

Global Prayer Day

for the Tibetan Buddhist World



"Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we forgive our debtors.
And do not lead us into temptation,
but deliver us from the evil one.
For yours is the kingdom
and the power
and the glory forever.
Amen."

- Matthew 6: 9-13 -



"Lord teach us how to pray"

Dear friends,

Prayer is essential for the Tibetan Buddhist World. We hope this booklet will encourage and inspire everyone to lift up our brothers and sisters in these Tibetan Buddhist areas in unity, that the power of prayers may be fruitful and that the Kingdom of God may be established in every corner of Tibetan Buddhist World.

As we pray for the Tibetan Buddhist world, we will be walking through the Lord's Prayer. We hope this booklet will deepen your understanding of this area and its peoples. We hope the stories and testimonies will encourage you to remember and to be praying for them specifically.

Use this information and stories to draw people into praying for our brothers and sisters in these areas. Share their stories in churches and fellowships. Let these stories inspire friends around you to pray for them.

Today we see the Tibetan Buddhist World is expanding. Maybe there are Tibetans around you too. Connect with them, and get to know them. Help them in the best way that may bring the light into their lives.

We are in a fight against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. The Tibetan Buddhist peoples are hunting for merits, chasing for spiritual protections and blessings. They live with a focus on spiritual powers from gods, lamas, and shamans. These are some of the least reached people in our world. It is difficult for many of our brothers and sisters to remain a believer due to obstacles and challenges through families, finding jobs, cultures, health and many more. They need hope and they need our prayers.

Pray with us as we see our Father calling His people into His arms!

*The smoke of the incense, together with the prayers of God's people,
went up before God from the angel's hand.*

Revelation 8: 4

NOTE: We have used pseudonyms throughout this booklet.

The Tibetan Peoples and



Central

6.5 million people

Tibetan people in China cover old Greater Tibet (Qinghai, Sichuan, Yunnan and the Tibet Autonomous Region). Tibetans here have kept their unique culture and firm belief in Tibetan Buddhism. This region also includes 24 Tibetan Buddhist people groups (mainly in Sichuan and Yunnan) whose language is similar to Tibetan. In general, the "rooftop of the world" is still quite isolated.



South

3.2 million people

The Southern region covers Nepal, India, and Bhutan. Here you'll find around 50 people groups, each with their own links to Tibet, their own languages, features, customs, and challenges. These are the nomadic Changtang, little Tibet of Ladakh, the kingdom of Mustang, the mountain climbing Sherpas, the royal Dzongkha, and the wild Tshangla. Some have settled in refugee camps as diaspora. Others have been in the area for centuries and even have their own kings!



Buddhist World

Places



North

9 million people

The north region includes the Mongolian people groups, Buryats, Kalmyks, and the Turkish related Tuvans. They are spread out over huge area from Europe to the Pacific Ocean, from the Siberian steppe to sand deserts in China. They love the steppe, the mountains, and being close to nature. Their nomadic blood often keeps them isolated.

They are descended from conquerors and have a strong clan identity. Modern societies have tried to change them, but their shamanistic beliefs and Tibetan Buddhist traditions hold firm.

Diaspora



More than 60,000 people

Diaspora people are unique in that they can be both more conservative and more open to new ideas. They are separated from their various homelands and want to hold on to their culture. But they also need to fit in to a new context. Recently many have come due to finances and work. In the past they were motivated by conflicts and threats. There are probably more than 60,000 Tibetans outside of India, Nepal, and Bhutan.





Diaspora

Prayer Points

1. Pray that those who feel lost living in between Tibetan and Western cultures would find their identity in God, knowing that he is their heavenly Father and that their ultimate citizenship is in his kingdom.
2. Many immigrants struggle to settle in a new land. Pray that they will get to know people who follow Jesus, who will pray for them, become their friends and share with them the light of Jesus.
3. Pray for the few exiled Tibetan believers in the West. May the Lord sustain them, train them, and raise them up to serve Him.
4. Pray that our Tibetan brothers and sisters in the West will be a light to their families back home.
5. Pray for the handful of Tibetan fellowships among the diaspora populations. Ask that they would be strengthened and encouraged.
6. A new Tibetan fellowship was started in Switzerland in 2021. Pray for that this new group will grow in spiritual maturity and in size.



