A young girl with long blonde hair, wearing an orange t-shirt, is smiling and holding a large, colorful paper airplane. The airplane has a red body with yellow and green patterns, and a white wing. The background is a blurred indoor setting with light-colored walls and a window.

Seven lessons to teach your kids about serving the poor

BY JEREMY REIS

Seven lessons to teach your kids about serving the poor

The lessons my wife, Jennica, and I have learned over the years by sponsoring children have been tremendous in teaching our seven kids (ages 18 months to 14 years old) about serving the poor. For each one of our children, we've added a sponsored child from a different country. In connecting with children all over the world, we've learned so much.

Over the next seven days, we're going to share some of our experiences teaching our kids and give you some great resources (and fun games!) to teach your children.

LESSON 1: YOU CAN MAKE A DIFFERENCE

Sometimes, when I hear that 1.4 billion people live in poverty around the world, I wonder... *how can I make a difference?*

The first lesson to teach your children is: **you can make a difference!** Sponsoring a child makes a positive impact on that child, her family, the community, the local church and your family.

One of the most frequently asked questions about child sponsorship is: *does the sponsorship money actually go to help the child you sponsor?* The answer is yes — and more. The money from your child sponsorship not only helps the child with education, medical assistance, training, and more, but it also helps the family and the community.

Sponsoring a child will give your own child proof of the difference made. The sponsored child will write your family (and more often if you write back) and you'll be able to see the change in her life during the time of your sponsorship. We've seen two of our sponsored children "graduate" from child sponsorship — what a great feeling it is to know the change we had in someone's life halfway around the world! Your children will be able to interact with a child from a different culture and see how she lives...expanding your child's understanding about poverty.

LESSON 2: A HEART FOR GIVING

In his book *Maximize*, Nelson Searcy shares a great illustration of stewardship:

On a crisp spring day a few years ago, I took my nephew, who was about eight at the time, to a baseball game. As the fourth inning wound down, he turned to me and said, "Uncle Nelson, can I have some Skittles?" Well, I love my nephew, and I want to grant him the desires of his heart, so of course I said yes. I pulled a couple of dollars out of my pocket, put them in his eager little hand, and watched as he walked the short distance to the concession stand. A few minutes later he returned, already digging hungrily into a bag of candy.

Watching him eat those Skittles brought out my sweet tooth. So I asked him, "Can I have one of those?" Without hesitating, he answered, "No, Uncle Nelson, they're almost gone."

Though I didn't say it aloud, I have to admit my instinctive response was, "Look, kid, I gave you the money for those Skittles. Not to mention I am a lot bigger than you are. If I wanted to I could take the whole bag of Skittles away from you right now." Instead I let him continue eating his Skittles in silence.

God provides us our Skittles — how we choose to use them reflects our heart for giving.

LESSON 3: WHAT CAUSES POVERTY?

The answer may surprise you. Poverty is breakdown of relationships. First, the relationship between man and God: when we do not see God as the solution to our problems, we cannot begin to solve them. Secondly, our social relationships: poverty emerges when we abandon our responsibilities to each other. Thirdly, our physical relationships: God gave us the task of being stewards of his physical creation, the Earth, and we must honor that task. Finally, our relationship with ourselves: we must see our own inherent worth and dignity as beings made in the image of God.



LESSON 4: CLEAN WATER IS LIFE

Did you know that the human body is made up of about 60 percent water? Clean water is one of the most important things for life to exist, and yet nearly one billion people around the world do not have access to clean and safe water in their communities. When we are not good stewards of the Earth that God created, water sources can easily become contaminated.



LESSON 5: BUGS, WORMS AND OTHER YUCKY THINGS

Dangerous worms (like intestinal) are often found in communities that lack clean water, good quality soaps and cleaning supplies, among others. These worms, which can enter the body through contaminated food or water, can often lead to a number of health problems. There are a few different ways that we can help communities dealing with worms.



LESSON 6: GOD CAN SUPPLY OUR NEEDS

In the Bible's story about the loaves and the fishes, we learn about how God can provide for us even when we have only a little. When a group of 5,000 people followed Jesus to be healed, only five loaves of bread and two fish could be found for a meal — clearly not enough food for thousands of followers. But Jesus took the bread and fish, gave thanks to God for His bounty, and gave each person present as much food as they wanted for dinner. In the end, there was even food left over!



LESSON 7: PRAYING FOR THE PEOPLE OF THE WORLD

In this final lesson, we'll learn about being generous with your giving through prayer. In praying, you open your heart to God to receive the compassion that He has for us, so that you can become a cheerful giver. You can pray to Jesus for the strength to make sacrifices large and small, so that you can happily contribute your own resources to the people who may not have the same privileges that you do.



LESSON 1

› You Can Make a Difference

Materials needed for today's lesson

MUSTARD SEEDS

AN APPLE

PAPER PLANE

(printed, enough copies for your family and for your sponsored children)

GO TO PAPER PLANE



**“How wonderful it is that nobody need wait
a single moment before starting to improve
the world.”**

– ANNE FRANK, *DIARY OF A YOUNG GIRL*



Mustard Tree © Irargerich, Flickr. Licensed Creative Commons

VERSE OF THE DAY:

“He told them another parable: ‘The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that birds come and perch in its branches.’”

– MATTHEW 13:31-32 **NIV**

Have you ever seen a mustard seed?

They are so small, if I only held one in my hand, you likely wouldn't see it. Yet this little seed — one of the smallest seeds — grows into a big mustard tree, spreading mustard seeds around it, providing shelter and spaces for birds to make a nest. In this parable, Jesus is telling people that even something small can make a big difference.



I've cut an apple open here for you to see the seeds inside. Do you see the five seeds inside this apple? If you plant these seeds, they will grow into five apple trees. How many apples do you think those apple trees will produce? Hundreds? Thousands? One little apple can produce trees that will grow thousands of other apples!

These seeds show us that doing something small can make a big impact in someone's life. As we make a donation to the food bank, provide a coat to someone who is cold this winter or sponsor a child, we are making an impact in someone's life that will be felt by others around them.

