

# GHANA

S H O R T T E R M  
M I S S I O N S



## P R A Y E R G U I D E

JULY 15-25, 2026



# GHANA SHORT TERM MISSIONS

At The Met, Short Term Missions are an important way we support and encourage our missionaries while inviting our church family to take part in the Great Commission. These local and global opportunities allow participants to serve the local church, share the gospel, witness how God is at work around the world, and discern their own role in missions—whether as a sender or a goer.

Mission Ghana 2026 is one such opportunity, taking place July 15-25, 2026, in partnership with CAPRO Canada/Ghana. This team will **serve alongside African missionaries in northern Ghana, ministering among the Gonja and Nanumba peoples**—communities where less than 1% identify as Christian. Through relational outreach, prayer, youth ministry, and community visits, the team will share the hope of the Gospel and encourage local believers. The trip is led by Met missionaries John and Jennifer Brown.

We invite you to faithfully pray for this team, that the Lord would go before them, work through them, and use this trip to advance His kingdom both in Ghana and in the hearts of those He has called to serve.



# JOHN & JENNIFER BROWN



## TRIP LEADERS

For over 40 years, Jennifer and John have shared a life dedicated to global mission leadership and the urgent calling of winning souls for Christ. Today, they lead CAPRO Canada with a dual focus, prioritizing the unreached in Canada while continuing to reach out to the ends of the earth.

Beyond their Mission work, they find immense joy in their local service and fellowship at The Met. These roles allow them to pour their years of experience into the next generation, grounded in a lifelong passion for ministry.

## PRAYER REQUESTS

**Pray** for John and Jennifer's physical strength and protection from illness as they serve in the heat and demanding conditions of northern Ghana. Ask for endurance through long ministry days.

**Pray** also for spiritual wisdom and sensitivity as they lead their team, that they would have shepherding hearts, unity as a group, and the right words to encourage both their team and the Gonja and Nanumba peoples.



# JOY NG

## PRAYER COORDINATOR / MIT

Joy grew up in China and came to faith through missionaries while studying at university. From the beginning, missions has been close to her heart. She has served over 30 years in various volunteer roles and spent three years on the Missions Committee, later joining the Met's MIT program. Joy has also participated in short term missions in China and in Canada among immigrants and First Nations communities. In recent years, three of her siblings were imprisoned for their faith, deepening her confidence in the power of prayer and unity of the global church. Saved by grace and blessed to be a blessing, Joy is grateful to serve on the Ghana short term missions (STM) team.

## PRAYER REQUESTS

**Pray** that Joy would be a humble learner, growing in her understanding of Ghanaian culture, the basics of Islam, and the Gonja and Nanumba peoples.

**Pray** also that she would grow in truth and prayer alongside her team, being transformed as she seeks to be used by God during this STM trip and beyond in future mission work.



# VINCENT DAGENAIS



Alongside his studies, Vincent has recently begun work in the accounting department at The Met. In his free time, he enjoys playing and watching sports. Over an extended period, he prayerfully discerned a call to missions. With the guidance of the Holy Spirit and wise counsel, he sees this short-term mission trip to Ghana as an opportunity to better understand the path the Lord is leading him on. Vincent feels deeply blessed to be part of a supportive team that will help guide him throughout this journey.

## PRAYER REQUESTS

**Pray** that Vincent's unsaved family members would have their hearts softened to the gospel, that they would recognize their need for a Savior, and that Vincent would be guided in faithfully sharing his faith.

**Pray** that Vincent would have peace, strength, and endurance through ongoing responsibilities and seasons of busyness in school, and that he would handle everything with wisdom while continuing to trust in God.



# SENAI DEBEBE



Senai Debebe is currently completing The Met Internship program. He has been actively involved at The Met since 2020, serving in children's ministry, youth programs, seniors outreach, and young adult leadership. Motivated by a growing sense of responsibility for global missions, Senai is preparing to join the short-term trip to Ghana, where he hopes to deepen his understanding of his role in cross-cultural ministry.

