

Lenten Prayers for an End to Hunger

FIRST WEEK IN LENT

| February 18–24

We journey into the wilderness with Jesus

Genesis 9:8-17

1 Peter 3:18-22

Psalm 25:1-10

Mark 1:9-15

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

—*Mark 1:12-13*

Make me to know your ways, O LORD;
teach me your paths.

Lead me in your truth, and teach me, for you are the
God of my salvation; for you I wait all day long.

—*Psalm 25:4-5*



PRAYER

O God, as we enter this wilderness time of Lent, we know that we are not alone, and all who hunger and thirst for justice are not alone. You have journeyed before us. Teach us your ways, so that we might proclaim the good news of Christ's resurrection fully, with our hearts and minds and actions. *Amen.*

ACTION

During the 40 days (not including Sundays) of Lent, many Christians give up some favorite food. Others participate in fasts as a way to remember those who are hungry. You may prefer to fast for just one day a week—or skip one meal. Contribute the money you save to your church or denomination's hunger appeal.

Jesus teach us to be satisfied in you

Genesis 17:1-7, 15-16

Romans 4:13-25

Psalms 22:23-31

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.

—*Psalms 22:26-27*



PRAYER

O God, we know that in you, we can be satisfied from the hunger inside us. Teach us to give our lives fully to you, to surrender our will to your will. So that we might serve the world so broken by hunger and violence and loss.
Amen.

REFLECTION

This year, the Lenten readings from the Revised Common Lectionary invite us to journey through the wilderness asking Jesus to teach us his ways. During this reflective period, we are called upon to rededicate ourselves to prayer and action on behalf of people who are in need. Make prayers to end hunger part of your regular prayer life. To sign up to receive emailed prayers throughout the year, visit [Bread.org/Pray](https://bread.org/pray).

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 teach us to do justice

Exodus 20:1-17

1 Corinthians 1:18-25

Psalm 19

John 2:13-22

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*

The Law of the LORD is perfect, reviving the soul;
the decrees of the LORD are sure, making wise the simple;
The precepts of the LORD are right, rejoicing the heart;
the commandment of the LORD is clear, enlightening the eye.

—*Psalm 19:7-8*

PRAYER

O God, we know that we can take comfort in your word as we face a world of uncertainty and brokenness. Teach us your ways of justice and righteousness when we bend to the ways of the world—putting profit over people and choosing convenience over truth. *Amen.*

ACTION

Part of the way we follow Jesus' ways of justice and righteousness is to advocate in the public square. Take just a few minutes this week to write brief letters to your members of Congress. Urge them to support policies to reduce and end hunger. Visit Bread.org/Act to learn more.



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.

Jesus teach us to keep our eyes on you

Numbers 21:4-9

Ephesians 2:1-10

Psalm 107:1-3, 17-22

John 3:14-21

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.

—*John 3:14-15*

Then they cried to the LORD in their trouble,
and he saved them from their distress;
He sent out his word and healed them, and delivered them from
destruction.

—*Psalm 107:19-20*

PRAYER

O God, we know that you promise healing and restoration for all of your creation in the resurrection of Jesus. Teach us to raise our eyes to you when we are broken, when your world is broken, so that we might know your healing love. *Amen.*

ACTION

When we join together, our actions can have a bigger impact on healing the injustices in the world. Now that you have written your members of Congress, invite your church, community, and friends to write also. Bread for the World's Offering of Letters is an opportunity for individuals, congregations, campuses, and groups to gather and write personalized letters or emails to their members of Congress on hunger and poverty issues. To learn how you can organize an Offering of Letters, visit Bread.org/OL.



This Lent, support Bread for the World's voice for an end to hunger and donate at Bread.org/LentOffering.

Jesus teach us to rely on your Word

Jeremiah 31:31-34

Psalm 51:1-12 or Psalm 119:9-16

Hebrews 5:5-10

John 12:20-33

But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people.

—*Jeremiah 31:33*

With my whole heart I seek you;
do not let me stray from your commandments.
I treasure your word in my heart, so that I may not
sin against you.

—*Psalm 119:10-11*



PRAYER

O God, we know your word is written on our hearts. Teach us to open our hearts to trust your word as we partner with you in seeking a world without hunger and injustice. *Amen.*

REFLECTION

Disparities and inequities are built into the social fabric of every country. Women and girls are more disadvantaged than their male counterparts. In the United States, African American and Latino communities experience higher unemployment rates as well as higher levels of hunger and poverty. We all participate in these systems. This Lenten season, may we open our hearts to the ways Jesus teaches us so that we might learn to trust in God's word and to act in ways that resist and dismantle these systems.

Jesus teach us to trust in your power

Isaiah 50:4-9a

Philippians 2:5-11

Psalms 31:9-16

Mark 14:1-15:47

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

Then Jesus gave a loud cry and breathed his last. And the curtain of the temple was torn in two, from top to bottom. Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, "Truly this man was God's Son!"

—*Mark 15:37-39*

Let the same mind be in you that was in Christ, Jesus, who though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross.

—*Philippians 2:5-8*

PRAYER

O God, we know that you are more powerful even than death. Teach us to trust in you, to put our lives in your hands, so that we may action according to your will. Help us put the world in your hands so that we might keep going even when we see the brokenness around us. *Amen.*

ACTION

On Easter, we celebrate that we, who are buried with Christ, are raised with him to new life. One way to express this new life in Christ is to join others in ongoing prayers for an end to hunger. To make that commitment and receive prayer suggestions every other week, visit [Bread.org/Prayer](https://www.bread.org/prayer).

