

## ACTION DAY HUNGER

day 1

An estimated 1.02 billion people in the world go hungry.<sup>1</sup>

Each year, three million children under the age of five die because they are undernourished. Far more children live with malnutrition than die from it. For infants and young children, the effects of chronic malnutrition in the early years of life are almost always irreversible.<sup>1</sup>

In the United States, over 49 million people, including 16.7 million children, live in households that struggle to put food on the table. That means one in seven households in the U.S. are living with hunger or are at risk of hunger.<sup>1</sup>



Isaiah 58:6-9 says, “Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?”

Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer.”

On this Action Day, we are challenging you to do both. For one day give up food in remembrance of those who do not have any. The second thing we are asking you to do while you are giving up food is to care for the hungry. Get together with some friends or people in your community and bring some food to people who do not have any. This may be serving at a soup kitchen, buying lunch for a student in school who has none, or sitting with a homeless person on the street and giving them a meal that you made. Use your creativity and ask Jesus who He wants you to bless today. This is the kind of fast He has chosen for you.



- An extra year of primary school boosts girls eventual wages by 10% to 20%. An extra year of secondary school boosts girls eventual wages by 15 to 25%.<sup>3</sup>
- When women and girls earn income, they reinvest 90% of it into their families as compared to only 30-40% for a man.<sup>3</sup>
- Out of the world's 130 million out-of-school youth, 70% are girls.<sup>3</sup>

### PRAYER

Pray that women would see the need for education and that God would send more educated women who can bring awareness to countries where this is an issue.



### STEPS



#### ACTION

If you have a little sister, cousin or niece, read her a book today of her choosing.



#### READING

"Half The Sky - Turning Oppression into Opportunity for Women Worldwide", by Nicholas D. Kristof and Sheryl WuDunn.



#### MEDIA

Watch "The Girl Effect" video and read about women and education.



Photo: Lindsay Spang

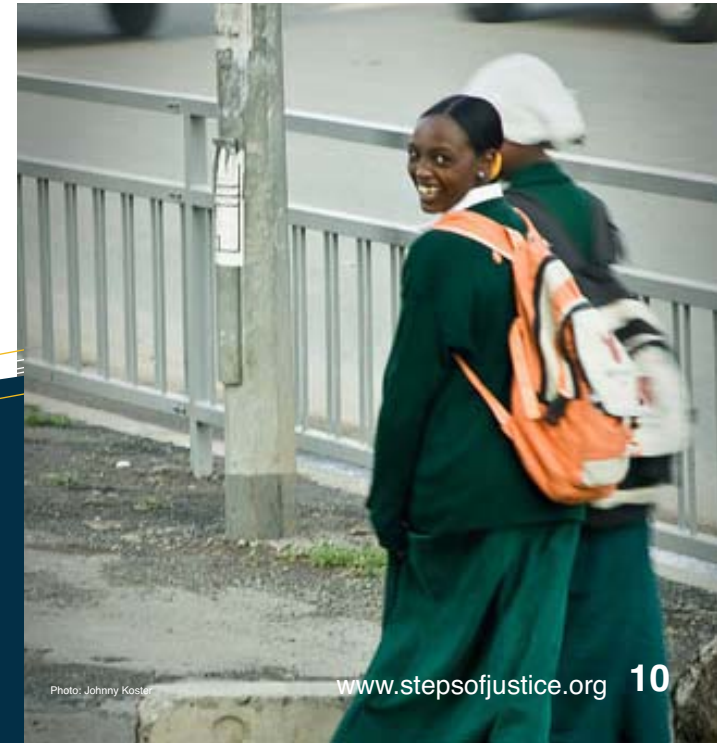


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