

Lenten Prayers for an End to Hunger

Readings, prayers, and actions to help you and your family observe Lent in 2019 — prepared by Bread for the World



First Week in Lent March 10–16

Jesus Is Tempted in the Wilderness

Deuteronomy 26:1-11
Psalm 91:1-2, 9-16

Romans 10:8b-13
Luke 4:1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil.
—*Luke 4:1-2a*

You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,
will say to the Lord, “My refuge and my fortress;
my God, in whom I trust.”

—*Psalms 91:1-2*

PRAYER:

O God, in the wilderness of our lives, we place our faith in Christ who has conquered all the forces of evil. During these days of Lent, may we be strengthened by his Spirit, so that we might serve you by raising our voices against the evil of hunger in our world. *Amen.*

ACTION:

During the season of Lent, you may wish to fast for one day or skip one meal a week. Contribute the money saved to your local food bank or denomination’s hunger program. For a list of church partners and organizations that work with Bread for the World, visit bread.org/partnerships-and-coalitions.

▶ *Fold this “table tent” along the lines and insert the tab through the slot. Fold backwards for the Fourth and Fifth Weeks in Lent and Holy Week.*

Second Week in Lent March 17 – 23

Jesus Starts on the Way to Jerusalem

Genesis 15:1-12, 17-18

Psalms 27

Philippians 3:17– 4:1

Luke 13:31-35 or Luke 9:28-43

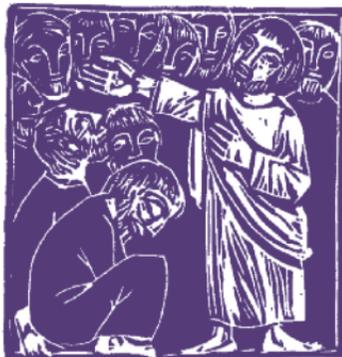
[Jesus said,] “Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.”

—*Luke 13:32b-33*

The Lord is my light and my salvation;
whom shall I fear?

The Lord is the stronghold of my life;
of whom shall I be afraid?

—*Psalms 27:1*



PRAYER

O Christ, you willingly set your course to Jerusalem, and you faced death on the cross so that we might share in your resurrection. Grant us faith to use this gift of new life to do your work of healing the sick and feeding the hungry.

Amen.

ACTION

One in four children in the world suffers from stunting caused by severe malnutrition. Bread for the World's 2019 Offering of Letters is urging Congress to pass legislation and increase funding to accelerate progress on global nutrition. To find out how you can take part, visit bread.org/ol.

Woodcuts were created by Helen Siegl, a longtime Bread for the World member.

Resources for Bread for the World's 2019 Offering of Letters are available at bread.org/ol, including a how-to guide, Q&A, hunger fact sheets, Pan-African devotionals, prayers, litanies, church bulletins (in English and Spanish) and much more.

Jesus Offers Mercy and Forgiveness

Isaiah 55:1-9

1 Corinthians 10:1-13

Psalms 63:1-8

Luke 13:1-9

So he said to the gardener, “See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?” [The gardener] replied, “Sir, let it alone for one more year.... If it bears fruit next year, well and good; but if not, you can cut it down.”

—*Luke 13:7-9*

[O God], Because your steadfast love is better than life,
my lips will praise you.

So I will bless you as long as I live;

I will lift up my hands and call on your name.

—*Psalms 63:3-4*

All scripture readings are from the New Revised Standard Version, © The Division of Christian Education of the National Council of Churches in the United States of America. The readings are those appointed by the Revised Common Lectionary for each of the Sundays in Lent in Year C.



PRAYER

O God, you call us to repentance and offer us mercy and forgiveness in Christ Jesus. May our lives be so filled with your grace that we bear the fruit you desire, working to share the abundance of your creation with all those in need. *Amen.*

ACTION

Good nutrition during the 1,000 days between the beginning of a woman's pregnancy to her child's second birthday is essential for the child's health, physical growth, and brain development. To learn more about the critical 1,000-day window, visit [bread.org/1000days](https://breadfortheworld.org/1000days).