Today's activity

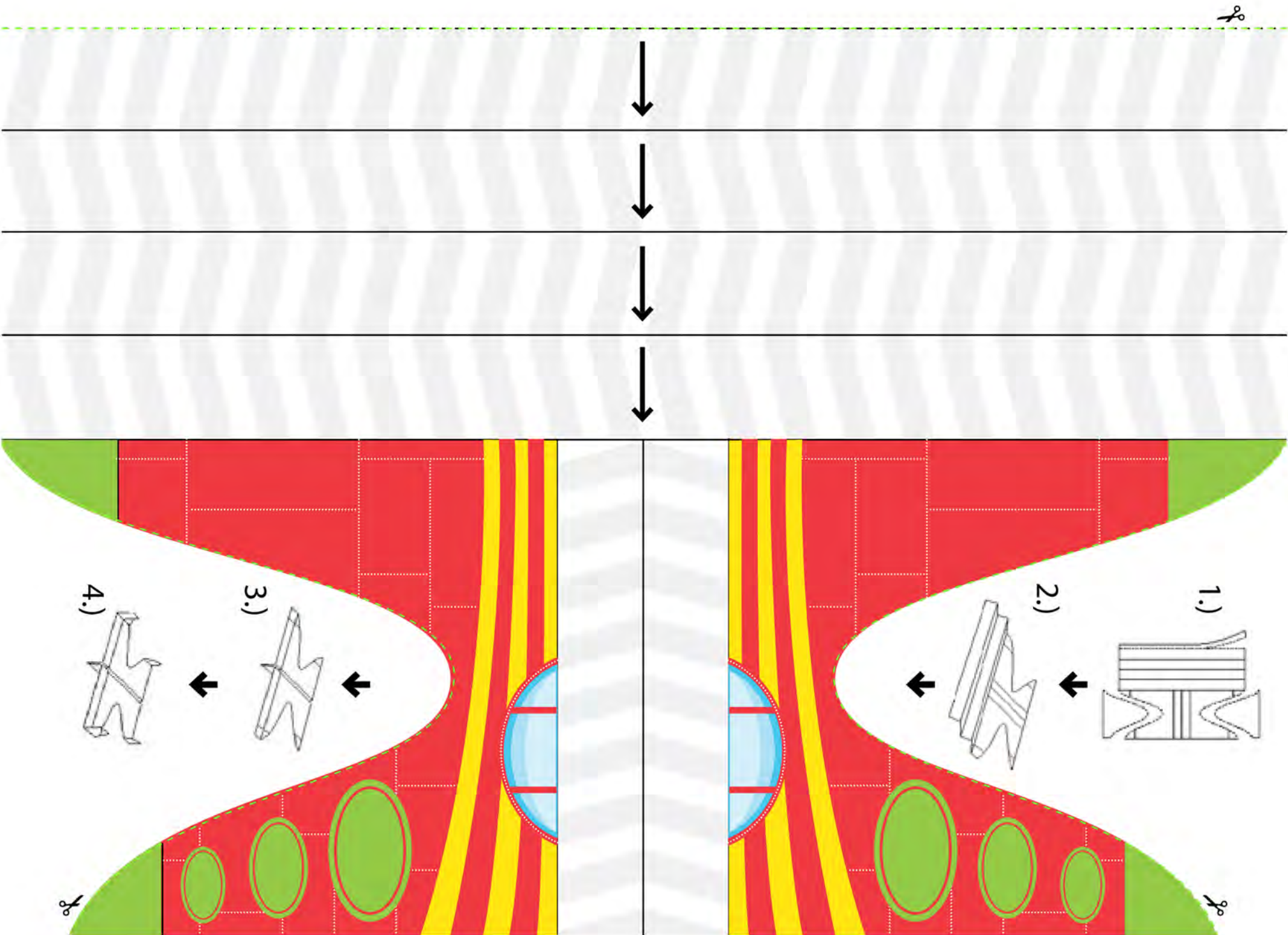
Today, we're creating a paper airplane to send to your sponsored child. What's neat about a paper airplane is with just a little effort, you can make it fly a long distance.

- ▶ Print the paper airplane template.

GO TO PAPER PLANE



- ▶ Print copies for each member of your family and your sponsored children.
- ▶ Cut out the sides and fold the airplane per the instructions on the download.
- ▶ Create one for your sponsored child and send it to them! (Read My Sponsorship at www.fh.org/mysponsorship for mailing instructions).
- ▶ Have a paper airplane throwing contest.



Isn't it amazing how just a little effort makes the airplane fly a long way? Your support of that child works in the same way — your monthly support makes a far reaching impact into that child's life and generations to come.

There's a common saying, "I am only one, but I am one. I cannot do everything, but I can do something. What I can do, I ought to do. What I ought to do, with the grace of God, I will do."

Though you are just one family, your family can make a difference in a child's life. [Sponsoring a child](#) will change his family and his community and help him receive an education, get the medical and preventative care he needs, and provide for other basic needs.

Today's prayer

God, I am only one person, but I'm one person who wants to make an impact for your kingdom. Please use me to help feed the hungry, provide drinks for the thirsty, and teach others about Jesus.

LESSON 2

› How to Nurture a Heart for Giving

Materials needed for today's lesson

SKITTLES



**“We make a living by what we get.
We make a life by what we give.”**

– WINSTON CHURCHILL

VERSE OF THE DAY:

“By this all people will know that you are my disciples, if you have love for one another.”

– JOHN 13:35 **ESV**

“Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.”

– 2 CORINTHIANS 9:7 **ESV**

In his book *Maximize*, Nelson Searcy shares a great illustration of stewardship:

On a crisp spring day a few years ago, I took my nephew, who was about eight at the time, to a baseball game. As the fourth inning wound down, he turned to me and said, "Uncle Nelson, can I have some Skittles?" Well, I love my nephew, and I want to grant him the desires of his heart, so of course I said yes. I pulled a couple of dollars out of my pocket, put them in his eager little hand, and watched as he walked the short distance to the concession stand. A few minutes later he returned, already digging hungrily into a bag of candy.

Watching him eat those Skittles brought out my sweet tooth. So I asked him, "Can I have one of those?" Without hesitating, he answered, "No, Uncle Nelson, they're almost gone."

Though I didn't say it aloud, I have to admit my instinctive response was, "Look, kid, I gave you the money for those Skittles. Not to mention I am a lot bigger than you are. If I wanted to I could take the whole bag of Skittles away from you right now." Instead I let him continue eating his Skittles in silence.

God provides us our Skittles — how we choose to use them reflects our heart for giving. God calls upon us to gladly help others with love, rather than being resentful because we have to do it.

Cheerful giving comes from the sense of love for each other that marks us as Jesus' disciples.