In 2020, the Central Tibetan Administration published an in-depth study of the Tibetan Diaspora Community outside South Asia*. Their detailed report shows 60,000 Tibetans scattered around the world with larger groups in New York, USA (13,000), Switzerland (8,000), France (8,000), Ontario, Canada (8,000), Belgium (5,000), Minnesota, USA (5,000), and northern California, USA (3,000).

Many Westerners are fascinated by Tibetan culture and religion. The Dalai Lama has gained credibility and popularity over the last few decades. Pray that those who are truly seeking inner peace will find it in Jesus, the Prince of Peace.





North



Mongolia

Buddhism in Mongolia is built around Tibetan Buddhism with strong shamanistic roots. Almost 40% of Mongolians claim to be non-religious. In challenging times, however, even these non-religious Mongolians tend to fall back on their ancestral beliefs. About 2% of Mongolians identify as Christians. The Mongolian Church is relatively strong and is even sending its own missionaries.

Mongolian minorities in China

Inner Mongolia (China) is home to about 4.2 million Mongolians. You'll also find about 650,000 Turkish Mongolian minorities (e.g., Mongur, Daur, Tu, Mongols, Oirat Mongols, Khorchin, Jone, etc.) in Xinjiang, Gansu, Qinghai, and Inner Mongolia. Unlike in Mongolia, China's Mongolians are almost completely unreached with less than 0,05% following Christ.

Russia

The Russian Republics of Buryatia (463,000), Tuva (280,000), and Kalmykia (183,000) have long been home to Tibetan Buddhists. The Tibetan Buddhism here has very strong shamanistic practices. Recently, however, Buddhist missionaries have tried to introduce a purer Tibetan Buddhism.



Prayer Points



1. Pray that those from strong shamanistic traditions will encounter Jesus.
2. Pray that the younger generation of Mongolian believers will stand firm in their faith and grow in maturity.
3. Ask for strength and guidance for Mongolians who are being sent out as missionaries to neighbouring countries.
4. Pray that many Buddhist and shamanistic Buryats will follow Christ.
5. Pray for various translation projects in Kalmykia, Tuva, and Buryatia.
6. Tuvans often see Christianity as a Russian religion. Pray that many will see that they can follow Jesus and still be Tuvan.
7. Pray that more men would come to know Jesus. Pray for the new sports ministries and men-focused initiatives in this region.
8. Pray that indigenous Christian music will draw many people to Christ.





Central

Tibetans in China are mostly located in the Tibetan Autonomous Region (TAR), Sichuan, Qinghai, Gansu and Yunnan. Though they share a written script, they're divided into three main language groups (U-Tsang / Central, Kham, and Amdo), each of which has its own dialects.

Apart from these three main Tibetan groups there is a cluster of Tibetan Buddhist minorities in an area often called the "Sichuan Ethnic Corridor". These Qiangic Speaking Tibetans represent more more than 24 languages!

While there are no open Tibetan-led churches in the Central region, some Tibetans attend a registered Three Self church. There are a number of small fellowship groups, however, for each of the dialect groups. Tibetan believers face intense persecution from their Buddhist families and communities as well as from their employers and the government.



Prayer Points

1. Pray that our Father's kingdom may come and that his will may be done in Tibetan areas!
2. Pray that Tibetan fellowships will be unified and strong.
3. Pray that new Tibetan believers will grow in their faith even in the face of persecution and isolation.
4. Many Han Chinese Christians are catching the vision to bring the Gospel to Tibetan areas. Ask that they will be equipped with all they need for this task.
5. Ask the Lord of the Harvest to open doors for more laborers to work in Tibetan areas.
6. Pray for spiritual protection for Tibetan believers as well as for those who work among Tibetan Buddhists.



Interest



A memory to remember.
#event





South



Nepal

There are about 20,000 Tibetan refugees living in Nepal. Many of these refugees have maintained their religion and their traditional Tibetan customs. Nepal is also home to nearly 2 million Tibetan-related ethnic groups like the Sherpas, Lhomi and Mogu.

India

Around 95,000 Tibetans in exile living mostly in refugee settlements around India. Many of these are in Dharamsala, home to the Central Tibetan Administration and the Dalai Lama.

India is also home to other Tibetan Buddhist people groups. The states of Ladakh, Jammu & Kashmir, and Himmachal Pradesh have about 230,000 Tibetan Buddhists. Another 130,000 Tibetan Buddhists live in and around Sikkim. You'll find Tibetan Buddhist Sherpas, Bhutanese, and Nepalis in and around West Bengal. Arunchal Pradesh has about 90,000 Tibetan related groups.

