

# Faithful action

Christian Aid Week • 10-16 May 2026



Fridah Moraa with her twin sons Abiud and Eliud, and grandson Quillan, at home in Dagoretti, Nairobi.

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## A daily devotional



## Welcome to your week of **prayer and reflection**

Fridah and her grandson  
Quillan between the sheet  
metal homes of Dagoretti.

In the bustling informal settlement of Dagoretti, Nairobi, families are facing extraordinary hardship. Homes made of steel sheets and concrete blocks are packed closely together. Access to clean water, sanitation and electricity is limited. With secure jobs hard to find, and most people earning less than a dollar a day, buying food is a constant struggle. Aching hunger compounds relentless stress.

Fridah Moraa lives in Dagoretti with her children and grandson. She recently lost her husband and feels anxious about the future.

**‘Sometimes I don’t know how I’ll buy food,’** Fridah says. **‘I don’t know how I’ll feed my family.’**

Drawing on her unstoppable resolve, her deep faith in God and training in vital new skills, Fridah is taking action

to ensure her family has enough to eat. She has joined a project run by Christian Aid’s partner, Beacon of Hope, which trains people in Dagoretti to become urban farmers.

With the tiny spaces available, you might think that farming would be impossible. But women like Fridah are learning innovative techniques that allow them to grow crops in unexpected places.

The vegetables Fridah grows feed her family, and she sells the surplus to generate a more reliable income.

Belinda Kasudi, a mother of five children, has also joined the project.

**‘Before, my life was very difficult,’** Belinda says. **‘Through the lessons, I was able to get the skills I needed to grow.’**

Belinda Kasudi reading the Bible in her one-room home.



In this daily devotional, we invite you to learn more about urban farming in Dagoretti and the determined women creating a better future for their families. Together, we'll reflect on what scripture has to say to us about faithful action, justice and our response to communities pushing back against poverty. Where hardship means hunger, urban farmers can grow hope.

Across the seven days of Christian Aid Week and beyond, there are so many ways you can support Fridah and her community. No child in Dagoretti should have to go to bed hungry. Your prayers, fundraising, gifts and actions can make skills training, seeds and farming equipment available to more people, so they can tackle hunger head-on.

### **Christian Aid has worked in Kenya for 29 years**

Through partnerships with organisations like Beacon of Hope, we reach the communities who need our support the most. Although in some areas economic growth allows communities to live comfortably, almost half the population still lives on less than \$3 a day (World Bank, 2021).

Kenya has a growing debt burden, driven by high interest rates set by international private lenders. Public spending has been falling, making life more difficult for many people. More than a third of the population is undernourished, with particularly devastating effects for children. Over half of the residents of Nairobi live in semi-permanent homes, like those in Dagoretti.

# Sunday

**‘And will not God grant justice to his chosen ones who cry to him day and night?’**

Read Luke 18:1-8

**Meet Fridah.** She lives in the densely packed informal settlement of Dagoretti in Nairobi. Most people here earn less than a dollar a day. Secure jobs are exceptionally difficult to find.

Sadly, Fridah was recently widowed and is now grieving the loss of her husband as she faces daily challenges. Fridah rents a corrugated metal shelter to make a home for her teenage twin sons, Eliud and Abiud, her daughter, and her four-year-old grandson, Quillan. They have no running water and must share a toilet with their neighbours.

The family are in a constant battle against hunger and disease. Every day Fridah feels the pressure to ensure her family are fed: **‘I have a lot of worries. But I can’t give up – my children need to go to school. They need to eat.’**

No one should have to live like this. What is happening to Fridah and her community is unjust. But change is possible. Today’s reading tells us that injustice matters deeply to God. The widow persists in calling for justice even when barriers are placed in her way. Fridah is not giving up either. **‘I believe in myself and pray to God that I will succeed,’** she tells Christian Aid.



Fridah faces daily challenges to ensure her family are fed.

