



# *Until the Light Breaks Through*

7 Days of Prayer for Buddhist Peoples

*2026 Prayer Guide*

*Join Christians around the world in prayer for our Buddhist neighbors*



**110 Cities**





# Until the Light Breaks Through

7 Days of Prayer for Buddhist Peoples

2026 Prayer Guide

## Welcome

**"Ask of Me, and I will make the nations your inheritance, the ends of the earth your possession."** - Psalm 2:8

Throughout history, God has advanced His mission through praying people. Prayer is not a supporting activity to mission - it is the engine that goes before it, preparing hearts, opening doors, and releasing the purposes of God among the nations. Wherever sustained prayer rises, light begins to dawn. This guide invites you to stand in that holy convergence where prayer and mission meet - **until the light breaks through!**

In recent years, there has been encouraging momentum through Bible translation, digital engagement, and the growth of indigenous witness. Yet the Buddhist world remains one of the greatest Gospel frontiers of our time. Around **500 million people** identify as Buddhist, and across this vast spiritual landscape **nearly three quarters of Buddhist-majority people groups remain unreached**, with little access to the Gospel, Scripture, or a local church. Many live with deep spiritual longing, but without the light of Christ clearly shining among them.

International Prayer Connect partners with church-planting movements and mission networks to ensure that courageous missionaries and local believers are fuelled and surrounded by a **canopy of worldwide prayer** as they faithfully share the Gospel. We believe prayer prepares the ground for lasting breakthrough!

### About This Guide

***Until the Light Breaks Through*** is designed to help you pray with understanding, compassion, and faith. The guide introduces key cities, regions, and people groups; and shares real-life stories of those encountering Jesus in Buddhist contexts.

### Thank You

We welcome you! - By using this guide, you are joining **over 100 million believers worldwide**, contending together for the Light of Christ to break through - so that Jesus is glorified among every people group.





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*“Call to me  
and I will  
answer you.”*

- Jer 33:3a



## How Buddhism Started

Prince Siddhartha Gautama was born in the southern region of present-day Nepal in the sixth century BC. According to tradition, a holy man observed signs on the infant and predicted he would become either a great ruler or a spiritually awakened teacher. His father, determined that his son would rule, shielded him from pain and hardship by surrounding him with comfort and privilege.

At the age of twenty-nine, Gautama encountered sickness, old age, and death beyond the palace walls. Troubled by the reality of suffering, he abandoned his protected life and spent six years as a wandering ascetic, searching for insight into the human condition. He practiced extreme self-denial and meditation, yet found no lasting answers.

Eventually, he resolved to sit beneath a bodhi tree, vowing not to rise until he attained understanding. Buddhist tradition recounts that he resisted temptation and distraction, persevering until he believed he had grasped ultimate truth. From that point onward, he became known as the "Buddha," meaning "Awakened One" or "Enlightened One," and devoted the rest of his life to teaching others the path he believed led beyond suffering.

*continued overleaf*



# Buddhism

## The Teaching of Buddha (called the Dharma\*)

After his awakening, the Buddha sought out fellow seekers and delivered his first teachings. Rather than pointing to a creator deity, he offered a framework for understanding suffering and escaping it. Central to his message were the “Four Noble Truths”: that life involves suffering; that suffering arises from desire and ignorance; that suffering can cease; and that the way to end desire and ignorance is by following the “Middle Way,” also known as the “Noble Eightfold Path.”

According to Buddhist teaching, suffering results from clinging to impermanent things. This attachment binds people to an ongoing cycle of birth, death, and rebirth, in which even the idea of a permanent self is considered an illusion. Liberation comes only by breaking free from craving and ignorance.

The Buddha taught that freedom from this cycle is found through disciplined living that avoids extremes of indulgence or severe self-denial. The Middle Way emphasizes right understanding, intention, speech, action, livelihood, effort, mindfulness, and concentration. These practices are intended to reshape desire and perception.

The final goal of Buddhist practice is not communion with a personal God, but the extinguishing of craving, bringing release from suffering and rebirth.



## Actual Buddhist Practice Today

Across much of the world, Buddhism is lived more as a cultural framework than a defined belief system. It often overlays existing customs, shaping daily life, festivals, and social values, resulting in wide regional diversity.

In Tibet, Buddhist practice absorbed elements of older shamanistic traditions. In Thailand, monks may receive everyday items such as food or drinks in alms bowls, while Bhutan enforces strict moral codes, including bans on smoking. Attitudes toward women vary greatly: some traditions restrict ordination or access to sacred spaces, while others fully ordain female monks.

