

SCRIPTURE FOCUS

Always strive to do what is good for each other and for everyone else.”
(1 Thessalonians 5:15)

REFLECTION - Prayer, Fasting, and Almsgiving

We are in the Christian season of Lent, which is meant as a 40-day season of spiritual renewal culminating in the celebration of new, resurrected life at Easter. During this season of preparation, Christians are encouraged to engage in the spiritual practices of prayer, fasting, and almsgiving. The intent of these practices is to provide a way to experience the grace and mercy of God in one's personal life and the world. The practice of fasting, although sometimes connected directly to abstaining from food, is meant to be an intentional choice to abstain from something so that one's attention could be more directly focused on God AND there would be additional alms available to give towards those in need.

This week, we invite you to consider the practice of fasting as a part of your time of prayer. What can you abstain from so that you have more attention placed on God AND something to be able to give away to someone in need? How do these practices, prayer, fasting, and almsgiving work together in your life to revive your love of God and love of neighbor?

FMSC TESTIMONIAL - SOUTH AMERICA

Your hands help FMSC pack and send lifesaving MannaPack® meals to partners located in 8 countries in South America. FMSC has consistently provided nutritious meals to several ministries specifically located in the country of Peru, where our partners seek to provide love and hope in the name of Jesus. Many countries within South America often wrestle with a prevalence of widespread poverty and human rights issues.

Peru - Prevalence of food insecurity: 51% (World Food Programme, 2023)

According to the January 2024 FMSC Hunger Bulletin, “2022 data shows more than one of every five individuals in Peru is experiencing severe food insecurity – meaning that they’ll go days or even weeks without a meal. More than half the total population is moderately food insecure.”

Learn more: <https://www.fmsc.org/impact-of-our-work/where-we-serve/south-america>
and <https://www.fmsc.org/the-feed/from-the-field/2024/hunger-bulletin-january-2024>

PRAYER FOCUS

The people of Peru