

# 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](http://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](http://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](http://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](http://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](http://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](http://www.fairtradefederation.org) or [www.sweatshops.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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.