

Week 2: Hunger is...

Reflect: *Blessed are those who hunger and thirst for righteousness,
for they will be filled.*

(Matthew 5:6)

As we continue our journey into the second week of Lent, let's consider what happens when we experience hunger. What is our hunger telling us? Take a moment to read the scripture above, rest on it and then write down a few thoughts that come to your mind. Once completed, return to this reflection.

What does it mean to hunger for righteousness? This week, we will take that question literally. We will only experience the physical feeling of hunger for a short time. However, the hunger we are called to feel in our souls is very different.

This type of hunger propels us to action and reminds us that there are problems in the world much bigger than we are. Hunger for righteousness can't be satisfied while we know that there are still children in the world who don't have enough to eat.

However, when we come together as a community, our small acts of love combine to create one significant movement – a movement that is reducing the number of children who go hungry each day, and this is good news!

Act: Our activity this week is to experience hunger, in a moment of solidarity with the children we serve.

For this exercise, we will skip our normal midday meal, knowing that many of the children who eat Mary's Meals sometimes only have one meal a day. Instead of your usual lunch, either fast or opt for a simple meal of plain rice or bread.

Share: During the time when you would normally be eating, consider praying, journaling, or talking through this experience with your community. We encourage you to share your journey on social media by completing the sentence: "Hunger is..."