

Pray.
Give.
Advocate.



A Christian Response
to Hunger

Worship Resources for Lent & World Water Day
(March 22)

Pray.

All Who Are Thirsty

Suggested Scripture readings

Psalm 104: “Praise the Lord....”

Isaiah 55: “Is anyone thirsty? Come and drink....”

John 4:3-42: “Those who drink of the water I will give will never be thirsty again.”

Revelation 7:13-17: “They will never again be hungry or thirsty...
He will lead them to springs of life-giving water....”

Call to Worship

Come to the water, all you who thirst—
come drink deeply from the river of life.

Come to the water, all you who are weary—
come rest in the quiet pools of God’s love.

Come to the water, all you who long for a justice—
come be renewed in God’s ever-flowing stream.

For God is here among us,
washing away the dust and grime of our lives,
and pouring out the Spirit on all who thirst.
Let’s worship God together.

Opening Prayer

God of our hearts...here we are!
We’ve come with thirsty hearts,
praying that your Word will satisfy us.
We come with aching hearts,
praying for good news to comfort us.

We come with overflowing hearts,
praying for a chance to share your love.
You, who know our hearts and hear our prayers,
be with us now in this hour of worship.
Amen.¹

Scripture Litany

Psalm 104:1, 5-15, 24, 27-28, 31

Praise the Lord!
O Lord my God, how great you are!
You placed the world on its foundation
so it would never be moved.
You clothed the earth with floods of water—
water that covered even the mountains.
At your command, the water fled;
at the sound of your thunder, it hurried away.
Mountains rose and valleys sank
to the levels you decreed.
Then you set a firm boundary for the seas,
so they would never again cover the earth.
You make springs pour water into the ravines,
so streams gush down from the mountains.
They provide water for all the animals—,
even the wild donkeys quench their thirst.
The birds nest beside the streams
and sing among the branches of the trees.
You send rain on the mountains
from your heavenly home,
and you fill the earth with the fruit of your labor.
You cause grass to grow for the livestock
and plants for people to use.
You allow them to produce food from the earth—
wine to make them glad,
olive oil to soothe their skin,
and bread to give them strength.

O Lord, what a variety of things you have made!
In wisdom you have made them all.
The earth is full of your creatures.
They all depend on you to give them food
as they need it.
When you supply it, they gather it.
You open your hand to feed them,
and they are richly satisfied.

May the glory of the Lord continue forever!
May the Lord take pleasure in all he has made!

Children's Feature

(3-5 min)

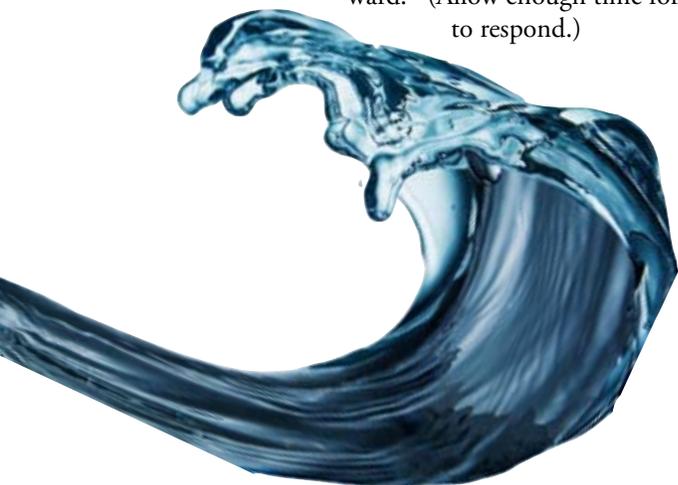
Supplies: Images of drought, dryness, parched earth, (show a slide show with images of people fetching water, agriculture, and dry landscapes—use the slide show online at foodgrainsbank.ca/all_who_are_thirsty.aspx, or print out these or other images); pitcher of water and enough cups for each child; print-outs of prayer, cut into the shape of water drops

1. Set out the pitcher of water and cups in front of the children. Say “God created water before land, plants, or animals. Let’s reflect for a minute on what life would be like if we didn’t have enough water.” (Silently view the images, either on the screen or slowly show each of the ones you printed out.)

