Advent Reflections

Feed a child this Christmas

mary's meals

29 NOVEMBER
Listen
"Yet, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand."
Isaiah 64:8

30 NOVEMBER
Pray
Pray the **Our Father** together and ask God to be with us during this special season of Advent.

1 DECEMBER
Talk
Every person in our world is part of God's creation and God's family. Discuss some simple ways we can help others this Advent.

2 DECEMBER
Learn
Mary's Meals serves school meals to **more than 3 million children in 16 different countries**, including Malawi, India, Haiti, and Ethiopia.

3 DECEMBER
Act
Start an Advent jar to collect spare coins over the next few weeks to donate to Mary's Meals. You could ask friends, family members or classmates if they would like to help.

4 DECEMBER
Pray
Today we pray for the children receiving Mary's Meals in schools around the world, that they would be safe and have the opportunity to thrive and grow. **Amen**.

5 DECEMBER
Learn
Malawi is home to Mary's Meals' biggest school feeding programme, with over **1.3 million children receiving a nutritious bowl of corn soya blend porridge at school.**

6 DECEMBER
Listen
"A voice cries: 'In the wilderness prepare the way of the Lord'"
Isaiah 40:3

7 DECEMBER
Talk
How can we get ready to welcome Jesus at Christmas? Share your ideas for how we can prepare in our hearts and our minds, at home or at school.

8 DECEMBER
Pray
Lord Jesus, **fill my heart with your love** and help me to share it with people I meet today. **Amen**.

9 DECEMBER **Learn**

The work of Mary's Meals is only possible thanks to **amazing volunteers all over the world**, including thousands of people from the communities we serve meals in who cook and serve the food each day. **Enia**, a volunteer in Mozambique, says: **"The school feeding programme gives me hope."**



10 DECEMBER
Act
How can I give some of my time to help someone this week? Talk about your ideas and make a plan for whatever you choose to do.

11 DECEMBER
Talk
There are many children around the world who don't attend school because they **don't have enough food to eat** and would be too hungry to follow the lessons. Think about and discuss what school would be like if we didn't stop for lunch or other snacks.

12 DECEMBER
Pray
Lord Jesus, we pray for all children who are hungry today. **We ask you to help Mary's Meals** and all other charities working to end hunger so that children have the energy they need to learn and to play. Inspire us to work together for the good of others and to your glory. **Amen**.

13 DECEMBER
Listen
"I will greatly rejoice in the Lord"
Isaiah 61:10

14 DECEMBER
Talk
What fills you with joy? Talk about it together and give thanks to God for the blessings you notice in your life and the world around you.

15 DECEMBER

Talk

Working together to raise money for a cause that you care about is a wonderful way to have fun and make a difference. **Think about how you could raise money for Mary's Meals** by doing something you love, like baking, drawing, singing, playing sports, or planning a party or event.

16 DECEMBER

Act

Mary's Meals' programme in Ethiopia serves **240,000 children in Tigray**, where millions of people are suffering because of recent and ongoing regional conflict. **Meareg** receives Mary's Meals, and his dad says: **"each morning, he wakes up excited."**



17 DECEMBER

Pray

Heavenly Father, we pray for an **end to all violence and war**, asking that you fill the hearts of people around the world with your peace. **Amen**.

18TH DECEMBER

Act

You can help **spread the word about Mary's Meals to people you know**. Choose a few facts that you've learned and share them with someone you know today.

19 DECEMBER

Learn

Some children walk a long way to school. **Marella**, 12, who lives in Madagascar, has to trek through sugar cane forests on the way to school and finally reaches her classroom after an hour. But it is worth it to her, as she says: **"the Mary's Meals I eat at school recovers my energy."**

20 DECEMBER

Listen

"And the angel said to her, 'Do not be afraid, Mary, for you have found favour with God."
Luke 1:30

21 DECEMBER

Talk

How do you think Mary may have felt when she received the message from the angel Gabriel? Talk together about whether you find it is easy or difficult to put the future in God's hands and trust Him completely like Mary did.



22 DECEMBER

Learn

Mary's Meals helps children to have hope for a better future! **Elijah** from Malawi struggled at school at first, **but thanks to Mary's Meals things changed**. He is now studying economics at university.

23 DECEMBER

Act

Count the change in your Advent jar. **How much have you managed to raise for Mary's Meals? Visit our website** to find out how to donate the money you have raised. Thank you for helping to make a difference for children around the world this Advent.

24 DECEMBER

Pray

Pray the Mary's Meals Prayer together.

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.

25 DECEMBER

For unto us is born a saviour, who is Christ the Lord

Have a blessed Christmas.

Visit marysmeals.org

mary's meals