

Bring a piece of **BREAD** to your prayer place. Think about all the people and steps it took to make this **BREAD**. Tear the **BREAD** into several small pieces. As you slowly chew each piece, pay attention to its taste, smell, and feel. Offer a prayer of thanksgiving and blessing for those who created this **BREAD**. Ask God to help you find ways to help those who are hungry.



Make a list of ways you can be brave and help people in the world who are hungry. Which one could you do right now?

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|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |