

mary's  
meals

a simple solution  
to world hunger

## Prayer for Mary's Meals

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,  
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 starve no more.

Amen.



**Please pray and fast for Mary's Meals.**

