

# Living Simply with God:

## A 40-DAY HUNGER CALENDAR

DAY 1

**Put a prayer list on your refrigerator;** use pictures of real people.



DAY 2

**Keep a journal** about the struggle to live simply.



DAY 5

**Give your blessings specific names.** Prayer is powerful when it is specific.

DAY 6

**Memorize a Scripture passage about hunger.** Pray for those without food today.



DAY 3

**Contribute one dollar** into your collection bank for ELCA World Hunger for every pound you feel overweight.



DAY 7

**Save all your trash today.** Look at how much you have; think of ways to reduce waste.

DAY 4

**SMILE because your glass is half full, not half empty!** It's a great exercise and can make someone's day.



DAY 8

**Turn off your air-conditioning today** (or lower your heater thermostat by five degrees). Put \$1.00 into your collection bank for ELCA World Hunger for every hour you live in this moderated environment.



**ELCA World Hunger**  
**Evangelical Lutheran Church in America**  
God's work. Our hands.

**Living Simply with God: A 40-Day Hunger Calendar** To learn more about this calendar, visit [www.elca.org/hunger/simplicitycalendar](http://www.elca.org/hunger/simplicitycalendar)  
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DAY 9

**Stop saving items to “read later.”** Read them now or recycle them.



DAY 13

**For each angry or sad person you encounter today,** help another one laugh. Laughter heals!

DAY 10

**Teach your children**—or the children of your congregation—**how to fix things** rather than throwing them away.



DAY 14

**Every time you drive your car today,** put \$1.00 in your collection bank to help combat global climate change.



DAY 11

**Drink water instead of soft drinks;** eat smaller portions of food.



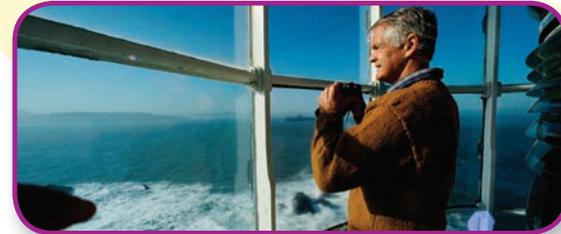
DAY 12

**Think of a gift you would like for yourself;** now purchase and give it to someone who really needs it.



DAY 15

**Don't worry about small things;** try to do something about bigger problems today.



DAY 16

**Think about the first thing you touch today.** How much value does it have compared with everything else (including people) you touch today?

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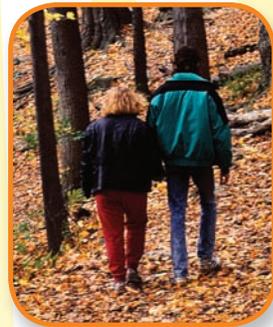
**Hand wash dishes for an entire week, starting today.** Donate the money you saved—electricity and water for a dishwasher—to ELCA World Hunger.



**Weigh what you throw away today.** How much was truly not usable, and how much did you discard without thinking?



**Buy used clothing from thrift shops.** Put the money saved—compared to new clothing from a catalog or store—into your collection bank for ELCA World Hunger.



**Take time to walk with your friends or family after dinner.** Make it a “walk with God.”



**For dinner or a snack, eat a food (vegetable/fruit) native to another country.**

Pray for the well-being of those who grew and harvested the food for your benefit.



**Plan sabbatical time,** with a rest-to-work ratio of 1 to 6. Use the one hour, day, or week of rest (for every six you work) to engage in restful meditation, retreat or significant volunteer opportunity.



**Pray that others**—your family, people at school or work—will understand your feelings about living more simply.



**Write notes today to encourage your loved ones.** Remind them (and yourself!) how special they are.

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DAY 25

**Save water:** Take five-minute showers today and for the rest of this week.

DAY 29

**Organize or participate in an Alternative Giving Fair.**

This is an opportunity for people to support the gift of animals for persons in other countries. Learn more about the ELCA Good Gifts catalog at [www.elca.org/hunger/goodgifts](http://www.elca.org/hunger/goodgifts)

DAY 26

**Plan today how you will decrease your budget** by living with fewer expenses for a month. Next month decrease your expenses even more. Enjoy deciding how you will use this new treasure for God's purposes.

DAY 30

**Begin this day in prayer.** Ask for an opportunity to share God's love with someone, in a new way. Expect to be delighted by God's answer.



DAY 27

**Talk together about the size of your garbage can.** What would it take to adjust to a smaller size?



DAY 31

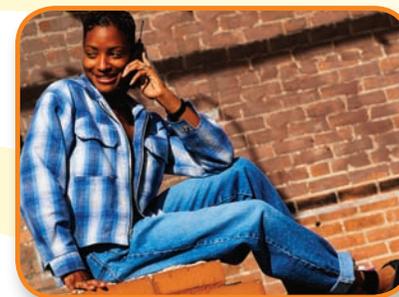
**Prepare a cold meal and use candlelight rather than electricity.** Talk about why you would want to do this again.

DAY 28

**Telephone a friend today,** someone you have not seen lately. Talk about what's important.

DAY 32

**Go for a walk with your family or friends.** Pick up trash—to clean the environment—and recycle aluminum cans, glass bottles and other items. If you can refund items for cash, put the funds into your collection bank for ELCA World Hunger.



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DAY 33

For one week, do not take "free" things (brochures, magazines, samples, etc.) at the places you visit.



DAY 34

Today extend small kindnesses to others:

smile, allow another driver the right-of-way, open a door for someone, give your place in line to someone else.

DAY 38

With your family or by yourself, watch the sun rise and witness God's splendor.



DAY 35

Commit to find others in your work place (or school or circle of friends) who will pledge to recycle.

DAY 39

Determine how you will live—for one more year—with your old appliances, television or computer and how you'll be satisfied with that decision.

DAY 36

At 10:00 AM today—weather permitting—go outside, take off your shoes and for fifteen minutes look at the smallest and largest evidence of God's created beauty.



DAY 40

For one 24-hour period this week, have your family live in only one room of your home.



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At the end of your 40-day journey, mail your donations to ELCA World Hunger, P.O. Box 71764, Chicago, IL 60694, or give online at [www.elca.org/giving](http://www.elca.org/giving).