Environmental concern is central in some Western Buddhist expressions but largely absent in others. In many societies, Buddhism exists alongside ancestor veneration, spirit rituals, and folk religion.

For most followers, practice centres on merit-making today.

*\* For clarity and consistency, this guide uses commonly recognized Sanskrit terms for Buddhist concepts. Descriptions reflect historical teachings and contemporary practices as observed across diverse cultural contexts.*

# The Three Streams of Buddhism

**There are three primary streams of Buddhism: Theravada, Mahayana, and Tibetan Buddhism.**

**Theravada Buddhism:** developed in Sri Lanka, where early teachings were preserved and formalized. It emphasizes personal discipline, meditation, and ethical living as the means to achieve enlightenment. This tradition is dominant in Myanmar, Thailand, Cambodia, and Laos.

**Mahayana Buddhism:** emerged later and introduced additional texts attributed to the Buddha. It teaches that a bodhisattva—an enlightened being—may delay final liberation in order to help others escape suffering. Compassion for all sentient beings is central to this stream, which spread widely across China, Japan, Vietnam, and the Korean peninsula.

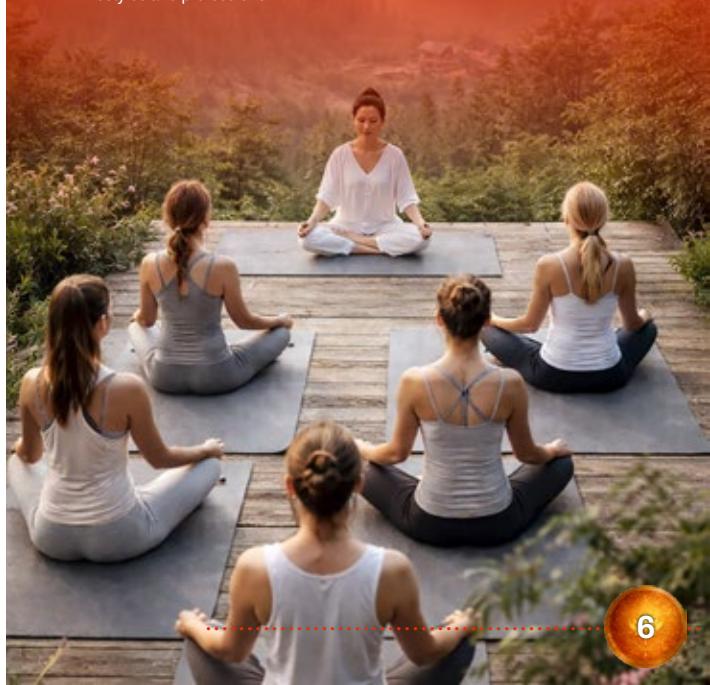
**Tibetan Buddhism:** developed from Indian Mahayana traditions and emphasizes ritual, symbolism, chanting, and visualization practices. It seeks to accelerate enlightenment through structured spiritual disciplines and devotion to heavenly bodhisattvas.

In recent decades, Buddhism in Western societies has often been reframed as a personal wellness practice rather than a religious commitment.

Many are drawn to meditation for stress reduction, emotional balance, or mental clarity, frequently detached from traditional beliefs about karma, rebirth, or enlightenment.

Some engage through structured retreats, mindfulness programs, or guided practices led by teachers trained in Asian traditions.

Others adopt eclectic approaches, blending Buddhist techniques with psychology or self-help philosophies, while remaining active in secular lifestyles and professions.



# Countries with more than 1 million Buddhists

Country	Country Population 2024	Buddhist Population 2024	Percentage
China	1,425,000,000	230,000,000	16.1%
Japan	123,900,000	69,500,000	56.1%
Thailand	71,600,000	61,200,000	85.5%
Viet Nam	100,300,000	49,000,000	48.8%
Myanmar	55,300,000	41,200,000	74.5%
Sri Lanka	22,200,000	15,100,000	68.0%
Cambodia	17,100,000	14,700,000	86.0%
South Korea	51,600,000	12,800,000	24.8%
India	1,430,000,000	10,200,000	0.7%

Country	Country Population 2024	Buddhist Population 2024	Percentage
Taiwan	23,500,000	6,200,000	26.4%
United States	335,000,000	4,600,000	1.4%
Laos	7,700,000	4,100,000	53.2%
Nepal	30,500,000	3,900,000	12.8%
Indonesia	277,500,000	2,300,000	0.8%
Mongolia	3,500,000	2,000,000	57.1%
Malaysia	33,100,000	1,800,000	5.4%
Bangladesh	173,000,000	1,300,000	0.8%
Hong Kong	7,500,000	1,200,000	16.0%

*Data source: Todd M. Johnson and Brian J. Grim, eds., *World Religion Database* (Leiden/Boston: Brill), with population updates aligned to UN demographic projections (2023–2024)*



## How to Use this Guide

This prayer guide is an invitation to **walk slowly, pray deeply, and expect God to work - both in the nations and in you**. Each day is shaped to help prayer and mission converge, until the light of Christ breaks through places of darkness and longing.

