

I WAS HUNGRY AND YOU FED ME.



1-HOUR SESSION ON WORLD HUNGER

<p>INTRODUCTION and FORMATION OBJECTIVES</p>	<p>This session is intended for high school-aged disciples and up and is centered on an 8-station rotation activity in small groups. Participants will:</p> <ol style="list-style-type: none"> 1) Learn some basic facts about the issue of hunger around the world 2) Reflect on why followers of Christ are called to respond 3) Commit to act against hunger some way in their daily lives 										
<p>MATERIALS and PREPARING FOR THE SESSION</p>	<p>Materials:</p> <table border="0"> <tr> <td>+ 17 large easel pad sheets</td> <td>+ 8 Markers</td> </tr> <tr> <td>+ Stereo with quiet music</td> <td>+ Post-Its (one per person)</td> </tr> <tr> <td>+ Prayer table</td> <td>+ Pens (one per person)</td> </tr> <tr> <td>+ Masking tape</td> <td>+ “Fight Hunger ” hand-outs (one per person)</td> </tr> <tr> <td>+ <i>Christ of the Breadlines</i> image</td> <td>+ Group of children image</td> </tr> </table> <p>Preparing for the Session:</p> <ul style="list-style-type: none"> + Prepare prayer table: candle, Bible, 3-5 food items (unwrapped bread, fruit, etc.) + Prepare 8 reflection stations: instructions on next page + Make copies of “Fight Hunger” hand-outs (attached) + Review activity logistics and assign roles to leaders. Leader who is facilitating the activity recap should become particularly familiar with that content. 	+ 17 large easel pad sheets	+ 8 Markers	+ Stereo with quiet music	+ Post-Its (one per person)	+ Prayer table	+ Pens (one per person)	+ Masking tape	+ “Fight Hunger ” hand-outs (one per person)	+ <i>Christ of the Breadlines</i> image	+ Group of children image
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HUNGER REFLECTION STATIONS

Prepare before session

Before the session, write out each of the 8 prompts below, one per easel sheet. Hang them with tape around the room, evenly spaced, and hang a blank easel sheet next to each station. Small groups of 3-4 participants will be rotating among these stations.

NOTE: Stations 5 and 8 include an image in addition to the two easel sheets. Hang the image next to the prompt. (Images attached at the end of the resource.)

- 1) In the time you're standing here, 9 children around the world under the age of 5 will die from hunger. Come up with at least 2 reasons you think this is true.
- 2) 842 million around the world don't have enough food to be healthy, which is about the population of the USA, Mexico, Japan, Russia, England, and France combined. Write a prayer for these people. Write a prayer for those who have more than enough.
- 3) Come up with a list of at least five things you could do this month to help fight world hunger.
- 4) It costs **just 25 cents** per day to provide a child with all of the vitamins and nutrients he or she needs to grow up healthy. Make a list of at least five ways you could save a few dollars a week to contribute to an organization that fights hunger.
- 5) Look closely at *Christ of the Breadlines*. What strikes you most about this image? What do you think it means that Jesus is standing in this line with people who are hungry?
- 6) "There are people in the world so hungry, that God cannot appear to them except in the form of bread." – Gandhi. In your group's own words, what do you think this quote means?
- 7) The United Nations estimates that 1/3 of all food is wasted every year. How might you get your family to cut down on food waste?
- 8) Make a list of at least 10 things these kids (and all people) need to live a good life.

