

# Lenten Reflection 2019 Guide

This season, let's reflect on those in need  
and how we can serve them, together.

**Rise**  
AGAINST HUNGER

**FastPrayGive.org**

*Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon.*

ISAIAH 58:10 NLT

<b>WEEK 1</b> March 10 – 16	<b>FAST</b> Luke 4:1 – 13	Jesus went into the wilderness and fasted for 40 days. In today's culture, we have filled our lives with stuff to do and obligations to be met, often forgetting about what is most important. We can make room for the Holy Spirit if we are less distracted. Through the spiritual discipline of fasting, we voluntarily withhold a meal to focus on God. As you fast, ask God to be deeply involved in you actions against hunger. Learn more about the hunger movement at <a href="http://riseagainsthunger.org/hungerfacts">riseagainsthunger.org/hungerfacts</a> .
<b>WEEK 2</b> March 17 – 23	<b>PRAY</b> Luke 9:28 – 36; 37 – 43a	You could say that most good days start with prayer. Prayer is a habit that comes naturally to some, but to others takes practice. As with most things, the more you practice, the more natural it feels. Take some time to "go up onto the mountain" like Jesus and his disciples. Ask God to reveal the true nature of His love for us. In your prayers this week, remember those we serve, and pray for God to provide for the hungry and forgotten. Visit <a href="http://fastpraygive.org/why-prayer">fastpraygive.org/why-prayer</a>
<b>WEEK 3</b> March 24 – 30	<b>GIVE</b> Luke 13:1 – 9	Generosity. Thanksgiving. Compassion. These are themes we find in abundance throughout scripture. We are called to give freely out of what God has given us. Just as we plan for our futures and hope that our investments produce fruit, when you give the gift of a meal, you invest in the lives of the hungry. You not only provide sustenance for the day, you give hope and a future through education and opportunity. Consider giving a special Lenten gift to <a href="http://FastPrayGive">FastPrayGive</a> or <a href="http://Rise Against Hunger">Rise Against Hunger</a> . Your gifts change lives. Thank you for your commitment to ending hunger.
<b>WEEK 4</b> Mar 31 – Apr 6	<b>SERVE</b> Luke 15	We are valued by God equally. God's love for us is never-ending. We have the life that was created for us. We have the love that was sacrificed for us, regardless of our actions or attitudes. What if we lived this out in the way we saw others? What if we treated everyone with the same care and concern that God has for us, regardless of how they treated us? What an image of love that would be. Let's spend this week serving those around us with the love God has for you. Consider planning a meal packaging event with a group you are a part of. <a href="#">Get Involved Here!</a>
<b>WEEK 5</b> April 7 – 13	<b>DEVOTION</b> John 12:1 – 8	Mary anointed Jesus with a large volume of expensive oil. Why is this important? Because this act of devotion called attention to Jesus' finite time with the disciples. Soon Jesus would no longer be with them. Mary may have been the only one in the room who understood the true value of Jesus' time in human form. This week, let us devote ourselves to his teachings <i>through the study of scripture</i> and in turn, dedicate ourselves to the needs of our brothers and sisters, both near and far.
<b>WEEK 6</b> April 14 – 20	<b>THANKSGIVING</b> Luke 19:28 – 40	Scripture says the disciples began to praise God joyfully with a loud voice for all the miracles they had seen. We may not have seen the feeding of the multitudes, the healing of sick, or Lazarus raised from the dead, but we can give thanks for Jesus' sacrifice, his teaching, and his daily presence through the Holy Spirit. Echo God's goodness to our brothers and sisters around the world and give as He has given to you. It is out of our plenty, that we give to the hungry. Your gift of a meal provides hope and a future.



[riseagainsthunger.org](http://riseagainsthunger.org)

Rise Against Hunger is driven by the vision of a world without hunger. Our mission is to end hunger in our lifetime by providing food and life-changing aid to the world's most vulnerable and creating a global commitment to mobilize the necessary resources.

Consider supporting the movement to end hunger by making a Lenten gift this season. Donate now! Text "lent" to (855) 206-5300.

Raghiema, age 4, lives in an impoverished community in South Africa that faces a multitude of challenges, including a high rate of unemployment. Raghiema lives with her mother and 11 other family members in crowded quarters. With consistent access to Rise Against Hunger meals, Raghiema's immune system is stronger and she is able to succeed in school, even helping her peers excel. Your gift can change the lives of children like Raghiema every day.



[FastPrayGive.org](http://FastPrayGive.org)

FastPrayGive is a global grassroots movement to end hunger by the means of grace. We invite everyone to skip one meal per week, pray for hungry people during that time, and give the inexpensive cost of a daily meal for someone in need (about \$8 per month). It's incredibly simple, and by participating at [FastPrayGive.org](http://FastPrayGive.org) we'll send you encouragement and prayer examples weekly via email. Through practicing spiritual disciplines like fasting, prayer, and generous giving we're asking God to be deeply involved in our efforts to end hunger.