40 days of “wonderings”
A family discussion guide for Lent

ELCA World Hunger
Evangelical Lutheran Church in America
God’s work. Our hands.
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.
# 40 days of “wonderings”

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## First Sunday of Lent

**SUN 9**

**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?

**MON 10**

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

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

**TUES 11**

How does your church help meet needs in your community? How might your church meet your community’s needs?

**WED 12**

**Tell your child about his or her baptism.**

How did you celebrate it? Why did you have them baptized?

**THURS 13**

**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.

**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?**
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?


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

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?

Read Psalm 63 together:

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?

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

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

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

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?

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?

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?

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Talk with each other.

What does it mean to trust in God?

How can you work to rebuild that trust?

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

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

What does your congregation do to feed hungry people?

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?

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

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

Tues

1

MON

31

Wed

2

SUN

30

FRI

4

THURS

3

SAT

5

What does your family do to address hunger in your community?

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

40 days of “wonderings”


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<td>Play the online game “Hungry Decisions” together at <a href="https://secure2.convio.net/cws/decisions/index.htm">https://secure2.convio.net/cws/decisions/index.htm</a>.</td>
<td>In what ways did Jesus show people that he could be trusted? Ask your child to describe a “poor person.” Read the Good Samaritan story of the day. You may want to think about Jesus healing people who were sick, or inviting all kinds of people – including “sinners” – to eat with him.</td>
<td>Play the online game “Spent” together at <a href="http://playspent.org/">http://playspent.org/</a>.</td>
<td>Pray together for children who hunger, especially for children who are hungry for all people who are hungry.</td>
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What made Jesus someone that people could trust?

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?

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

Read 1 Kings 17:8-16 together. How does God respond to hunger in the story? What would it be like to have too little food to survive? What steps went into making the food that we eat? (Talk especially about farmers, food processors, grocers, etc.)

Cook a meal together: Talk with your child about ending hunger. Pray for the poor and hungry. Tell your family about the steps that went into making the food that we eat.

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

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<td>Palm Sunday</td>
<td>Good Friday</td>
<td>Maundy Thursday</td>
<td>Cook a meal together</td>
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Talk with your child:

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? Did you ever feel hungry or starved? What about people you know who have been hungry or struggling with food? How do you support them? Was it surprisingly easy, or surprisingly difficult to fast?

Visit the ELCA World Hunger blog (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?

Talk with your child:

Visit Feeding America's "Map the Meal Gap" (http://tinyurl.com/6enl59s) to learn more about hunger in your area.

Visit the ELCA World Hunger blog (www.ELCA.org/blogs/worldhunger) and read one of the entries from "40 days of wondering" - A Family Discussion Guide for Lent.