Bhutan

Bhutan borders the Tibet Autonomous Region (China) to the north. They follow Tibetan Buddhism and share many Tibetan customs. During the last decade the Gospel has spread across Bhutan. Nearly all Christians in Bhutan are from Nepali backgrounds. The majority Dzongkha speaking Bhutanese remain almost completely unreached.

Prayer Points

1. Pray that many Tibetan peoples in Nepal, India, & Bhutan would know their Father in heaven and praise his holy name.
2. Pray for unity as Tibetan and Nepali churches along with international groups work to reach Tibetan Buddhists.
3. Pray for different translation and storying projects among ethnic Tibetans.
4. Pray for open doors and more workers among Tibetans in India.
5. Pray for the music and worship projects in Bhutan. Pray that these materials will edify the Church.
6. Pray that Bhutanese Christians will be bold in sharing their faith with their families and friends.



hallowed be your name

LEARNING TO LIVE A HOLY LIFE

One day Tsering, a monk, was in a shop with a friend when the shop owner tried to give them a tract about Jesus. Tsering refused but his friend nudged him and insisted that he take it. "No, we shouldn't!", Tsering replied, but his friend was so persistent that in the end he took the tract. When they left the shop, he said "we shouldn't have taken this! It's about the Christian god." His friend replied saying, "yeah, but you know if you take it, the owner will give you a better price! Now, just throw it away."

Sometime later, Tsering felt a nudging in his heart. He felt that he wasn't living the holy life that monks are supposed to live. In the mornings the monks would go out asking for gifts and donations. People would bow to them, asking for blessings from them. Tsering was one of these monks who went out, blessing old and young people, but he always felt ashamed especially with old people as he thought to himself "I should be the one respecting them but here they are bowing down to me to receive my blessing."

After doing the rounds, getting donations in exchange for blessing the people, the monks would return to the monastery. They didn't have any obligations or duties in the afternoons so they would play card games, gamble, steal, lie, and watch pornography. The next morning they would go out again as "holy men".

Who is this Jesus? Can you tell me more about him?

Tsering started to feel very guilty about this. He felt dirty and ashamed. Then he remembered the tract he had received in the shop not too long before. He knew someone in a shop close by who was also a Christian. So he went to this lady in the shop and asked "Who is this Jesus? Can you tell me more about him?" This was how Tsering came to Christ and began to live as a son of God, accepted and forgiven.

He felt he wasn't living the holy life that monks are supposed to have





your kingdom come



JESUS IS A KIND GOD

I lived in a very dark world. I really never experienced any love, and it was a tough world for me. As a young teenage boy, I was living on the street with a gang and we all knew we would end up in jail. I was shocked when one day I heard the leader of the prison, the king of thieves, say that he believed in Jesus and that Jesus is a kind and good God. What I heard that very first time wasn't that Jesus died on the cross for my sin and paid off my debt, but instead the only thing I heard was that Jesus is a kind God. That has really stuck with me this whole time. That was the starting point of my faith journey.



IMMANUEL

My faith journey started when I had to move to a city and stay with my sister. She started going to a church even though she was not really a believer yet. She told me I have to come along to the church otherwise I'm not allowed to stay with her. Without knowing where and what I was going to, I started going to the church with her. For sometime I went with her to church. I didn't really take my faith seriously, though, until I started to understand that Jesus is with me as Immanuel. Then I understood that I didn't need to be afraid about tomorrow, a lack of food, not having enough money, or being alone. I discovered I will always have someone who cares for me and who is the highest God!



IF GOD REALLY EXISTS...

I lived in sin. I drank alcohol, smoked, and committed adultery. My life was full of violence and all the bad things. One day I found myself in an underground tunnel. I was stuck and locked into a dark and small part of a culvert. I started to wonder and pray, "God, if you really exist, please help me." The very first time I heard about Jesus, I started to pray to Him even though I didn't know much about Him. I prayed that if He was really God that he would help me to change my life. I understood that God heard my prayers. He took me from the hands of evil, and now I'm free. He has set me free from all the things that controlled me like cigarettes, alcohol, and many other bad things. My life has changed totally. I know today that He is with me and that He is leading and guiding me each day.

give us today our daily bread

Dorji, a good brother for many years, was looking for a new job. He had been helping in the fellowship and in different projects but felt that he never really was able to support his family and give them the financial contribution they needed. He had carried the shame of that for years and tried to cover it with gifts here and there, but he always felt that he wasn't doing enough. Dorji was the only believer in his family, so they wouldn't understand if he didn't make much money even though he lived in the big city.

