



PRAYER & ACTIVITY GUIDE

**OCTOBER
14-16, 2022**

**WEEKEND OF
PRAYER AND ACTION
AGAINST HUNGER**



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TIP » Think about taking family photos/selfies as you participate in this weekend's activities to help you remember the fun and what you've learned. **Tag #HungerPrayer**



Famine has no place in the 21st century and is entirely preventable.

This has been a challenging time for most of us, but particularly in the poorest parts of the world. Right now **50 million people** are at risk of experiencing famine due to a deadly mix of **conflict, climate change and COVID-19's** devastating economic impacts. **Children are most at risk.**

That is why churches worldwide are coming together for a Weekend of Prayer & Action Against Hunger, this World Food Day (14-16 October 2022).

For many of us, it can be difficult to pause our hearts and minds, to spend time on a crisis that feels so big and maybe even far away. We might even doubt that our prayers and actions can make a difference to such an insurmountable problem.

But we know that God is bigger than a hunger crisis and mightier than any crisis.

Seventy years ago, when confronted with the horrors of the Korean War, a pastor named Bob Pierce famously prayed, **'Let my heart be broken by the things that break the heart of God.'** From that prayer, God inspired him to found World Vision, which has grown to a movement of Christians in nearly 100 countries.

We believe in the power of prayer. When we pray for others, we align our heart to God's heart and open ourselves to partner with God to serve others.

This **Prayer and Activity Guide** is a collaboration between **World Vision** and **Infinitum**, offering ideas and activities to help individuals, families and groups pray for others, and particularly the global hunger crisis affecting our brothers and sisters around the world.

This guide is built around the three prayer postures of Infinitum: to choose **Surrender, Generosity** and **Mission** in our daily walk with Jesus. As you explore this guide, we encourage you to choose the activities that draw you into deeper intimacy with God.

This contribution is one of many resources from a broad coalition of Christian partners representing the diversity of Christian traditions and expressions worldwide. Find resources for congregations, families and social media at the Weekend of Prayer & Action Against webpage. [**wvi.org/prayagainsthunger**](http://wvi.org/prayagainsthunger)

We pray that God will use this time to inspire new action for others around you, in your community and around the world.

What to Know About the Hunger Crisis

Conflict, COVID-19 and climate change are a deadly mix.

Conflict, climate change and the economic fallout of COVID-19 are now interacting to create new and worsening hunger hotspots and reversing the gains families had made to escape poverty.



This is a children's crisis

Millions of children are one step away from starvation and facing the threat of famine. If we stand by and do nothing, children will not just starve, but they will also be forced to make terrible survival choices that will put them in harm's way and leave lasting consequences.

Time is running out

Today more than **50 million people** are one step away from starvation. More than 40 nations around the world are facing a hunger emergency or worse. The last time the world experienced a catastrophe of this scale – the 2011 Somalia famine – 260,000 people died. Half of them were children. But now, the hunger crisis has gone global.



Famine has no place in the 21st century and is entirely preventable

COVID-19, the climate crisis and conflict, particularly in Ukraine, have contributed to rising food prices and significant strain on household incomes. Families are struggling to provide their next meal.

We must stand together with the most vulnerable to ensure emergency food aid and address systemic issues to ensure this doesn't happen again.



Prayers from around the world

As we come together in prayer for people facing life-threatening food insecurity, here are specific prayer requests from countries most at risk.

EAST AFRICA

ETHIOPIA

The humanitarian situation in Tigray remains dire with the interruption of supply lines and depletion of humanitarian stocks. Pray for support needed to scale up food, water, sanitation and hygiene, and cash interventions in Afar and Amhara regions where many have been displaced.

SOMALIA

Pray for the devastating impacts of below-average rainfall on crop and livestock production. Pray for peace and humanitarian access to increase food availability and access in southern and central Somalia.



SOUTH SUDAN

Pray for an estimated 2.9 million people (a 20% increase last year) who are facing emergency levels of food insecurity and are in urgent need of emergency humanitarian assistance. The number of children below five projected to suffer from acute malnutrition is the highest reported in three years.

SUDAN

Pray for more than millions facing high levels of food insecurity, particularly among the displaced people in Darfur region, refugees, farmers affected by a below average rainfalls last season, and urban poor households.

KENYA

Pray for millions of Kenyans who are affected by the drought and facing starvation with resource-based conflict worsening vulnerability. Kenya is facing significant food supply disruptions as 90% of their wheat is imported from Ukraine and Russian.

TANZANIA

Pray for relief for families facing price inflation, particularly in the north. Pray that new school lunch programming will increase food security and keep children in school.

UGANDA

Pray for the worsening food security situation due to the impact of delayed rain, insecurity, flooding and below average income.

ASIA

MYANMAR

Pray for the 1 in 4 people moderately or severely food insecure while also facing a fragile humanitarian situation. Pray for the more than 1 million displaced and facing rising food and fuel prices.

SRI LANKA

Pray for Sri Lanka's worst economic crisis in over 70 years along with political upheaval. Pray for those been pushed into poverty and hunger, including children impacted by the suspension of 50% of school National Nutrition Programmes.

