. End with your own prayer or poem of thanksgiving.

WE ARE ONE

We are one body with many parts, joining together one mind – one heart.

Worship our God three deities, yet one true God, who created the world, his form of art.

We are one body with many parts, though we be scattered through the nations,

Our God is the point of worship, from where we start.

So let us come together as one, worshipping, in spirit and in truth.

We are one, serving our God, our hands & feet, His existence.

We are also one in the Spirit. United in his love to be his hands and feet in the world.

Not quibbling or quarrelling yet simply obeying his will to live out and share;

“The Greatest Story Ever Told”.

We reside in a broken world torn apart by; Wars Famine Disasters and Disagreements, both big and Small.

Yet it is our prayer that God will unite and heal us, all.

Written by; Miss Jane Powell on the 18th of September 2026.



HARMONY

At dusk they gather
Gently murmuring
Each dependent on the other
Nature's happening.
Swooping low
Then turning fast
They move as one
Constantly refashioning.
Perfectly in tune
Thousands of them
A spectacular sight
A wonder to behold
On a winter's night.

Poem by Jane Smith



Inspiring Story: Where's The Piccolo?

At certain times in life, we may feel insignificant and useless. Surrounded by people with greater talent than ours, we are tempted in our weak moments just to settle back and let somebody else do the work. We reason that what we have to offer won't make much difference anyway. We forget the truth suggested by our Lord's use of five loaves and two small fish to feed a multitude (John 6:1-14).

Each of us has something important to offer in His service. Sir Michael Costa was conducting a rehearsal in which the orchestra was joined by a great chorus. About halfway through the

session, with trumpets blaring, drums rolling, and violins singing their rich melody, the piccolo player muttered to himself, "What good am I doing?

I might just as well not be playing. Nobody can hear me anyway." So he kept the instrument to his mouth, but he made no sound. Within moments, the conductor cried, "Stop! Stop! Where's the piccolo?" It was missed by the ear of the most important person of all.

It's much the same way with the use of our abilities for the Lord. Whether our talent is great or small, the performance isn't complete until we do our best with what we have. The Master needs what you have to offer. No matter if you think it's small His work on earth is done through His children So give Him your best, give your all.

In God's eyes it is a great thing.

To do a little thing well.

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Material From Our Daily Bread ministries UK- <https://www.odbm.org/en-GB>



You Have a Part To Play

Each one of God's children
Has a special part to play,
Whether it be great or small,
We are needed every day

If your part seems very small,
Don't feel you're insignificant
Don't feel that you can't offer much
And you wouldn't make a difference

Though you're tempted to give up
And let another take your place,
Remember, God gave you your gifts
And you cannot be replaced

And these gifts that God has given,
He longs for you to share
You're just as important as anyone,
So don't be in despair

The only one who matters most
Is watching for your part,
With much anticipation
And excitement in His heart

So do not disappoint Him
By not taking your cue,
Though you think it unimportant,
This part is made for you

Don't let God walk away
With a disappointed heart
Because you felt so unworthy
Of your very special part

The parts that we've been given
Isn't based on size at all,
But rather on the abilities
And the gifting of the Lord

For each part is important
To make the whole thing work,
So do your part with enthusiasm
And know that you have worth.



© By M.S. Lowndes – if you'd like to listen to this, you'll find an audio clip here.
(<https://www.heavensinspirations.com/pdf/poetry/you-have-a-part-to-play.pdf>)



TOO BUSY TO THINK

In this busy world of ours,
do you ever pause and think?

This world that has forgotten God,
is almost at the brink!

Traffic speeding past,
people rushing by.

Dogs protecting boundaries,
Washing out to dry.

Go fast, have now, pay later.
This world is going mad.

Self-serving leaders screaming, "I am God!"
No wonder man is sad.

Listen for the quiet voice,
You'll hear it if you do.

Ask the Holy Spirit,
to show you what is new.

"I am the truth and the light," says God,
"no other way will do."

"Put down your burdens and follow me,"
"I have great plans for you!"

"Plans to give you a future,"
"far beyond this place."
"Where sadness doesn't feature,"
"at the ending of your race."

In this busy world of ours,
stop, take time and think.

That the God that came as Jesus,
won't ever let you sink.

Ian A Johnstone