## PRAYER REQUESTS

**Pray** that Senai would cultivate a continual posture of gratitude and thankfulness for the opportunity to go on this trip, recognizing it as a gift from God and responding with humility and joy.

**Pray** that Senai's heart and motives would be aligned with God's will, that he would approach the trip with sincerity, humility, and a desire to serve faithfully, seeking God's glory above all else during his time in Ghana.



# CHRISTINA SMITH



Christina is passionate about sharing the hope and love of Jesus, rooted in the transformation He has brought to her life. She seeks to be a light in the darkness by serving, encouraging, and walking alongside those who are vulnerable. With a heart for missions, she joined the Ghana trip to grow in faith, share the gospel, and support local believers. In daily life, she works as a holistic nutritionist and enjoys food, wellness, the outdoors, and hiking with her dog, while cherishing church, fellowship, and time with loved ones.

## PRAYER REQUESTS

**Pray** that God would use Christina abundantly as an instrument of His grace, that her words, actions, and presence would be a blessing and encouragement to others, and that everything she does would point back to Him and bring Him glory.

**Pray** that God would clearly reveal His will in every area of Christina's life, granting her wisdom, discernment, and sensitivity to His leading, so that she would walk in faithful obedience and align her choices fully with His purpose.



# CLAIRE VANDESANDE



Claire currently works at The Met as an administrative assistant with the Young Adults program while also completing her graduate studies in mechanical engineering at Carleton University. She came to faith through an Alpha group in high school and has since been involved in camp ministry, youth mentoring, and inductive Bible studies. Claire enjoys reading biographies and playing board games with her three sisters. This is her first short-term missions trip, and she is excited to experience faith in a new cultural context and discern her role in the Great Commission.

## PRAYER REQUESTS

**Pray** for the salvation of Claire's family who don't know Jesus. Pray that other believers would enter their lives and share the Good News and that their hearts would be softened.

**Pray** also for the additional time Claire will be staying in Ghana with a host family to visit the church plants and missionary families. May God guide her as to where He has called her and what He desires her to do with her life.



# TODD ZIHLMANN

Todd is a Bachelor of Education student at uOttawa with a passion for teaching and serving others. His faith in God has been central to his life and motivates his desire to share Christ with those around him. He is especially looking forward to this opportunity to grow in learning how to evangelize to the nations and step out in faith. Todd loves working with kids and has experience teaching and leading in both classrooms and church settings.

## PRAYER REQUESTS

**Pray** that the Spirit would move powerfully among the people groups they are visiting, before, during, and after the missions trip.

**Pray** that the Lord would break down barriers, providing opportunities to share the gospel and build meaningful relationships with those they encounter.



# 5 KEY PRAYER POINTS

## 1. God's Glory & Kingdom

Pray that God's name would be honoured and His will be accomplished through our team, the local missionary, and among the Gonja and Nanumba peoples.

Matthew 6:9–10 “Pray then like this: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven.”

## 2. Spiritual Breakthrough & Church Growth

Pray for victory over spiritual darkness, openness to the gospel, and revival, discipleship, and leadership development in local churches.

Colossians 1:13 “He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son”

## 3. Team Unity & Humble Learners

Pray that our team would walk in Christlike unity, humility, and teachability—serving as humble learners alongside the local church and missionaries.

Ephesians 4:2 “with all humility and gentleness, with patience, bearing with one another in love”

## 4. Provision & Preparation

Pray for God's provision in meeting fundraising goals, and for smooth preparation including visas, travel plans, and all logistics.

Matthew 6:11 “Give us this day our daily bread,”

Proverbs 16:3 “Commit your work to the Lord, and your plans will be established.”

## 5. Health, Safety & Protection

Pray for successful yellow-fever vaccinations, safe travel, protection from harm, and lasting fruit for God's glory.

Psalms 121:8 “The Lord will keep your going out and your coming in from this time forth and forevermore.”

Matthew 6:13 “And lead us not into temptation, but deliver us from evil.”

