

# 40 Days to Better Understanding

**1** Colossians 3:9-17  
Start a food journal and write down everything you eat for 40 days. Notice the little things that we take for granted.

**2** Micah 6:6-8  
Use a Bible concordance to look up verses about taking care of poor people. Meditate on these in light of some of the major issues of the day.

**3** Romans 12:9-21  
Organize a blanket and warm clothing drive in your church. Give the items to a local shelter.

**4** Deuteronomy 15:8-11  
Set up a church-wide recycling center and get the children to promote it with announcements and skits.

**5** Invite your friends to come with you to volunteer at a soup kitchen or a food pantry today. Sit down and talk to one of the guests.  
Isaiah 61:1-4

**6** Luke 10:25-37  
Get your children to help prepare and deliver a meal to a homebound person.

**7** 2 Corinthians 8:1-21  
The average SNAP (Supplemental Nutrition Assistance Program) recipient receives \$1.25 per meal. Try eating on only \$3.75 today.

**8** Get the children in your church to assemble school kits for children in a refugee camp. Church World Service can provide information. Go to [www.churchworldservice.org](http://www.churchworldservice.org).  
1 John 3:16-18

**9** Organize a hunger meal for your church or group. You can find resources at [actfast.oxfamamerica.org](http://actfast.oxfamamerica.org) or on page 25 of *Developing a Heart for the Hungry*, the Seeds of Hope Hunger Emphasis primer.  
Matthew 19:16-22

**10** Read *A Place at the Table* and/or watch the film by that name. You can look up the film at [www.magpictures.com](http://www.magpictures.com) or order the book from Amazon.  
Luke 16:19-31

**11** Find out if your community has a CROP Hunger Walk to raise money to assist hungry people. If so, get involved. If not, consider organizing one. For more information, see the CROP Hunger Walk page at [www.churchworldservice.com](http://www.churchworldservice.com).  
Amos 8:4-7

**12** Find out how many things that you buy are made in China. Contact the company who made the product and ask about the working conditions of their factory workers.  
James 5:1-6

**13** Find out if your church uses fair-trade coffee. If it doesn't, introduce the congregation to the Equal Exchange Interfaith Program ([www.equalexchange.coop/interfaith](http://www.equalexchange.coop/interfaith)).  
Acts 20:32-35

**14** Pray for Syrian refugees, for the people in countries where they are fleeing, and for the humanitarian workers in those areas.  
Leviticus 23:22

**15** Go to bed hungry and pray for those who have to do so every night.  
Isaiah 32:1-8

**16** Organize a cooking class for low-income families. Go to [cookingmatters.org](http://cookingmatters.org) for free educational tools and a virtual tour of the grocery store.  
2 Corinthians 9:6-10

**17** Find out if there is a mentoring program for at-risk youth at a school near you. Encourage people at your church or in your group to mentor a child.  
Matthew 22:34-40

**18** Research microloans and learn about different ways people can use these loans to break out of poverty.  
Matthew 25:31-40

**19** Sit in the waiting room at a local emergency assistance agency for two hours, and just listen to the people.  
Luke 1:46-55

**20** When you go grocery shopping, buy extra canned food, peanut butter or other staples for your local food pantry.  
Isaiah 10:1-4

**21** Go to [www.seedspublishers.org](http://www.seedspublishers.org), click on the tab "Where Are People Hungry?" and read about the countries where food insecurity exists.  
Isaiah 1:12-17

**22** Use some of your coffee budget to purchase travel-sized toiletries. Put them in a baggie and give them to the street people you see.  
Psalms 107:33-43

**23** Email [seededitor1@gmail.com](mailto:seededitor1@gmail.com) and ask to be added to the electronic mailing list for *Hunger News & Hope*.  
Acts 4:32-35

**24** Write your US legislators about global poverty issues. Get your church to participate in this year's Bread for the World Offering of Letters. You can go to [www.bread.org/ol](http://www.bread.org/ol) to download a kit.  
Leviticus 25:8-17

**25** Learn about the impact of your purchases by visiting the Better World Shopper site at [betterworldshopper.com](http://betterworldshopper.com) and learn how the goods you purchase affect others around the world.  
Deuteronomy 10:12-19

**26** Read *The Summer Kitchen*, a novel by Lisa Wingate.  
Ezekiel 16:48-49

**27** Don't eat between meals today.  
Luke 12:16-21

**28** Give one of your favorite garments to a thrift store.  
Jeremiah 7:5-7

**29** Look a homeless person in the eye.  
Isaiah 58:6-10

**30** Find out if your community has a food pantry for HIV/AIDS patients. Ask someone to talk to your church or group about people living with HIV/AIDS.  
Luke 19:1-10

