

Prayer Station Instructions

Provided is an outline of how to set up the prayer stations. However, you know your ministry best. We have given you 4 station ideas. Use the following instructions as much or as little as you see fit.

Prayer station 1 is titled "World Hunger Facts." Station 2 is "Making a difference for the One." Station 3 is "Lucas' Story." Station 4 is a reflective document noting positive trends. Have each station spread out in a room.

Have your students start with station 1 and work their way to station 4.

To prevent traffic, have multiple sheets of each document printed out at every station. Ask your students to read the documents. Ask them to meditate on it. Ask them to allow the numbers to sink in and think of all of the people poverty affects. Encourage them to take their time at each station. Provide candles around the stations so the students can read the words.

At the final station have a large sheet of paper for the students to write their ideas on to help end world hunger. Have lot of writing utensils provided for them to express their thoughts.

After the event, hang up the large sheet of paper that your students wrote their ideas on somewhere visible in your youth area. Let it serve as a reminder to combat world hunger and of their One Meal One Day experience.

World Hunger Facts

World hunger is a very real issue in the world today. Here are facts from accredited sources containing the harsh reality of world hunger. Really think about these numbers. If a fact talks about “one in six,” look around the room and visualize how many people are affected by the lack. Take a few minutes to read each fact and spend time in prayer for those in need.

Around a quarter of all children under 5 years of age suffer from acute or chronic symptoms of malnutrition.¹

One in every six persons suffers from hunger every day.¹

About two billion people lack food security. That is one in every three persons.⁴

Nearly half of all deaths in children under 5 are attributable to undernutrition. This translates into the unnecessary loss of about 3 million young lives a year.³



There are an estimated 842 million hungry people on the planet. This means that one in eight people in the world suffer from chronic hunger, not having enough food for an active and healthy life.²

¹http://www.unesco.org/education/tlsf/mods/theme_c/mod14.html?panel=1#top

²<http://www.worldfooddayusa.org/learn>

³<http://data.unicef.org/nutrition/malnutrition>

⁴http://www.unesco.org/education/tlsf/mods/theme_c/mod14.html?panel=4#top



Making a difference for the One



There is an old story written by Loren Eiseley called “The Star Thrower.” A man walks along the beach. He sees a boy picking up a starfish and throwing it back into the ocean. The man asks the boy what he is doing. The boy responds saying he is throwing the starfish back into the ocean. If he does not, all of the starfish are going to die. The man tells the boy that the beach is many miles long with hundreds of starfish. The man tells the boy that there isn’t any way for the boy to make a difference. The boy bends over, picks up another starfish and throws it into the ocean. The boy then tells the man that he made a difference for that one starfish.

When it comes to world hunger, most of the world has the perspective of the old man. They look at helping one person and then are overwhelmed by the 841,999,999 remaining. The difference between the old man and the young boy is the boy’s belief that changing one life is worth it. What if everyone had the mentality of the boy? What if one in every two people had the mentality of the boy? What would the world look like? Would world hunger still be an issue?

Good news! You have chosen to have the mentality of the boy. You made the choice to skip a meal today. You resolved to provide a meal for a child who will go to sleep satisfied. There are others like you who are committed to fixing this problem by throwing starfish back into the ocean one at a time. Read these stories and pray that these people will continue to find meals, and that people will continue to respond to God’s call to world hunger.



Lucas' Story

Meet Lucas. He is 10 years old and lives in the Kovie village in the country of Togo (Africa). Lucas has been in the Compassion Sponsorship Program for almost a year, but is not yet sponsored. He has 6 siblings, but only lives with 3 of them. His father passed away in 2011 so his mother and grandmother take care of him. Lucas' mother provides for their family by selling firewood and coconuts. What she gains from her activities is far less than what she needs to take adequate care of her family.

Lucas and his family often eat only once a day. This single meal is just something to fill their stomachs. They don't have the luxury of getting in their car, driving to the closest McDonalds and ordering a few happy meals for all of the children. Instead, a common meal is dough made from corn.

To accompany this meal, they make a sauce out of corn. They add pepper and a few other ingredients to differentiate the sauce from the dough. This is the meal Lucas and his siblings eat daily.

There is good news. Because Lucas' family has a hard time obtaining food, Compassion has intervened. The project did not abandon Lucas and his family members. In fact, Lucas receives special treatment. Because people like you have participated in One Meal One Day, Lucas receives regular assistance providing his family with proper nourishment. Lucas' mom receives food, soap, beans, rice, corn, pasta, oil, fish and other goods at the beginning of every month.

Lucas is just one example of how One Meal One Day is helping children and their families worldwide. You play a large role in his lifestyle change. By simply skipping one meal, you are feeding a child just like Lucas.



There are positive trends of improvement towards the end of world hunger, but there are still hungry people on the earth. Think of ways to continue your involvement in ending world hunger. What are some ideas of ways you can help? How can you get your classmates to jump on board? Pray for God to keep world hunger on your heart and to bless the ideas your group has come up with. Pray for Lucas and his family. Pray for other families who go hungry every day.

