



40 days of “wonderings”

A family discussion guide for Lent



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



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Dear Parents,

The season of Lent is often an occasion for self-reflection, prayer and fasting. Lent is a time for Lutherans to think about repentance, suffering and Jesus' death on the cross, even as we hope for the resurrection on Easter. Lent is also a time to think about those who suffer in our communities. The following discussion starters were written with these themes in mind. The questions are based on the themes of faith, hope, service and hunger found in "Into the Wild: A Lenten Liturgy and Intergenerational Study on Hunger." These discussion starters will help you continue the conversation at home after the liturgy and lesson each week. The answers may surprise you and hopefully will enrich your family's faith journey this Lenten season.

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SUN
9

**First
Sunday
of Lent**

MON
10

**What does
it mean to be
“hungry”?**

Is there a difference between feeling hungry once in a while and not having enough to eat most of the time?

TUES
11

**Read
Matthew
25:31-46
together.**

How does Jesus want his disciples to respond to people who are hungry, thirsty, naked or imprisoned?

WED
12

**How does
your church
help**

meet needs in your community?
How might your church meet your community's needs?

THURS
13

**Tell
your child
about**

his or her baptism.
How did you celebrate it?
Why did you have them baptized?

FRI
14

**Ask
about times
when**

your child felt frustrated or lonely during the day.
Share with them how you have dealt with these emotions in your own life.

SAT
15

**What ways
can family
members help**

each other feel the Holy Spirit in your lives?



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SUN
16

**Second
Sunday
of Lent**

MON
17

**Talk about
the difference**
between loneliness and
solitude. How can solitude
help us reflect on our faith?

TUES
18

**Read
Luke 4:1-21
together.**

WED
19

**Read
Psalm 63
together.**

THURS
20

**How do
you and your
child feel**

like part of the community at church?
In what ways are you made to feel
important and loved by your church?

FRI
21

**Ask
your child**

about the things that tempt him or her.
Tell them about your own temptations and
how they may have changed over time.
How have you dealt with temptation?

SAT
22

**Search
the Internet**

for pictures or paintings of
Jesus' temptation in the wilderness.
What pieces of art are you drawn to?
What does the artwork say
about the story?



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SUN

23

**Third
Sunday
of Lent**

MON

24

**read together
“Night”**

If your child is old enough,
by Elie Wiesel during Lent.
(There are great resources
online for digging deeper
into the book.)

TUES

25

**Pray
for people**

around the world who struggle
with hunger due to conflicts
like war and unrest.

WED

26

**What needs
of yours**

went unfulfilled today? In
what ways can we support
each other as a family when
our physical, social or
emotional needs
are not met?

THURS

27

Watch

one of the ELCA World Hunger
videos together (available at
www.ELCA.org/hunger/resources
under the “Stories and Videos” tab.)
What stood out to you in the story?

FRI

28

What needs

do church, Sunday school and/or
youth group serve for you?

SAT

29

Talk about

your family’s status in regard to food.
Have there been times when food
was scarce, or when affording
basic necessities meant not
purchasing other things?

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30

**Fourth
Sunday
of Lent**

MON

31

**What might
your family
do**
to address hunger
in your community?

TUES

1

**What things
does your
congregation
do**
to feed hungry people?
How does your family support
these ministries?

WED

2

Visit
www.ELCA.org/advocacy
and learn about a local
or national issue that
excites you.

THURS

3

Pray for people
who have lost their homes or land
because of natural disasters.

FRI

4

**What does it
mean to
trust in God?**

SAT

5

**Talk with
each other**
about ways in which each of you
may have broken someone's trust.
How can you work to rebuild that trust?



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SUN

6

Fifth Sunday of Lent

Pray together
for all people
who are hungry,
especially
for children
who hunger.

MON

7

In what ways
did Jesus show
people that he
could be trusted?

You may want to think about
Jesus healing people who
were sick, or inviting all kinds of
people – including “sinners” –
to eat with him.

TUES

8

Ask your child
to describe a
“poor person.”

Talk with them about their
response. What stereotypes
about “the poor” does their
response reveal?

WED

9

Read the
story of the
Good Samaritan
(Luke 10:25-37).

What does the Samaritan
do to show that he is a good
neighbor? How might we
show that we are good
neighbors today?

THURS

10

Pray together
for all people
who are hungry,
especially
for children
who hunger.

FRI

11

Play
the online game
“Hungry Decisions”

from Church World Service together
at [https://secure2.convio.net/
cws/decisions/index.htm](https://secure2.convio.net/cws/decisions/index.htm).

SAT

12

Play
the online game
“Spent”

together at <http://playspent.org/>.



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SUN
13

**Palm
Sunday**

MON
14

**Read the
folktale
“Stone Soup”**

(available online and at your local library) together. What does the story say about ending hunger?

TUES
15

**Talk with
your child**

about spiritual practices like praying and fasting. How might these practices help your family stay mindful of the poor and hungry this Lent?

WED
16

**Cook a
meal together.**

What steps went in to making all of the parts of the meal? How many people have to work to make the food that we eat? (Talk especially about farmers, food processors, grocers, etc.)

THURS
17

**Maundy
Thursday**

FRI
18

**Good
Friday**

SAT
19

Read

**1 Kings 17:8-16
together.**

Have you ever

stepped outside your comfort zone to get to know someone? What was the experience like? What did you learn from it?

**What made Jesus
someone that people
could trust?**

together.

How does God respond to hunger in the story? What would it be like to have too little food to survive? Why do you think Elijah and the widow trusted God?



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SUN
20

Easter

World Hunger blog
Visit the ELCA
(www.ELCA.org/blogs/worldhunger)
and read one of the entries together. What did you learn about hunger? How did the blog post challenge or confirm your beliefs about hunger, poverty and faith?

MON
21

Visit the ELCA
World Hunger blog

Look through
a current newspaper for stories about people who are hungry or poor. What does this story reveal about your community? How might your family or your community respond to hunger?

TUES
22

Look through

WED
23

Visit Feeding America's "Map the Meal Gap"

(<http://tinyurl.com/6en159s>)
to learn more about hunger in your area.

THURS
24

Spend one day fasting together

While at school, work, etc. Break your fast together with a small evening meal. What was it like to eat nothing all day long? How did you feel when you were around other people who were eating? Was it surprisingly easy, or surprisingly difficult to fast?

FRI
25

Talk with your child

about people you know who have been or are hungry or struggling financially. How did or do you support them? What have you learned from your relationship with them?