Of course, being a cheerful giver doesn't always mean that the giving is easy. Sometimes, you might have to make sacrifices in your own life to lend a helping hand to others. Maybe you'll have to give up some time in an afternoon to help out with a community project that you would have spent watching your favorite show, or perhaps you'll spend some of your hard-earned money on school supplies for a child in need rather than saving it for yourself. In these cases, we can look to Jesus for help; after all, what are our own sacrifices in comparison to His, made willingly and out of love?

We can nourish this kind of compassion through our practice of giving. While it may be hard to give cheerfully at first, it soon becomes its own reward after we see how big of an impact we can make with our generosity. Imagine, for example, how a sponsored child might feel knowing that another person cares about them and their happiness and well-being. Giving eventually becomes its own reward, and something that you can look forward to doing.

In these two verses, the Bible shows us the importance of truly meaning it when we help others, and the need to build a compassionate heart. We cannot give just because someone tells us that we're supposed to; rather, we have to give of what we have out of a deep desire to make a difference in another person's life, and out of our own love and empathy for those around us.

Today's activity

Today, we're going to play the Skittles game! You'll need a big bag of Skittles and a bowl. Here's how we play:

- ♦ Each member of your family should grab a small handful of Skittles.
- ♦ The game leader will call out a color. Each person has to answer a question for the declared color:

Red: Why does God want us to give to help other people?

Orange: What is one thing you can give to someone in need?

Yellow: Who is someone we can help as a family?

Green: What is something you can give up to help someone in need?

Purple: How you can help someone in our family this week?

- ♦ After the player answers the question, he/she eats the Skittle.
- ♦ If a player doesn't have that color, he/she is skipped that round.
- ♦ Move to the next player to answer the same question.
- ♦ When every player has answered, the leader calls out another color.

Food for the Hungry works to change entire communities and solve physical and spiritual hunger. You can walk along with us by [sponsoring a child](#) or making [a general donation](#).

Thank you for your generous heart!



Today's prayer

God, thanks for the chance to help others and grow our hearts for giving. We ask that you show us ways we can help those in need and demonstrate our giving heart each day. Amen.

LESSON 3

› What Causes Poverty?

VERSE OF THE DAY:

“The poor are shunned even by their neighbors, but the rich have many friends.”

– PROVERBS 14:20 ESV

A frequent question from those just learning about the relationship between God and poverty is, “If God exists, and God is good, why does He allow poverty to exist?” Another similar question is: “Why did God create poverty?”

However, by looking more closely at the issue and at the Bible’s teachings, we can soon see that God did not create poverty. Rather, poverty emerged due to the disobedience and failed relationships of mankind.

Poverty began when Adam and Eve first failed to understand that God provided all for them in the Garden of Eden, and disobeyed Him. From this point on, mankind has carried the burden of this initial sin — and we see this is in poverty.

More specifically, we look at poverty as the breakdown of a few different types of relationships. First, the relationship between man and God: when we do not see God as the solution to our problems, we cannot begin to solve them. Secondly, our social relationships: poverty emerges when we abandon our responsibilities to each other. Thirdly, our physical relationships: God gave us the task of being stewards of His physical creation, the Earth, and we must honor that task. Finally, our relationship with ourselves: we must see our own inherent worth and dignity as beings made in the image of God.

When we do not uphold these relationships, the result is poverty. This means that for the most part, poverty is not caused by a single individual. While laziness and a failure to accept God's gifts can sometimes result in an individual choosing poverty, it is largely caused by our own sins against our fellow man. As a result, the way to combat poverty is to examine how our own sins affect others, and to understand that Christ is the only solution.

WOULD YOU RATHER...

1

**WALK FIVE MILES FOR WATER
EACH MORNING?**

– OR –

2

**WALK 10 MILES TO SCHOOL
EACH MORNING?**

WOULD YOU RATHER...

1

**EAT WORMS FOR LUNCH
TOMORROW?**

– OR –

2

**EAT BUGS FOR LUNCH
TOMORROW?**

WOULD YOU RATHER...

1

**HAVE TO TAKE CARE OF
YOUR FOUR SIBLINGS WHEN
YOU TURN 10?**

– OR –

2

**GO TO WORK AT AGE 12 TO
PROVIDE FOR YOUR FAMILY?**

WOULD YOU RATHER...

1

**EAT ROASTED
GUINEA PIGS?**

– OR –

2

EAT STEWED RABBITS?

WOULD YOU RATHER...

1

**DRINK ONLY WATER FOR THE
REST OF YOUR LIFE?**

– OR –

2

**DRINK ONLY COCA COLA FOR
THE REST OF YOUR LIFE?**

WOULD YOU RATHER...

1

**WASH YOUR CLOTHES ONLY
ONCE A MONTH?**

– OR –

2

**TAKE A BATH ONLY ONCE
A MONTH?**

WOULD YOU RATHER...

1

**WEAR THE SAME OUTFIT EVERY
DAY FOR SIX MONTHS?**

– OR –

2

**PLAY WITH THE SAME TOY FOR
THREE YEARS?**

WOULD YOU RATHER...

1

**SHAVE YOUR HAIR OFF
YOUR HEAD?**

– OR –

2

**NEVER BE ABLE TO CUT
YOUR HAIR?**

WOULD YOU RATHER...

1

**REPEAT THE SAME GRADE AT
SCHOOL BECAUSE YOU DON'T
HAVE NEW TEXTBOOKS?**

– OR –

2

**NOT BE ABLE TO GO TO SCHOOL
PAST SIXTH GRADE?**

WOULD YOU RATHER...

1

**EAT THE SAME VEGETABLE
EVERY DAY FOR A YEAR?**

– OR –

2

**BE SICK EVERY OTHER WEEK
BECAUSE YOU NEVER EAT
VEGETABLES?**

Many times, kids in countries we serve have to make similar choices. They don't have the range of choices to make as we do and many of the scenarios in our *Would You Rather* game are real-life decisions made in Food for the Hungry communities.

Sponsoring a child is one of the best ways you can expand the choices for kids and families to make.



Today's prayer

God, thanks for an opportunity to have choices in our life and for the understanding the causes of poverty. We pray the decisions we make reflect you. Amen.

HAITIAN RICE AND BEANS RECIPE

In 1999, I was blessed with an opportunity to visit Haiti and serve at an orphanage. We have a special affinity for the country and the people, so one night as we were preparing our lesson, we decided to make Haitian rice and beans, one of our family's favorite meals. Serves 6-8.