Sources:

- 1) World Food Programme: <http://www.wfp.org>
- 2) DoSomething.org: <http://www.dosomething.org>

“I WAS HUNGRY AND YOU FED ME” SESSION SCHEDULE	<ul style="list-style-type: none"> + 5 minutes: Introduction & Opening Prayer + 20 minutes: 8-Station Rotation Activity (in small groups) + 15 minutes: Activity Recap: Reasons for Hunger & Scripture Connection + 15 minutes: What Will You Do? Commitment Activity + 5 minutes: Closing Prayer
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INTRODUCTION and OPENING PRAYER 5 minutes	<p>Materials: prayer table (table prepared with Bible, candle, 3-5 food items)</p> <p><i>Introduce Session:</i></p> <ul style="list-style-type: none"> + Three main purposes of the session: <ul style="list-style-type: none"> 1) Learn some basics about hunger around the world. It’s a big problem every day that we don’t always hear about on the news. 2) Reflect on our Christian call to respond, inspired by the teachings of Jesus. 3) Identify some ways we can fight hunger as a group and individually in our everyday lives + The session will include prayer, a small-group activity, discussion, and some brainstorming about how we can respond in faith to hunger in the world. <p><i>Opening Prayer:</i></p> <ul style="list-style-type: none"> + Gather around prayer table. Invite participants to take a moment of quiet and to remember that we are always in God’s presence. <p>Leader 1: In the name of the Father, the Son, and the Holy Spirit. Amen.</p> <p>We listen to the Word of God from the Gospel of Matthew.</p> <p>Jesus summoned his disciples and said, “My heart is moved with pity for the crowd, for they have been with me now for three days and have nothing to eat. I do not want to send them away hungry, for fear they may collapse on the way.” The disciples said to him, “Where could we ever get enough bread in this deserted place to satisfy such a crowd?” Jesus said to them, “How many loaves do you have?” “Seven,” they replied, “and a few fish.” He ordered the crowd to sit down on the ground. Then he took the seven loaves and the fish, gave thanks, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied. They picked up the fragments left over—seven baskets full.</p> <p>The word of the Lord. <i>Thanks be to God.</i></p> <p>Leader 2: In the Gospel reading, Jesus is filled with concern for those around him who are hungry. We believe his care extends to those who are malnourished today. Now we pray for God to fill us with the same compassion he has for his children who are suffering.</p> <p>Our response to each intercession will be: HELP US LOVE LIKE YOU.</p> <p><i>(Leader 1 continues prayer on next page)</i></p>
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<p>OPENING PRAYER</p> <p>(continued)</p>	<p>Leader 1: As we think about those who do not have enough to eat...</p> <p>Leader 2: As we learn challenging statistics about hunger...</p> <p>Leader 1: When we think about how we might combat hunger in our daily lives...</p> <p>Leader 2: As we reflect on our own food habits...</p> <p>Leader 1: If we feel overwhelmed by the problem today...</p> <p>Leader 2: When we are not sure how we can help...</p> <p>Leader 1: We now close with a final word of prayer for our gathering today. I invite you to extend your hands with your palms toward the ceiling.</p> <p>God, Open our minds as we reflect on the tragedy of hunger around the world.</p> <p>God, Open our hearts so we might be filled with compassion for those who do not have enough to eat.</p> <p>God, Open our hands and inspire us to help build your Kingdom on Earth so all might have their daily bread.</p> <p>We pray this through Christ, Our Lord, AMEN.</p>
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<p>8-STATION ROTATION ACTIVITY</p> <p>20 minutes</p>	<p>Materials: prepared hunger station sheets, one marker per group (different colors), stereo with background music</p> <p><i>Prepare Small Groups:</i></p> <ul style="list-style-type: none"> + Divide participants into small groups of 3 or 4. No more than 8 total groups, but fewer are OK. (If you need to have more than 8 groups, make two identical sets of the stations.) + Give each group a marker. Each group should have a different color. <p><i>Explain the Activity:</i></p> <ul style="list-style-type: none"> + Groups will be rotating through eight stations; each station is a pair of easel sheets on the wall. One sheet has a prompt, and the other is blank + Groups are to respond to each prompt by writing answers on the blank easel sheet. A group's appointed recorder can write the answers, but responses should come from everyone. + Groups will have 90 seconds standing at each station. Leader will call "ROTATE!" at the end of each 90-second period. Then, each group will move clockwise to the next station. + Invite groups to find a station and begin. Order doesn't matter. <p><i>During the Activity:</i></p> <ul style="list-style-type: none"> + Play music in background. + Leaders float and answer questions as necessary.
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**ACTIVITY
RECAP:**

**REASONS FOR
HUNGER**

(this page)

and

**SCRIPTURE
CONNECTION**

(next page)

15 minutes total

Materials: none needed

- + Gather in large group after all small groups have completed the 8-station rotation.