...(he) felt that he never really was able to support his family...

A sister in the fellowship heard about a job and recommended Dorji to apply. The job was with a company selling photos of Buddhas online. Neither the sister nor Dorji had any second thoughts about taking this job, not a single thought that it would be wrong for a Christian to promote Buddhism.



Dorji got the job. He worked diligently to take photos and deliver them to the company on time. But one day, without saying anything to his boss, Dorji just disappeared. The company asked the sister about Dorji. She called Dorji to ask him what had happened. Dorji told the sister that soon after he had started his work, bad things started to happen. First his phone stopped working, and then a day later his iPad didn't work. He couldn't use it to send the photos. Then Dorji's eyes got swollen and inflamed, which made him hardly able to see. Dorji saw these as signs to tell him that this new job was not good. God was telling him to stop, and so he stopped immediately without even telling the company.

Across the Tibetan Buddhist World, Tibetan Buddhist Background Believers face a common struggle of finding work so that they can provide for their families. Pray that God will provide good employment for our brothers and sisters. Pray that our brothers and sisters will be able to contribute to their parents' financial needs. Pray that these non-believing family members will "see [their] good works and give glory to [our] Father who is in heaven." (Matthew 5:16).





forgive us our sins as
we forgive others

THE KNIFE ABOVE MY HEAD

The knife flashed and came close to the church leader. He felt a hard fist grabbing his clothes tightly. The attacker was very upset and unfortunately also drunk. The attacker stabbed down from high towards the church leader's face. The church leader ducked under the attacker's other arm. The attacker tried to hack again, but a friend of the church leader stepped in and caught the knife in his own hand. The knife cut deep down in the hand severing his thumb.

The situation was very tense and heated. Everyone wanted to call the police. The visiting pastor, however, stepped in with grace so that the police wouldn't be called. The situation cooled down, and everyone left.

In this village deep in the mountains, far from any common road, many villagers followed Christ. Those who didn't believe were very upset at the Christians and did their best to harm or stop the Christians in any way they could think of. This attack came after there had been many threats. One time the Lama encouraged people to beat the Christian visitors. By God's grace, the Christians were saved from these beatings at the last minute.

At a later time, the visiting pastor went against all advice and visit the man with the knife. Warned by others from this angry man he went to ask for forgiveness for the anger and troubles they may have caused.

The attacker responded, saying "I am the one who should ask forgiveness, especially since your teaching saved me from 8-20 years in prison."

Then the attacker asked what to do with his wife. She had run off to the church leader in the village. The attacker of course thought they were having an affair, and wanted to take back his wife. In reality, she had run away from her Buddhist husband to get protection. She was a Christian and very afraid of him.

They forgave each other
and embraced in
understanding

The visiting pastor asked the church leader in the village to go and ask forgiveness. The church leader went by himself so that it would not be seen as a command. He met with the attacker. They forgave each other and embraced in understanding.

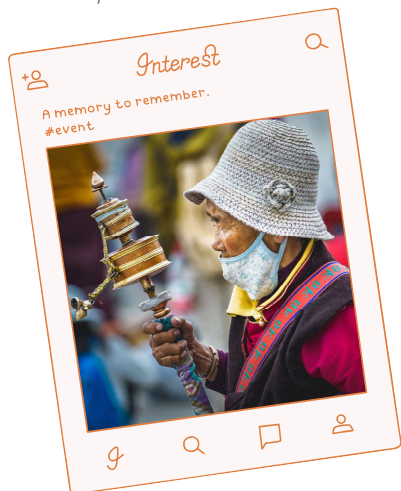
Many said this is a story of suffering caused by faith, but really it was caused by misunderstanding. The husband thought his wife had committed adultery. This misunderstanding could have easily become murder, and a threat could have become many years in prison. In God's grace and through God leading his people, however, this bloody story ended with forgiveness and an embrace.

deliver us from evil



Pemba was a Tibetan refugee who found Christ and later became a pastor. He often took teams on outreach to a village high up in the mountains. This village was very resistant to the Gospel. The lamas and village leaders would encourage the villagers to fight with the outreach team and to threaten them in different ways. The villagers, however, also knew that these Christians were good people. So they would come to Pastor Pemba to ask for prayer and blessings.