1/4 cup butter
1 onion, finely chopped
3 garlic cloves, minced
1 can black beans, drained and rinsed
2 cups white or brown rice
1 tsp thyme
1 tsp oregano
4 cups beef broth
Salt & pepper to taste

1. Melt the butter in a large saucepan over medium heat. Add the onion and saute until translucent. Add the garlic and saute for 1 minute.
2. Stir in the rice and beans and saute for one minute.
3. Add the herbs and beef broth.
4. Bring to a boil, cover and simmer on low for 15-18 minutes.
5. Fluff the rice and let stand covered for 10 minutes.
6. Salt and pepper to taste. For adults, we recommend hot sauce!

We look forward to sharing the lessons we've taught our children and hope you enjoy the good food!

LESSON 4

› Clean Water is Life



VERSE OF THE DAY:

“Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’”

– JOHN 7:38 **ESV**

Did you know that the human body is made up of about 60 percent water? Clean water is one of the most important things for life to exist, and yet nearly one billion people around the world do not have access to clean and safe water in their communities. When we are not good stewards of the Earth that God created, water sources can easily become contaminated.

For communities without clean water, some simple parts of life that we take for granted instantly become much harder. For example, imagine if you couldn't drink a glass of water without worrying if it contained bacteria and viruses that could make you extremely sick. Imagine not having water to cook with, brush your teeth in, or bathe in. Communities that have access to clean water experience far fewer health issues and needless deaths than those dealing with contaminated water sources.

In addition to causing health problems, unclean water affects poverty and education, too. People who live in communities where it isn't possible to turn on a tap and have clean water come out often have to spend hours per day traveling to get water from a clean source. This often means that adults lose out on opportunities to work and provide for their families. Children are too busy fetching water to go to school and learn the fundamentals of reading, writing and mathematics that could allow them to escape the cycle of poverty.

Luckily, we can make a change when it comes to water. By supporting communities without clean water access, we can help them to build and maintain the sewage systems that can keep waste out of their water, aid them in digging wells to uncontaminated sources, or create ways to filter or treat water to make it safe to drink and use.

Today's activity

We're playing a board game! The game is called [In the Community](#) and is fun for the whole family. You can print out the game and play with pieces from a different game, or use different coins as playing pieces. Here are the components you'll need:

- [Board game instructions](#)
- [In the Community board game](#)
- [Blessing cards](#)
- [Loss cards](#)

Today's prayer

God, thanks for giving us clean water to drink and food to eat. We pray for communities around the world that don't have adequate clean water, and we pray we can reach them together. Amen.



Will you consider sponsoring a child?

You can change a life by providing schooling, medical and preventative care, and other needs with your donation of \$35 month. Will you join us? You can sponsor a child at www.fh.org/give/sponsor-a-child.

In the Community

GAME PREPARATION

1. Print pages 43-47 of this packet. Card stock in a color printer is recommended. We recommend printing Blessing and Loss cards on different colored card stock.
2. Cut out each Blessing and Loss card.
3. You'll need a game piece for each player. You can use game pieces from a different board game, or coins. Each game piece needs to be unique.
4. This game requires 1 dice.

PLAYING INSTRUCTIONS

1. Create a stack of Blessing and a stack of Loss cards.
2. The goal of the game is to get from Start to Finish. The first player to land on Finish wins.
3. Each player should roll the dice to determine

who starts. The highest number starts with play proceeding to the next person to the left.

4. All players start with their playing piece on the Start square.
5. For each player's turn, the player should roll the dice. If the player rolls an even number (2, 4, 6), the player should pick a Blessing card. If the player rolls an odd number (1, 3, 5), the player should pick a Loss card.
6. Player reads the card out loud and follows its instructions.
7. When all Blessing or Loss cards have been used, shuffle the cards and use them again.
8. A player does not need an exact number of moves to land on the Finish spot. For example, if the player is two spots from Finish and pulls a Blessing card that moves the player three spots, the player can land on Finish.
9. The first person to the Finish square wins!

In the Community

Guinea pigs require little space and reproduce quickly. They provide a reliable, plentiful source of quality protein – as well as income.



START

When families receive seeds from FH, parents use them to grow nutritious food for their kids and they can sell the extra fruit and vegetables at the market!



FINISH

Blessing

You've received two baby ducks! You'll be able to use the eggs for your family and sell some in the market.

...

*Move your piece forward **1** space.*

Blessing

Contratulations, **your cow produced a surplus of milk** that you can sell in the market.

...

*Move your piece forward **3** spaces.*

Blessing

You've started your own business!

...

*Keep this card to cancel **1** loss card.*

Blessing

A **family has sponsored you** and you're able to attend school.

...

*Move your piece forward **3** spaces.*

Blessing

You've **received a letter** from your sponsor family.

...

*Move your piece forward **1** space.*

Blessing

Your **family received a goat** that will produce milk and fertilizer for your fields.

...

*Move your piece forward **2** spaces and roll again.*

Blessing

You just purchased **6 guinea pigs** that will reproduce quickly. Guinea pigs are a great source of protein and you'll be able to sell them at the market.

• • •

*Move your piece forward **1** space.*

Blessing

Your community just installed a **new well** for fresh water and you won't need to walk 5 miles each day for water.

• • •

*Move your piece forward **2** spaces.*

Blessing

The school installed **solar powered batteries** and lights to allow for a full school day.

• • •

*Move your piece forward **3** spaces and roll again.*

Blessing

Your family just received **vegetable seeds and agricultural training**.

• • •

*Move your piece forward **1** space.*

Blessing

You had a **successful harvest** this year!

• • •

*Move your piece forward **1** space.*

Blessing

Your community receives **deworming pills**.

• • •

*Move your piece forward **1** space.*

Loss

There is a drought in your village and water is scarce.

...

*Move your piece
back **3** spaces.*

Loss

Your crops fail this season.

...

*Move your piece
back **2** spaces.*

Loss

You must walk 7 miles each day to get water.

...

*Move back **3** spaces
and roll again.*

Loss

Your school closes each day at noon and **you can't receive a full day's schooling.**

...

*Move your piece
back **2** spaces.*

Loss

You contracted an illness and there is no medicine available.

...

*Move your piece
back **1** space.*

Loss

An earthquake strikes your community and damages several community buildings.

...

*Move your piece
back **1** space.*

Loss

You receive two ducks, but **one of them dies young.**

...

*Move your piece back
1 space and roll again.*

Loss

The water pump at the well fails and won't be repaired for two weeks.

...

*Move your piece
back 1 space.*

Loss

The school can't afford books for grades above 4th grade.

...