SOUTHERN AFRICA

ANGOLA

Pray for partnership with the government to ensure the most vulnerable children and families are served by greater effectiveness in programme delivery.

With an estimate that more than 40% of crops in Southern Angola, pray for rain in abundance so livelihoods would recover.

DEMOCRATIC REPUBLIC OF THE CONGO

Pray for 860,000 children under age 5 and 470,000 pregnant or lactating women who are acutely malnourished.. Pray also for the 26 million people in the DRC who are experiencing high levels of food insecurity, including many suffering displacement, with 5.4 million people living under IPC 4 conditions.

WEST AFRICA

Pray for the people dealing with repeated disasters, including recurrent cycles of rainfall deficit, and extreme poverty which have undermined the ability of the most vulnerable to cope or time to recover from the compounded crises.

BURKINA FASO

Pray for the 3.5 million people displaced and living in host communities who are in need of humanitarian assistance, a 52% increase since last year.

CENTRAL AFRICAN REPUBLIC

Pray for the children living in the Central African Republic who only have enough food to eat one meal a day.

CHAD

Pray for a strong mobilisation of the community, the state, and its partners to fight against hunger in Chad after a June declaration of a food and nutritional crisis. Pray for increased financial resources to promote food security and livelihood stability in local communities for sustainable hunger reduction within the country.

MALI

Pray that political leaders shall promote peace and stability to eliminate armed conflict which is the cause of hunger problems in the country.

MAURITANIA

Pray for ongoing disaster risk reduction work developed in an effort to build resilience and strengthen communities.

NIGER

Pray against floods and the pests of crops that destroy agricultural production. Pray against the insecurity that limits the mobility of populations and prevents them from working in their farms.

GUATEMALA

Pray for the 2 million Guatemalans facing vulnerability as a result of climate change as natural disasters, earthquakes, droughts, landslides and flood become more common. We pray for the families that survive on annual crop yields facing food insecurity at risk due to climate change. Pray for the one in two children under five suffering chronic malnutrition as climate change impacts crop yields.

VENEZUELA

Pray for millions facing fluctuating food prices, unemployment and insecurity, causing more families to leave the country and migrate to other Latin American states.

MIDDLE EAST / EASTERN EUROPE

AFGHANISTAN

Pray for emergency assistance will arrive in time for almost half of the country's population facing food insecurity. A staggering 6 million people live in famine-like conditions



LATIN AMERICA

HAITI

Pray for the protection of all Haitians as well as the respect of children's rights and well-being during Haiti's current socio-political crisis.

HONDURAS

Pray for God to move people, organisations and global leaders, so 3.3 million (2021 est.) Honduran people who are in crisis due to food insecurity receive the food they need. Pray that churches in Honduras become messengers of peace and hope for the most vulnerable people, including 22.7% of children under 5 years who suffer from chronic malnutrition. Pray for wisdom for resources for the churches and leaders responding in Honduras.

LEBANON

Pray for those living in Lebanon who have faced disasters, political crisis and now increasing food insecurity as prices skyrocket.

SYRIA

Continue to pray for the people of Syria. Facing the 11th year of war, needs in Syria have increased by 25% since 2020. 14.6 million people, half of them children, are in need of humanitarian support.

YEMEN

Please pray for the vulnerable children and their families in Yemen, who have long been suffering from lack of food and other basic services. Pray for safety and health for children.

3 POSTURES OF INFINITUM

Daily Prayer.

One way of beginning your day is to use Infinitum, a prayer practice for those who follow Jesus and choose to live lives of love. Infinitum is a rhythm to help center your mind and body during prayer using simple physical postures of surrender, generosity, and mission. Hold your hands in the postures shown on the icons to mirror your intention to live these vows out today.

Surrender HANDS UP



ROMANS 12:1-2

I choose to hold up
my hands as a symbol
of surrender

My life is not about me

I surrender to your Lordship

I surrender my
preferences, prejudices,
and position to you

My fears, finances, friends,
and family to you

POSTURE PRAYER



**Watch
this video**

Watch this 2-minute video from Danielle Strickland as she demonstrates the Infinitum prayer postures, and how she practices them every day. Go to youtu.be/3SrDHjMvRPs to follow along!

Generosity HANDS OUT



ROMANS 12:3-8

I choose to hold out
my hands as a symbol
of generosity

What I have is not mine

I am only a steward of all
that you have given me

I want to mirror
the way that you opened
your hands to us
and lavished your love
and life upon us

I want to live an
open-handed life
in a closed-fist culture

Mission HANDS FORWARD



ROMANS 12:9-18

I choose to hold
my hands forward
as a symbol of mission

I want to live for something
greater than me

I want to embrace your
kingdom mission

I want to embrace and
welcome your mission
to the lost, last, least,
and lonely—the poor,
powerless, privileged,
and persecuted



Download Infinitum for [iOS](#) or [Android](#) to continue this rhythm of prayer and visit <https://infinitumlif.com> to learn more.

LEAVE YOUR PRAYER ON THE STREET!

We would like you to take a 30 minute walk. But before you go, take your shoes and with a Sharpie / Marker, write down one word/ country and one prayer action on each shoe.

