









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELCA Worl	d Hunger's	ving \$.	Goalamou	unt:	1	2
3	4	5	Holy and righteous God, teach us, your church, to be honest about our sinfulness. Turn our hearts back to you to receive the fullness of your forgiveness and redemption. Hear us, O God. Your mercy is great.	We show God's love by walking alongside our neighbors as they creatively and courageously address hunger and poverty in their communities. As we journey through these 40 days and hear some of their stories, read more by downloading a copy at ELCA.org/40Days.	Today would be a good day to set a goal for your giving to ELCA World Hunger as part of the 40 Days of Giving. That goal might be a specific dollar amount or one of the ideas shown throughout this calendar. Write it down on the line above and refer back to it throughout the next six weeks.	Use the prayer and fasting calendar days to both give something up and take something on, with Colossians 3:12-14 as your guide. On this day of prayer and fasting, I wil Clothe myself in compassion and let go of discord. <i>Colossians 3:12</i>
Read today's 10 Gospel reading together, Luke 4:1-13	Open wide your hand to satisfy the needs of every living thing. Send your Spirit to places experiencing drought or floods. Fill every habitat with life. Hear us, O God. Your mercy is great.	Through ELCA World Hunger, our church supports work in areas related to health care, income generation, food security, clean water and education — addressing the root causes of hunger. Learn more about our approach at ELCA.org/Hunger.	Consider using a 40 Days of Giving coin jar to collect your gifts this season. You may download special wrappers for your coin jar at ELCA.org/40Days.	On this day of prayer and fasting, I will: Clothe myself in kindness and let go of hatred. <i>Colossians 3:12</i>	In the village of Chole, Malawi, 15 Shadrack has been cultivating trees for two years, and the oldest are nearly ready to sell and transplant. His nursery was made possible by a small business loan, supported by your gifts to ELCA World Hunger. Read more about his story in <i>A legacy of stewardship</i> .	A \$10 donation to ELCA World Hunger can provide a fruit-tree seedling for a family farm like Shadrack's. Seedlings are specially selected for each location and climate and include varieties known to thrive in the driest of conditions, even drought.
Read today's 17 Gospel reading together, Luke 13:31-35	Raise up reconcilers who point us to the sources of injustice and teach us how to build relationships. Establish your lasting peace among the nations. Hear us, O God. Your mercy is great.	In Guerrero, Mexico, poverty and lack of opportunity make healthy food hard to come by. But, with your support, families are receiving training and materials to create chicken coops, gardens and other assets to increase stability. Read more in <i>Hatching a</i> <i>reliable protein source</i> .	A \$200 gift is enough to provide our neighbors, like those in Guerrero, with community gardens. This includes shared plots of land and good soil, drought-resistant seeds, tools and training, resulting in plenty of tomatoes, potatoes, beans, cassava and other vegetables to go around.	On this day of prayer and fasting, I will: Clothe myself in humility and let go of pride. <i>Colossians 3:12</i>	In Cambodia, a government 22 program provides families with land for homes and agriculture. With your gifts, these families receive supplies and training to ensure their land is usable to grow food and generate income. Read more in <i>Life is better now</i> .	A gift of \$25 can provide helpful tools – like a rake, hoe and shovel – along with seeds and comprehensive agricultural training to help a farmer get ahead. With valuable tips and the right equipment, farmers can count on increased harvests and healthy families.
Read today's 24 Gospel reading together, Luke 13:1-9	Soothe the souls of people 25 who feel like they are beyond your mercy. Wash away the barriers that keep us far from you, and restore joy in our lives. Hear us, O God. Your mercy is great.	Burure, Zimbabwe, is a remote 26 area plagued by outbreaks of malaria. However, your gifts to ELCA World Hunger support Burure's schools and the Burure Gokwe Clinic, providing education and health care to 10,000 people. Read more in With women in power, malaria doesn't stand a chance.	Medical supplies and medicines are in high demand, especially when one clinic serves a population as large as Burure's. A gift of \$75 can support one of these medical clinics for a week, providing lifesaving supplies like antibiotics, diagnostic tests and vitamins.	On this day of prayer and fasting, I will: Clothe myself in meekness and let go of arrogance. <i>Colossians 3:12</i>	Working with congregations, 29 social ministry organizations and other partners, ELCA World Hunger supports ministries addressing the root causes of hunger and poverty across the U.S. and Caribbean. Learn more about our domestic approach at ELCA.org/DomesticHungerGrants.	Food pantries, soup kitchens, 30 community meals and shelters are some of the ways ELCA congregations build relationships and address needs in their communities. A gift of \$20 can help a congregation serve warm meals and fellowship to 10 of their neighbors.
Read today's 31	SELF-EXAMINATION			WORKS OF LOVE:	SACRIFICIAL	SIVING:

Read today's Gospel reading together, Luke 15:1-3, 11b-32

SELF-EXAMINATION AND REPENTANCE:

In repentance, we recognize the ways sin continues to disrupt communities and contribute to hunger and poverty. Use the prayers of intercession shown throughout the calendar as your focus for these days. Prayers adapted from Sundays and Seasons (Augsburg Fortress, 2019).

PRAYER AND FASTING:

As part of this discipline, use the selected calendar days to both give something up and take something on, with Colossians 3:12-14 as your guide.

WORKS OF LOVE:

ELCA World Hunger is our church's ministry to end hunger and poverty in more than 60 countries around the world, including the United States. We show God's love to others by walking alongside our neighbors as they creatively and courageously address hunger and poverty in their communities.

SACRIFICIAL GIVING:

As you journey through Lent, practice sacrificial giving by supporting the work of ELCA World Hunger beyond your typical offerings. Consider using a 40 Days of Giving coin jar, setting a specific goal amount (such as \$2/day) or selecting one of the ideas shown throughout this calendar. See other ideas at ELCA.org/40Days.



ELCA World Hunger

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



				FRIDAY	SATURDAY	
Fill our fasting bodies with your spirit of justice. Lead us into the challenging work of feeding and freeing all people. Fulfill your purpose in us. Hear us, O God. Your mercy is great.	St. Matthew Trinity Lutheran Church's Lunchtime Ministry offers a warm meal, hospitality and community to neighbors in Hoboken, N.J. While different things bring people there, the only requirement is respect for the space and people. Read more in One lifeline that never goes away.	More than 30 million children in the U.S. depend on free or reduced-price lunches each weekday. But on weekends, many students go hungry. A gift of \$10 is enough to ensure children and their families have a couple of days of healthy eats, and one less thing to worry about.	On this day of prayer 4 and fasting, I will: Clothe myself in patience and let go of indifference. <i>Colossians 3:12</i>	For families in Akron, Ohio, DLM 5 (Dare to Love More) Food and Resources is a place to find nourishing food, warm clothes and an equally warm welcome. "Our clients feel seen, heard and loved," said Rachel Breece, special programs coordinator. Read more in Dare to Love More.	Millions of Americans struggle 6 to get enough to eat. Whether looking for a refuge from the streets or a little extra help to get by, a warm meal and a seat at the table can go a long way. A gift of \$100 to ELCA World Hunger can help feed 50 people at a soup kitchen.	
Reveal the treasures of heaven through the witness of all your saints. Give us the will to journey faithfully and to bear Christ's salvation to all who yearn for it. Hear us, O God. Your mercy is great.	In addition to funding relief and development projects that assist our neighbors in need, your gifts to ELCA World Hunger allow the church to advocate alongside our neighbors to help change the systems that perpetuate poverty. Learn more about our approach at ELCA.org/Advocacy.	According to World Food Bank estimates, 736 million people live in extreme poverty on less than \$1.90 per day. That's 10.7 percent of the world's population. With a gift of \$2 a day, you can make a significant impact on hunger and poverty in our world.	On this day of prayer 11 and fasting, I will: Clothe myself in forgiveness and let go of blame. <i>Colossians 3:13</i>	In 2018, your gifts helped our church respond to hunger and poverty through 500 projects in nearly 60 countries around the world, including the United States. Thank you. Your continued support through 40 Days of Giving will help us do even more in 2019 — and beyond.	There are many ways gifts to ELCA World Hunger are at work, including agriculture, water and healthcare programs. Every gift goes a long way toward a just world where all are fed!	