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Fourth Week in Lent March 31 – April 6

Jesus Welcomes Sinners

Joshua 5:9-12

Psalm 32

2 Corinthians 5:16-21

Luke 15:1-3, 11b-32



But while he [the prodigal son] was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him... [The father said,] “This son of mine was dead and is alive again; he was lost and is found!”

—*Luke 15:20,24*

[O Lord,] You are a hiding place for me;
you preserve me from trouble;
you surround me with glad cries of deliverance.

—*Psalm 32:7*

Bread for the World is a collective Christian voice urging our nation's decision makers to end hunger at home and abroad. Generous financial support from individuals and churches sustains our work of enlisting and equipping individuals to communicate with their members of Congress.

PRAYER

O God, we are both the prodigal son and the elder brother. Save us from despair and from pride. Through your love and grace in Christ, turn us around so that we may prepare a feast of hope and opportunity for those who live in hunger. *Amen.*

ACTION

One in six children in the United States lives in a family that struggles to put food on the table. In 2019, Bread for the World will continue to seek funding and improvements in our nation's child nutrition programs—including making school breakfasts and summer meals available to more children. For the latest news about these efforts and to get involved, visit bread.org/write.



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Fifth Week in Lent April 7–13

Jesus Is Anointed for Death

Isaiah 43:16-21
Psalm 126

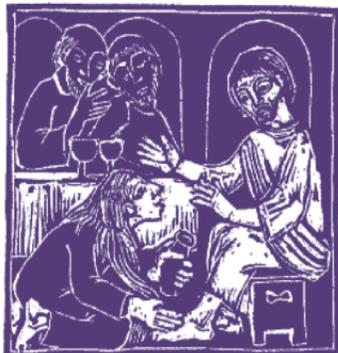
Philippians 3:4b-14
John 12:1-8

Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume.

—*John 12:3*

May those who sow in tears reap with shouts of joy.
Those who go out weeping, bearing the seed for sowing,
shall come home with shouts of joy, carrying their sheaves.

—*Psalm 126:5-6*



PRAYER

O Christ, we give thanks for Mary and all your disciples for their faith and their witness to your love and mercy. As we follow you to the cross during this season of Lent, grant us courage and determination so that we might urge our elected officials to end hunger and poverty.
Amen.

ACTION

Parts of Africa are suffering the most severe drought in more than 50 years. Urge your members of Congress to increase funding for global nutrition, which includes programs to help farmers grow crops that can withstand climate change. To find out how you can make a difference, visit bread.org/ol.

Bread for the World welcomes all those who wish to join us in an outpouring of prayer for those who struggle with hunger — and for our nation's decision makers who can change the policies and conditions that allow hunger to persist. To receive a free copy of the pocket-sized Daily Prayers for an End to Hunger, visit bread.org/pray or call 800-822-7323, ext. 1072.

Holy Week April 14–20

Jesus Suffers Death

Isaiah 50:4-9a

Philippians 2:5-11

Psalm 31:9-16

Luke 22:14-23:56

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

Then Jesus, crying with a loud voice, said, “Father, into your hands I commend my spirit.” Having said this, he breathed his last. When the centurion saw what had taken place, he praised God and said, “Certainly this man was innocent.”

—*Luke 23:46-47*

But I trust in you, O Lord; I say, “You are my God.”
Let your face shine upon your servant;
save me in your steadfast love.

—*Psalm 31:14, 16*

An online version of Lenten Prayers can be found at bread.org/lent.



PRAYER

O God, your Son gave up his life for us so that we might live in your steadfast love. In the Risen Christ, the tomb of death becomes the birthplace of new life for us and the world you created. May that gift of new life sustain us as we work to save the lives of mothers and children threatened by hunger and disease. *Amen.*

ACTION

Meet face-to-face with your members of Congress when they return to their home districts in the spring and summer. You can also plan to participate in Bread for the World's annual Advocacy Summit and Lobby Day on June 10-11, 2019, in Washington, D.C. You'll join hundreds of others in pre-arranged visits with congressional offices on Capitol Hill. For more information and to register, visit bread.org/lobbyday.