Ethiopia

Somalia

South Sudan

Sudan

Uganda

Tanzania

Kenya

Angola

Democratic Republic of Congo

Haiti

Guatemala

Honduras

Venezuela

Burkina Faso

Central African Republic

Chad

Mali

Mauritania

Niger

Lebanon

Syria

Yemen

Afghanistan

Myanmar

Sri Lanka

You can read about what are the prayer needs for that country in the prayer points on pages 5 and 6. We want you to literally walk this prayer around your neighbourhood. Of course some of the wording will rub off—symbolising the hope and intention of your prayer—"to leave an imprint in this place!"

> When you return from your walk. Use the shoe graphic and lines on the right side of this page to write down the reflections, conversations and inspirations from your prayer walk.

STONE IN YOUR SHOE.

Placing a stone in your shoe for the day will cause you some discomfort, but it can also act as a prompt. A prompt to pray for those who live out the ways of the kingdom in spite of the discomfort, trials, and persecution that comes their way.

Whether these are people known to you, or whether they are Christians who live in places that are under severe persecution, let the experience draw you closer to God and His people who live out the kingdom where they are.

PRACTICE

Choose three countries that are listed as places where Christians are under persecution. Print off a world map and use this as a prompt to pray for those “fighting dragons” in these places. Search out news and info about these places and ask God to come as light in their darkness.

QUESTION

How are you allowing Jesus to “renew you daily” (v 16)?

PRAYER

I choose to welcome discomfort so that I may grow closer to You and others.

Therefore, since through God’s mercy we have this ministry, we do not lose heart. Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone’s conscience in the sight of God. And even if our gospel is veiled, it is veiled to those who are perishing. The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God. For what we preach is not ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus’ sake. For God, who said, “Let light shine out of darkness,” made his light shine in our hearts to give us the light of the knowledge of God’s glory displayed in the face of Christ.

But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. For we who are alive are always being given over to death for Jesus’ sake, so that his life may also be revealed in our mortal body. So then, death is at work in us, but life is at work in you.

It is written: “I believed; therefore I have spoken.” Since we have that same spirit of faith, we also believe and therefore speak, because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you to himself. All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.—2 Corinthians 4:1-18



CAIRN TOWERS

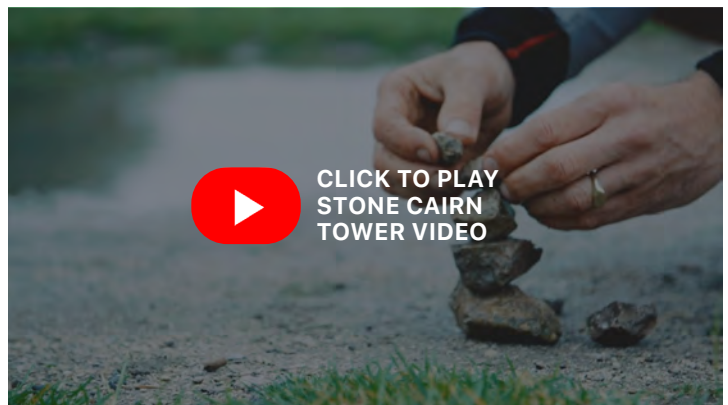
Stone Cairn towers can be seen all over the world. They were traditionally used as markers on a pathway. But Christians have also used them as a way of focusing prayer and thinking of those people and places they would like to bring before God. It can also be a way to think of the those that bring strength and certainty to you - through friendship and connection.

Supplies: stones or flat pieces of wood (but don't supply them, part of the activity is going searching)



Instructions:

1. Watch video.
2. Go hunting for some flat stones and/or pieces of wood.
3. When you have found enough, try to balance as many stones/wood on top of each other as you can.
4. While you're doing that, think about those people who have been "rocks" in your own life - people you can depend on. Thank God for them!
5. After you've finished, share your cairn tower with the rest of your family and share what you've learned as you built it.
6. If able, take a pic of your tower and share with the Infinitum Families Facebook page!



CLICK TO PLAY
STONE CAIRN
TOWER VIDEO

<https://vimeo.com/438848214/d52f233455>

When you see your Cairn Tower in the yard or park it can be a reminder for the countries that you are supporting with prayer and action.

INFINITUM
families

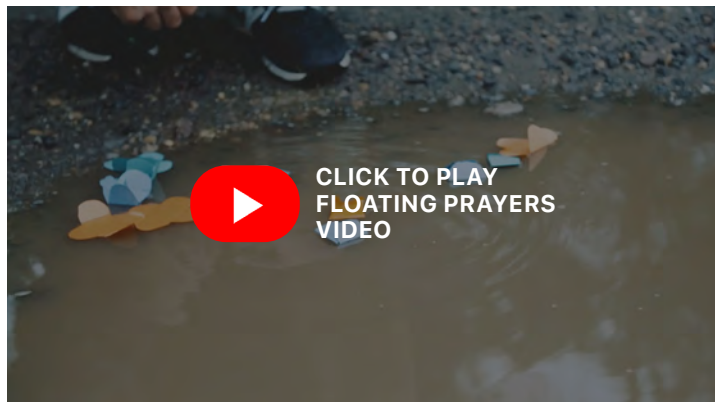
FLOATING PRAYERS

This is a simple but powerful way of bringing people and places to God in prayer and having a visual way of seeing those requests open up to God.