Begin each day by **lingering with the theme and Scripture**. Read them prayerfully, asking the Holy Spirit to speak personally. "Your word is a lamp to my feet and a light to my path" (Psalm 119:105). Allow God's Word to frame your prayers and align your heart with His purposes.

Next, read the **real-life report or testimony**. These stories are not abstract - they reflect the costly, faithful obedience of believers living out the Gospel in Buddhist contexts today. As you read, thank God for what He is doing, and ask Him for greater breakthrough where challenges remain.

Take time to **dig deeper** by using the QR code. Explore the city, the people groups, and the spiritual realities shaping daily life there. Let understanding fuel compassion, and compassion deepen intercession.

Each day also includes an **Application question**. Pause with it. Ask the Lord how He may be inviting you to respond - through faith, obedience, generosity, courage, or renewed devotion. Prayer is never one-way. As we pour ourselves out for the nations, God reshapes us. "Those who refresh others will themselves be refreshed" (Proverbs 11:25).

You may wish to close with worship - songs like "**Light of the World (Sing Hallelujah)**", "**Build Your Kingdom Here**", or "**Oceans**" can help lift your eyes again to Jesus.

As you pray, trust this promise: "**The light shines in the darkness, and the darkness has not overcome it**" (John 1:5).

DAY 01

10th February

TODAY'S THEME:

## Multiplication

*"Entrust to reliable people who will also be qualified to teach others."*

2 Timothy 2:2



FOCUS ON:  
**Thimphu,  
Bhutan**



# Costly Faith in a Growing Church

Praise God for fresh progress in establishing new churches in Bhutan. There is a general anti-Jesus sentiment among the Tibetan Buddhist peoples of the country. Government restrictions prohibit outsiders of any nationality from traveling among certain remote groups like the Doya people.

Thank God for the recent training of seven Doya believers, who have in turn seen over 20 others come to faith. However, each step forward has come at a cost: one man was jailed for several months and not released until he paid

a very high fine. Other individuals may believe secretly but are afraid to come forward for baptism. They rightly understand that baptism is a sacred ceremony that marks the beginning of a new allegiance to Christ and a life following Him.

## Let's Pray

- Pray that those training local Bhutanese believers will maintain perseverance as they raise up these trainees to the next level of competence and understanding. Often, it takes trainers several attempts to help trainees understand new material.
- Pray that new believers will be able to train up faithful others who, in turn, can train up others.
- Pray that 2 Timothy 2:2 will truly happen.
- Pray for new Bhutanese believers to overcome fear. There is fear of social ostracization, fear of financial repercussions, and fear of being cast out of their families - and other types of persecution.

## APPLICATION

Are you prepared to meet someone seeking the truth about Jesus?

## FACTS & FIGURES:

There are 2,400 Doya people in Bhutan. They speak Lhokpu.

## OTHER SCRIPTURES

James 1:12

DAY 02

## 11th February

TODAY'S THEME:

### Belonging

*"God sets the lonely in families; he leads out the prisoners with singing."*

Psalm 68:6



FOCUS ON:  
**Vientiane,  
Laos**



## Love Reframing the Family

Jesus' direct command to his followers is that they "love one another." Christians first experience God's love in a family context; either a birth family or a family of believers. As they grow in faith, they grow in love for their family and then for the broader family of faith. Some go beyond this to show love to those in the society around them. By contrast, Buddhism is based on rules, and those who mature in the faith are expected to reduce their desires and emotions. Family members are connected by duties and obligations.

Christians from a Buddhist background need to learn a new way of relating to family members, both to elders and to children. Their new relationships are based on love while respecting obligations. Love, and teaching and training our children in love, is a focus of new training materials that are being translated into several languages for use across many countries.