Ask for initial responses to the activity:

- + What was the most surprising thing you learned during the activity?
- + What thoughts or emotions did the activity evoke in you?
- + Were there any questions that were particularly difficult to answer? Why?

Discuss the wide variety of reasons for hunger:

- + In one of the stations, you discussed the fact that every 10 seconds, a child under 5 dies from hunger somewhere in the world. What were some of the reasons you came up with for this? *Take some answers from group.*
- + The world produces enough food to feed all people. So why are people hungry? There are many reasons, but here are four big ones:

1) Poverty

- + People living in poverty cannot afford nutritious food for themselves and their families.
- + This makes them weaker and less able to earn the money that would help them escape poverty and hunger.
- + Nearly 1/2 of the world's population— more than 3 billion people—live on less than \$2.50 a day.

2) Weather and Climate

- + Natural disasters such as floods, tropical storms and long periods of drought are on the increase. These disasters affect those who are poor in a huge way.
- + Drought is one of the most common causes of food shortages in the world.

3) War and Instability

- + Across the globe, conflicts consistently disrupt farming and food production.
- + Fighting also forces millions of people to flee their homes, leading to hunger emergencies as the displaced find themselves without the means to feed themselves. The conflict in Syria is a recent example.
- + Because of war and climate issues, in recent years, the price of food products has been very unstable.

4) Food Waste

- + One third of all food produced (1.3 billion tons) is never consumed.
- + This food wastage represents a missed opportunity to improve global food security in a world where 1 in 8 is hungry.

(activity recap continued on next page with Scripture Connection)

Sources:

- 1) World Food Programme: <http://www.wfp.org>
- 2) DoSomething.org: <http://www.dosomething.org>

**ACTIVITY
RECAP:
(continued)**

**REASONS FOR
HUNGER**
(last page)

and

**SCRIPTURE
CONNECTION**
(this page)

Materials: none needed

Make the connection to Scripture:

- + Why, as Christians, do you think that world hunger should matter to us? *Take some answers from group.*
- + As disciples of Christ, we strive to model our lives on his teachings.
- + One of his most famous teachings comes in **chapter 25 of the Gospel of Matthew**, a passage that inspired the “Christ of the Breadlines” image you saw.
- + In this famous story, Jesus describes the Last Judgment to his disciples. At the end of time, like a shepherd, he will place all people before him, and **separate them into groups of sheep and goats.**
- + *For this portion of the story, divide the group by gesturing with your hand down the middle, putting them into the story.* Jesus places the sheep on his right and the goats on his left, turns to the sheep, and welcomes them into heaven: “**For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.**”
- + **The sheep are grateful and excited, but confused.** They don’t think they’ve ever seen Jesus before. How could they have ministered to his needs?
- + Jesus says, “Amen, I say to you, **whatever you did for one of these least brothers of mine, you did for me.**”
- + *Turn to left side of group.* The goats aren’t so lucky. Jesus condemns them, for they did not serve him when he was hungry, thirsty, a stranger, naked, ill, or in prison: “What you did not do for one of these least ones, you did not do for me.” They are **sent away to eternal punishment.**
- + Two big take-aways from this passage:
 - + **First, our salvation is directly related to how we respond to the needs of our sisters and brothers.** This doesn’t mean that we are supposed to do good things and hope God notices, as if He were like Santa Claus!
 - + Instead, it is a powerful reminder that our **faith demands action** with and for those who are hungry and suffering. Work to build a more just world is **not optional** for Christians. It is at the heart of who we are.
- + **Second, when Jesus says, “Whatever you did for one of these least brothers of mine, you did for me,” he is saying that we can find him in the person who is hungry.** He is not saying that we do something good on his behalf when we feed the hungry. He is saying we feed Jesus himself.
- + So if you want to see Jesus, **look into the face of someone who is hungry.** This is “Christ in his most distressing disguise,” as Mother Teresa would say. The artist Fritz Eichenberg captures this idea in “Christ of the Breadlines.”

