

Day 1  
February 13, 2013 – Ash Wednesday  
Matthew 4:1-4

After 40 days of fasting, Jesus was hungry. Our bodies need food for growth, maintenance and survival. Yet, food can easily become an idol. Have you ever become so preoccupied or distracted by food that you lost your spiritual focus? If so, when? Why do you think food has the power to preoccupy us? How does “living by every word that comes from the mouth of God” challenge your current relationship to food?

How are you feeling about eating on \$63.35 per week through Lent? What do you think will be the most challenging? Most rewarding?

DAY 2  
February 14, 2013  
Isaiah 58:5-7

Who do you think “the hungry” are in this passage? Who are “the hungry” in your community? How does one go about sharing their food? What organizations in your community have a mission to distribute food to the hungry? How could you support their efforts?

DAY 3  
February 15, 2013  
Luke 3:2-11

John the Baptist identifies sharing food as fruit produced “in keeping with repentance.” This implies that not sharing food is indicative of a lifestyle outside of relationship with God. When was the last time you shared food with someone? If you cannot remember (or if it was a long time ago) what is one thing you could do today to start?

DAY 4  
February 16-17, 2013  
Isaiah 32:1-8

This passage contrasts the noble man (the just) with the fool (the unjust). What is the attitude of the fool toward those who are hungry and thirsty? How does he justify his attitude? What lies do you imagine him saying about the poor in relationship to their hunger? What is one thing you could do this weekend to be “like a stream of water in the desert” for someone who is hungry or thirsty?

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