*Move your piece
back 2 spaces.*

Loss

Someone left the gate open and **your goat ran away.**

...

*Move your piece
back 1 space.*

Loss

Heavy rains damage the church.

...

*Move your piece
back 1 space.*

Loss

You have no hygiene stations in your community and your family is frequently sick.

...

*Move your piece
back 2 spaces.*

LESSON 5

♦ **Bugs, worms and
other yucky things**

VERSE OF THE DAY:

“Defend the weak and the fatherless; uphold the cause of the poor and the oppressed. Rescue the weak and the needy; deliver them from the hand of the wicked.”

– PSALM 82:3-4 ESV

Worms are often found in communities that don't have access to clean water, good quality soaps and cleaning supplies, among others. These worms, which can enter the body through contaminated food or water, can often lead to a number of health problems. There are a few different ways that we can help communities dealing with worms.

One thing that we can do is provide deworming medication. While it is often unavailable or too expensive for people living in poverty, deworming medication can quickly get rid of the worms and get people on the road to recovery. However, this doesn't completely solve the problem. To truly help people dealing with worms, we need to look bigger.

Fixing unclean conditions in communities can go a long way. For example, sometimes, communities don't have good plumbing systems like the ones that we're used to. This means that worms – as well as bacteria and viruses – can easily be passed from one person to another, because waste is not safely contained in pipes. If we help a community build a sewer and plumbing system, this can get rid of one of the biggest ways that worms travel through communities.



Finally, we can also help to teach good hygiene. Showing people the importance of proper hand washing after using the bathroom and before eating, can help each person take their health into their own hands. We might also talk to people about why it's important to use clean water to wash with, and how hot water is more effective at getting rid of yucky stuff than cold water. Worms, bugs and bacteria are some of the biggest causes of poor health in areas suffering from poverty that lack access to clean water. With our compassion and help, though, people in such communities can soon begin to live healthier, happier lives.