Supplies: construction paper, pens, scissors, a container full of water (or a puddle, or a pool)

Instructions:

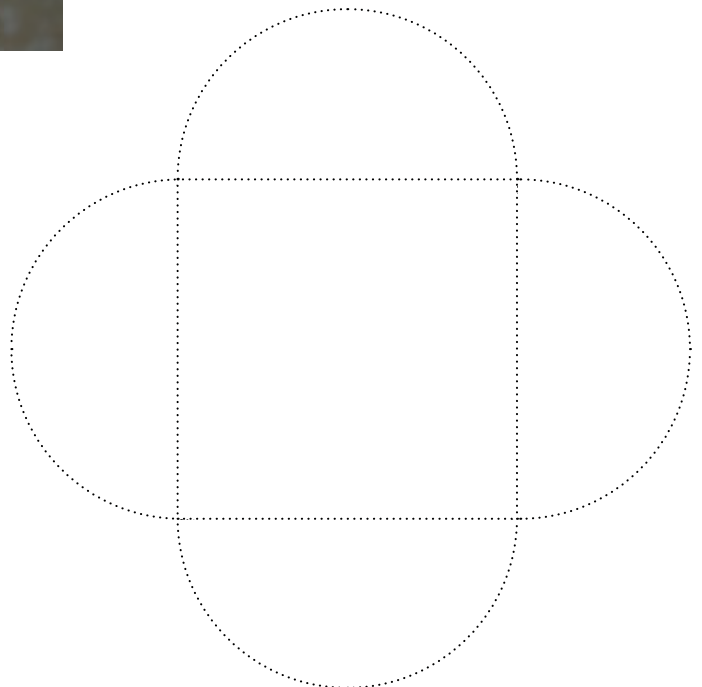
1. Cut out simple flower shapes from construction paper. (See video.)
2. In the middle of the flower, write or draw a person, place, or something you want to bring to God in prayer.
3. Then fold the corners (or petals) of the flower into the middle so it is closed up.
4. Place the bottom of the prayer shape gently onto the top of the water. Watch as petals/ folded prayers open out, symbolically opening the prayer to God.
5. Imagine what Jesus might want to say to you about those people, places, or things.
6. Once all of the prayers have been opened up on the water, discuss: what did this visual way of prayer teach you about how you can pray?



<https://vimeo.com/438847507/b94abl60b0>

INFINITUM
families

Write down the countries that you are supporting with prayer and action.
(Remember to cleanup and recycle or dispose of your material)



THE MATTHEW 25 CHALLENGE

FOOD FOR THOUGHT



“... I was hungry and you gave me something to eat ...” —Jesus (Matthew 25:35, NIV)

What’s the challenge? Skip lunch, and break your fast tonight with rice and beans.

How much does your family know about global hunger and malnutrition? (See green box below.) Let’s find out!

New word: **malnutrition**

A serious condition caused by a lack of the right food, in the right amount (a “balanced diet”).

New word: **stunting**

A serious condition where a child has been hungry so much of their life that they are too short for their age—they would have been taller if they had had enough food. Stunting can have long-term effects, including things like brain damage and learning disabilities.

ACTIVITY 1 ➤ Hunger Trivia Quiz

Take this quiz together and check your answers on the next page.

1. The number of hungry people in the world is going down.
☐ True ☐ False
2. Most hungry people live in cities, not in the rural areas.
☐ True ☐ False
3. You can tell by looking at a child if they don’t get enough to eat.
☐ True ☐ False
4. Hunger can make it hard for kids to pay attention in school and can even cause them to be stunted. (See green box at left.)
☐ True ☐ False
5. We have enough food in the world to feed everyone.
☐ True ☐ False

BONUS ACTIVITY

**Watch this video**

to learn why good food is so important, especially for growing children.

worldvision.org/nutrition

ACTIVITY 2 ➤ Dinner Challenge

Have a conversation during your Matthew 25 Challenge rice-and-beans dinner.

Questions

1. What did you eat today? What are you eating now?
2. How do you feel about eating this simple meal tonight?
3. Can you remember a time when you felt REALLY hungry? How long did you have to wait to eat? What did it feel like?
4. How can we share our food with others or help make sure they have enough to eat?
5. Who in your city is hungry? Why do you think they are hungry?

Ways to pray

Now, spend some time praying for those who are hungry today.

1. Ask God to give families what they need to grow their own food or enough money to buy it.
2. Pray that all kids will get enough good food so they'll grow strong and healthy and their minds will be ready to learn in school.
3. Pray for organizations, groups, and people who help hungry families get the food they need.
4. Say a prayer from your heart for every child who is hungry today.
5. Pray that God would open your eyes in your community - that you would see those who you may not be seeing now.