Ask “Why is water so precious?” (Wait for responses)

If necessary, add: “Without water, plants can’t grow. Animals and people need plants to eat. Animals and people also need water to drink. In some places in the world, water is not readily available the way it is here in Canada.”

2. Ask “Have you ever felt thirsty, maybe on a hot day, or after playing a sport?”
“How did that feel?”
“How did it feel to get a nice, cool drink of water afterward?” (Allow enough time for children to respond.)



3. Ask: “I wonder what it would be like to live in a place where there is no running water? Or where you have to walk for an hour to get water to drink?” (Allow time for responses).

4. Pour a small glass of water for each child. Hopefully by this time, after seeing the dry images and talking about water, they will be thirsty! Say “We are blessed here in Canada with abundant, clean water available to us to drink and to water our gardens and farms. This water is a precious gift from God. Let’s remember and be thankful for it as we drink our water.” Drink water together.

5. Give each child a water-drop prayer (the prayer below printed out and cut into the shape of a water drop, or pasted onto coloured paper in the shape of a water drop) to take home and reflect on during the Lenten season. Read the prayer aloud together with the children (after encouraging them to memorize the prayer):

“Creator God, thank you for water.
May we enjoy, respect, and share this precious gift.
Amen.”

Prayer of Thanksgiving

Creator God,
whose Spirit moved over the face of the waters,
who gathers the seas into their places
and directs the courses of the rivers,
who sends rain upon the earth
that it should bring forth life:
we praise you for the gift of water.

Redeemer God,
who spared Noah and creatures of every kind
from the waters of the flood,
who led your people over dry land through the sea
and across the Jordan to the land of promise,
who marks our adoption as children with the sign of water:
we thank you for the gift of water.

Sustaining God,
create in us such a sense of wonder and delight
in this and all your gifts,
that we might receive them with gratitude,
care for them with love,
and generously share them with all your creatures,
to the honor and glory of your holy name.²



Readers' Theatre

Jesus and the Samaritan Woman

John 4:3-28, 39-42

Narrator: Jesus and his disciples left Judea and returned to Galilee.
The trip took them through Samaria.
After a time, they came to the Samaritan village of Sychar, near the field that Jacob gave to his son Joseph. Jacob's well was there;
and Jesus, tired from the long walk,
sat down beside the well for a rest.
The disciples ventured off to look for provisions.
It was about noon, and before long
a Samaritan woman came to the well to draw water.
Jesus said to her,

Jesus: Would you please draw some water for me, and give me a drink?

Narr: The woman was surprised, for Jews usually refuse to have anything to do with Samaritans.

Woman: I can't believe that you, a Jew, would even speak to me, much less ask me for a drink of water!



Jesus: If you only knew the gift God has for you and who you are speaking to! Because if you did, you would ask me, and I would give you living water.

Woman: Sir, you sit by this deep well, a thirsty man without a bucket in sight. Where would you get this living water? Do you think you're greater than our ancestor Jacob, who laboured long and hard to dig and maintain this well so that he would have clean water to share with his sons and daughters, his grandchildren, and his livestock? How can you offer better water than he and his family enjoyed?

Jesus: Drink this water, and your thirst is quenched only for a moment. You must return to this well again and again. But the water I offer you is different. I offer water that quenches thirst forever. It becomes a fresh, bubbling spring within you, giving life throughout eternity. You would never be thirsty again.

Woman: Please, sir, give me this water! Then I'll never be thirsty again, and I won't have to keep coming here to get water.

Jesus: Go and get your husband.

Woman: I don't have a husband.

Jesus: Technically you are telling the truth. But you have had five husbands and are currently living with a man you are not married to.

Woman: Sir, it is obvious to me that you are a prophet. So tell me, why is it that you Jews insist that Jerusalem is the only place of worship, while we Samaritans claim it is here at Mount Gerizim, where our ancestors worshiped?"

Jesus: Woman, I tell you that neither is so. The time is coming when it will no longer matter whether you worship the Father on this mountain or in Jerusalem. Believe this: a new day is coming—in fact, it's already here—when the importance will not be placed on the time and place of worship but on the truthful hearts of worshippers. You worship what you don't know, while we worship what we do know, for God's salvation in coming through the Jews.

