



Day Three

Listen to the episode. Read the following questions, and write your answers in the box provided.

The World Health Organization estimates that a third of the world is well fed, a third is under-fed and a third is starving. Each year 15 million children die of starvation. Rather than become overwhelmed, spend some time praying for the work of aid agencies who work directly for the poor. Some possible examples are: Christian Aid. Save the Children. Oxfam. Samaritan's Purse. Compassion International.

Reflection: "Give us today the bread that doesn't run out." In the ancient world, they feared a poor harvest that could lead to starvation. In the midst of the current financial crisis, many fear for jobs and the ability to provide for their families. Either pray for those you know who are struggling financially, or spend some time meditating on the truth that this prayer affirms, that God is trustworthy and that he will provide for our needs. Thank him for his goodness in providing for you. Prayer.

Day Four

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Do not bring us to the time of trial, or testing. What kinds of trials have you been through? Consider some of the most difficult times in your life. How did God guide you and teach you? Write some thoughts below.

Reflection: But how do we forgive others who've hurt us? Even those who've killed our children? Lack of forgiveness causes immense damage to us, and to others. Most of us have people in our lives who have hurt us, and whom we need to forgive. Ask God to help you forgive a person who has hurt you. Just choose one person, not many. Perhaps meditate on Jesus' words, "forgive them, for they know not what they do," and then focus on letting go of your anger and resentment, and exercise mercy towards that person. If the Lord leads, do something kind for that person that demonstrates tangibly that you have forgiven them. Spend days on this, if you need to. Prayer.