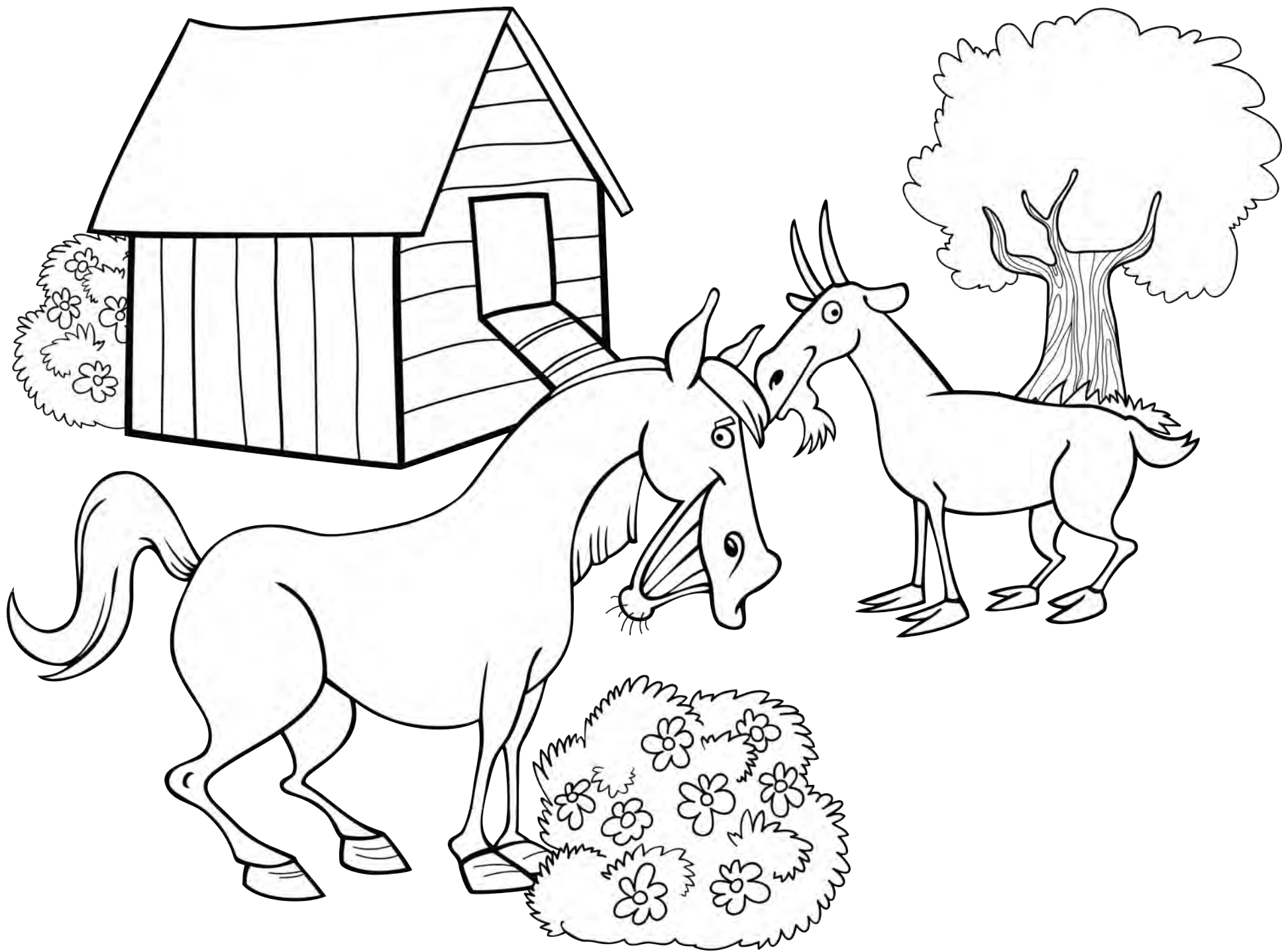
Today's activity

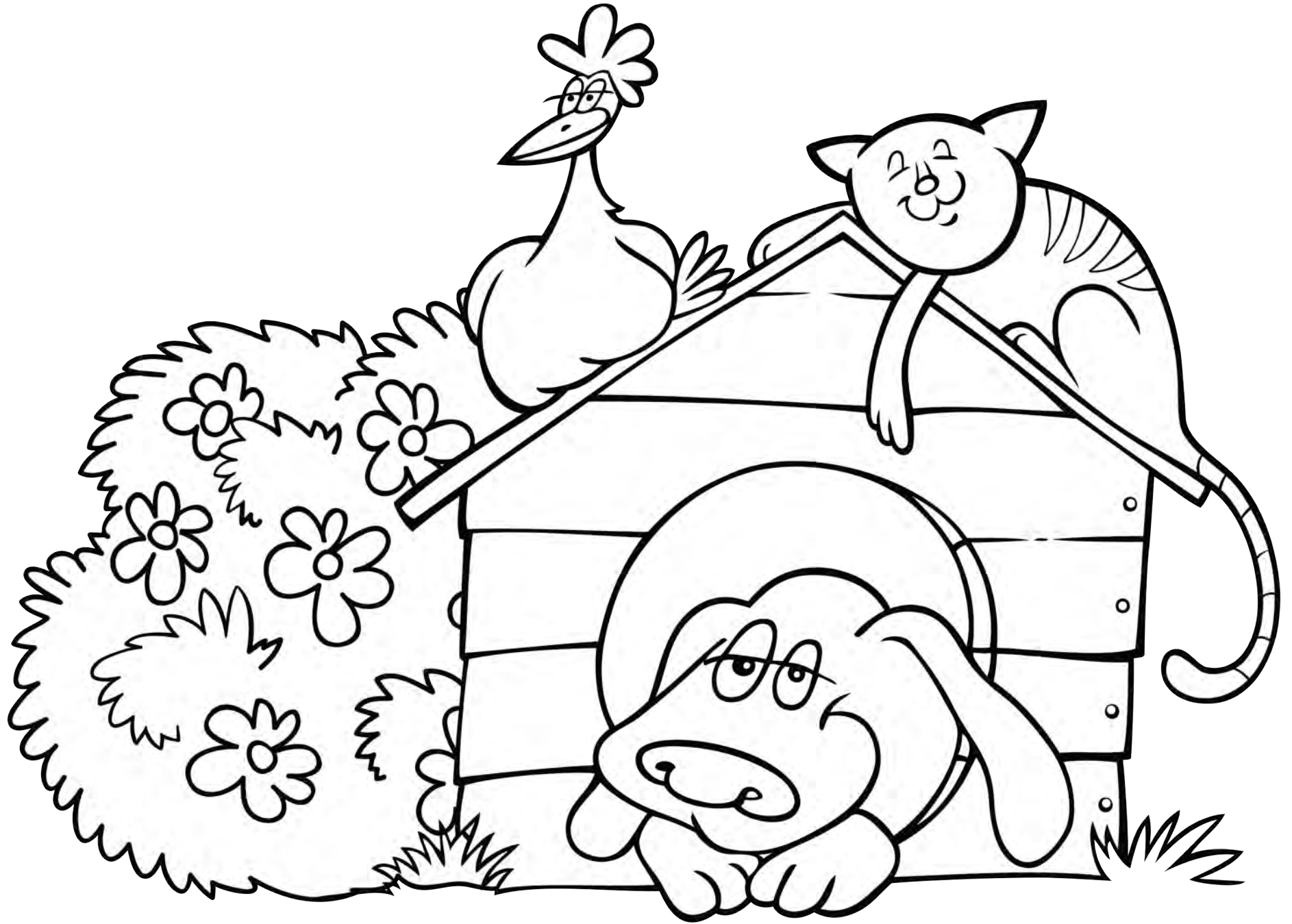
We're coloring some pages to send to our sponsored kids! Following are five pages you can print and color. You can send them to your sponsored child at www.fh.org/mysponsorship.