### Let's Pray

- Pray for teachers and trainers. Pray for their spiritual, emotional and physical protection. Pray that they would practice the principles in their own lives and that their relationships with their children and spouses would be strong.
- Pray for the translators who are translating these training materials. Pray for them to be distributed safely through many countries of the Buddhist world.
- Pray for churches and fellowships to use the training materials as they disciple Jesus' followers.
- Ask God to strengthen His Church by strengthening Christian families.

### APPLICATION

How do your family relationships reflect Christ's love for the Church?

### FACTS & FIGURES:

3,776 languages still have no Bible available.

### OTHER SCRIPTURES

Eph. 5:25-30

DAY 03

## 12th February

TODAY'S THEME:

### Authority

*"All authority in heaven and on earth has been given to me."*

Matthew 28:18



FOCUS ON:  
**Bangkok,  
Thailand**



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## Jesus Alone Is Enough

Most Isaan people hold deeply to the belief that accessing the power of many religious systems is better than committing to a single belief system. Bowing down to multiple gods and power sources characterizes many people's lives. Men in particular will wear a necklace of talisman objects, and it is all too easy to add the Christian cross to the milieu. Often, the first question after people hear a simple Gospel explanation is, 'Can I be Buddhist and Christian at the same time?'

The syncretized collection of beliefs and power sources in the Buddhism of Northeast Thailand becomes the focus and key obstacle in the discipleship of new believers. As new Buddhist background believers take their first steps of obedience, they will have the concern that maybe Jesus is not enough, and they should keep a few more idols around just in case Jesus can't handle certain situations. Exclusive claims like "All power in heaven and earth has been given to Jesus..." become an essential first step to growing in faith and obedience as a disciple of Jesus.

A Christian was out running along the Mekong riverfront with a local Buddhist. The Buddhist raised his palms to the top of his head (making a traditional Wai to a holy object) as we passed three Buddhist temples. He then showed respect to the Chinese ancestor temple, then to the ancient lord of the underworld Paya Naka (Seven-headed Naga snake). Later, we passed a large tree with sacred cloths tied around it. It is held that the spirit of the land lives in the tree and should be respected. We rounded out the run, and he gave a Wai (a traditional Thai greeting gesture) to the Catholic Church.

I asked him if he was confused about where real help for his life comes from, since he showed respect for multiple, contradictory belief systems. He seemed confused by the question. In his thinking, ten sources of power will be better for a prosperous life than five, and a single belief system is inherently weaker and less certain.

### Let's Pray

- Pray for wisdom for those discipling new believers among Isaan people with a Buddhist background to understand the complete adequacy of Christ to lead and care for His people both in this life and for eternity.
- Pray for power encounters that give evidence of Christ. Nearly every Buddhist background believer has a story of divine healing, exorcism or some other remarkable demonstration of Christ's power in their life.
- Pray that people will see the light of the Gospel of the Glory of Christ, the very image of God (2 Cor. 4:3-4).

### APPLICATION

Do you believe that God's power is sufficient for all the obstacles and problems you face in your life?

### FACTS & FIGURES:

The New Testament is available in NE Thai.

### OTHER SCRIPTURES

Luke 10:19; II Cor. 4:3-4

DAY 04

# 13th February

TODAY'S THEME:

## Compassion

*"Come to me, all who are weary and burdened, and I will give you rest."*

Matthew 11:28



FOCUS ON:  
**Tokyo,  
Japan**

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## Compassion Opens Closed Hearts

Rikako had difficulty walking or moving due to multiple diseases. One day, as her physical condition improved a little, she gathered the courage to go to a church-affiliated cafe for lunch. When it was time to pay, the cafe manager asked her if it was okay to pray for her physical condition. Although Rikako had never experienced anything like that, she agreed. After prayer, Rikako realized that the manager was crying as she prayed. Rikako was deeply touched, and it became the start of a friendship.

Rikako returned to the café a few months later, and the café manager shared a Scripture with her: "Come to me all who are burdened and heavy laden, and I will give you rest." Rikako was encouraged and felt the words were for her. Then the café manager gave her a Japanese audio Bible. Over several years, they met more regularly, and the manager also shared teaching with Rikako by email. Now she is a vibrant witness for Jesus despite her ongoing physical ailments. She relies on the Holy Spirit for wisdom in every situation.

### Let's Pray

- Thank God for believers who witness for Jesus in their everyday lives. Ask God to give them wisdom about how and what to share.
- Pray for Jesus' compassion to be seen and felt by those receiving ministry in unusual places. Pray for God's love to be released by caring Christians.
- Please pray for Japanese pastors to be free from the "church = pastor's kingdom" mindset. It has been an obstacle to the unity among the churches locally and nationwide.
- Please pray for Japanese believers, especially those of the older generation, to encounter Jesus personally and get excited about Him.

