

**PRAY**

Hunger, o Lord, can be so cruel. It no longer fits in a world where hunger does not have to happen. You, who came as bread of life to us, be with us when we fight the concrete hunger of entire nations! You, who taught us to pray daily for our bread, let us not forget those who have no food and cannot even give something to their children. Move the hearts of the rich and powerful so that they justly distribute goods on the earth. Move me, too, so that I cannot forget to share. Amen.

**CONTEMPLATE**

One person reads the Bible passage aloud.
Short silence.

Exchange: What particularly appealed to you?

**STUDY**

1. Read DOCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).

**DISCUSS**

Also discuss your own questions on this topic!

Treasure Book: Take five minutes to write down what you don't want to forget.

**CHALLENGE**

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at feedback@youcat.org.

#DOCATChallenge: Share your experience on Facebook or Instagram.

**Lk 9:13**

He said to them, "Give them some food yourselves." They replied, "Five loaves and two fish are all we have, unless we ourselves go and buy food for all these people."


10 Commandments for a Future without Hunger

1. You shall cooperate so that everyone on earth has enough to eat.
2. You shall not gamble away your neighbor's bread by speculation.
3. You shall not hoard what the hungry need to eat.
4. You shall honor the earth, so that you, your children, and everyone on the earth might prosper.
5. You shall live in such a way that your life-style is not at the expense of others.
6. You shall not covet your neighbor's land and property.
7. You shall reduce hunger with your agrarian policies and not increase it.
8. You shall challenge corrupt regimes and their underlings.
9. You shall help prevent armed conflicts and wars.
10. You shall combat hunger effectively with developmental aid.

1. Have you ever gone hungry (because you did not have anything to eat or you wanted to fast)? What is the feeling like?
2. What do you know about the hunger in the world? Figures? Places? Why are people still starving?
3. What does the writer Honoré de Balzac mean by: „Hunger is driving the wolf out of the forest?“
4. Are there any persons in your surroundings who have engaged against hunger in your country (soup kitchen, food pantry) or worldwide? What are they doing? Where and how can you contribute?

By „10 commandments for a future without hunger“, take an initiative against hunger in the world and invite others hereto:

We will not eat anything for 2-3 days (or we will have just water and bread) and we donate our money and that of others who support our initiative to an anti-hunger organization.

Do you take on this challenge?

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