





The Mary's Meals Prayer

Our Father,

Give us this day our daily bread, and forgive us for the times when we take more than our share of the bread that belongs to all.

Let us help You fill the starving with good things, and not with scraps from our table.

Teach us how to share what is not ours to keep.

Clothe us with Your love that we may complete each good work You created us to do.

Place in our hearts Your compassion for each starving child and use our little acts of love so that they may starve no more.

Amen

Prayer points



Week one: Families John 17:21-22

Pray that God would strengthen the families we work with who are facing difficult times.



Week two: Peace Philippians 4:7

Pray for the children we feed who are growing up amidst conflict and violence or in countries now trying to rebuild – in Haiti, Yemen, Lebanon, Syria and Ethiopia.

Pray for God's peace to be with each child.

Pray for education centres to remain open and safe.

Pray for the staff and volunteers working to ensure that children are fed in very difficult circumstances.



Week three: Generosity Luke 21:1-4

Pray for all those called to be a part of this work through giving.

Pray for open hearts.

Pray that we would see our giving through God's perspective.



Week four: Hunger 1 Peter 5:10

In Southern Africa, a number of countries are currently facing a growing hunger crisis due to lack of rain and failed crops.

Pray for all those we work with in Malawi, Mozambique, Zambia and Zimbabwe.

Pray that God would strengthen them in this time.

Pray that God would bring the rain in the right seasons.



Week five: Hope Romans 15:13

Mary's Meals works with children living in some of the most vulnerable circumstances around the world. **Pray** that, through this work, God would fill them and their communities with His hope.

To find out more about Mary's Meals, please visit marysmeals.org.uk