### APPLICATION

Are you open to feeling Jesus' compassion for the hurting people in your life?

### FACTS & FIGURES:

Japan, with less than 1% Christian, is one of the least-reached nations.

### OTHER SCRIPTURES

[Matt. 11:28-30](#); [Matt. 14:14](#)



DAY 05

## 14th February

TODAY'S THEME:

### Transformation

*"How beautiful on the mountains are the feet of those who bring good news."*

*Isaiah 52:7*



FOCUS ON:  
North-East India



## From Addiction to Apostle

A man from the Mishmi people group in Arunachal Pradesh state, near the China border, shared this testimony about how God transformed his life.

"Before I came to know Christ, I was deeply addicted to drugs and alcohol. My life was broken, and I was heading down a path of destruction. Everything began to change when I heard the Gospel from a pastor who came from Bekhulieeng. His message touched my heart and made me realize that Jesus could give me a new life.

Later, I met a trainer from Goshen Ministry who took time to disciple me. He trained me using the Four Fields method of church-planting, which helped

me grow not only in my faith but also in ministry. Now, by the grace of God, I am a new person. I am actively sharing my testimony and the Gospel among the Mishmi people. God called me to be a church planter within my community. It is my joy to serve the Lord to see lives transformed just as mine was."

### Let's Pray

- Pray for access to these remote peoples. Geographic isolation has meant little access to the Gospel. Any non-resident, either an Indian citizen or a foreigner, must receive a Restricted Area Permit to visit this state. It takes a long time to travel there by road, and hiring a vehicle is very expensive.
- Currently, there are groups of church planters from nearby states in India who are going and working every day. There has been a good response in 2025 from one group of Mishmi.
- Pray that the new believers reach out to friends and family members with the news about Jesus.

### APPLICATION

Have you prayed about reaching out to a remote area of your own state or province?

### FACTS & FIGURES:

The Mishmi people are less than 5% Christian.

### OTHER SCRIPTURES

*Isa. 55:12-13*

DAY 06

## 15th February

TODAY'S THEME:

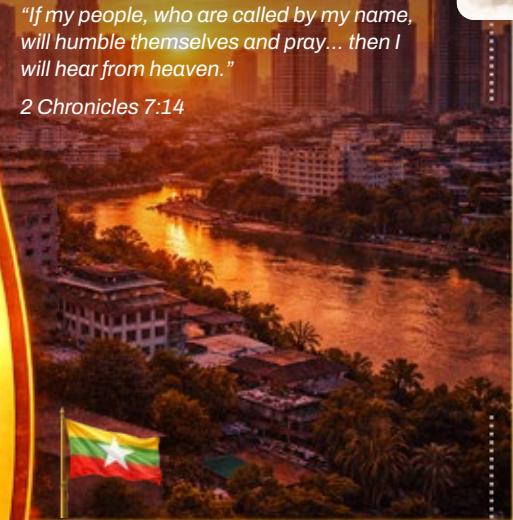
### Repentance

*"If my people, who are called by my name, will humble themselves and pray... then I will hear from heaven."*

2 Chronicles 7:14



**FOCUS ON:**  
**Yangon,**  
**Myanmar**



## Conviction Awakens the Church

In an all-women's discipleship group, Norah suggested it was time for the group to host a communion celebration together. In recent days, four of the ladies had professed faith, and three were baptised. Mai-yu has held off on receiving baptism due to family pressures and is an elder relative of two of the others. The three others were excited to participate in the ceremony.

The ladies gathered for their weekly time in the Word, and the communion elements were set out and ready. As they began the communion celebration, a young man, Tin Win, came into the room. Upon entering, he immediately knew what was happening.

Tin Win comes from the Karen tribe and has a long family history in the church, although in recent years his time has been taken up with work and drinking. Embarrassed, Tin Win said he could not partake because his church had forbidden him due to his sin. He was convicted because these new believers were ready to receive, and he was not. His Buddhist neighbours were pursuing their relationship with Jesus because an expatriate woman had been consistently loving these ladies into a genuine faith and relationship with the Lord Jesus. Now Tin Win wants to change his life, stop drinking and become an evangelist.

This encounter in this small group typifies the larger picture of what we need to pray for in Myanmar. Six per cent of the population is Christian, while the core Buddhist people groups, the Bamar, Rakhine and Mon, remain largely outside of any intentional witness from local churches.

