

Bite-Size Catholic Living I

Life Style: Feed the Hungry

Jesus taught us, “*For I was hungry and you gave me food, I was thirsty and you gave me drink...*” [Matthew 25:35] The Gospels relate a number of stories when Jesus fed thousands of families with fishes and loaves.

To live a Christian life means to feed the hungry.

- Parents you feed the hungry through the care and feeding of your children. Consider the intimacy of mothers who breast feed, the care and patience needed to spoon feed an infant and whether you cook a meal, heat up leftovers or provide a meal from the drive thru; you are feeding the hungry. ***Offer thanks for the gift of your children each time you feed them.***
- Every time you are at the grocery store with your children call their attention to the fact that you are purchasing, for example, extra cans of soup or pasta so that *together* you can leave them off at the church for the parish Food Pantry. Tell them that Jesus taught us to feed the hungry and care for each other and that there are families and children in our area who do not have enough food..

Prayer

- **Bless your children** once a day with the *Sign of the Cross* and give thanks to God for them.
- “*Be grateful in all things*”. **Pray a grace, a thanksgiving, before you eat a meal.**

Here are two prayers.

Bless us, O Lord, and these your gifts, which we are about to receive from your gracious care for us.

Through Christ our Lord. Amen.

OR

Eternal God, creator of the universe, this meal is a sign of Your love for us.

Bless farmers and the people who prepared this meal.

Bless us and make us mindful of people who are hungry that we may not waste any food.

Help us to give you glory each day through Jesus Christ our Lord. Amen!

Belief

- Read and explore with your children the parable in the Gospel of Matthew chapter 25, verses 31-46 in which Jesus outlines what are the most important qualities and activities of a Christian.
- Read together with your children from the Gospel of Matthew chapter 14, verses 13-21 about the feeding of the people with loaves and fishes.

The biblical passages are found on the reverse side.

The Parable of the Judgement of the Nations [Matthew chapter 25, verses 31-46]

When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats. He will place the sheep on his right and the goats on his left.

Then the king will say to those on his right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.’ Then the righteous will answer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?’ And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’

Then he will say to those on his left, ‘Depart from me, you accursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me no food, I was thirsty and you gave me no drink, a stranger and you gave me no welcome, naked and you gave me no clothing, ill and in prison, and you did not care for me.’ Then they will answer and say, ‘Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and not minister to your needs?’ He will answer them, ‘Amen, I say to you, what you did not do for one of these least ones, you did not do for me.’ And these will go off to eternal punishment, but the righteous to eternal life.”

A Reflection Question: Who are the “least” of Jesus’ sisters and brothers in your life?

The Feeding of the Five Thousand [Matthew chapter 14, verses 13-21]

Jesus withdrew in a boat to a deserted place by himself. The crowds heard of this and followed him on foot from their towns. When he disembarked and saw the vast crowd, his heart was moved with pity for them, and he cured their sick. When it was evening, the disciples approached him and said, “This is a deserted place and it is already late; dismiss the crowds so that they can go to the villages and buy food for themselves.”

Jesus said to them, “There is no need for them to go away; give them some food yourselves.” But they said to him, “Five loaves and two fish are all we have here.” Then he said, “Bring them here to me,” and he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied, and they picked up the fragments left over—twelve wicker baskets full. Those who ate were about five thousand families.

A Reflection Question: What part of the story stands out most for you? Share that among the family members. Garner insights from each other.