Reveal your will as you receive our prayers, and conform our ways to your ways; through the saving work of Jesus Christ our Lord. Amen.	On this day of prayer and fasting, I will: Clothe myself in love and let go of hate. <i>Colossians 3:14</i>	Gather all you've collected throughout your Lenten journey and add up your total gift to ELCA World Hunger. Bring your gifts to worship or make your donations online at ELCA.org/40Days. Thank you for working creatively and courageously toward a just world where all are fed!	Your gifts matter — in Malawi, Mexico, Cambodia, Zimbabwe, New Jersey, Ohio and around the world. Continue to follow this story at ELCA.org/Hunger. I give you a new commandment, that you love one another just as I have loved you (John 13:34).	Look to Jesus, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God <i>(Hebrews 12:2)</i> .	"When the Lord restored the fortunes of Zion, we were like those who dream. Then our mouth was filled with laughter, and our tongue with shouts of joy The Lord has done great things for us, and we rejoiced" (<i>Psalm 126:1-3</i>).	
22	23	24	25	26	27	
29	30	SELF-EXAMINATION AND REPENTANCE: In repentance, we recognize the ways sin continues to disrupt communities and contribute to hunger and poverty. Use the prayers of intercession shown throughout the calendar as your focus for these days. Prayers adapted from Sundays and Seasons (Augsburg Fortress, 2019). PRAYER AND FASTING: As part of this discipline, use the selected calendar days to both give something up and take something on, with Colossians 3:12-14 as your guide.				
	your spirit of justice. Lead us into the challenging work of feeding and freeing all people. Fulfill your purpose in us. Hear us, O God. Your mercy is great.	your spirit of justice. Lead us into the challenging work of feeding and freeing all people. Fulfill your purpose in us. Hear us, 0 God.Church's Lunchtime Ministry offers a warm meal, hospitality and community to neighbors in Hoboken, N.J. While different things bring people there, the only requirement is respect for the space and people. Read more in One lifeline that never goes away.Reveal the treasures of heaven through the witness of all your saints. Give us the will to journey faithfully and to bear Christ's salvation to all who yearn for it. Hear us, 0 God. Your mercy is great.In addition to funding relief and development projects that assist our neighbors in need, your gifts to ELCA World Hunger allow the church to advocate alongside our neighbors to help change the systems that perpetuate povery. Learn more about our approach at ELCA.org/Advocacy.Reveal your will as you receive our prayers, and conform our ways to your ways; through the saving work of Jesus Christ our Lord. Amen.On this day of prayer and fasting, I will: Clothe myself in love and let go of hate. Colossians 3:142223	your spirit of justice. Lead Church's Lunchtime Ministry In the U.S. depend on free or weakdoy. But on weaknows. reduceding and freeing all people. Four fuel controls and community to neighbors in head. Hoar us 0 God. In the U.S. depend on free or weaknows. Your mercy is great. In addition to funding people. Nead merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas of the space in the space and people. Read merce in One lifeline that never greas of the space in the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas on the space and people. Read merce in One lifeline that never greas that people. The space and people. Read merce in One lifeline in extreme people. The space and people. Read merce in One people	your spitt of judice. Load • Church's Lunchine Ministry of Signa Sig	your split of justice. Lead is in the the billinging wark of free a werman, insulativity and community to neglobarian tideges to have a local time in the U.S. depend on free or reduced problem. We for process were to were for problem. Churchine Line Line Line Line Line Line Line L	

countries around the world, including the United States. We show God's love to others by walking alongside our neighbors as they creatively and courageously address hunger and poverty in their communities.

SACRIFICIAL GIVING: As you journey through Lent, practice sacrificial giving by supporting the work of ELCA World Hunger beyond your typical offerings. Consider using a 40 Days of Giving coin jar, setting a specific goal amount (such as \$2/day) or selecting one of the ideas shown throughout this calendar. See other ideas at ELCA.org/40Days.

