

Lenten Prayers for Hungry People

Readings, prayers, and actions to help you and your family observe Lent in 2018 — prepared by Bread for the World



First Week in Lent February 18–24

Jesus proclaims the good news

Genesis 9:8-17
Psalm 25:1-10

1 Peter 3:18-22
Mark 1:9-15

...Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent and believe in the good news.”

—*Mark 1:14-15*

Be mindful of your mercy, O Lord, and of your steadfast love, for they have been from of old.

—*Psalms 25:6*

PRAYER:

O Christ, we give thanks that during this season of Lent you come into our lives, proclaiming God’s salvation. Renew our faith in this good news so that we may raise our voices on behalf of those who hunger in our world. *Amen.*

ACTION:

Join religious leaders and thousands of others who are observing a day of prayer, fasting, and advocacy on the 21st of each month (the day that SNAP benefits typically run out). To make your commitment to this effort and to receive suggestions for prayer, fasting, and advocacy, visit bread.org/fast.

▶ Fold this “table tent” along the lines and insert the tab through the slot. Fold backwards for the Fourth and Fifth Weeks in Lent and Holy Week.

Second Week in Lent February 25 – March 3

Jesus invites us to take up the cross

Genesis 17:1-7, 15-16

Psalm 22:23-31

Romans 4:13-25

Mark 8:31-38 or Mark 9:2-9

[Jesus] called the crowd with his disciples, and said to them, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it.”

—*Mark 8:34-35*

The poor shall eat and be satisfied;
those who seek him shall praise the Lord....
All the ends of the earth shall remember and turn to the Lord;
and all the families of the nations shall worship before him.

—*Psalm 22:26-27*



PRAYER:

O God, you desire that all people should eat and be satisfied. As we follow Jesus to Jerusalem and the cross, may our lives be so transformed that we work to see that all may share in your bounty. *Amen.*

ACTION:

Contact your members of Congress and urge them to continue our nation’s investment in humanitarian aid and development assistance that enables farmers in Africa and elsewhere to grow more food — and more nutritious food—to feed their families and communities. Call (800-826-3688) or visit bread.org/write to email your members of Congress.

An online version of Lenten Prayers can be found at bread.org/lent.

The readings are those appointed for each Sunday in Lent in the Revised Common Lectionary. All scripture texts are from the New Revised Standard Version, © The Division of Christian Education of the National Council of Churches in the United States of America.

Jesus calls us to true worship

Exodus 20:1-17

Psalm 19

1 Corinthians 1:18-25

John 2:13-15a

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple....

—*John 2:13-15a*

Let the words of my mouth and the meditation of my heart
be acceptable to you, O Lord, my rock and my redeemer.

—*Psalm 19:14*

Bread for the World is a collective Christian voice urging our nation's decision makers to end hunger at home and abroad. Working through churches, campuses, and other organizations, we equip and inspire people of faith to persuade Congress to address the causes of hunger. Bread for the World is supported by the Roman Catholic Church and all major Protestant denominations, and is sustained by generous contributions from individuals and families.

PRAYER:

O Christ, you enable us to worship God with our entire lives. Grant us the courage to speak out against greed and injustice in our world. Embolden us as we challenge our nation's leaders to change the conditions that allow hunger to persist.
Amen.



ACTION:

Invite someone from a local food pantry to your adult Bible class or adult forum—or perhaps you can visit their site. Learn about how those served by these programs benefit from SNAP and other federal nutrition programs.

Fourth Week in Lent March 11–17

Jesus is lifted up for our salvation

Numbers 21:4-9

Psalms 107:1-3, 17-22

Ephesians 2:1-10

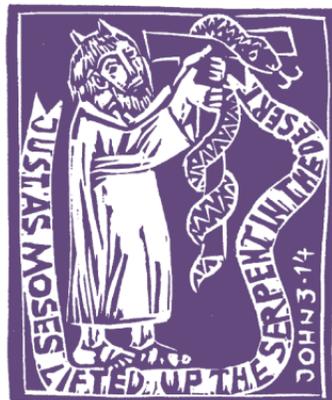
John 3:14-21

[Jesus said,] “And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.... Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

—*John 3:14-15, 17*

O give thanks to the Lord, for he is good;
for his steadfast love endures forever.

