

art by Rachel Farris

I Was Hungry, and You....

40-Day Hunger Calendar

1

1 John 3:16-18

Challenge a group at your church to read all of the scriptures on this calendar in 40 days. Check in with each other every week to share your insights.

2

2 Corinthians 8:1-15

Go to map.feedingamerica.org and look up the number of food insecure people in your community.

3

Mark 10:17-22

Pray for aid workers who are trying to provide humanitarian aid in the world's many areas of conflict and famine.

4

Luke 1:46-55

With a church group, look up the phrase "knowing God" in a concordance. How many times is that phrase connected to doing justice? Discuss what "doing justice" means.

5

Deuteronomy 15:7-11

Watch the PBS documentary *Born Poor*, a follow-up from the 2012 film *Poor Kids*.

6

Luke 10:25-37

Ask your church to assemble school kits, hygiene kits, welcome backpacks and emergency cleanup buckets for refugees and victims of disaster. Go to cwskits.org to find out how.

7

Exodus 22:21-27

Volunteer to help serve a meal at Salvation Army or another soup kitchen. Then sit down and visit with the guests.

8

Luke 16:19-31

Find out if your community has a Habitat for Humanity affiliate. Go to www.habitat.org to learn more about this opportunity to build houses for low-income people.

9

Amos 8:4-7

Find out if your community has a CROP Hunger Walk to raise money and hunger awareness. If so, get involved. If not, consider organizing one. For more information, go to <https://events.crophungerwalk.org/2024>.

10

Psalms 82:1-4

Thank God for your meals each day (even if it's not your favorite) and pray for those who don't have enough to eat.

11

James 5:1-6

Find and view the 2019 film *The Boy Who Harnessed the Wind*, about a 13-year-old boy in Malawi who finds a way to save his village from famine.

12

Luke 7:18-23

Go to the UN World Food Programme site at www.wfp.org and download the latest hunger map. Use it to pray for hungry people in the countries with the most need.

13

Amos 2:6-8

Find out where the food at your grocery store comes from. Many stores try to use locally grown food and locally manufactured goods because they use less energy and incur lower transportation costs.

14

Isaiah 61:1-4

Start a Little Free Pantry. Read about the grassroots movement at www.thelittlefreepantries.org.

15

1 Samuel 2:1-8

Ask your children's group to write encouraging "love notes" to people who come to a local pantry for food. Slip the notes into their food boxes.

16

Ezekiel 16:48-50

Find out if anyone in your community helps with school uniforms for unhoused students. Ask a school official what you can do to help.

17

Matthew 25:31-40

Better Banking Options is a network of banks and credit unions that bring capital into low-income neighborhoods neglected by traditional banking. See how you can help at www.betterbankingoptions.com.

18

John 6:1-14

Get a copy of *A Journey toward Hope* by Victor Hinojosa and Coert Voorhees. Available in Spanish and English, the book follows the stories of four unaccompanied migrant children.

19

Isaiah 10:1-4

Find ways you can support small businesses that are owned by people of color and religious minorities.

20

Luke 19:1-10

Start a container garden. Find some containers that you already have and plant herbs or vegetables. If you have extra, give it to your local food pantry.

21

Romans 12:9-21

Sit in the waiting room of a local emergency assistance program and talk to the clients.

22

Psalms 107:33-43

When you shop for groceries, buy extra staples for your local food pantry. Before you go, call the pantry's staff and ask them what is most needed.

23

Isaiah 32:1-8

Look at the labels on your clothing. Did any of it come from a sweat shop? (See www.sweatshops.org).

24

Deuteronomy 10:12-19

Start your Christmas shopping now by picking gifts of honor for your loved ones: a warm meal for a child, books for seven children, fruit seeds, financial training for a woman, a household water filter or many other options. Go to www.cwsbestgifts.org to shop.

25

Matthew 22:34-40

Go to www.frac.org and learn about the importance of SNAP benefits in keeping people from going hungry.

26

Isaiah 1:11-17

Volunteer to do chores or pick up groceries or medicine for someone in your church who can't get around very well.

27

Jeremiah 7:1-11

Find out if anyone in your community is sponsoring a refugee or refugee family. Ask what you can do to help.

28

1 Timothy 6:17-19

Install a recycling bin at your church and set up a team to transfer the materials to a city-wide recycling center.

29

Deuteronomy 14:28-15:6

Drink only water for a week and give thanks for clean, safe, accessible water.

30

Micah 6:6-8

Volunteer to deliver food to homebound seniors for Meals on Wheels.

31

James 2:1-9

Look a homeless person in the eye.

32

Zechariah 7:8-13

Using more energy than we need drives up food prices. Talk to your church and family about ways you can use less energy.

33

Proverbs 31:8-9

Ask your church members to write to US leaders and tell them that it is important that we make sure everyone has enough to eat. Ask participants to bring the letters to church and bless them before you mail them. Go to ol.bread.org to learn more.

34

Luke 12:16-21

Don't eat between meals today.

35

Isaiah 58:6-12

Organize a blanket and warm clothing drive in your church. Give the items to a local shelter.

36

Job 31:16-28

Read "Responding to the Needs of Our Neighbors," a story about The Heart of Texas Network for Immigrant Rights in the Spring/Summer 2026 issue of *Hunger News & Hope*. Go to www.seedspublishers.org/news.

37

Malachi 3:5

Get a group to put together emergency kits for unhoused people, containing toiletries, hand sanitizer, warm gloves, feminine hygiene products, a bottle of water and protein bars.

38

Luke 14:15-24

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, search for "backpack programs," and see what you can do.

39

Acts 4:32-35

Skip lunch today and give the money you saved to a local hunger project.

40

Isaiah 65:17-25

Never, ever, forget that you can make a difference in the world. Do what you can, when you can, and ask God to bless your effort. To someone it may mean more than you dare to think.

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