

## Week 3: Perseverance is...

**Reflect:** *He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.*

(Micah 6:8)

This week, our focus is the volunteers who cook and serve Mary's Meals to children in their communities. They are strong, empowered, and passionate people who simply cannot give up. Our word for the week is "perseverance."

We all have words that trigger emotions. For this reflection, write down the words from Micah 6:8 that speak to you most. We will return to these at the end of this devotional.

At the heart of Mary's Meals are the volunteers who make our work possible. These incredible men and women walk for miles carrying heavy pails of water and sacks of food. They wake before dawn to stir giant pots of porridge and serve up thousands of plates of rice and beans.

For many, this sacrifice comes at the start of a long and tiring day spent digging fields or tending market stalls. But it is a sacrifice they are happy to make because they believe so passionately that the children in their community should have a daily meal in their place of education.

**Act:** For this activity, we will walk in the footsteps of the communities served by Mary's Meals. Plan a walk that is slightly to moderately challenging.

While you walk, carry a backpack or bag to symbolize bringing food to hungry children in solidarity with the volunteers who do this every day.

If walking is not an option, find a place outdoors where you can look and reflect on a long path or steep hill.

When you have finished, return to Micah 6:8. What part of the verse stands out to you now? Is it the same as when you began this exercise? Pray for the people who make these journeys for their children.

**Share:** Tell friends and family about your experience and share your thoughts and feelings about this exercise on social media by completing the sentence: "Perseverance is..."