

Day 4 — Saturday, October 24: Freedom from Domestic Violence

A Refuge for the Vulnerable

Key Verse

“God is our refuge and strength, an ever-present help in trouble.”

— Psalm 46:1 (NIV)

Prayer Walk Focus

Today we pray with particular seriousness for homes across our city where fear, rather than safety, is present. Ask God for protection, courage and practical help for anyone experiencing domestic or family violence, and pray earnestly for it to end.

Suggested Prayer Points

Protection for the vulnerable — Pray for women, men and children currently experiencing domestic or family violence, that God would surround them with protection and open a way to safety.

Courage to seek help — Pray for courage and practical means for those trapped in abusive situations to reach out to support services and take real steps toward safety.

Support services and refuges — Pray for police, crisis lines, refuges and support workers across Ballarat — for wisdom, adequate resources and swift, compassionate responses.

Repentance and change for perpetrators — Pray that those who cause harm would be confronted with truth, seek help, and genuinely change — and that cycles of violence within families would be broken for good.

Churches equipped to respond — Pray that Churches of Ballarat would be safe, informed places where disclosures are believed, victims are supported well, and abuse is never minimised or hidden.

Worship Songs

“Way Maker” — Leeland (2019) [▶ Listen on YouTube](#)

“Goodness Of God” — Bethel Music / CeCe Winans (2019) [▶ Listen on YouTube](#)

“Rescue Story” — Zach Williams (2019) [▶ Listen on YouTube](#)

Extended Scripture Reading

Psalm 91:1–16 — *A prayer of refuge and protection under the shadow of the Almighty.*

Isaiah 1:16–17 — *"Learn to do right; seek justice. Defend the oppressed."*

Micah 6:8 — *"Act justly, love mercy, and walk humbly with your God."*

Extended Devotional: A Refuge for the Vulnerable

Some of the streets you walk today will include homes where fear, not safety, defines daily life. Domestic and family violence is often invisible to neighbours — hidden behind closed curtains, explained away, or carried silently out of fear or shame. It is one of the most painful forms of brokenness our city carries, and it deserves our most earnest prayer.

Psalm 46:1 calls God "our refuge and strength, an ever-present help in trouble." That word refuge matters — it speaks of somewhere to run to, not just something to endure. As we pray today, we ask God to be exactly that for anyone in Ballarat currently living in fear in their own home: a refuge, a way of escape, and a present help.

Scripture is also direct about what God expects of His people in the face of this kind of harm. Isaiah 1:17 doesn't offer vague sympathy — it commands action: "Learn to do right; seek justice. Defend the oppressed." Micah 6:8 adds that doing justice and loving mercy are not optional extras to faith but central to it. Prayer today should move us toward practical compassion, not just private concern.

It's also right to pray for those who cause harm — not to excuse it, but because lasting change for families requires more than removal from danger; it requires genuine repentance and transformation in those who abuse. Real freedom for a household touched by violence often depends on both: safety for the vulnerable, and true change in the one who has caused harm.

As you pray today, ask God to give courage to anyone trapped in a dangerous situation, wisdom and resourcing to the services that protect and support them, and a spirit of vigilant compassion to every church across Ballarat, so that no one who discloses abuse within our churches is ever disbelieved or dismissed.

If you or someone you know is affected by domestic or family violence, support is available 24/7 in Australia through 1800RESPECT (1800 737 732).