WHAT WILL YOU DO?

COMMITMENT ACTIVITY

15 minutes

Materials: final blank easel sheet that wasn't used for stations, marker, post-its, pens, "Fight Hunger In Your Daily Life" hand-outs, stereo and music

Introduce the activity:

- + When we encounter things like world hunger, and see Christ in the face of the hungry, we have two choices: **we can do nothing, or we can do something.**
- + As we just heard from Matthew's Gospel, to be a Christian means to **do something, and then another something**, and then another something...
- + You're going to have a few minutes now to reflect on what you can do to fight world hunger in your daily life **THIS WEEK**. Not next year or "someday."
- + At several of the stations, you were asked to come up with some things you could do. We'll now pass out sheets with some ideas. Take a look at the sheet and reflect on your group's ideas.
- + Then, write what you'd like to commit to doing this week on a post-it.

Pass out pens, "Fight Hunger In Your Daily Life" hand-outs, post-its.

Give 5 minutes for quiet reflection with music in the background.

Gather Personal Commitments:

- + Once all have finished, invite them, one at a time, to come up to the front and share their commitment out loud. Leaders should also participate.
- + Take each post-it and attach to the easel sheet. Have tape on hand if the stickiness has worn off. Participants return to their seat.
- + Arrange the post-its in the shape of a large cross on the easel sheet as you put each one up.

Explain the cross:

- + Why a post-it cross? As we all follow through on these commitments, our work contributes to the work of Jesus.
- + "Christ has no hands now but yours," St. Teresa of Avila said.
- + It's our job to show the love of Jesus to the world through our actions, especially when we act to help ease the suffering of our brothers and sisters who are hungry.

CLOSING PRAYER

5 minutes

Materials: none needed

Leader 1: In the name of the Father...Let us take just a moment of quiet now to pray for each other. Fighting hunger is hard work, and we need the support of the community. Say a special prayer for each member of your small group.

After a moment:

The Our Father reminds us that all of God's children deserve their daily bread. Let us remember the hungry now as we pray. **Our Father...**

And now let us encourage one another with a sign of Christ's peace.

FIGHT HUNGER IN YOUR DAILY LIFE



ACT

- 1) Take only what you need. Finish what you take.
- 2) Participate in a food drive at your church. If your church doesn't have a food drive, start one.
- 3) Google "Catholics Confront Global Poverty," which will show you how to email elected officials to urge them to take action against hunger.
- 4) Google "Free Rice," answer trivia questions, earn money for programs that fight hunger.
- 5) Find a local organization that fights hunger and give a few hours of your time.

LEARN

- 1) Go to www.stopthehunger.com and see hunger-related stats in real time.
- 2) Google "World Food Program hunger causes" and read up on the leading causes of hunger.
- 3) Go to www.feedingamerica.com, find a food bank near you, and check out their website.
- 4) Watch the documentary "A Place at the Table" on Netflix with some friends. Discuss it after.
- 5) Google "Global Rich List," enter the median US household income (\$50,000), and see what happens. Tell someone about what you learned.

PRAY

- 1) Remember those who are hungry every time you say grace. Say grace before every meal.
- 2) Google "Catholic Relief Services prayer". Find and pray "The Lord's Prayer: Little by Little We Change the World."
- 3) Fast from lunch one day this week. Each time you feel hungry, say a quick prayer for those who are fasting by necessity around the world.
- 4) Thank God for your favorite food.
- 5) Spend some time outside and thank God for giving us a bountiful planet.



Christ of the Breadlines, by Fritz Eichenberg

(Station 5)



(Station 8)