

# Three Things Every Christian Should Know



1. Millions of people around the world suffer from hunger.
2. It doesn't have to happen.
3. With God's help, I can make a difference.

*The many biblical mandates to care for poor and helpless people do not seem to be optional, but what can the average Christian do in the face of such overwhelming need?*

## **The ABCs of Responding to Hunger**

### **A. Anchor Yourself in Prayer.**

After you have become informed, the first thing you should do is **pray and/or meditate**. Pray for hungry people and for those who labor to help them.

### **B. Be Knowledgeable.**

Stay informed. Find sources who can help you stay on top of hunger realities around the world. Read the newspaper; watch television news. Find a periodical that deals with hunger and justice issues—such as *Seeds*, *Sojourners*, *The Other Side*, or *Baptist Peacemaker*.

### **C. Challenge Others.**

Keep your faith community informed. Distribute bulletin inserts with information about hunger; arrange for a group tour of your local shelter or soup kitchen; invite speakers on hunger issues to your church; use some of the many helpful denominational resources at your disposal.

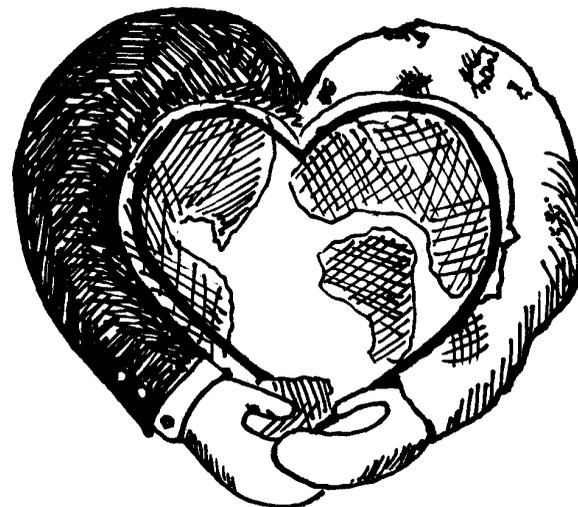
### **D. Develop an Understanding of Public Policy.**

Get involved with public policy. Christian lobby groups like Bread for the World can help you understand the political ramifications of hunger issues. They can also teach you to communicate effectively with your elected representatives. Contact Bread for the World at 1100 Wayne Avenue Suite 1000, Silver Spring, MD 20910; 301/608-2400. Ask about their Covenant Churches program and the annual Offering of Letters campaign.

### **E. Explore Individual Service Opportunities.**

Get involved on a personal, individual level. Check out your local feeding programs, shelters, soup kitchens, and similar organizations for the place that fits your talents and interests. Establishing and maintaining actual contact with poor people is vital to our spiritual health.

Once you've done these things, you've made an admirable start toward a meaningful response to the presence of hunger in your world.



## **Myths about Hunger**

- Excessive population and birthrate are the main causes of hunger.
- It's time to take care of things at home. Hungry people in Africa don't have anything to do with me.
- I am only one person. I can't do anything about world hunger.
- People wouldn't be poor if they would just go to work.
- There isn't enough food to feed the world's people.
- Most poor and hungry people are racial minorities.
- The US is the most generous donor of foreign aid in the world.

## **Facts about Hunger**

- More than one billion people in the world are chronically hungry.
- Every year 13 to 18 million people die around the world as a result of malnourishment or starvation.
- The number of people who die from undernourishment every two days is equivalent to the number of people who were killed instantly by the atomic bomb in Hiroshima.
- Most hungry people are illiterate, unhealthy, and without political power.
- Droughts, floods, or other natural disasters destroy many food crops annually.
- Hunger is a symptom of the larger problem of poverty.
- The biggest cause of food scarcity in the world is military conflict.
- Twenty million US citizens lack enough to eat for at least two days a month.