

Week 5: Fullness is...

Reflect: *I have come that they might have life and have it to the full. (John 10:10)*

What does the word “fullness” mean to you? This week we will consider the abundance that comes when we are full, not just with food, but with love, with knowledge and with hope.

Take a moment to reflect on the times when you have felt like you were living life “to the full.” Let this image fully present itself in your mind.

During this season of Lent, as we reflect on the sacrifice that Jesus made for us, let’s dwell more deeply on his words in John 10:10. He came to earth to bring us all “life to the full.”

We can follow him more intentionally when we try to act the way that he would by helping to provide fullness of life to others through the means available to us.

The children we serve experience fullness through the love of the volunteers who prepared their meals; the food that enables them to stay focused on their education; and the knowledge which gives them hope for the future – a future “full” of possibilities.

While we celebrate that we are feeding these children, one of the reasons that we are drawn together through Mary’s Meals is that we can never feel truly satisfied while there are still children out there waiting for a meal in their place of education.

A deep inner calling propels us to action. This is one of the beautiful things about our grassroots movement.

Act: Our activity this week is to prepare a meal inspired by the food enjoyed in [countries](#) where Mary’s Meals are served.

Invite friends and family to gather and partake in this special meal. While you share this moment together, reflect on the country you chose and the children who live there.

Consider how can you join as a community to pray for the children who are still waiting to experience fullness.

Share: Post pictures of your meal on our [Facebook](#) page and share your experience by completing the sentence: “Fullness is...”