



Irish Spiritans



DES PLACES
EDUCATIONAL
ASSOCIATION

Lenten Prayers for Hungry People

First Week in Lent
March 13 – 19

PRAYER:

O God, in our baptism we are joined with Christ who endured all the temptations and trials of human life. As we follow Christ during Lent, instil in us the love for all our neighbours, especially those without enough to eat. Amen.

ACTION:

During Lent, many Christians give up some favourite food. Others participate in special fasts as a way to remember those who are hungry.

You may prefer to fast for just one day—or simply skip one meal. Contribute the money you save to the Trocáire box hunger appeal.





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Second Week in Lent
March 20 – 26

PRAYER:

O Christ, your love sustains us in the dark nights of our lives. May we take your love into the world, offering hope and opportunity to those who live in hunger and poverty. Amen.

REFLECTION:

From the early days of the church, Lent has been a time of preparing for baptism, in which we participate in Christ's death and resurrection. Let the energy of Spring and the hope of Easter enable us to work for changes in the policies and conditions that allow hunger and poverty to exist.





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Third Week in Lent
March 27 – April 2

PRAYER:

Gracious God, through Jesus, you satisfy our thirst with the waters of eternal life. Inspire us by your abundance to support those who work to make clean water available to all the world's people. Amen.

ACTION:

Spend a day bringing water from the outside—or from your bath tub inside—for all your cooking and cleaning. Use the internet to find out about innovative measures of providing water for irrigating crops and safe drinking water for villages.





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Fourth Week in Lent
April 3 – 9

PRAYER:

O Christ, you free us from all forms of blindness. Grant that we might shed your light on the needs of those who suffer from hunger, poverty and disease. Bless the efforts of all who work to bring healing and opportunity to those in need. Amen.

ACTION:

Many of us are not aware of how much or how little our country devotes to reducing poverty and hunger overseas. Also, very few people have heard the many success stories of those who are working to improve lives in the world's poorest countries. Find out from local charity organisations like Trocáire or Goal how you might share these stories of progress in ending hunger with members of your class.





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Fifth Week in Lent
April 10 – 16

PRAYER:

O God, may we be awake to the gift of new life we have in Christ Jesus. Grant us strength and courage to speak up for those who die needlessly from hunger and poverty in our world. Amen.

ACTION:

Take three minutes to write a brief letter to one of your senators or your representative in the Government. Urge them to breathe new life into our nation's foreign assistance programmes by making them more effective in reducing hunger in the world's poorest countries. Visit www.bread.org/go/sampleletter to find sample letters.





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Holy Week

April 17 – 23

PRAYER:

O Jesus, you gave yourself up for us and all people. May we be strengthened by your amazing grace and endless mercy to dedicate ourselves to putting an end to the causes of hunger in your world. Amen.

ACTION:

As you celebrate Easter with family and friends, commit yourselves to a specific step or action you will take that benefits a hungry person—as your way of showing that we are a people of hope, an Easter people.