Hunger Trivia Quiz answer key

1. False. After dropping for 10 years, the number of hungry people went up by 20 million (from 795 million to 815 million) between 2015 and 2016. More people are having trouble getting enough to eat because of problems like wars and lack of rain to grow crops.
2. False. About three of every four hungry people live in the countryside. Most of them are farmers who barely grow enough food to feed their families. But more and more parents and kids in cities aren't getting enough to eat, either.
3. False. You can't always see malnutrition on the outside. Sometimes kids get enough to fill their tummies, but it's not the right kind of food—and that can make them weak and sick.
4. True. Hunger affects many ways a person grows and develops. It can keep them from growing as tall as they should, or from learning like they should—so it's harder for them to become all God created them to be.
5. True. There is enough food for every person to eat healthy meals. The problem is the food we have isn't evenly distributed—some get lots of good food to eat and others who need it most get very little or nothing at all.

This activity is taken from World Vision's Matthew 25 Challenge.
To learn more about bringing the Matthew 25 Challenge to your church, visit

<https://wvi.org/matthew25>

WHY PRAY?



“I was hungry and you gave me something to eat ...” —Jesus (Matthew 25:35, NIV)

Intercession begins with us allowing the things that God thinks and feels to affect us.

WATCH VIDEO



Why Pray?

Watch this 4-minute video on intercession <https://youtu.be/edELxUZ0pn8?t=724>

This video is from the original Prayer Course from 24-7 Prayer. You can find their courses at prayercourse.org.

ACTIVITY

1. How can you **get informed** on the needs of your neighbour or problems in another country?

2. How can you **get inspired** about who God is?

3. How can you **get indignant** about the thing God wants to happen?

4. How can you **get together** with other Christians?

“ Let my heart be broken by the things that break the heart of God.”

—Bob Pierce

AWAKENING TO BEAUTY THROUGH LAMENT

SEEDS OF HOPE
ARTIST Bette Dickinson,
Liquid Acrylic and
Oil on Claybord



“Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.” *John 12:24*

Reflect on The Seeds Of Hope painting above

1. Think about your life. Where have you experienced disappointment, frustration, or loss in this past year. Name it.
2. Take inventory of our world. Where is there suffering and unrest? It's not hard to find it on the news or social media. Who are the people in your life who are going through something really difficult? Who has experienced loss recently? Is there a particular area of pain or struggle that God has put on your heart for the world?
3. Choose one of the areas of pain above and write your own prayer of lament using guide on the right.

Write a Prayer of Lament

Here is the general form for lament in the Bible.

- 1. Address to God:** Usually a brief cry for help, but sometimes includes a statement of how God has come through in the past. We can address God with the names He has given us for who we need in this moment.

Example: (Psalm 71:1-3) “Jesus, the suffering servant. Hear my prayer. Jehovah Jireh (Provider), listen to my plea. Jesus, the Good Shepherd, lead me.”

Write Your Own Address to God:

- 2. Complaint:** This is encouraging for who have been suffering a long time. We actually are invited to complain to God about our circumstances and name our disappointments!

Example: (Psalm 71:4) “What is happening? Why would you lead me through this? How could this be good? How could you let that happen? How? Why? How long O Lord? Where are you? Why?”

This is where we feel all the emotions and name them before God—our anger, our frustration, our guilt, our disappointment, or self-justification, etc. He welcomes the full range of our emotional experience.

BETTE TEACHING



Watch this video

Let's discover together how lament can awaken us to both the pain in the world and to God's work in the midst of it.

https://youtu.be/byGfS_iy2rw



BETTE DICKINSON

About the Artist & Author

Bette Dickinson is an artist, writer, and speaker who invites audiences to connect with God through visual parables of the spiritual journey. Through creative communication, she helps her audience awaken to the beauty of God and His Kingdom and see more clearly the eternal realm in the heart and in the world.

Through her work, Dickinson helps her audience connect the inner life of spiritual formation with the outer life of mission.

Bette earned her Masters of Divinity with an emphasis in Pastoral Studies, is ordained in the Reformed Church in America, and serves with InterVarsity Christian Fellowship in Spiritual Formation.

www.BetteDickinson.com

Write Your Own Complaint to God:

- 3. Confession of Trust:** We name our hope in God even despite all the circumstances (even if we aren't sure if we believe it yet). It's where we look back on our stories to see where God has come through in the past and remember what He has done.

Example: (Psalm 71:5-8) "God, I don't understand, but I trust that You are good. I have seen You come through in the past. I have seen your faithfulness. I have seen your goodness. I have seen your provision. You are trustworthy. You are good. You are worthy."

Write Your Confession of Trust

- 4. Request:** (Psalm 71:9-13) Upon expressing our confidence in God, we ask God for deliverance and intervention. Here, we ask for God's help and put our hope in God over ourselves or other Messiahs to save us.

Example: "Save me. Heal me, God. Restore our fortunes, Lord. Bring the rain and water the dry places in my heart and in our world. Bring justice. Bring reconciliation. Bring peace. Bring the child I have been longing for. Bring redemption to my marriage. Bring restoration to my church. Could you do it, Jesus? Please?"

What is it you need? What does our world need? What do you desire God to do? Call out to him in free prayer.

Write Your Request:

**RIGHT SIDE UP
VIDEO PODCAST:**

**Episode 5
with Jo
Saxton &
Princess Zulu**



'Blessed are those who hunger and thirst for righteousness, for they will be filled.'—Matthew 5:6 (NIV)

PODCAST VIDEO



**Watch
the video**

Listen as they discuss how we are blessed when we hunger and thirst after righteousness and justice. <https://youtu.be/BkO4FzbJHJo>

WATCH/LISTEN

Watch episode 5 of the Right Side Up Podcast with Danielle Strickland, Jo Saxton and Princess Zulu.