**Consider what you are doing to stand up for justice. One step could be learning more about the experiences of your global neighbours.** Start your journey by hearing directly from Fridah and other residents of Dagoretti. Go to [caweek.org](http://caweek.org) or [caweek.ie](http://caweek.ie) to watch our Christian Aid Week film.



**God of all,**  
we pray for those whose voices are not being heard.  
Give us ears to hear the cries of communities calling for justice.  
**Amen.**

# Monday

**'Is there anyone among you who, if your child asked for bread, would give a stone?'**

Read Matthew 7:7-11

Fridah is determined to protect her family from malnutrition. She joined the 'Imarisha Kilimo' project (Swahili for 'Strengthen Agriculture') run by Christian Aid's partner, Beacon of Hope. The project aims to equip and train participants to develop their own urban farms.

The possibilities captured Fridah's imagination: **'At first, I didn't understand. I was wondering, where can someone farm here in Nairobi? I discovered I could sow here – right where I stand!'**

Beacon of Hope provides farming equipment and trains participants in vertical planting and ways of growing without soil. Without electricity, refrigeration isn't an option, so the urban farmers are learning how to use dehydrators.

Now, tucked away at the end of a concrete alley, you can find Fridah's lush, plant-packed urban farm. She is growing kale, tomatoes and indigenous vegetables that her family can eat and that she can sell at market to provide an income.

Fridah told Christian Aid that today's Bible passage is one of her favourites. She believes that God is faithful and **'gives good things to those who ask him'** (Matt. 7:11).



Fridah is now a pioneering urban farmer.

She believes too that those 'good things' are often seen in the generosity and compassion God inspires in people. Fridah tells us that Imarisha Kilimo is a **'chance from God'**. As she says: **'Urban farming has changed my life.'**

Today's reading challenges us to consider how we can become part of God's action in the world. **Reflect on how you can make a difference through your generosity, energy and prayers. Plan today one action you can take to support women like Fridah.** Visit [caweek.org](http://caweek.org) or [caweek.ie](http://caweek.ie) for ideas.

**Lord,** you have promised to hear us when we call on you.  
Bless those who are battling hunger and hardship.  
Open our eyes to the challenges our global neighbours face each day.  
**Amen.**

# Tuesday

**'And what does the Lord require of you but to do justice and to love kindness and to walk humbly with your God?'**

Read Micah 6:6-8



Fridah walking her grandson Quillan to school.

Have you ever felt that you're not doing enough? Perhaps you wish you could do more for friends or family. Or maybe you feel powerless when you think about the problems in our world.

What does God require of us? This question could challenge us to consider whether we really are doing enough. But today's reading can also be a reminder that God wants to walk alongside us in all we do. We're not alone. In Jesus, God has shown us what true justice, mercy and compassion look like. Jesus promises that he will remain close to us as we follow him.

**'I am with you always,'** he tells his disciples (Matt. 28:20).

Fridah draws on her faith when she feels overwhelmed: **'It's hard, but in God I trust – for the strength to keep going every day.'** She's proud of what she has achieved and has high hopes for her children and her grandson. Fridah wants them to be able to finish school and attend college.

Her twin boys look up to their mum: **'She's very hardworking, patient and kind,'** says Abiud. **'She's the one that provides clothes, food, school fees – everything,'** Eliud adds.

**If you're inspired by Fridah's story and you're looking for connection and encouragement as you seek to do justice, Christian Aid is here to help. Come along to an event, join a group, or volunteer with us.** Find out more at [caid.org.uk/Get-involved](https://caid.org.uk/Get-involved) or [caid.ie/Get-involved](https://caid.ie/Get-involved)

## Loving God,

we rejoice in your presence alongside us as we seek to walk in your ways.

Help us to remember that you are with us always and that nothing is impossible with you.

**Amen.**

# Wednesday

**'Happy are those whose hope is in the Lord their God ... who executes justice for the oppressed; who gives food to the hungry.'**

Read Psalm 146



Belinda Kasudi lives with her husband, David, and five children in Dagoretti. The family home is a single room. David works as a day labourer with a building company. When there's no work for him on a particular day, he doesn't get paid. The family can't rely on David's income alone.

