



Today, more than 2.6 million hungry children will eat Mary's Meals at school. Please join with us to pray for them during the month of May when we specially honour Mary, Mother of God, after whom the charity is named.

Before praying together, you might want to:

- Explore our website to find out about the [different countries where we work](#).
- Download our [resources for the Jubilee Year](#).
- Contact Mary's Meals to [book a volunteer speaker to visit your school](#).

Suggested prayers



Peace

Lord Jesus, you are the Prince of Peace. Bring peace to troubled places in our world and comfort those who suffer. We pray especially for the children of Haiti, Lebanon and Yemen.



Families

Loving Father, trusting that you know the joys and troubles of family life, we ask you to bless the families of the children that Mary's Meals serves. We pray especially for all those families facing particular difficulties at this time.



End world hunger

In this world of plenty, we pray for an end to world hunger. We pray especially for the children of Malawi, Mozambique, Zambia and Zimbabwe as Southern Africa experiences its worst drought in over 100 years.



Generosity

Loving Father, we pray for the gift of generosity, that all those who have more than they need may share with those who lack even the most basic things. Help us to be generous with our money, goods, skills, time, and prayer.



Hope

Lord, in this Jubilee Year, help us to become pilgrims of hope and to bring hope to others. Help us to rejoice in hope, be patient in tribulation and be constant in prayer.

More ways to pray for the work of Mary's Meals

- Pray a decade of the Rosary for children in one of the countries where we work. If you can pray all five decades for five countries, even better!
- Choose another prayer to Mary and ask her to intercede for the children we serve. Examples of great Marian prayers include the Memorare, the Hail Holy Queen (the Salve Regina) and the Magnificat.
- Pray before an Icon of Our Lady and ask for her prayers in the silence of your heart.
- There are lots of great saints' days in May. Ask your chosen saints to add their prayers to yours. You might want to choose: St Joseph the Worker (1 May); Saints Philip and James (3 May); the English Martyrs (4 May); St Damien of Molokai (10 May); Our Lady of Fatima (13 May); St Matthias (14 May); St Dunstan (19 May); St Bede the Venerable (25 May); St Augustine of Canterbury (27 May). Another great feast day is 29 May when we celebrate the Ascension of the Lord.
- Take a passage from the Bible and read it prayerfully. You can read more about this way of praying, known as Lectio Divina, in the next section. In this Jubilee Year, which focuses on hope, you might want to use one of these passages: Psalm 33; Romans 5:1-5; 1 Corinthians 13:1-13; 1 Peter 1:3-9.

Now turn over...



Lectio Divina: Praying with the Sacred Scriptures

Lectio Divina, which can be translated as prayerful reading, is a special way of reading the Word of God contained in the Scriptures.

Choose a passage from the Bible – maybe one of the ones we have listed – and read it with faith that God is speaking to you here and now. Read it slowly and meditatively, savouring each word. Then sit in silence, confident that God wants to speak to you through the words you have read.

If you are praying in a group, you may want to share the phrase or sentence that spoke particularly powerfully to you.

After a period of silence, read the passage again, giving thanks to Jesus Christ, the Word of God, who is always present in the words of Sacred Scripture.

As you pray with the Scriptures, remember the children who eat Mary's Meals and bring them to God in prayer.

Activities for your class

1. Link up with your local parish to pray for Mary's Meals. Organise a special time of prayer, held at church or at school. You could link up with a parish group to pray together.
2. Join other departments in the school to encourage prayer for Mary's Meals during the month – could your Food Tech department start lessons with a prayer for an end to world hunger? Could you work with Geography on a session about conflict around the world and encourage prayer for peace?
3. Organise a prayer service in school, using the suggested prayers, favourite hymns and a scripture passage relating to peace, hope or generosity.

You can also use our [prayer calendar](#) throughout the month of May to pray for, and learn about, children all around the world.

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