

Lenten Prayers for Hungry People

Readings, prayers, and actions to help you and your family observe Lent in 2010 — prepared by Bread for the World



First Week in Lent (February 21-27)

Jesus Serves God Alone

Deuteronomy 26:1-11

Romans 8:8b-13

Psalms 91:1-2, 9-16

Luke 4:1-13

Jesus answered [the devil], “It is written, ‘Worship the Lord your God, and serve only him.’”

—*Luke 4:8*

You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,
will say to the Lord, “My refuge and my fortress;
my God, in whom I trust.

—*Psalms 91:1-2*

PRAYER:

O Christ, in your death and resurrection, you have conquered all the forces of evil. During these days of Lent, may we find our strength in you, so that we might serve God by helping those who suffer from the evil of hunger. Amen.

REFLECTION:

Lent is a time to reckon with the reality of the darkness. We do so with hope because the season ends in Easter, in resurrection, in new life. But we can be raised to new life only if we have first died to the old one. That is the challenge and the gift of Lent. —Kimberlee Conway Ireton, *The Circle of Seasons: Meeting God in the Church Year* (Intervarsity Press, 2008)

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

Second Week in Lent (February 28 - March 6)

Jesus Is Rejected by the Religious Leaders

Genesis 15:1-12, 17-18

Psalm 27

Philippians 3:17– 4:1

Luke 13:31-35 or Luke 9:28-43

[Jesus said,] “Jerusalem, Jerusalem . . . How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing!”

—*Luke 13:34*

I believe that I shall see the goodness of the Lord
in the land of the living.

Wait for the Lord;

be strong, and let your heart take courage;
wait for the Lord!

—*Psalm 27:13-14*



PRAYER:

O Christ, you prayed for those who rejected you and sought your death. Gather us under the wings of your grace and mercy. Grant us strength and courage as we seek to share the blessings of the land with all those who hunger. Amen.

ACTION:

During Lent, many Christians give up some favorite food. Others participate in special fasts as a way to remember those who are hungry. You may prefer to fast for just one day—or simply skip one meal. Contribute the money you save to your church or denomination’s hunger appeal.



*Woodcuts were created by Helen Siegl,
a longtime Bread for the World member.*

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

Third Week in Lent (March 7-13)

Jesus Calls All to Repentance

Isaiah 55:1-9
Psalm 63:1-8

1 Corinthians 10:1-13
Luke 13:1-9

So he said to the gardener, "... For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil? [The gardener] replied, "Sir, let it alone for one more year.... If it bears fruit next year, well and good; but if not, you can cut it down."

—*Luke 13:7-9*

[O God], you have been my help,
and in the shadow of your wings I sing for joy.

—*Psalm 63:7*

You may wish to enrich your Lenten devotion and scripture study by ordering *Hunger for the Word: Lectionary Reflections on Food and Justice: Year C*, edited by BFW staff member Larry Hollar. Copies of this and other materials may be ordered at www.breadstore.org or by calling toll-free 1-800-822-7323.



PRAYER:

O God, you call us to repentance and offer us mercy and forgiveness in Christ Jesus. Grant us faith to trust this gracious gift so that we may bear the fruit you desire, working to share the abundance of your creation with all those in need. Amen.

ACTION:

One in four children in the United States now faces the threat of hunger. In 2010, Bread for the World is urging Congress to expand and improve school meals and other nutrition programs that benefit children. Call 1-800-822-7323 or visit www.bread.org/ol2010 to find how you and your congregation can participate by sponsoring an Offering of Letters.

Fourth Week in Lent (March 14-20)

Jesus Welcomes Sinners

Joshua 5:9-12

Psalm 32

2 Corinthians 5:16-21

Luke 15:1-3, 11b-32

Now all the tax collectors and sinners were coming near to listen to [Jesus]. And the Pharisees and the scribes were grumbling and saying, “This fellow welcomes sinners and eats with them.”

—*Luke 15:1-2*

[O Lord], You are a hiding-place for me;
you preserve me from trouble;
you surround me with glad cries of deliverance.

—*Psalm 32:7*

Bread for the World is a collective Christian voice urging our nation's leaders to end hunger at home and abroad. Our work is supported by the Roman Catholic Church and all major Protestant denominations and is sustained by generous contributions from individuals and families.



PRAYER:

O God, we are both the prodigal son and the elder brother. Save us from despair and from pride. Through your love and grace in Christ, turn us around so that we may prepare a feast of hope and opportunity for those who live in hunger. Amen.

ACTION:

Members of Congress pay special attention to the local newspapers in their district and state. Write letters to the editor and contribute op-ed pieces so your representative and senators in Washington, D.C., see that their constituents believe ending hunger should be a national priority.



breadfortheworld
HAVE FAITH. END HUNGER.

50 F STREET NW, SUITE 500
WASHINGTON, DC 20001

Fifth Week in Lent (March 21-27)

Jesus Is Anointed for Death

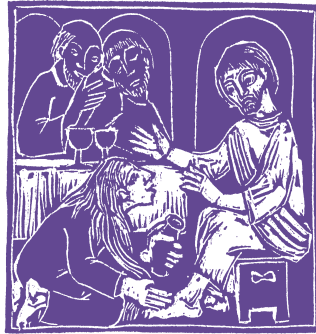
Isaiah 43:16-21 Psalm 126
Philippians 3:4b-14 John 12:1-8

Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume.

—*John 12:3*

May those who sow in tears reap with shouts of joy.
Those who go out weeping, bearing the seed for sowing,
shall come home with shouts of joy, carrying their sheaves.

—*Psalm 126:5-6*



PRAYER:

O Christ, we give thanks for Mary and all your faithful disciples whose examples guide our Lenten pilgrimage. May the outpouring of your abundant grace embolden us as we urge our elected officials to end poverty and hunger. Amen.

ACTION:

More than three-quarters of the world's poorest people depend on farming for their livelihood. Increasing agricultural productivity in Africa and elsewhere is the long-term solution to the global hunger crisis. Take a few minutes to write or call your members of Congress to encourage them to support the new U.S.-led initiative on global food security and agricultural productivity. To find the names of your senators and representative, visit www.bread.org.

To become a member of Bread for the World or to request a free copy of our 12-page booklet, "What You Can Do to End Hunger," visit www.bread.org/booklet or call 1-800-822-7323.

Holy Week (March 28-April 3)

Jesus Cries Out and Breathes His Last

Isaiah 50:4-9a

Psalms 31:9-16

Philippians 2:5-11

Luke 22:14-23:56

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



Then Jesus, crying with a loud voice, said, “Father, into your hands I commend my spirit.” Having said this, he breathed his last But all his acquaintances, including the women who had followed him from Galilee, stood at a distance, watching these things.

—*Luke 23:46, 49*

But I trust in you, O Lord My times are in your hand
Let your face shine upon your servant;
save me in your steadfast love.

—*Psalms 31:14a, 15a, 16*

PRAYER:

O God, your Son gives up his life for us so that we might live in your steadfast love. May we so trust the new life you give to us that we spend our days creating hope and opportunity for hungry people. 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 when she or he returns to the home district. Visit www.bread.org to find suggestions about arranging these face-to-face visits with your Congressional representative.

Hunger Sunday is Bread for the World’s newsletter for churches that wish to take action against hunger. You can receive a free subscription by calling 1-800-822-7323 or visiting www.bread.org and look for Newsletter Sign-up.