**'Everything has to be paid for,'** Belinda says, **'We even buy water. Providing food for the children is very difficult, because it is so tough to find a job.'**

Life changed when Belinda joined the Imarisha Kilimo project. Belinda has used her ingenuity and the training she received to create water-saving cone gardens. She's making the most of the small space available to her and has learnt to farm without chemicals, making her own compost and organic fertilisers.

Now her family eats healthy food she has grown herself, and she earns money selling the surplus at market. Her new skills have brought her independence and have improved her family's wellbeing. **'I am a woman who is happy, because I know that my family eats the food that I love to grow,'** Belinda says.

**As you read Psalm 146, highlight or write down the words and phrases the psalmist uses to describe God and God's actions. Now write down one way you could 'lift up' or help someone you know this week.**

**Lord,** you lift up and watch over those in need;  
you uphold the cause of the oppressed.  
Show us how to reflect your love and goodness  
in our lives each day.  
**Amen.**



Belinda with her family on her urban farm.

# Thursday

**'What is the kingdom of God like? It is like a mustard seed that someone took and sowed in the garden.'**

Read Luke 13:18-20

James Omwanda works at Beacon of Hope, bringing together families in Dagoretti for training and encouragement. James says: **'What motivates me is that I can see hope in the eyes, words and thoughts of people in the community. I can hear them say how they are capable of transforming their lives through the support we give.'**

James sees a parallel between the project and the parable of the mustard seed: **'My work is really to help people understand that their mustard seed can grow into a very big tree that can support multiples of people through many, many years.'**

James believes that service to humankind is service to God. For him, God's kingdom is not just a future promise, but a reality we can see now. James says that he shows he is a disciple when he helps others to flourish and live a full life.

Alongside our work with Beacon of Hope, we have launched the Restore campaign, calling for Kenya and other countries to be freed from unjust debt.

Private lenders are exploiting countries like Kenya, tying them into loans with sky-high interest rates. Kenya's debt repayments to private lenders will reach \$7bn by 2030.



Belinda with James Omwanda, project officer at Beacon of Hope, discussing a hydroponic growing system.

This is draining resources, leading to drastic cuts in health, education and children's services. We believe there's a role for everyone in planting seeds of change when it comes to global challenges like debt.

**Use our guide to engage your church in a creative action that will call on governments to act on unscrupulous private lenders.** Find out more at [caid.org.uk/RestorePot](http://caid.org.uk/RestorePot) or [caid.ie/RestorePot](http://caid.ie/RestorePot)

**Jesus,** you tell us  
the kingdom is like a seed.  
Plant that seed  
in our hearts today,  
water and feed it  
with your Spirit,  
as we seek to serve you  
through service to others.  
**Amen.**

# Friday

**'Walk worthy of the Lord, fully pleasing to him, as you bear fruit in every good work.'**

Read Colossians 1:3-14

Fridah is growing a business, selling her own garden produce at her market stall, along with other fruits and vegetables that she buys wholesale. She has a more predictable income and can break the cycle of living day-to-day without enough food or money for tomorrow.

**'Now I can plan,'** Fridah tells us. **'I can buy this; I can buy that. I can help my family.'** Being able to save and plan is vital for Fridah as she continues to support her children through school and into jobs that will give them a brighter future.

Our reading today speaks of the hope that God gives us and how this hope grows and bears fruit. It's quite likely that Paul never visited Colossae, but nonetheless he prays for people he has never met, having heard of their faith and love. He encourages them to 'walk worthy' of God, showing that they are God's followers by good and fruitful actions.

Fridah and Belinda are growing on their urban farms, but they are also growing in other ways. The fruits of their labours are many: increased confidence, new possibilities, an escape from hunger, and choices for their children and grandchildren.



Fridah's nutritious produce.

