Feed the hungry:

Read Matthew 25:1-46 remember that when we feed someone in need we are feeding Jesus for we are all the Body of Christ.

Supplies: lunch bag with colored strips of paper 4 colors (or just write the color on a white strip), enough strips for each person to get one

Have each person draw a slip of paper and then group together by color

Read the following:

If you got a blue slip:
You get to have breakfast lunch and dinner today and a couple of snacks

If you got a red slip:
You get breakfast and lunch today and most weekdays but not dinner and no snacks and on the weekend you get very little to eat -Maybe one very small meal, like a bowl of cereal, each day.

If you got a yellow slip:
You will only get one meal each day, probably rice and beans or some type of soup broth.

If you got a black slip: You will get a meal of rice and beans or soup broth today. You may not get to eat again for a few days. You will probably get the same meal in 2-4 days.

How does the color you got and the meals you will have make you feel? Do you think it’s fair that you got the color you did while the other people got other colors?

Let me tell you what these colors represent:

The Blue slip is an average American family.
The red slip represents the nearly 13 million children in this country who only get the subsidized breakfast and lunch program at school. These kids often have empty cupboards at home. Their families may get food stamps but food stamps rarely feed the entire family for a whole month. Most of these families have at least one parent working a full time job, some have 2 working parents. Many of them will get their one weekend day meal at a food kitchen.

The yellow slip represents some countries like those in parts of Africa or Asia or South America. Their meals come from countries like the US who donate rice, corn or beans to organizations who pull into a town and feed many many hungry people. These countries because of poor nutrition often have many illnesses. Their water supply which they drink and bathe in is often contaminated by their animals. Many people in these areas die from malnutrition.

The black slip represents some of those same areas and conditions as those with the yellow slips. However due to the lack of roads to remote villages or due to wars that keep out the organizations that can help the food doesn't arrive every day. Workers do their best but many will die from not getting the food that they need.

So what can we do to help? Some of us are in a position to help by donating money to an organization such as Heifer international who helps villages learn to farm food and raise animals for milk and eggs or to the Red Cross or Catholic Relief Services who deliver bags of rice and beans to areas of the world which need it.

Some can donate food to a food bank here locally where the food can go to local families.

Some can volunteer to serve meals at a food kitchen to not only give people food to eat but provide a friendly smile when their day isn’t going as they hoped.

Some can bring a friend home from school for dinner when they find out someone isn’t eating at home.

Can you think of other ways you might be able to help?