Jo Saxton is an author, coach, leader and co-host of the Lead Stories Podcast. She is a curious person, always looking to learn and grow which makes her leadership infectious.

Princess Zulu is an author, politician and advocate for those affected by HIV/AIDS and poverty. She is a rockstar of a person who is always looking to be led by Scriptural wisdom.

'The more I pursue God's presence and His righteousness, I begin to alter my life. Not so things may naturally be easy to do, but where I begin to say, "God, what have you called me to be in this life?"' —Princess Zulu

LEARN

What does Jesus mean when He talks about righteousness? Further into Matthew 5 we see Jesus tell His listeners that their righteousness must exceed that of the scribes and Pharisees. It is not enough just to abstain from murder, but one must also abstain from being angry and insulting their brother or sister. Jesus completes the sermon by telling us to love our enemies. This is the righteousness that Jesus is talking about here, it's about being pure in heart, being peacemakers, being merciful and showing love to all. When you hunger and thirst for righteousness you are standing and working towards the betterment of the world, for things to be made right in this world.

During times of crisis it is easy for us to look inward, to be concerned only with ourselves and to be at times selfish. It is not always easy to do the things God calls us to, it involves self-sacrifice and obedience. Princess Zulu reminds us of the importance of centering our lives on others, looking for ways in which we can take the focus off of ourselves and onto helping others and changing their lives for the better.

Jesus tells us that those who seek after righteousness will be filled. God has placed eternity in our hearts, and we recognise that there is nothing on this earth that can satisfy this longing. God reminds us that we were made for more than this world, and He calls us to Him. While we are called to more than what this life has to offer, Jesus isn't telling us to go on our own and forget the needs of others. In James 2:14-17 we read that faith without works is dead. This is a call into action, a call to ask God to help you be merciful, loving and pure in heart towards those whom God has placed in your life. By thirsting and hungering after righteousness we are putting our faith into action.

Key Takeaway #1: We can't always change our own circumstances, but we can thirst and hunger for things to be made better for others.

Key Takeaway #2: This blessing is not a destination.

Key Takeaway #3: Courage is not the absence of fear, it is the ability to keep moving in the presence of fear.

Take the free course at <https://infinitumlifeteachable.com/p/rightsideup>

How to talk to your family about the hunger situation

God has so abundantly provided for all we could ever need. Yet, so many are left struggling—either due to lack of available, sustainable food, or due to over-availability and misuse.

During this prayer weekend, reflect on your connection with those in your family or circle of support and in your community. It can be difficult to talk to your family and friends about hunger, especially when they themselves may be struggling. Chances are that a person in your congregation or a child in your son or daughter's class at school may be going to bed hungry every night. It's an alarmingly common, but hidden, problem.

We hope that by joining together with one another and with God this weekend, it will help nurture our connections and allow us to deepen our understanding of what our neighbours are going through.

SOME WAYS TO GET YOUR CHILDREN THINKING ABOUT HUNGER:

- Read or share a story about someone who is hungry and talk about their experiences. You can use some of our social media resources at wvi.org/weekendofprayer, read a book, or find a documentary online.
- Share some Bible verses and think about what God wants us to do for people who are hungry. Some bible verses to look at include Matthew 25:35-40, Isaiah 58:7-10, Luke 3:11, Proverbs 22:9 and 25:21, James 2:15-17.
- Talk to them about the difference between hunger (feeling uncomfortable because you haven't eaten enough) and food security (not having regular "access to sufficient, safe, and nutritious food").
- Ask them what they think might be some of the causes, and effects of hunger. Help children understand how issues like poverty might be connected to hunger. Talk about how people earn different salaries and ask them to think about how you might need to change what you buy at the supermarket depending on your budget, and what consequences that may have.

IF YOU DO ONE THING AS A FAMILY THIS WEEKEND, PLEASE:

Pray and dedicate a meal to people who might be going hungry in your community and abroad. Ask your children to write and lead the prayer based on what you've learned and spoken about together.

OTHER IDEAS TO TAKE FURTHER ACTION WITH YOUR CHILDREN:

- Ask how you could help as a family and talk with your children about what they think they should do as a response. Some ideas might include volunteering with a local food bank or cooking a hot meal at a shelter.
- Go to the grocery store and let your children pick out some items to donate to a local food bank.

- Try to ensure that the food you buy helps combat climate change, buy local produce, and buy goods that guarantee the farmer got a fair price for his or her produce, such as 'fair trade' goods.
- Donate to charities working to solve hunger, both in your own community, and those working globally with organisations like World Food Programme.
- Plant a family garden. Grow your own vegetables and share them with friends and your congregation.
- Visit a local farm or self-pick and get involved. Speak to the farmer about the process of growing food, what work goes into it, and let the children help with the harvest before donating to a local food bank.

WHAT IS DRIVING THE GLOBAL HUNGER CRISIS?

The global hunger crisis is being driven by conflict, climate change, and the economic impacts of COVID-19 that has left people even further behind.

