

Who is my neighbor?

40 days of discovery



art by Sally Lynn Askins

1 Luke 10:25-37
Start a food journal and write down everything you eat for 40 days. Notice the little things that we take for granted.

2 Mark 10:17-21
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.

3 Romans 12:9-21
Get your children to help prepare and deliver a meal to a homebound person.

4 Exodus 16:9-18
Organize a blanket and warm clothing drive in your church. Give the items to a local shelter.

5 Isaiah 61:1-4
Read the special report about War and Food Security in the Summer 2013 issue of *Hunger News & Hope*.

6 Matthew 6:19-34
Pray for the people in Syria and in refugee camps outside the borders, and pray for the humanitarian workers in that area.

7 2 Corinthians 8:1-21
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 for more information.

8 1 John 3:16-18
Find out how many things that you buy are made in China. Contact the company of the product and ask about the working conditions of their factory workers.

9 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.

10 Jeremiah 22:13-16
Pray for people whose lives have been disrupted by hurricanes like Superstorm Sandy in New York, New Jersey and Caribbean islands, and explosions like the one in West, Texas.

11 Amos 8:4-7
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 for more information.

12 James 5:1-6
Read *A Place at the Table* and/or watch the film by that name. You can look up the film at www.magpictures.com or order the book from Amazon.

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

14 Leviticus 23:22
Don't eat between meals today.

15 2 Kings 4:42-45
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.

16 2 Corinthians 9:6-10
The average SNAP (Supplemental Nutrition Assistance Program) recipient receives \$1.25 per meal. Try eating on only \$3.75 today.

17 Matthew 22:34-40
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.

18 Matthew 25:31-40
Read the Pulitzer-Prize-winning book *The Orphan Master's Son* by Adam Johnson.

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

20 Job 5:8-16
When you go grocery shopping, buy extra canned food, peanut butter or other staples for your local food pantry.

21 Isaiah 1:12-17
Look at the labels on your clothing. Did it come from a sweat shop? (See www.fairtradefederation.org or www.sweatshops.org).

22 Acts 4:32-35
Learn what it would be like to live on less than \$1000 a month in the United States by going to www.playspent.org

23 Deuteronomy 10:12-19
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 to download a kit.

24 Leviticus 25:8-17
Learn about the impact of your purchases by visiting the Better World Shopper site at betterworldshopper.com and learn how the goods you purchase affect others around the world.

25 Ezekiel 16:48-49
Research microloans and learn about different ways people can use these loans to break out of poverty.

26 Luke 10:29-37
Go to bed hungry and pray for those who have to do so every night.

27 1 Timothy 6:17-19
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.

28 Luke 19:1-10
Get a group to pack 2 ounces (one-fourth cup) of rice into a snack-sized baggie with a slip of paper that says, "This is all 850 million people in the world have to eat each day." Give them out at a church supper.

29 Romans 15:25-27
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.

30 Esther 9:20-23
Organize a garage sale with friends; send the proceeds to a nonprofit organization that you and your friends agree upon.

31 Psalm 82:1-4
Drink only water for a week to remember that a billion people lack access to clean drinking water.

32 Job 31:16-28
Give one of your favorite garments to a thrift store or clothing program.

33 Zechariah 7:8-12
Organize a hunger banquet in your community. You can find resources at actfast.oxfamamerica.org.

34 Isaiah 58:6-10
Find out if your community has a CROP Hunger Walk to raise money for hunger causes. If so, get involved. If not, consider organizing one. For more information, see the CROP Hunger Walk page at www.churchworldservice.com.

35 Luke 14:15-24
Find out if your community has a pantry for HIV/AIDS patients. Ask someone to talk to your church or group about people living with HIV/AIDS.

36 Isaiah 58:6-12
Look a homeless person in the eye.

37 Exodus 17:1-7
Learn what types of decisions hungry people face. Go to www.churchworldservice.org/decisions and go through the story, making the choices you think best.

38 John 21:1-14
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.

39 John 6:1-14
Calculate the weekly budget for a family of four on minimum wage in your community.

40 Philippians 4:6-20
Make yourself a promise that you will never, ever forget that one person CAN make a difference.