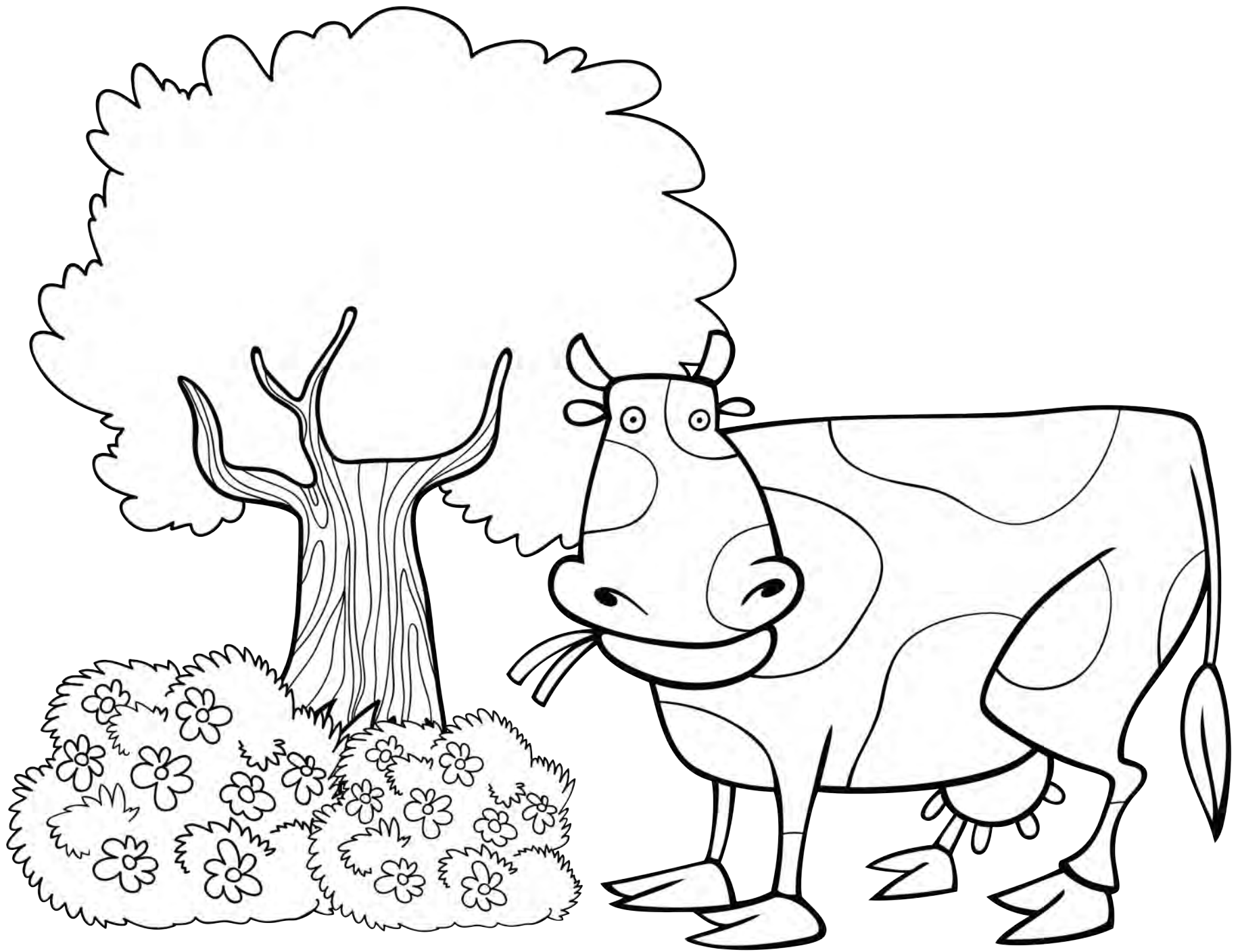


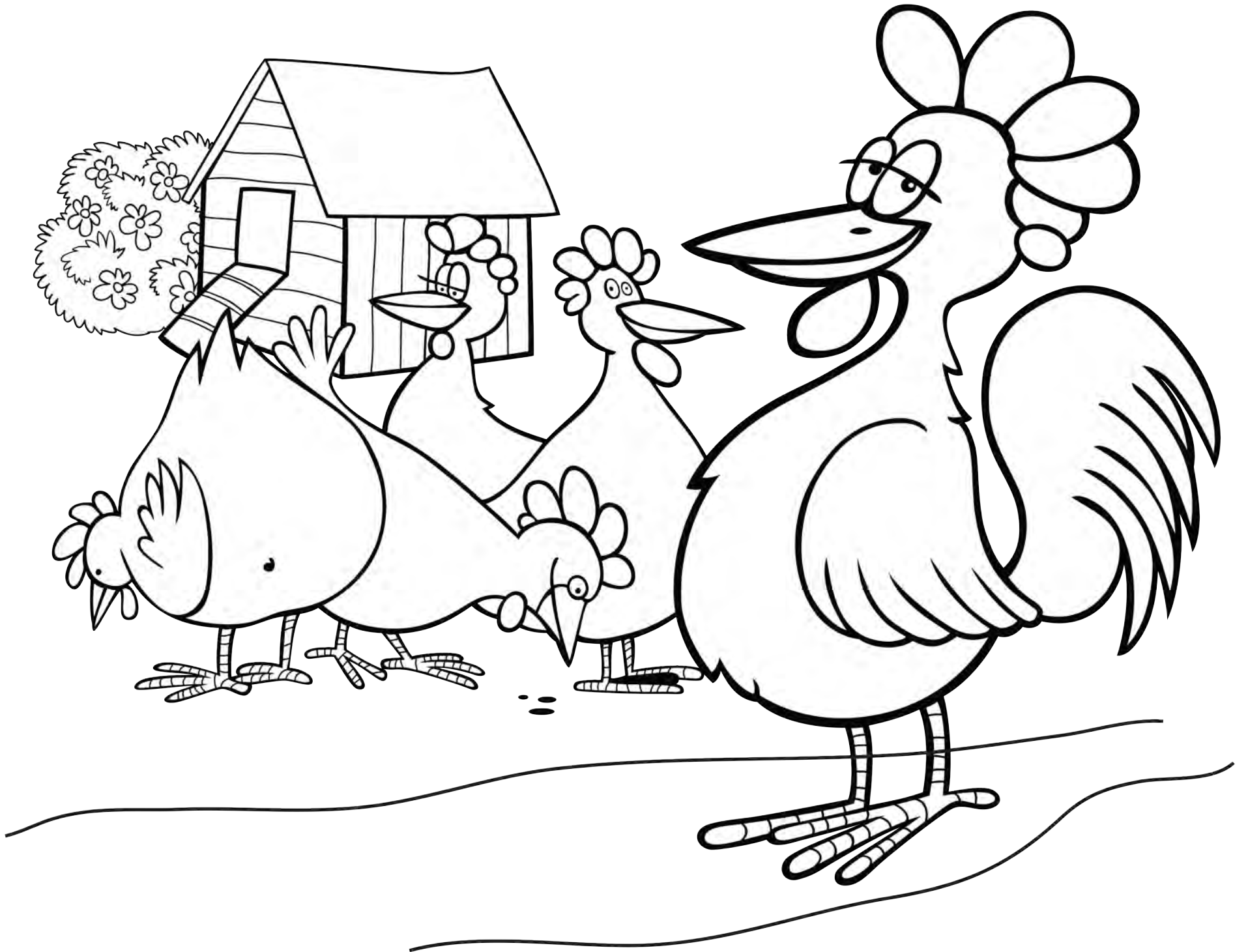
Today's prayer

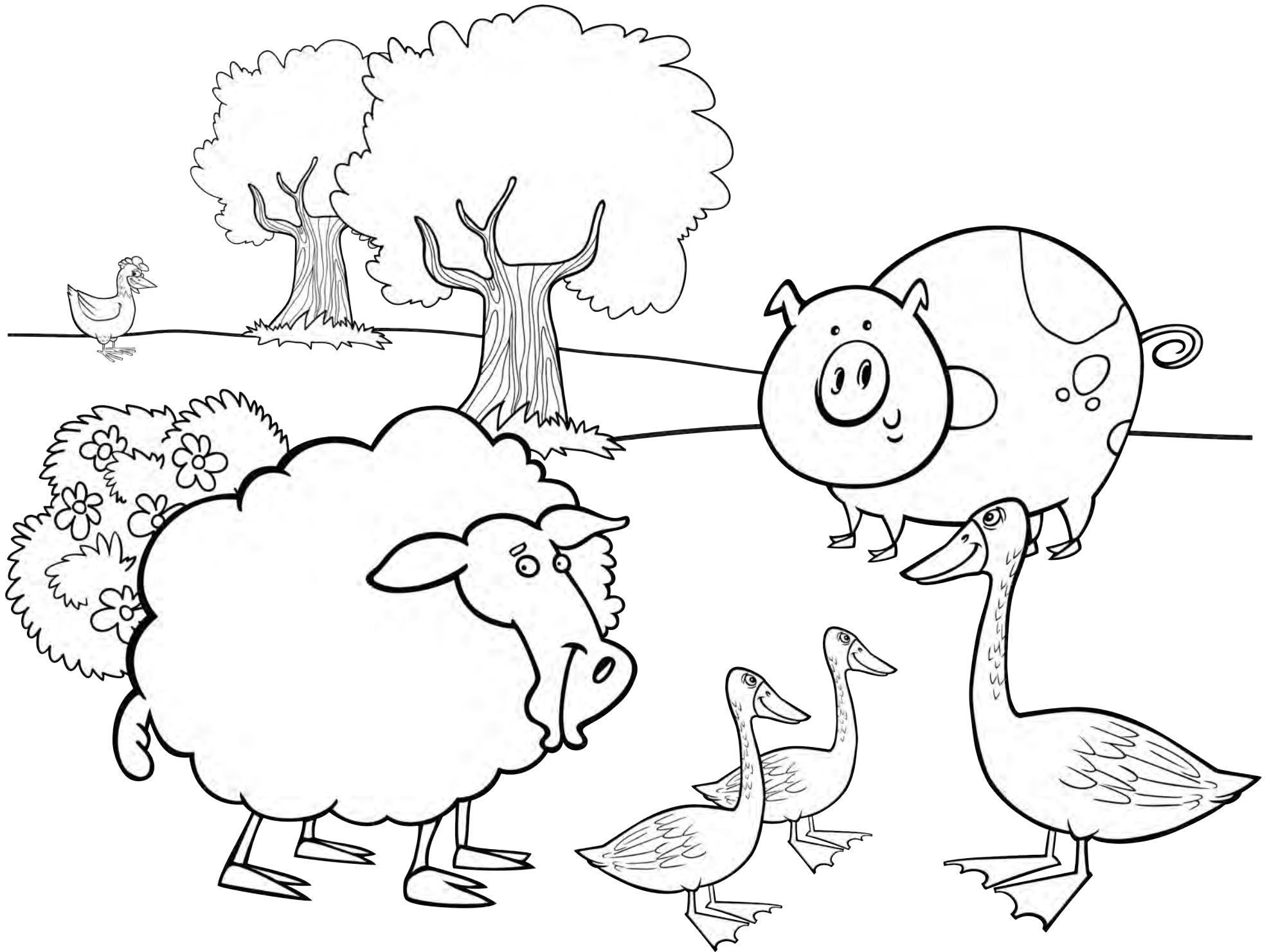
God, thanks for our day and the opportunity to learn about yucky things affecting people around the world. We pray for them, Lord, that you provide them clean water and the medicine they need. Amen.











LESSON 6

› But, God...?

Materials needed for today's lesson

PLANT SEEDS (ANY FLOWER OR VEGETABLE PLANT) OR BULBS

POTS

POTTING SOIL

VERSE OF THE DAY:

“There is a boy here who has five barley loaves and two fish, but what are they for so many?”

– JOHN 6:9 ESV

In the Bible’s story of the loaves and fishes, we learn how God can provide for us even when we have little. A group of five thousand people followed Jesus to be healed. When it came time to eat, only five loaves of bread and two fish could be found for the meal – clearly not enough food for thousands of followers! But Jesus took the bread and fish, gave thanks to God for His bounty, and gave each person present as much food as they wanted for dinner. In the end, there was food left over!

We can look to this story during times when it seems we don’t have enough. While it may feel we lack much, God always provides plenty. Think about a garden. Would you imagine, looking at a handful of seeds, that enough corn, squash, and beans might grow out of it to feed an entire community? But with a little bit of work, some patience, and trust in God’s help, we can turn that small handful of seeds into countless meals that feed us and our neighbors.



The key, though, is trusting in God's help and His will for us – and then doing what we can to answer to His call. God provides for us, but we have to take it upon ourselves to live our lives in accordance with His plan.

Going back to the garden, we can't just plant seeds and expect them to produce fruits and vegetables! We have to water them, weed them and harvest the fruits and vegetables when they're ready to eat. In much the same way, when we accept the gifts that God provides, we have to nurture and give thanks for the talents and opportunities we receive from Him.

Today's activity

Today, we're going to plant a small garden. Fill small pots with potting soil and place three seeds in each pot. From these three seeds, plants will grow.

God can use our small actions to grow great things!



Today's prayer

God, we know that when we step out, you can do great things with our step of faith. Please use us to work for your Kingdom and do great things for you. We love you, Lord! Amen.

LESSON 7

► Praying for the most vulnerable

VERSE OF THE DAY:

“Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.”

– MARK 11:24 **ESV**

