

CLWR's Journey Through Lent

Week One: Hunger

Addressing hunger in its many forms



Lent calls us to reflection, action and hope. Join us over the next eight weeks as we explore our shared experiences of **Hunger**, Safety, Well-Being, Identity, Loss, Community, Nature, and Faith, engaging scripture and real-world responses to live out God's call to justice and compassion.

DAY 1: Scripture reflection

Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." —John 6:35.

- Read **John 6:35** and reflect on what it means to be generous with food and resources.
- Reflection questions:
 - Jesus provided food for the hungry but also pointed to a deeper kind of nourishment. What do you think it means to "never go hungry" or "never be thirsty" in a spiritual sense?
 - How does physical hunger affect a person's ability to grow, learn, and thrive? How might spiritual hunger affect someone in a similar way?
 - In what ways can we help address both physical and spiritual hunger in our community and beyond?

DAY 2: Personal reflection & journaling

- How does hunger affect me?
- Reflect on moments when you've felt hunger—whether physical, emotional, or spiritual.
- Consider the role food plays in your daily life: How do you access it? How does it impact your well-being?
- Journal Prompt: Write about a time when you were truly hungry (for food, connection, or meaning). What did it feel like, and what helped satisfy that hunger?

DAY 3: Group testimony

- As a group/congregation, discuss food insecurity in your local area. Who is most affected, and what challenges do they face?
 - Research statistics on hunger in your region and share what you learn.
 - Group Activity: Identify a local food bank, school meal program, or soup kitchen and explore how they address food insecurity.

- Explore hunger on a global scale—what factors contribute (poverty, climate change, conflict)?
 - Read Lucio’s Story to learn how hunger affects children’s education and future at clwr.org/lentstory1
 - Discussion Question: How does food insecurity prevent people from reaching their full potential?



DAY 4: Personal and collective action

- Personal Action:
 - Fast from one meal and reflect on the experience.
 - Donate food or funds to a hunger relief program, like CLWR’s Gifts of Food.

- Community Action:
 - Organize a food drive for a local food pantry or school program.
 - Write to policymakers advocating for stronger food security policies.

DAY 5: Prayer and commitment

- Pray for those experiencing physical and spiritual hunger, that they may find nourishment, hope, and support.

- Pray also for those working to provide food and for guidance in how we can be part of this work.

- Commitment Challenge: What is one action you will take this week to be more mindful of hunger?

