

Garden of Hope

40 Days of Discovery

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
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 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.
1 John 3:16-18

9 Read the booklet *Food Sovereignty*, from the National Family Farm Coalition and Grassroots International, at www.grassrootsonline.org/publications. It is available for no charge in English, Spanish, Portuguese and French.
Matthew 19:16-22

10 Luke 16:19-31
Pray for people who have lost their homes or 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.

11 Amos 8:4-7
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.

12 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.
James 5:1-6

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
Pray for the people in Syria and in refugee camps outside the borders, and pray for the humanitarian workers in that area.

15 Isaiah 32:1-8
Look a homeless person in the eye.

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

17 Matthew 22:34-40
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.

18 Matthew 25:31-40
Watch the HBO documentary *Homeless: The Motel Kids of Orange County*.

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

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

22 Psalm 107:33-43
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.

23 Go to www.seedspublishers.org/news and read about US prisons in the summer 2014 issue of *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 to download a kit.
Leviticus 25:8-17

25 Deuteronomy 10:12-19
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.

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

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

28 Luke 19:1-10

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.

29 Jeremiah 7:5-7
Take your children to a farmer's market and talk to them about eating healthy food grown by local famers.

30 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.

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

32 Psalm 82:1-4
Watch the movie *Inequality for All* and organize a discussion about it in your group. If you know an economist, get him or her to speak after the movie.

33 Give one of your favorite garments to a thrift store or clothing program.
James 2:1-8

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

35 Go to bed hungry and pray for those who have to do so every night.
Isaiah 58:6-10

36 Luke 14:15-24
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.

37 Pray for the people in Liberia, Sierr Leone and Guinea, that they, along with help from other countries, will be able to stop the spread of Ebola. Pray also for the aid workers and for people whose food security is threatened by this epidemic.
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 Calculate the weekly budget for a family of four living on minimum wage in your community.
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

