

Pray for the Hungry

Commit to pray for the hungry for a set number of days. Read the box for each day and then spend some time praying for those things. As James 5:16 says, “The prayer of a righteous man is powerful and effective.” So let’s pray and trust God to answer in wonderful ways!

Day	Prayer Guide
1	Praise God that He knows all that goes on in this world, and He is sharing it with you. He has chosen you to pray for people who are hungry, so let’s get started! Ask Him for CHILDREN who are going to bed hungry tonight that He will provide them food so they are not hungry for even one more day.
2	Pray for SENIORS who live on their own and are without food today. Ask God to draw someone’s attention to them and to help them get healthy, filling meals every day of the week.
3	Praise God for the hunger SOLUTIONS already in place. Ask Him to bless those organizations and the people they have helped. Pray for more fresh produce, more volunteers, and overflowing food banks.
4	Pray for MINORITIES across our nation who are without food today. Ask God to help distribute food to all who are hungry--every race and background, every man, woman, and child.
5	Pray for people to hear about the problem with hunger and then to DO SOMETHING about it. Ask God to touch people’s hearts to give food, money, and resources so that everyone in America has enough to eat every day!
6	Praise God He is at work here in the United States! As people receive food, pray they will come to KNOW the GOD who loves them and wants to provide for them. Pray they will know and love the true Bread of Life, Jesus!
7	Worldwide, 795 million people experience hunger. ^[1] Pray the people who desperately need food will get it and be able to feed their families.
8	Did you know that 1 in 4 CHILDREN AROUND THE WORLD are stunted from not having enough food when they were young? ^[2] This means they were malnourished for the first years of their lives and were unable to grow. People with stunted growth struggle more in school and can have lifelong health issues. Pray for all the children around our world who are not getting enough food. Ask God for workers to go and bring food to those who need it most--precious children.
9	Praise God for all the HUNGER ORGANIZATIONS working to get nutritious food to those in need, and ask God to bless their work. Pray they will have the resources to distribute food to everyone who needs it. Also pray that God’s message of love and salvation will be shared as well.
10	Pray for OPPORTUNITIES TO HELP those in your community. God is always looking for people willing to help. Ask Him to help you see the needs and then do what He wants you to. Then be on the lookout--He might just bring an opportunity your way!
11	The GOVERNMENT provides many programs to help people get food. Pray for wisdom for those in leadership, that they will do God’s will in providing for those in need.

12	In America, 3/4 of the counties with the highest hunger rates are RURAL . ^[3] This means that the very farmers that grow food for people to eat actually struggle with hunger themselves. Ask God to bless their land, increase their crops, and provide abundantly for their own tables.
13	Pray for those people who have been forced to decide between food and medicine, food and heat, or food and _____. Ask for all their needs to be met and for them to find HEALTH AND SECURITY in all things, including food.
14	People all over the WORLD struggle with hunger. The reasons vary depending on the place. Choose one of the places/causes of hunger below, and pray for them. <ul style="list-style-type: none"> • Asia: poverty • Sub-Saharan Africa: drought • Latin America and the Caribbean: natural disasters and extreme poverty • The Middle East and Northern Africa: war ^[4]
15	FOOD DESERTS are places without easy access to grocery stores that sell healthy food. Instead, they have convenience stores with less healthy food or no stores at all. Pray for these communities to get places to shop with nutritious food.
16	Pray for the ORGANIZATIONS WHO BRING FOOD to those in need all over the world. Pray God will bless their hands and multiply the resources they have to reach every person who is hungry across our globe.
17	We know God is at work around the world! Thank you, God! Pray that as people receive food, they will come to KNOW who GOD is and that He loves them dearly. Pray they will come to know Jesus Christ and all He did for them.
18	Around the world, poverty is the number one cause of hunger. People living in poverty simply do not have enough money to buy food. Pray for the CYCLE OF POVERTY TO BE BROKEN . Pray that people will have enough to not only pay for medicine and heat, but they will have enough to buy healthy food.
19	Poverty rates in AFRICAN AMERICAN FAMILIES are TWICE those in white or non-Hispanic families. Pray and thank God for the diversity we have in America, and ask Him to increase equality across all races. Pray for a break in the cycle of poverty so all people of all colors have enough to provide for their families. ^[5]
20	1 in 5 HISPANIC HOUSEHOLDS in America face hunger on a daily basis. This causes them to be especially vulnerable to diet-related illnesses. Please pray for health, nutritious food, and resources for people in our Hispanic communities. ^[6]
21	Pray for more people to CARE about hunger in America--people in your church, community, state, and nation. Ask God to help you spread the word so others can LEARN about the problem and take ACTION , working together to solve this problem.

[1] *Where does hunger exist?* Retrieved from <http://www.bread.org/where-does-hunger-exist>.

[2] *About hunger*. Retrieved from <http://www.bread.org/what-hunger>. [3] *Rural hunger facts*. Retrieved from <http://www.feedingamerica.org/hunger-in-america/rural-hunger-facts.html>.

[4] *Where does hunger exist?* Retrieved from <http://www.bread.org/where-does-hunger-exist>.

[5] *African American hunger facts*. Retrieved from <http://www.feedingamerica.org/hunger-in-america/african-american-hunger-facts.html>

[6] *Latino hunger facts*. Retrieved from <http://www.feedingamerica.org/hunger-in-america/latino-hunger-facts.html>.

