

## Reflect upon hunger facts in Malawi and Dallas County

### Malawi

- Ranked the poorest country in the world by the World Bank
- Current population of Malawi is 16.36 million people.
- 2 out of every 3 people in Malawi are under the age of 25.
- Life expectancy in Malawi is 54.7 years (2012)
- 80% of population lives under the Global Poverty line (less than US\$2/day)

### Dallas County

- Current population is 1,201,619
- Life expectancy in the US is 78.74 years (2012)
- 1 in 5 people are food insecure (access to food and proper nutrition)
- 1 in 4 children are food insecure
- 97% of children at McShan receive free or reduced lunch and breakfast

## Pray to end hunger

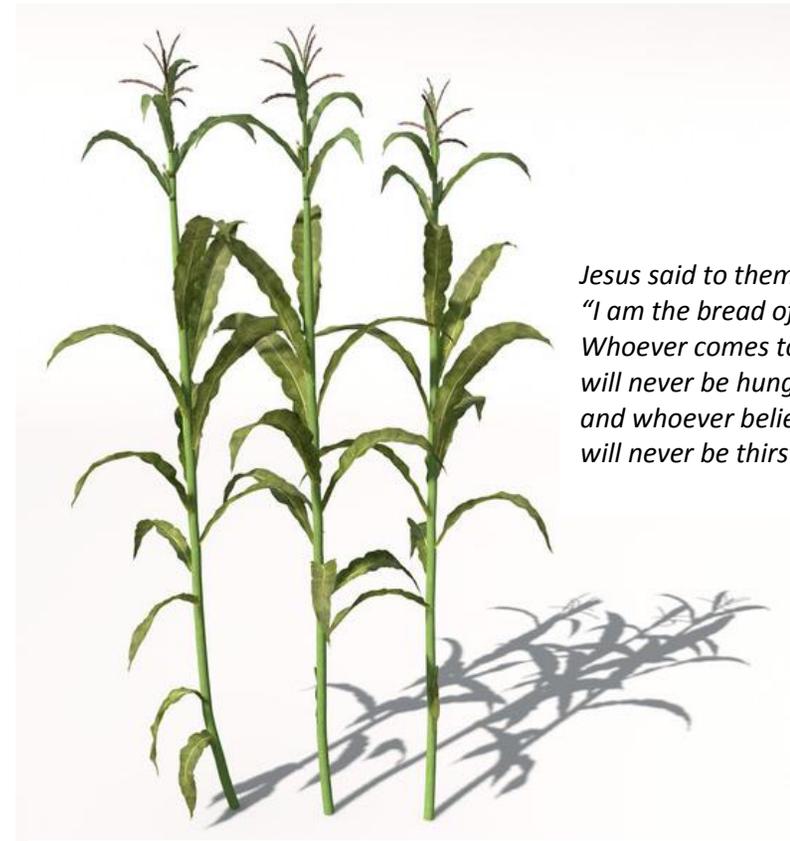
O Lord, sharing the loaves and fishes,  
you gave us an image of solidarity with the hungry.  
Sharing yourself in the Bread and Wine, you called all to the table, O Lord.  
Give me the hunger to be a part of the feeding and the healing of this world.  
Nourish me with your grace, so I may work with joy to serve your children.  
Open my eyes and my heart to recognize those in poverty  
and increase my awareness of the structures and systems  
that need to be changed so we may all break bread together.  
In your name I pray for the end of hunger for those known to me  
and for those known only to you. Amen.

Adapted from The Center for Concern, CST

## Break your fast

We encourage you to return the prayer card to the church with your reflections and prayers about your experience. We will send all the prayer cards to the Synod of Livingstonia in Malawi so our sister and brothers will know of our support.

Share your reflections on your experience at #phpcfastsandprays or email Rev. Elizabeth Boone McLean at emclean@phpc.org.



*Jesus said to them,  
"I am the bread of life.  
Whoever comes to me  
will never be hungry,  
and whoever believes in me  
will never be thirsty.*

John 6:35

## Devotional Guide for a Day of Fasting and Prayer

### Begin with prayer

Holy God, as I begin this time of fasting, open my eyes to see as you see.  
Open my heart to love the broken and care for those whose hope is dim.  
Open my hands to hold what I have lightly and to share cheerfully.  
Open my mouth to speak for the voiceless and to shout for mercy.  
Open my ears to the gentle whispers of your Spirit and to obey what you say.  
Open my life to the call of your voice and the needy cries of your children.  
This I pray in the name of Jesus Christ, your son,  
who is the Bread of Heaven. Amen.

Adapted from Fred Drummond, Scotland

## Read and reflect on God's provision

<sup>15</sup>When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." <sup>16</sup>Jesus said to them, "They need not go away; you give them something to eat." <sup>17</sup>They replied, "We have nothing here but five loaves and two fish." <sup>18</sup>And he said, "Bring them here to me." <sup>19</sup>Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. <sup>20</sup>And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. <sup>21</sup>And those who ate were about five thousand men, besides women and children. (Matthew 14:15-21)

## Read and reflect on God's grace

<sup>14</sup>When the hour came, he took his place at the table, and the apostles with him. <sup>15</sup>He said to them, "I have eagerly desired to eat this Passover with you before I suffer; <sup>16</sup>for I tell you, I will not eat it until it is fulfilled in the kingdom of God." <sup>17</sup>Then he took a cup, and after giving thanks he said, "Take this and divide it among yourselves; <sup>18</sup>for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes." <sup>19</sup>Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." <sup>20</sup>And he did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood. (Luke 22:14-20)

## Read and reflect on God's call

<sup>34</sup>When the Pharisees heard that he had silenced the Sadducees, they gathered together, <sup>35</sup>and one of them, a lawyer, asked him a question to test him. <sup>36</sup>"Teacher, which commandment in the law is the greatest?" <sup>37</sup>He said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' <sup>38</sup>This is the greatest and first commandment. <sup>39</sup>And a second is like it: 'You shall love your neighbor as yourself.' <sup>40</sup>On these two commandments hang all the law and the prophets." (Matthew 22:34-40)

## Read and reflect on God's concern

<sup>6</sup>Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? <sup>7</sup>Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

<sup>8</sup>Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rear guard. <sup>9</sup>Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, <sup>10</sup>if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. <sup>11</sup>The LORD will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. <sup>12</sup>Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in. (Isaiah 58:6-12)

## Confess your sin

Christ, our suffering Savior, have mercy on us.  
We have failed to see your face in the faces of the poor.  
You were hungry and we gave you no food,  
you were thirsty and we gave you nothing to drink,  
you were a stranger and we did not welcome you,  
naked and we did not give you clothing,  
sick and in prison and we did not visit you.  
Forgive us, we pray.  
Empty us of our sin, our selfishness and fear,  
and fill us with your love and compassion for the world.

*continue in silent prayer*

Thank you that in Jesus Christ, we are forgiven.