

# Forty days to better understanding

The folks at Seeds of Hope believe that authentic work towards healing hunger comes from an inner strength, which comes from spiritual disciplines. We also believe that a concerted effort, even by a small number of people, to observe a time of prayer together can make a huge difference in how we all face the problems of hunger and poverty. The 2012 40-day calendar is designed to help you prepare spiritually for the work ahead of us. We challenge you to use the scriptures and suggestions on this calendar to make these 40 days a holy season.

*—with blessings from the Seeds of Hope staff and Council of Stewards*

**8** Have a conversation with a homeless person. Learn their name and where they are from.  
1 John 3:16-18

**9** Read *Everyday Justice: The Global Impact of our Daily Choices* by Julie Clawson, and learn everyday actions you can take to aid justice issues around the world.  
Micah 6:6-8

**12** 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.  
2 Kings 4:42-45

**13** Go to bed hungry and pray for those who have to do so every night.  
Jeremiah 22:13-16

**16** The average SNAP (Supplemental Nutrition Assistance Program) recipient receives \$1.25 per meal. Try eating on only \$3.75 today.  
Deuteronomy 10:12-19  
2 Corinthians 9:6-10

**17** 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.  
Psalm 82:1-4

**1**

Matthew 25:31-40  
**Read Matthew 25:31-40.**

**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  
Research Apple's products and where they come from. Contact the company and ask about the working conditions of their factory workers.

**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 *Rebalancing Act: Updating U.S. Food and Farm Policies*. A downloadable PDF can be found at www.bread.org.

**6**

Amos 8:4-7  
**Do a YouTube search for videos about poverty in Syria.**

**7**

James 5:1-6  
**Pray for those who work in relief and development, especially in war-torn places.**

**28**

Matthew 22:34-40  
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.

**32**

Leviticus 25:8-17  
**When you go grocery shopping, buy extra canned food, peanut butter, or other staples for your local food pantry.**

**37**

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

**33**

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

**38**

Zechariah 7:8-12  
**Make a list of different ways you can avoid wasting food.**

**39**

Isaiah 58:6-12  
**Invite your friends to come with you to volunteer at a soup kitchen or a food pantry today.**

**40**

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

**20**

Matthew 6:25-34  
**Look a homeless person in the eye.**

**21**

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.

**24**

Matthew 6:19-24

More than 925 million people in the world live on less than two ounces of rice daily. Before every meal you eat today, pray for these people.

**29**

Acts 20:32-35  
Ask your church for the name of a family who could use some help with groceries. Put together a grocery basket with necessities and goodies, and drop it off on the family's porch with a note of encouragement.

**22**

Romans 15: 25-27  
**Host a showing of the movie *The Hunger Games* and then have a discussion about the justice issues found in the movie.**

**26**

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).

**30**

Luke 10:29-37  
**Read the story about foodies in the summer 2012 issue of *Hunger News & Hope*.**

**34**

John 6:1-14  
**Pray for the people of Greece as a broken economy has caused a spike in homelessness and poverty.**

**35**

John 21:1-14  
**Organize a hunger banquet in your community. You can find resources at actfast.oxfamamerica.org.**

**36**

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

Esther 9:20-23

**23**

Organize a garage sale with friends; send the proceeds to a nonprofit organization that you and your friends agree upon.

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