



Today, more than three million hungry children will eat Mary's Meals at school. Please join with us to pray for them during the month of May.

Before praying together, you might want to:

- Explore our website to find out about the [different countries where we work](#).
- Contact Mary's Meals to [book a volunteer speaker to visit your school](#).

## Suggested prayers



### Families

Loving Father, you know the joys and the struggles of family life. We ask you to bless the families of children served by Mary's Meals. Help them in all that they need, especially those who need you most at this time.



### End world hunger

In a world where there is enough for all, we pray for an end to hunger. Lord, help all families to have the food they need to live lives full of hope and joy. Help us to work together so that no child needs to go hungry.



### Peace

Lord Jesus, you are the Prince of Peace. Bring peace to troubled places in our world and comfort those who suffer. We pray for the countries served by Mary's Meals, especially Haiti, that their children and families may know peace.



### Generosity

Loving Father, we pray for the gift of generosity, that all those who have more than they need may share with those who lack even the most basic things. Help us to be generous with our money, goods, skills, time, and prayer.



### Hope

Lord, help us to rejoice in hope, be patient in tribulation and be constant in prayer. Help us to bring your hope to apparently hopeless situations, knowing that all our hope comes from you.

### More ways to pray for the work of Mary's Meals

- Take a passage from the Bible and read it prayerfully. You might want to use one of these passages: Psalm 33; Romans 5:1-5; 1 Corinthians 13:1-13; 1 Peter 1:3-9.
- Write your own prayers for the work of Mary's Meals, individually or in small groups. You could use the same themes as our prayers or come up with your own themes based on what you have learnt about the work of Mary's Meals.

### Activities

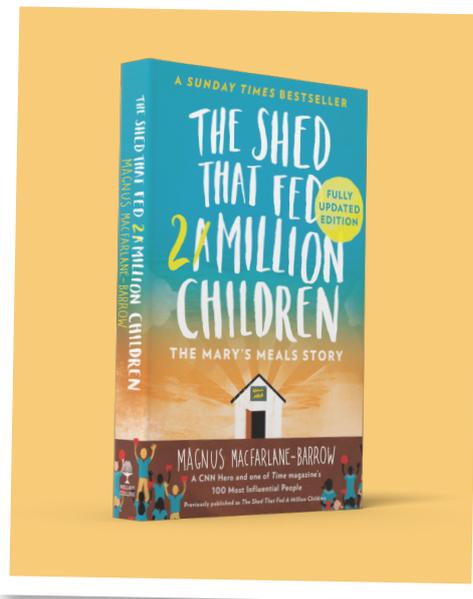
1. Link up with your local church to pray for Mary's Meals. Organise a special time of prayer, held at the church or at school. You could also join a church group to pray together.
2. Join other departments in the school to encourage prayer for Mary's Meals during the month – could your Food Tech department start lessons with a prayer for an end to world hunger? Could you work with Geography on a session about conflict around the world and encourage prayer for peace?
3. Organise a prayer service in school, using the suggested prayers, favourite hymns and a scripture passage relating to peace, hope or generosity.

Now turn over...

# Prayer and action

mary's  
meals

a simple solution  
to world hunger



Magnus MacFarlane-Barrow wrote about the story of Mary's Meals in his bestselling book *The Shed that Fed 2 Million Children*. In this book, the link between prayer and action is a consistent theme, as shown in this extract:

*“Over a coffee Anka asked me if we might be interested in setting up Mary's Meals in Haiti, showing me her pictures and pointing out it was now the poorest country in the western hemisphere...*

*“Let's pray about it and see what happens,” I suggested to her as I took my leave before heading to the airport.”*

In prayer, we ask for God's blessing and assistance, and enter into a deeper relationship with him. Often this can play a part in the decisions we make and inspire us to take action to help those we are praying for. Mary's Meals did set up a programme in Haiti, and it has grown to reach more than 196,000 children!

Discuss together how your prayers for peace, ending world hunger and other intentions could inspire you to act. If you choose to support Mary's Meals in your school through fundraising or awareness raising, you can contact us for more support.

You can also use our [prayer calendar](#) throughout the month of May to pray for, and learn about, children all around the world.

We have copies of *The Shed that Fed 2 Million Children* available for schools to use for class projects – please [contact us](#) for more information.

To find out more about Mary's Meals, please visit [marysmeals.org.uk](http://marysmeals.org.uk)