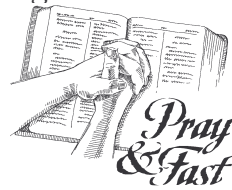


# National Hunger Awareness Day Fast



The Society of St. Andrew invites you to participate in the **National Hunger Awareness Day Fast**. On Hunger Awareness Day (the 1st Tuesday of June) or on another day of your choice, refrain from eating for one meal and spend that meal time in prayer and reflection. Let the hunger you experience during the fast remind you of those who also know hunger, not because they're fasting, but because they don't have enough to eat. Consider donating the money you would have spent on a meal to the Society of St. Andrew's ministry of feeding America's hungry. Donations to the Society of St. Andrew will be used to provide fresh produce to agencies feeding our hungry neighbors. The Society of St. Andrew is able to provide a serving of food for just a few pennies.



## Guidelines for Fasting

1. **NOTE:** If you have a physical illness or condition or other physical concerns, fast only under the supervision of your physician.
2. Refrain from food for a meal. Drink water or fruit juices during the fast to prevent dehydration.
3. Suggested scriptures and prayers for the fast are on the back of this page. Read and reflect on the scriptures and questions.
4. Pray especially remembering our nation's hungry people, our government and its response to hunger, and what your actions should be.
5. Make a donation to a charity that feeds the nation's hungry. Donations to the Society of St. Andrew can be sent to: **Society of St. Andrew**

# National Hunger Awareness Day Fast



## Prayer to begin the Fast:

God of all creation, You've given us an abundance of food, enough to fill every person's stomach, yet some in our nation are hungry. As I fast today, make me more aware of the needs of people around me. As my hunger pangs grow more insistent, guide me to remember those who never have enough to eat even in the midst of the bounty our country produces. As I fast, may I grow more willing to do something about hunger here in my own community. Amen.

## Suggested Scripture Readings:

- Read Isaiah 10:1-4  
What was the result of unjust and oppressive laws? What was God's response? Is this scripture applicable to America today? What do you learn about God's concern for the poor in this scripture?
- Read James 2:14-17  
How are faith and action linked in your life? What is God saying to you through this scripture?

## Prayer to end the Fast:

Almighty God, You demand justice for all your children and command us to care for each other. Help me see what I personally can do to care for those in need around me. Give me courage to stand for the oppressed and the will to **DO SOMETHING** that will help alleviate their suffering. Give me encouragement to take the next step and your presence to empower me to do so. I pray in the name of Jesus Christ. Amen.