There was a lady in the village who had an infection on her foot. She had had a dream that her foot was like a stupa which was full of pus. In the dream part of the stupa broke off and pus was pouring out of it, revealing how dirty and infected it was. Her foot was so badly infected that she couldn't walk on it.



This lady had tried going to the lamas and shamans but none of them had been able to help her so she went to her relatives for advice. They told her to go to Pastor Pemba. "He is your last chance," they told her. "If he can't help you, no one else can, and you will lose your foot."

Who will protect me?

So she went hesitantly to Pastor Pemba to ask him to pray for her. He said he would but only if she committed herself to Christ and got rid of all the amulets and Buddhist items. "No!" she said, "I can't! These are my protection and my safety! If I get rid of them, who will protect me? I'm already suffering with this problem with my foot!" So, she left disappointed.

Knowing, however, that this was her only hope, she talked again with her family and friends. They encouraged her to do as Pastor Pemba had asked, believing that there was no other way. So she took her amulets, charms, scripts and mantras and threw them all in the fire. Then she went to Pastor Pemba, saying "now can you pray for me?" He raised his hand and was about to pray when suddenly he felt the hairs on his back standing on end, as if something was really wrong. He pulled at her shirt revealing a necklace, her one remaining amulet. "THAT needs to go too!" he said. She took it off and they threw it into the fire. Only then could he pray for her. Her foot was healed! She was restored to health, received Christ, and became a follower of Jesus.

how to pray

suggestions on ways to engage in prayer
as individuals, families or groups

TEA TIME

pray with friends while sharing
a cup of Tibetan tea or chai



LIGHT A CANDLE
as a reminder of
God's presence and
light as you pray



governments and
people with power

pastors and
leaders who point
the way

marriages of Tibetan
Christians and
missionaries

the weak, ill, old, poor,
and helpless

missionaries and
Christians in far away
areas

WHOLE HAND:
offer yourself to God as
praying and serving hands

FIVE FINGER PRAYER*

use each finger as a
reminder of prayer items for
the TB world

PRAYER WALL

post prayer points
for each TB area on
the walls as a
reminder to pray
for the TB world or
use them as prayer
stations for group
prayer



PRAYER WALK

remember the TB
world as you take a
hike or walk around
your neighborhood



*adapted from

<https://ministry-to-children.com/five-finger-prayer/>



tea time



Invite your friends to Tibetan Tea and a time of prayer. Tibetans and Mongolians enjoy cups of Tibetan tea and tsampa all day, every day, from infancy till the end of life.

Making Tibetan Tea

- 4 heaped tablespoons of gunpowder tea (strong black tea)
- 1 litre boiling water
- salt (to taste)
- full cream (whole) milk
- 2 heaped tablespoons of unsalted butter

1. Combine all the ingredients. Simmer for half an hour and filter to remove the tea leaves.
2. Add milk, keeping a dark colour.
3. Add unsalted butter (or dri / yak butter).
4. Simmer again until the butter melts, then whisk until frothy. It should taste like vegetable soup!
5. Enjoy!

A shared meal (or a pot of tea) is the symbol and essence of fellowship. When Jesus went home and shared a meal with sinners, he was showing acceptance and forgiveness. He asked us to share a meal to show our unity with and forgiveness of each other. Our communion meal will continue until he comes back again.

Two Tibetan families had a dispute about their property line. The dispute culminated in a fist fight between the two women. Everyone stood watching looking for who would win the land by muscle power. Unhappy with the result, the loser went to the shaman to curse the other family. The shaman said his curse would come with a warning: "If anyone from your family or descendants ever eat anything together with them, your family will share the same curse."