—*Psalms 107:1*



PRAYER:

O God, you lift up your Son Jesus on the cross so that the whole world might be saved. Sustained by your steadfast love, may we not grow weary in seeking an end to hunger.

Amen.

ACTION:

Take a few minutes to write, call (800-826-3688), or send a personal email message to your representative and senators. Urge them to protect vital programs for people who struggle with hunger and poverty so that they have the opportunity to reach their God-given potential. Visit bread.org/ write to find a sample letter along with the names and contact information for your members of Congress.

Bread for the World's 2018 Offering of Letters: For Such a Time as This urges Congress to invest in programs and support policies that help improve the lives of those struggling with hunger in the United States and around the world. To find out how you and your congregation can take part in this year's letter-writing campaign, visit bread.org/ol2018 or call 800-822-7323.

Fifth Week in Lent March 18–24

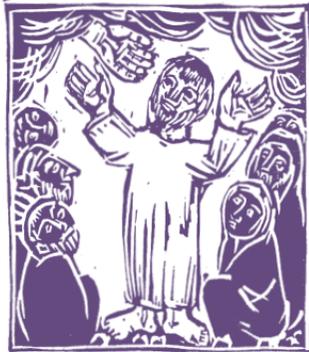
Jesus nears Jerusalem — and the cross

Jeremiah 31:31-34
Psalm 51:1-12

Hebrews 5:5-10
John 12:20-33

Jesus answered them, “The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.

—*John 12:23-24*



Create in me a clean heart, O God,
and put a new and right spirit within me...
Restore to me the joy of your salvation,
and sustain in me a willing spirit.

—*Psalm 51:10 and 12*

The woodcuts throughout Lenten Prayers for Hungry People were created by the artist Helen Siegl, a longtime Bread for the World member.

PRAYER:

O Christ, we give thanks that, in your suffering and death, you reveal God’s glory and give us the gift of new life. As you create a new heart in us, may our eyes be opened to ways we can create hope and opportunity for those who hunger and live in poverty.
Amen.

ACTION:

Stay informed about hunger-related happenings in Congress. Sign up to receive Fresh Bread, a brief email newsletter sent each week when Congress is in session. Sign up at bread.org/freshbread.



breadfortheworld
HAVE FAITH. END HUNGER.

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Holy Week March 25–31

Jesus is anointed for burial

Isaiah 50:4-9a
Psalm 31:9-16
Philippians 2:5-11
Mark 14:1-15:47

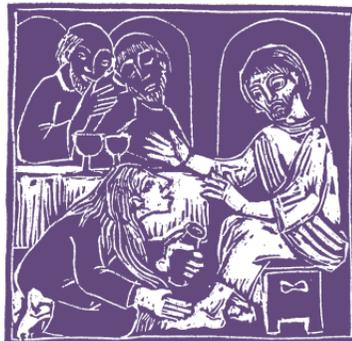
These are the scripture readings appointed for the Sunday of the Passion.

While [Jesus] was at Bethany in the house of Simon the leper, as he sat at the table, a woman came with an alabaster jar of very costly ointment of nard, and she broke open the jar and poured the ointment on his head.... [Jesus said], “She has done what she could; she has anointed my body beforehand for its burial.”

—*Mark 14:3 and 8*

But I trust in you, O Lord; I say, “You are my God.”
My times are in your hand;
deliver me from the hand of my enemies and persecutors.
Let your face shine upon your servant;
save me in your steadfast love.

—*Psalms 31:14-16*



PRAYER:

O Christ, grant us grace and hope as we prepare for Good Friday. By your crucifixion and resurrection, you overcome death and all the powers of evil. As you raise us up to new life with you, use our hands, hearts, and voices to see that all people benefit from the abundance of God's creation. *Amen.*

ACTION:

The weeks following Easter are an ideal time to explore how we can be agents of new life in God's world. The Spring recess is also a good time to meet with your representative in Congress when she or he returns to the home district. Visit bread.org/activist to find suggestions about arranging these face-to-face visits with your congressional representative.

To request a free copy of our “Daily Prayers for An End to Hunger,” visit bread.org/pray or call 800-822-7323.