**Today, if you can, take a reflective walk.** If this isn't possible for you, take the time to move slowly and meditatively in whatever ways you can. **As you move, pray for people you have not met, but who are nonetheless your neighbours. Pray for Fridah and Belinda and all the residents of Dagoretti. Consider how you can make your walk through life worthy and fruitful.**

**Gracious God,**  
we pray that we may walk worthy of you,  
and that our faithful actions may bear fruit.  
May we grow justice and compassion,  
in our community and around the world.  
**Amen.**

# Saturday

**'We have gifts that differ according to the grace given to us.'**

Read Romans 12:3-8



For Fridah and Belinda, urban farming offers not only a source of income but also self-empowerment. In Dagoretti it can be particularly hard for women to find work or to develop their skills and talents. Fridah says: **'I never thought a women could also be a provider, but I've been able to learn.'** She has grown in confidence and her new business skills have made her market stall more profitable.

Belinda is excited about the possibilities that are opening up for her. **'Farming has brought a shift in how my husband sees me,'** Belinda tells Christian Aid. **'I thank you very much for making me an independent woman.'**

St Paul's letter to the Romans tells us that we all have our own gifts and strengths to offer. For Paul, this diversity of talents is to be cherished as a gift from God. Paul says that in our diversity we remain united and should value and support one another.

Belinda knows from experience how important it is to come together as a community and share gifts. She supports her fellow urban farmers whenever she can: **'If there's a challenge, we help each other, so that no one carries too much themselves.'**

**Reflect on your own gifts and talents. What has helped you develop these? What barriers have you faced? Consider how you could use your gifts to help support women like Fridah and Belinda.**



**God of all faithfulness,** we pray that every person may be free to grow the gifts you have given them. We give thanks for those who have helped us grow. Inspire us to use our talents to make a difference to others. **Amen.**

Belinda's daughters, Blessing and Abigail, help their mother tend her urban farm.

# Share your prayers and hopes for Kenya

The debt crisis in Kenya is trapping people like Fridah and Belinda in poverty.

Kenya spends more on paying back debt than it does on public services for ordinary Kenyans: necessities like nurses and teachers.

The UK Government has the power to introduce new debt justice laws that could help tackle poverty in Kenya.

This Christian Aid Week, invite your church to share prayers and hopes for people in Kenya. Send them to us and we'll make them part of our giant Restoration Pot.



Belinda works hard to cover school costs for Abigail and her other children.



This beautiful picture of repair will be presented to UK decision makers as we demand justice.

Find out more at [caid.org.uk/RestorePot](https://caid.org.uk/RestorePot) or if you are a resident of Ireland, visit [caid.ie/RestorePot](https://caid.ie/RestorePot) to take part in Christian Aid Ireland's Restoration Pot.

In 2023, Kenya spent **£3.7bn** in external debt payments, but just **£1bn** on health services.



We have staff and volunteers across the UK and Ireland who would love to come and share our work with your church or group.

If you'd like to inspire your church to be part of a global movement, book a Christian Aid speaker today at [caid.org.uk/Speaker](https://caid.org.uk/Speaker) or [caid.ie/BookASpeaker](https://caid.ie/BookASpeaker)

# Your lasting act of faith



Fridah and her  
grandson Quillan.

**Turn a lifetime of faith  
into lasting change —  
leave a gift in your Will  
to create a fairer future  
together.**

Fridah is a hard-working mother and grandmother, deeply committed to her family and her faith.

Intense urban poverty in Nairobi is challenging her ability to provide for her family. But, with her unstoppable resolve plus skills training from our partner Beacon of

Hope, Fridah is growing vegetables in space-saving vertical planters.

Now she can put healthy food on the table and sell her excess produce to cover school costs for her children and grandson.

A gift in your Will can support communities like Fridah's to thrive so that one day, no family will have to worry about their children going without food or an education.

To find out more visit  
**[caid.org.uk/Legacy](http://caid.org.uk/Legacy)** or  
**[caid.ie/Legacy](http://caid.ie/Legacy)**



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