



HOPE

No matter what shadows or darkness we face – mourning, hunger, loneliness in the midst of a pandemic – we find Hope in the God in whose image we are all made, in God who created us in His love and sustains in His mercy.

*Yet, O Lord, you are our Father;
we are the clay and you the potter;
we are all the work of your hands.*

- Isaiah 64:8

PRAYER

Lord our God, You have created us all in Your image, and we place our hope in You. We pray for those precious children who **find daily hope in the meals and education** they receive in their schools, and for all those whose **little acts of love** help meals to be shared. Give us strength to **maintain hope** in You in the midst of all trials, and to **share from all the gifts** You give us with our neighbours.



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*My soul magnifies the Lord, and
my spirit rejoices in God my Savior.*

- Luke 1:46-7

Mary **rejoices** in God's mercy, remembering His faithfulness to all generations, and the grace He has showered upon her. May we follow her example of trusting in God's word, rejoicing in His faithfulness and in the opportunity to help bring joy to others.

PRAYER

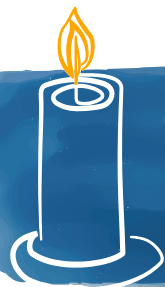
God our Savior, **we rejoice in You** and praise You for every gift You give us that brings us joy. We pray for those who struggle to find joy, who suffer in loneliness or in worry about having enough to eat. **Please help us to play our role in filling the hungry with good things, and to bring joy to others with our lives.**



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LOVE

Regardless of our own struggles or difficulties in the wider world, we remember that God's response is to Love the world – so much that He sent his only Son. Jesus is our Immanuel, "God with us," loving us to the very end and teaching and showing us the way of love of God and neighbour.

Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High.

- Psalm 85:8

PRAYER

Loving God, thank You for Your great love for the world and for each of us. During this Advent and Christmas, and our whole lives, please **help us to love our neighbours as ourselves**. We pray Your abundant blessing on the children who receive Mary's Meals, on those waiting for Mary's Meals, and on **all who take part in this work of love**.



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PEACE

It is easy to be weighed down by stress and worry, especially in the midst of the current challenges facing the world. And for so many in the world's poorest communities, the violence of war and hunger are too ever present. And yet, God proclaims Peace to all His people, and most especially to those in special need.

*I will hear what God proclaims; the
Lord for He proclaims peace
to his people.*

- Psalm 85:8

PRAYER

Merciful Father, we pray for those who **suffer in the midst of poverty, war, hunger, or any other trials**. We pray that You help each of us to be still and listen that we may hear Your word of Peace, and that **we will be peacemakers in Your world**. We pray especially that Mary's Meals' work may help **bring peace to children** who receive meals at school, and that they may grow to be Your instruments for peace in their communities.



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