

# 40 Days to Hunger Awareness

*The folks at Seeds of Hope believe that authentic work towards healing hunger comes from an inner strength, and that inner strength comes from spiritual disciplines. We also firmly believe that a concerted effort, even by a small number of people, to observe a time of prayer together and perhaps fasting (Yeah, we know it's scary) can make a huge difference in how we all face the problems of hunger and poverty. This forty-day calendar, compiled by Holly Vargo and Katie Cook, is designed to help you prepare spiritually for the work ahead of us. We challenge you to use the scriptures and suggestions on these two pages to make these forty days a holy season. —from the staff and Council of Stewards*

**1** Write to your Congressional representatives and tell them your concerns about US neglect of the homeless and chronically hungry in our nation and tell them that you'd like them to take more proactive steps towards hunger relief. Isaiah 1:15-17

**7** Pray for all who work ceaselessly to help feed the world's hungry people. Luke 9:10-17



**13** 41 countries suffer from extreme debt and poverty. Contact Jubilee USA to learn more about what you can do to encourage the US to initiate policies that will help relieve the debt of these impoverished nations. Contact Mara Vanderslice: 202/783-0129 or mara@j2000usa.org. Or visit www.jubileeusa.org Luke 1:46-55

**20** Estimate how much you spent on snacks and treats in the past week and donate the same amount to your local food pantry. Isaiah 3:13-15

**27** The next time you see images of starving children on your television, don't change the channel. 1 Timothy 1:5

**34** Give a bottle of water and a baseball cap to a homeless person that you see outside on a hot day. Luke 14:12-14

**8** The next time you reach for seconds at the dinner table, stop. Leave the table still feeling hungry and pray for those who feel the same way. Leviticus 23:22

**14** Ponder this: Many people in impoverished countries live on less than \$1 a day. Psalms 41:3

**21** Read the book *Parables as Submissive Speech* (Jesus as a Pedagogue of the Oppressed) by William R. Herzog II. Proverbs 14:21



**28** When your stomach growls, pray for the hungry. 1 Cor. 4:9-13

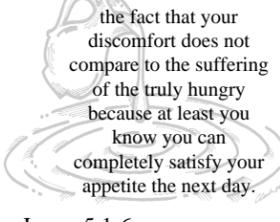
**35** Imagine what you think a typical homeless person looks like and then ponder this fact: the average age of a homeless person in the U.S. is seven years. Job 5:1-16

**2** The next time you see someone on a street corner with a sign that says, "Hungry," go to a drive-through and get him/her some food. Matthew 25:36, 43

**9** Investigate the Micah 6 project at the following website: [www.micah6.org](http://www.micah6.org) Micah 6:8

**15** Learn more about Afghanistan and how constant warring is affecting the nation's levels of poverty, homelessness, and hunger. Try [www.churchworldservice.org](http://www.churchworldservice.org). Matthew 6:25-34

**22** For one day, drink only water and meditate on the fact that your discomfort does not compare to the suffering of the truly hungry because at least you know you can completely satisfy your appetite the next day. James 5:1-6



**29** Calculate what you'd spend in two weeks on leisure activities (movies, eating out, buying CDs, etc.) and give the same amount to a hunger awareness program. Jeremiah 22:13-16

**36** Consider sending warm clothing to a shelter for homeless men in Altoona, Pennsylvania. Email David Delacroix at [dawired@hotmail.com](mailto:dawired@hotmail.com) to arrange for this project. Psalms 82:1-4

**3** Contact Bread for the World for information on how to help people break the cycle of poverty in the US: Bread for the World 50 F St. NW, Suite 500 Washington, DC 20001 1-800-82-BREAD (fax) 202-639-9401 [www.bread.org](http://www.bread.org) Deut. 14:28 -15:11

**16** Consider this: Every day, approximately 31,000 people die of hunger-related causes. Luke 19:9-10

**23** Once a week, once a month, or however often your schedule allows it, donate your time by helping to distribute meals at a soup kitchen. Try to make it at a time other than Thanksgiving or Christmas. 1 Cor. 10:23-24

**30** Write your Congressional representatives and ask them to strengthen the TANF (Temporary Assistance for Needy Families) program by supporting the Working From Poverty to Promise Act of 2002. See [www.bread.org](http://www.bread.org) 1 Timothy 6:17-19

**37** Take your Sunday school children on a "field trip" to a food pantry or a soup kitchen and have them donate their time and services for a few hours. 2 Kings 4:42-45

**38** Each time you go grocery shopping, buy two extra non-perishable items and donate them to a local food relief agency. Matthew 19:16-22



**4** Pick one day a week for a month and fast on bread and water. Use the time to meditate and pray for the world's hungry. Ezekiel 18:5-9

**10** Donate a few blankets to a homeless shelter every month of winter. In addition, donate any extra coats/scarves/gloves you may have. Proverbs 14:31

**17** Look a homeless person in the eye. Isaiah 60:4-5



**24** Meditate on this today: If Jesus went shopping with you, would your buying habits be any different? Isaiah 58:6-12

**31** The next time you're caught out in the rain, be thankful that you have a place to dry off and plenty of warm, dry clothes to change into. Then pray for all those who must endure getting wet without having the benefit of being able to seek shelter or change out of their soggy, uncomfortable clothing. Proverbs 16:26

**39** Count the times you open your refrigerator door. Donate 10 cents for each time. Matthew 25:34-40

**5** Go to [www.hungersite.org](http://www.hungersite.org) every day and click the indicated button to help feed the hungry. Lamentations 1:11

**11** Get your school/office involved in organizing/participating in a food drive. Luke 16:19-31



**18** Watch the video *When Did I See You Hungry?* with your high school youth group. To order for \$20, contact the San Damiano Foundation at PO Box 1794, Burbank, CA 91507; Phone: 818/563-1947; email: [Straubgt@aol.com](mailto:Straubgt@aol.com). Proverbs 19:17

**25** Think about this: The wealthiest 20% of the world's population consumes 86% of the world's goods and services. The poorest 20% of the population consumes 1% of the goods and services. Mark 10:23-27

**32** Don't recycle aluminum cans. Instead, bag them and leave them by a dumpster for homeless collectors. Luke 10:29-37

**40** Pray to God and ask God to make those who *have* understand and accept their obligation to help those who *have not*. Lamentations 3:40

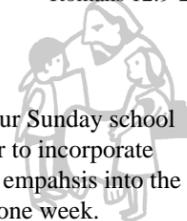


**6** Buy coffee sponsored by TransFair USA so third-world coffee farmers receive fair prices for their crops. [www.transfairusa.org](http://www.transfairusa.org) Proverbs 11:2



**12** Make homemade cookies for inmates. Go to the Kairos Prison Ministry web site ([www.kairos-darrington.org](http://www.kairos-darrington.org)) to find out what cookies meet the prison's rules and where to send them.) for more information, email John English at [j.a.english@dannenbaum.com](mailto:j.a.english@dannenbaum.com) Galatians 6:7-10

**19** Ask your Sunday school director to incorporate hunger emphasis into the lesson one week. Romans 12:9-21



**26** Order the PBS series, *Africa*, and watch it with your family. It is available on VHS/DVD and may be ordered at [www.pbs.org](http://www.pbs.org). Amos 8:4-7

**33** In the winter, every time you shiver donate a penny to a homeless shelter. Luke 8:4-8