**31** Go to the grocery store with someone who pays with a SNAP (formerly Food Stamp) card, and watch the people around you for their reactions.  
1 Timothy 6:17-19

**32** Drink only water for a week to remember that a billion people lack access to clean drinking water.  
Galatians 6:7-10

**33** Go to [www.insight.org](http://www.insight.org) (the Center for Community Economic Development) and learn more about predatory "payday" lending and how to limit it.  
Psalms 82:1-4

**34** Make a list of different ways you can avoid wasting food.  
James 2:1-8

**35** Find out if your local restaurants give their extra food to feeding programs. If not, help them organize a food reclamation project. Go to [www.foodrescue.net](http://www.foodrescue.net) for more information.  
Zechariah 7:8-12

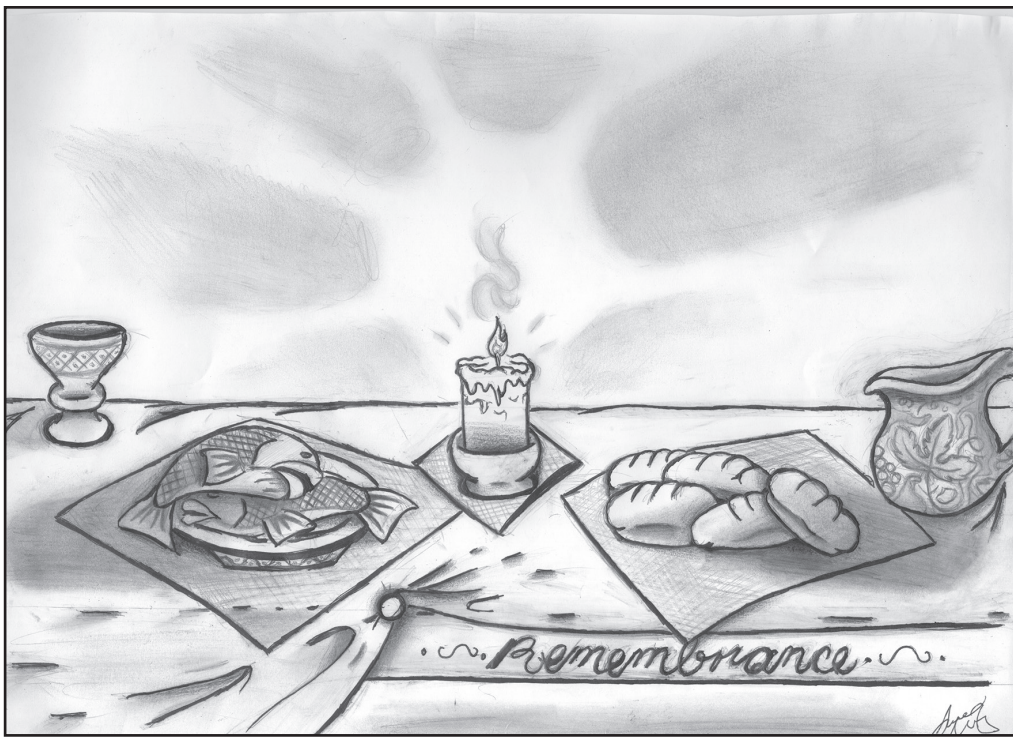
**36** Plan an alternative youth retreat for your church such as the "Living on the Other Side" experience at the World Hunger Relief farm in Elm Mott, Texas. Go to [www.worldhungerrelief.org](http://www.worldhungerrelief.org) for more information.  
Luke 14:15-24

**37** Pray for the people in Liberia, Sierra Leone and Guinea, who are still suffering from poverty and food insecurity because of last year's devastating Ebola crisis in their countries.  
Malachi 3:5

**38** Find out if there's a weekend backpack program for food-insecure schoolchildren in your area. If there is, volunteer to help. If there isn't, look up Pack of Hope or Blessing in a Backpack, and see what you can do.  
Job 31:16-28

**39** Pray for people who have been displaced by fires, floods, armed conflict or economic downturn. Find out if anyone in your area is facing this, and see what you can do to help.  
John 6:1-14

**40** Make yourself a promise that you will never, ever forget that one person CAN make a difference.  
Isaiah 65:17-25



art by Jesse Manning