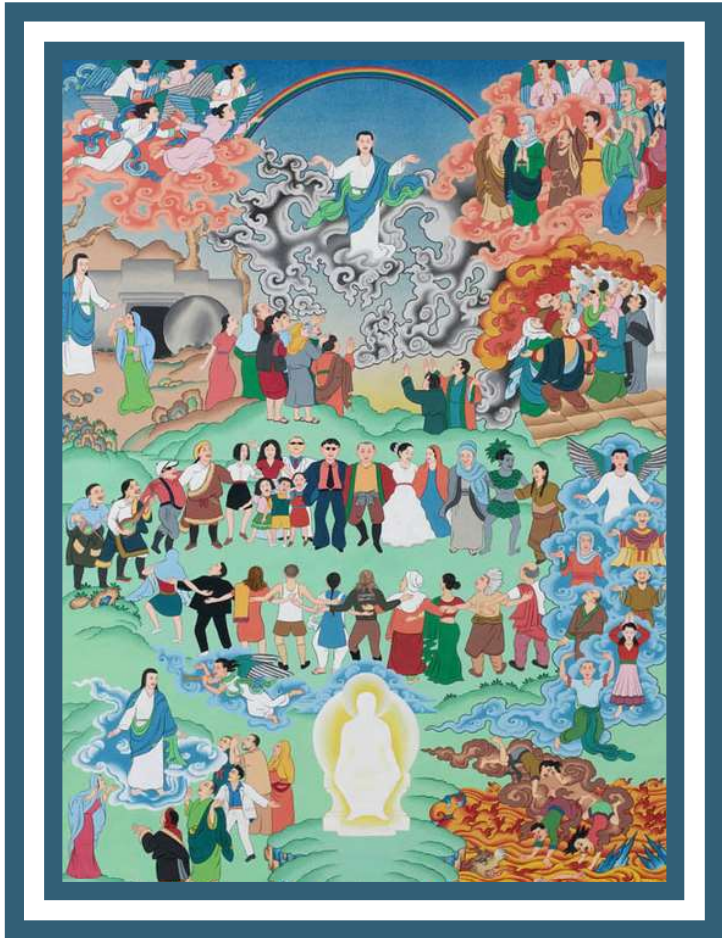
The next time you share a meal with someone, take time to show the unity your meal represents. Ask your Tibetan guest what sharing a meal means to them.

WARM HEARTS

Tea drinking is an integral part of Mongolian culture. Mongolian milk tea, called suutei tsai (сүүтэй цай), is made by breaking off twigs and leaves from bricks of dried tea leaves. The tea comes from Georgia (south of Russia) or from China. This course green tea is brewed with milk and salt. The tea is then strained. Some rural people throw in butter (often rancid) for extra taste. When served black (without milk), the tea is called "pure tea" (bakhuu tsai/ бахуу цай) since "black tea" sounds unlucky or evil. Regardless of what is served to drink, a hot drink in cold Mongolia is a sign of warm hospitality and warm hearts.



for yours is the kingdom and the
power and the glory



forever.

thank you for praying!



Thank you for your prayer support for our fellowship!

I am from a Buddhist background family. I lost my parents at a young age. I grow up in a Christian children home where I learnt about God. I faced lots of challenges in the family as well as challenges with my faith. All these years in my journey God was not only teaching and leading me but helping and guiding me. Today I'm serving as a leader of a small fellowship. I am thankful for all prayer partners and for your prayers and encouragement. Thank you for your prayer support of us!

Thank you for your prayers for the young generation

Life has never been easy for me. But as I have learned to rely on God, there have been breakthroughs, and he has even used me for his purposes. As I look back over my life, I see how God has blessed me in his ministry. Today I'm serving a small fellowship as a worship leader. I love using the gift He has given me to serve and bless people through music. Thank you for your prayers for ministry through music and for the young generation in my country.



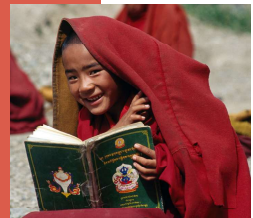
Thanks for your continued prayers

One of my friends told me about Christ while I was still a monk. It made me so curious that I left the monk-hood to find out about Christ. This was not what my family expected or wanted. I'm still learning about Him each day. One thing for sure I have learned is that becoming a believer doesn't mean we won't face challenges. Yet, through it all, I have not given up my faith. I have learned that these things grow us and strengthen us in God. I continue to thank God. Thanks for your continued prayers too.



Thank you so much for your prayer support

I was born into a devout Tibetan Buddhist family. As the first-born son I had many responsibilities. I wanted to escape everything, so I became a Buddhist monk. Being a monk wasn't the righteous life that I thought it would be. My uncle, who was also a Buddhist monk, suddenly became a follower of Jesus Christ. The turning point in my life came when my uncle died. I wanted to know more about Jesus through my uncle's life. Now my ultimate aim in life is to share the Gospel of Salvation through composing new songs so others can praise and worship Jesus Christ. Thank you so much for your prayer support.



Amen!