### Let's Pray

- Pray that God will equip the Myanmar Church with a vision to reach out to the majority Buddhist Bamar, Rakhine, and Mon people groups. Thank God that there are a few ministries focused on reaching the core Buddhists who are seeing fruit. Pray that they will be successful in equipping leaders who are fruitful at equipping other leaders until there is a church in every corner of the Bamar people in Myanmar.
- Pray that the ladies of this discipleship group will be effective at reaching their extended families. Pray that Tin Win acts on his new conviction, and in a similar fashion, the Church across Myanmar would awaken and reach its nation.

### APPLICATION

If you are an experienced believer, would you be leading communion? If you are a new believer, would you be taking it with other believers?

### FACTS & FIGURES:

Myanmar is 80% Buddhist with 55 least-reached people groups.

### OTHER SCRIPTURES

1 Cor. 11:28-29; Zech. 1:3

DAY 07

## 16th February

TODAY'S THEME:

### Sending

*"How, then, can they call on the one they have not believed in?"*

Romans 10:14



FOCUS ON:  
**Los Angeles,  
USA (Diaspora)**



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## Scattered Believers - Renewed Calling

A Christian lady had a strong gifting as an evangelist while living in her Buddhist homeland. One year, she worked for Campus Crusade and led over 150 students to Christ.

About 35 years ago, she chose to immigrate to a Western country. She worked hard, became a businesswoman, and received citizenship. During this time, she had few contacts with other people from her home country.

As she was nearing retirement age, this lady reduced her work hours. At the same time, her business hired some workers from her home country. Her gifting as an evangelist returned as she shared the Gospel with the young workers. Now she has a thriving fellowship of 40-50 young adults in her adopted country. Los Angeles is the largest city in the world for the Buddhist diaspora population.

### Let's Pray

- Thank God that His gifts and callings continue with us as we age. (Rom. 11:29)
- Pray for diaspora Christians from Buddhist backgrounds to share the Gospel with friends and coworkers wherever they live.
- Ask God to open Christians' eyes to the many Buddhists around them who haven't heard the Gospel.

### APPLICATION

Do you have friends and acquaintances who haven't heard the Gospel recently?

### FACTS & FIGURES:

234,000 Buddhists live in the Los Angeles metro.

### OTHER SCRIPTURES

Rom. 11:29; Rom. 10:14-15

GDOP

# 17th February

TODAY'S THEME:

## Supremacy

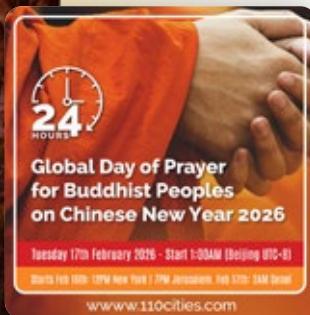
*"The Son is the image of the invisible God, the firstborn over all creation."*

*Colossians 1:15*



FOCUS ON:  
**Beijing,  
China**

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# Global Day of Prayer for Buddhist Peoples

As we prepare for the Global Day of Prayer for the Buddhist World on 17th February, let's pray for the largest populations of Buddhist people across China.

Father in heaven, we know that You love "Jin" (金) and the church-planting teams that are at work in Beijing, China. Thank You for ministering to them today and giving them strength as they prayer walk the streets, asking You to show them whose hearts and whose homes would be open to You.

According to Your Word in Colossians 1:15–17, we know, Jesus, that You are the visible image of the invisible God. Everything in heaven and on earth was created through You and for You, and You hold all creation together. We pray with this confidence, knowing that You have gone before "Jin" (金) and his teams. We ask that You minister Your grace to them today, in Jesus' Name, Amen.

Beijing, China has the largest Buddhist population globally.

The Global Day of Prayer begins online at 01:00HRS Beijing (UTC+8) on Tuesday 17th February 2026

More info, online meeting link and resources are available at [www.110cities.com](http://www.110cities.com)

• 2026 •

# 5 GLOBAL DAYS OF *Prayer*

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**February 17th**

Global Day of Prayer  
for Buddhist Peoples  
(Lunar New Year)

**November 8th**

Global Day of Prayer  
for Hindu Peoples  
(Diwali)

**March 16th**

Global Day of Prayer  
for Muslim Peoples  
(Night of Power)

**September 21st**

Global Day of Prayer  
for Jewish Peoples  
(Day of Atonement)



**May 24th**

Global Day of Prayer for  
the Worldwide Church  
(Pentecost)

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