How does conflict drive hunger? Conflict makes food difficult to produce and afford. Many are forced to flee their homes and their land to avoid conflict, so they can no longer grow produce they once depended on. War also destroys land and villages/towns where trading would have once taken place. Competition for food and scarce resources multiplies the threat of civil war as desperation forces people to fight for available food—especially in countries that are already unstable.

How does climate change drive hunger?

Climate change is a threat multiplier for hungry and undernourished people. Countries with high levels of hunger are often also highly vulnerable to climate change and have a low capacity to adapt. Many natural disasters driven by climate change take place in countries where many people are already experiencing hunger. For example, if a hurricane destroys the home and land of a small family in Honduras, it is unlikely that they have insurance and they may not have enough money to rebuild. Climate change affects food production and availability, access, quality, utilization, and stability of food systems.

How have COVID-19 and conflict driven hunger? In 2020, the coronavirus pandemic led to people who had previously been able to support themselves put out of work and confronted by rocketing food prices. Conflict, climate change, the economic impact of COVID-19, and fallout from the war in Ukraine are now intersecting to drive a hunger and malnutrition emergency in which tens of thousands of children could die.

Up to 811 million* people were hungry in 2020, up by 161 million from 2019. Hunger increased in all regions of the world.

*The State of Food Insecurity in the World Report provides a range for the number of people hungry, given data collection challenges. For this fact sheet, we've used 811 million which is the upper figure of their range.

Infinitum Prayer for Kids

We put our hands up to show that
we give our lives to you, Jesus.

We know you are in charge.

We trust you with our worries and our wants.

We open our hands to show that
we are ready to give.

Thank you for loving us.

We will share what you have given us.

We promise to take care of your earth and all your
children.

We hold our hands forward to show
we are ready to help;

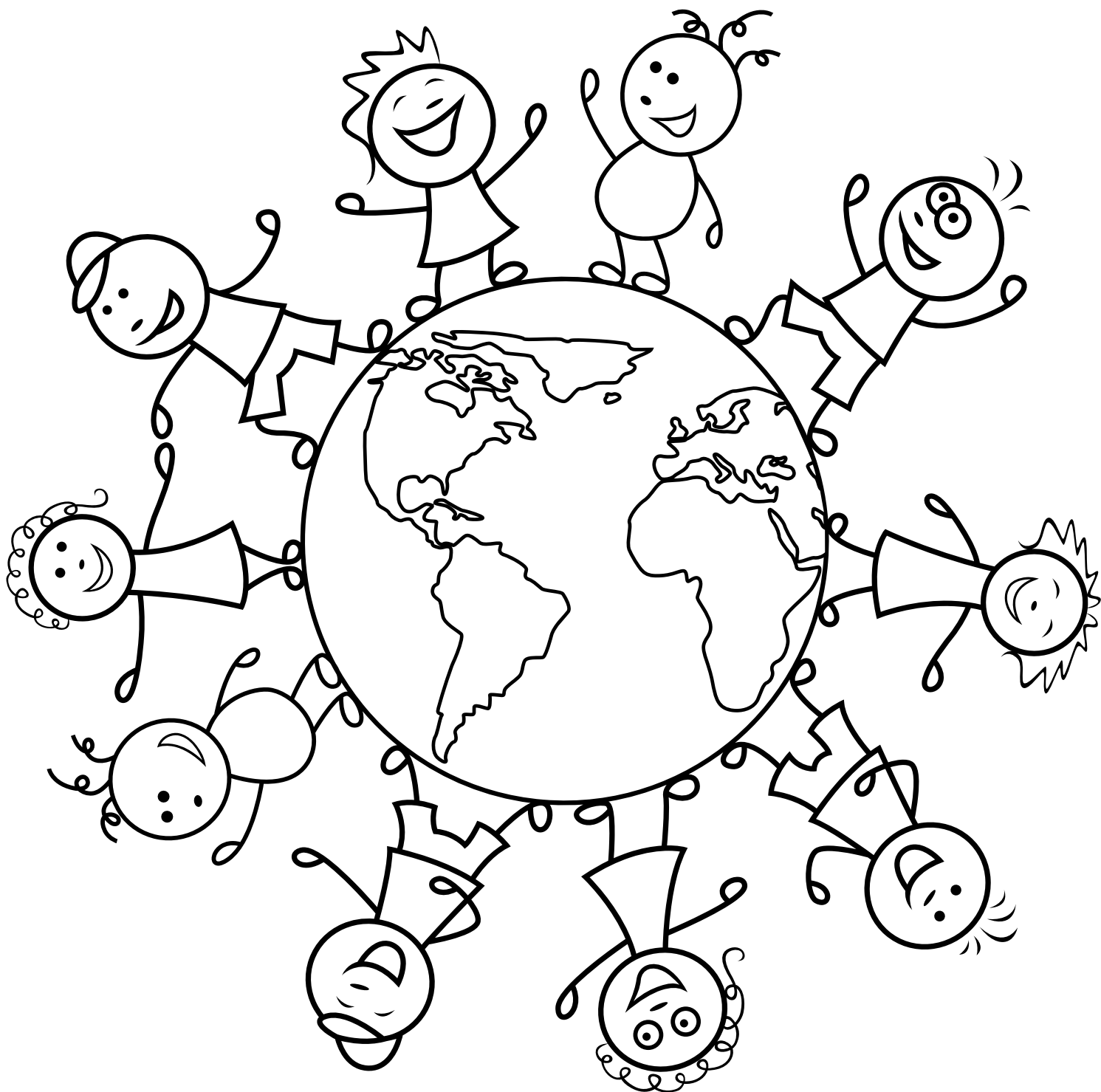
Even when it's not easy.

