

Setting the Table: 40 Days of Discovery

updated by LeAnne Kerr

- 1 Colossians 3:9-17
Start a food journal and write down everything you eat for 40 days. Notice the little things that we take for granted.
- 2 Micah 6:6-8
Use a Bible concordance to look up verses about taking care of poor people. Meditate on these in light of some of the major issues of the day.
- 3 Luke 10:25-37
Check out *Speaking of Hunger: Sermons of Challenge and Hope* at www.seedspublishers.org for inspiring sermons about hunger and watch for our second edition, coming soon!
- 4 2 Corinthians 8:1-21
Find out if your local restaurants give their extra food to feeding programs. If not, help them organize a food reclamation project. Go to www.foodrescue.net for more information.
- 5 Deuteronomy 15:8-11
Set up a church-wide recycling center and get the children to promote it with announcements and skits.
- 6 1 John 3:16-18
Get the children in your church to assemble school kits for children in a refugee camp. Church World Service can provide information. Go to www.churchworldservice.org.
- 7 Matthew 19:16-22
Read about the Obama Administration's plan for the American Recovery and Reinvestment Act: www.whitehouse.gov/issues/poverty.
- 8 Luke 16:19-31
Pray for people who have lost their homes or been displaced by fires, floods, armed conflict or economic downturn. Find out if anyone in your area is facing this, and see what you can do to help.
- 9 Amos 8:4-7
Find out if your community has a CROP Hunger Walk to raise money and hunger awareness. If so, get involved. If not, consider organizing one. For more information, see the CROP Hunger Walk page at www.churchworldservice.com.
- 10 James 5:1-6
Read about the action the US Congress is taking with the Global Food Security Act: <https://www.globalcitizen.org/en/content/alleviating-hunger-one-step-at-a-time>.
- 11 Acts 20:32-35
Stay up-to-date with the state of hunger in other countries through the online Newsroom of the UN World Food Programme (WFP), at <https://www.wfp.org/news>.
- 12 Leviticus 23:22
Pray for the 795 million people who are hungry in the world.
- 13 Isaiah 61:1-4
Invite your friends to come with you to volunteer at a soup kitchen or a food pantry today. Sit down and talk to one of the guests.
- 14 Isaiah 32:1-8
Look a homeless person in the eye.
- 15 2 Corinthians 9:6-10
Organize a cooking class for low-income families. Go to cookingmatters.org for free educational tools and a virtual tour of the grocery store.
- 16 Matthew 22:34-40
Read about Kids Hope USA or volunteer to become a Kids Hope USA mentor through a school-church partnership near you: www.kidshopeusa.org/home.
- 17 Matthew 25:31-40
Watch the documentary "Hunger in America" to learn more about the issue of hunger in our own backyard: www.hungerinamerica.com.
- 18 Luke 1:46-55
Sit in the waiting room at a local emergency assistance agency for two hours, and just listen to the people.
- 19 Isaiah 10:1-4
When you go grocery shopping, buy extra canned food, peanut butter or other staples for your local food pantry.
- 20 Isaiah 1:12-17
Learn about the impact of your purchases by visiting the Better World Shopper site at betterworldshopper.com and learn how the goods you purchase affect others around the world.
- 21 Romans 12:9-21
Organize a blanket and warm clothing drive in your church. Give the items to a local shelter.
- 22 Psalms 107:33-43
Use some of your coffee budget to purchase travel-sized toiletries. Put them in a baggie and give them to the street people you see.
- 23 Acts 4:32-35
Go to www.seedspublishers.org/news to read about women and poverty in the summer 2016 issue of *Hunger News & Hope*.
- 24 Leviticus 25:8-17
Write your US legislators about immigration issues. Get your church to participate in this year's Bread for the World Offering of Letters. You can go to www.bread.org/ol to download a kit.
- 25 Deuteronomy 10:12-19
Read about how gender inequality and discrimination affects world hunger, at www.fao.org/gender/gender-home/gender-programme/gender-food/en.
- 26 Ezekiel 16:48-49
Research microloans and learn about different ways people can use these loans to break out of poverty.
- 27 Luke 12:16-21
Don't eat between meals today.
- 28 Luke 19:1-10
Take time to learn more about the Supplemental Nutrition Assistance Program (SNAP), at www.fns.usda.gov/snap/nutrition-education.
- 29 Jeremiah 7:5-7
Watch "Poverty, INC," the documentary that won the FIFE Environmental Film Festival Best Documentary Award, at www.povertyinc.org.
- 30 1 Timothy 6:17-19
Go to the grocery store with someone who pays with a SNAP (formerly Food Stamp) card, and watch the people around you for their reactions.
- 31 Galatians 6:7-10
Drink only water for a week to remember that a billion people lack access to clean drinking water.
- 32 Psalms 82:1-4
Look at the policies of the major US presidential candidates on hunger and poverty. What do they plan to do for the poor?
- 33 James 2:1-8
Give one of your favorite garments to a thrift store or clothing program.
- 34 Zechariah 7:8-12
Organize a hunger banquet in your community. You can find resources at actfast.oxfamamerica.org.
- 35 Isaiah 58:6-10
Go to bed hungry and pray for those who have to do this every night.
- 36 Luke 14:15-24
Plan an alternative youth retreat for your church. Check out "Living on the Other Side" at the World Hunger Relief farm in Elm Mott, Texas. Go to www.worldhungerrelief.org for more information.
- 37 Malachi 3:5
Read the novel *Our Pebble in the Pond* by Merrill Davies to learn more about the reality of homeless shelters and poverty.
- 38 Job 31:16-28
Find out if there's a weekend backpack program for food-insecure schoolchildren in your area. If there is, volunteer to help. If there isn't, look up Pack of Hope or Blessing in a Backpack, and see what you can do.
- 39 John 6:1-14
Calculate the weekly budget for a family of four living on minimum wage in your community.
- 40 Isaiah 65:17-25
Make yourself a promise that you will never, ever forget that one person CAN make a difference.