This week, we've learned a lot about helping people both within our communities and around the world. Now, we understand that poverty is the result of broken relationships. With that knowledge, we can look to God for ways to help repair what's not working. We know, too, that God wants us to be cheerful givers. When we give, we can help people make their communities healthy and strong, whether by teaching them about hygiene or creating systems to provide clean water. In the end, though, we must always remember that helping people is an opportunity given to us by God. He will provide as we keep compassion in our hearts and work toward building relationships in our church, community and world.

THERE IS ONE MORE THING YOU CAN DO TO HELP THOSE IN NEED AND TO GIVE A LITTLE BIT MORE...

A photograph capturing a moment of prayer in a rural setting. In the foreground, a woman with dark hair tied back, wearing a purple and white patterned blouse, holds a young child. The child, wearing a blue and white striped shirt, has their eyes closed and hands clasped in prayer, with a tearful expression. Behind them, another woman with long dark hair, wearing a black top, sits with her hands clasped and eyes closed. To the right, a young girl in a bright blue shirt and green patterned pants sits on the ground, also with her hands clasped in prayer. The background shows a rustic wooden fence and a building with a corrugated metal roof, with trees visible in the distance. The text "You can pray." is overlaid in white, bold font across the center of the image.

You can pray.

In praying, you open your heart to God to receive the compassion that He has for us, so that you can become a cheerful giver. You can pray to Jesus for the strength to make sacrifices large and small, so that you can happily contribute your own resources to the people who need them.

And of course, you can simply pray for those in need, whether they are experiencing physical or spiritual poverty. You can pray for God to give them strength to handle the difficulties of their own lives with grace. You can ask God to help them accept and cherish the gifts that He gives.

WHEN WE PRAY AND ACT TOGETHER, WE CAN HELP PEOPLE ALL AROUND THE WORLD. WE HOPE THAT YOU'LL JOIN US!

Will you join us and sponsor a child?

Sponsoring a child not only impacts his life, but also his family and community. Sponsorship provides access to education, healthcare and other needs. [Sponsor now!](#)



Today's prayer

God, thanks for the lessons this week to learn about poverty, compassion and giving. We thank you for the gifts you have given our family, and we pray for families around the world. We thank you for opportunities to change lives and care for the hungry and poor. Please use our gifts and talents to help the hungry to eat and the thirsty to drink. Amen.

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