We promise to live for you;

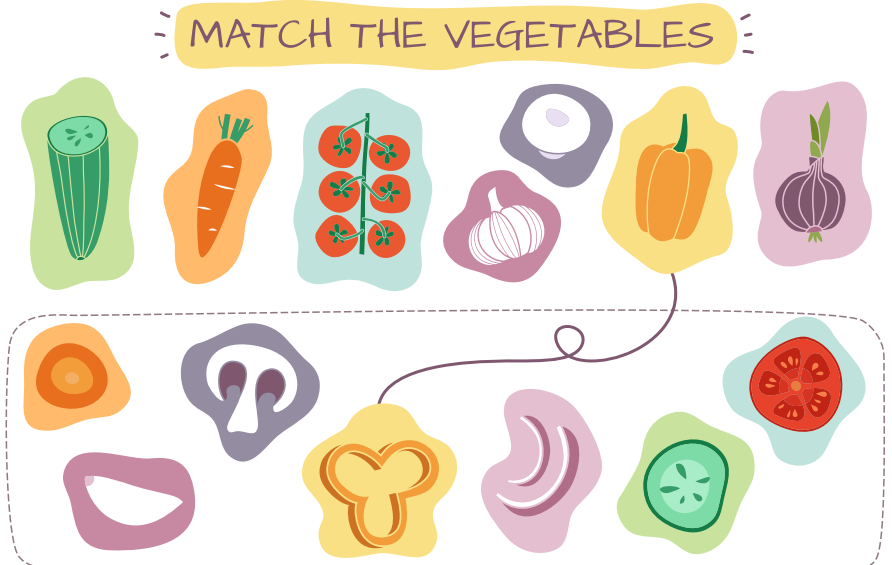
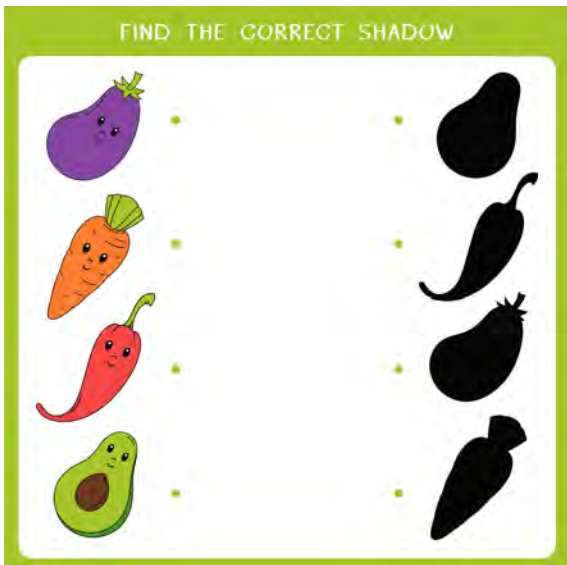
And show others your love for them. Amen.



COLOURING



CONNECT THE DOTS



ABOUT WORLD VISION

World Vision is an international partnership of Christians whose mission is to follow our Lord and Savior Jesus Christ in working with the poor and oppressed to promote human transformation, seek justice and bear witness to the good news of the Kingdom of God.

For more than 70 years, we have been walking with the global Church and serving our brothers and sisters as Jesus compels us in Matthew 25.

We are responding to the global hunger crisis.

World Vision staff are on the ground, bringing food assistance, protecting children and supporting the most vulnerable, including refugees. We are a global food leader and partner with the Nobel Peace prize-winning World Food Programme (WFP), governments, and communities to save lives. Our response aims to help 15 million people who face life-threatening starvation.

Learn more about how you can get involved at wvi.org/prayagainsthunger

ABOUT INFINITUM

Infinitum is a prayer practice for those who follow Jesus and choose to live lives of love. It is practiced by thousands from a diversity of Christians traditions and expressions across more than 30 different countries.

This prayer guide introduces you to the postures of Surrender, Generosity, and Mission. These postures are practiced through prayer, regular connection with others, and action. But Infinitum is so much more than these three postures.

Find more tools and stay connected with the global Infinitum community for encouragement, support and challenge on your journey of discipleship at infinitumlif.com/getting-started

Weekend of Prayer & Action Against Hunger

Churches worldwide are coming together for a Weekend of Prayer & Action Against Hunger on 14-16 October to coincide with World Food Day.

This broad coalition of partners includes ACT Alliance, Integral Alliance, Lutheran World Federation, Micah Global, Organization of African Instituted Churches, Salvation Army, Mennonite World Conference, World Council of Churches, World Evangelical Alliance, World Methodist Council and World Vision.

We are all uniting to raise awareness of, and pray for, millions of people on the brink of famine.

Find more resources at wvi.org/prayagainsthunger