

HUNGER FOR GOOD

WORLD
HUNGER
2022



**HE WHO IS GENEROUS WILL BE BLESSED,
FOR HE GIVES SOME OF HIS FOOD TO THE POOR.
– PROVERBS 22:9**

Hello kids!

Today we are going to talk about food. Who likes food? What are some of your favorite foods? We usually eat food when we feel... Right! Hungry. What does it feel like in your body when you are hungry? Does your stomach growl? Do you ever feel grumpy? Sometimes we feel grumpy even when we have nothing to be grumpy about just because we're actually hungry. These are signals that tell our body it's time to eat. Our bodies need food to give us energy so we can grow, run, jump and play around.

Flowers and plants also need some things to grow. They need water, sunlight, and fertilizer. If they don't get those essentials, a flower or plant will not thrive.

The same is true for people. If we don't get a regular amount of food in our bodies, sometimes we can't function like we should. We can't think clearly because we are focused on hunger and nothing else. Maybe you can remember a time in school when a teacher asked you a question, but you couldn't come up with an answer right away. Maybe you were hungry or you didn't have enough food or nutrients in your body to help you think of the answer. Food is important. It helps our bodies to grow and function well. It helps our brains to make things clear. And it makes us happy, because food tastes good and we enjoy it.

What are some of your favorite foods?

In many places around the world, many people don't have access to healthy food.

Some people don't have enough money to buy the food they need, or they do not live near a grocery store, or they live where it doesn't rain enough, making it hard for crops to grow. These people need some help getting tools, seeds, and support so they can grow their own food, even in places where there is less rain. God said that if we have more than enough of anything, we should share what we have with others. Like that verse in Proverbs:

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So if we have enough—and our cupboards and refrigerators are full—then what are some ways that we can help those who don't have enough food? One way is by sending money to organizations like World Renew. These organizations help people in need buy or grow food, support them as they learn new skills that will help them earn money to buy food, and teach them new farming methods so they can grow food themselves.

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KiD's MESSAGE

World Renew works with people in all these ways so that they will have enough food to feed themselves and their families. This week take some time to think about where your food comes from. Talk to your parents about where the money comes to buy food, and ask them if it's ever hard to get food. Then pray to God about ways that you can help make change for people who are hungry—think of things you're good at, things you have, and things you can do for others.

Let's pray: God, you are the ultimate provider, but you also work through us so we can do something for people struggling with poverty and hunger. Please help us to be aware of their needs—especially for food—and show us how we can be kind and generous to those who are hungry. Amen!