The Father is spirit,
and He is seeking followers whose worship
is sourced in truth
and deeply spiritual as well.
Regardless of whether you are in Jerusalem
or on this mountain,
if you do not seek the Father,
then you do not worship.

Woman: I know the Messiah is coming—
the one who is called Christ.
When he comes, he will explain everything to us.

Jesus: I am the Messiah!

Narr: Just then his disciples came back.
They were shocked to find him talking to a woman,
but none of them had the nerve to ask,
“What do you want with her?”
or “Why are you talking to her?”

The woman went back to the town,
leaving her water pot behind.
She stopped men and women on the streets
and told them about what had happened.
And because of her testimony,
the village of Sychar was transformed—
many Samaritans heard and believed.
They approached Jesus
and repeatedly invited Him to stay with them,
so he lingered there for two days on their account.
And as he spoke to them, many more came to believe.
They began their faith journey because of the
testimony of the woman at the well;
but when they heard for themselves,
they were convinced that Jesus was God’s Anointed –
the Saviour sent to rescue the entire world.³

Response: A “Pouring” Confession

Supplies needed:

- Five clear glass containers of varied shapes, each 2/3 full of water
- A tall clear glass container large enough to hold all or most of the water in the five small containers
- A large glass bowl
- Small votive holders with white or off-white candles

Set up:

Off to the side of the main visual environment, place a table covered a dark cloth (blue or purple). Place the



empty glass bowl at one end. At the other end of the table, place the tall glass container. In between, arrange the five clear glass containers filled with water. Two readers read the following prayer antiphonally; a third person stands behind the table to pour out the water with each confession.

Prayer of Confession

1 & 2: Let us confess the excuses we have made
for not living in the reality of the kingdom of God:
(pause)

- 1:** For our blindness to the needs of others
2: and our preoccupation with our own agenda,

Water is slowly poured from one of the small containers into the tall glass one as the congregation responds with “Kyrie eleison.” (This may be a spoken or a sung response, if there is a simple or familiar version.)

- 1:** for our failure to pay attention to the still, small
voice in our lives,
2: for our surrender to fear and self-protection,

Water is slowly poured from one of the small containers into the tall glass one as the congregation says or sings “Kyrie eleison.”

- 1:** for harsh words spoken to our friends,
2: and love withheld from our enemies,

Water is slowly poured from one of the small containers into the tall glass one as the congregation says or sings “Kyrie eleison.”

- 1:** for seeking success rather than faithfulness,
2: for praying without acting,

Water is slowly poured from one of the small containers into the tall glass one as the congregation says or sings “Kyrie eleison.”

- 1: For our life choices this week
2: that have not contributed to greater love and justice in the world.

Water is slowly poured from one of the small containers into the tall glass one as the congregation says or sings “Kyrie eleison.”

While the next lines of the prayer are offered, the person who has been pouring water lifts the large water-filled container and slowly pours all the water into the large bowl.)

1: O Lord,
you are our strength and our might;
you have become our salvation.

2: Listen to what God says:
“I have taken away the judgments against you;
I will remove disaster from you,
so that you will not bear reproach for it.”

1 & 2: With joy we will draw water from
the wells of salvation.⁴

Opportunity for a Response

This is a good place to announce that you are gathering signed Recipe for Ending Global Hunger postcards. See “Advocate” section.

Sample announcement:

God is the great Provider, satisfying those who hunger and thirst. The causes of hunger around the world are complex but as Christians we are called to take action. One way is to speak out in support of those who suffer from hunger, often those affected by droughts, erratic rainfall, or people displaced by flooding. Postcards outlining some important ingredients for ending global hunger are available (in your bulletin, in the pew, at the

entryway). Please sign a postcard and deposit it _____ / give it to _____. Remember to include your postal code. These postcards will be sent to the Prime Minister asking the government to consider the needs of people around the world who do not have enough to eat.

Prayers of the People

Holy God,
whose Spirit moved over the waters
at the dawn of creation,
hear our prayers for all who thirst today.

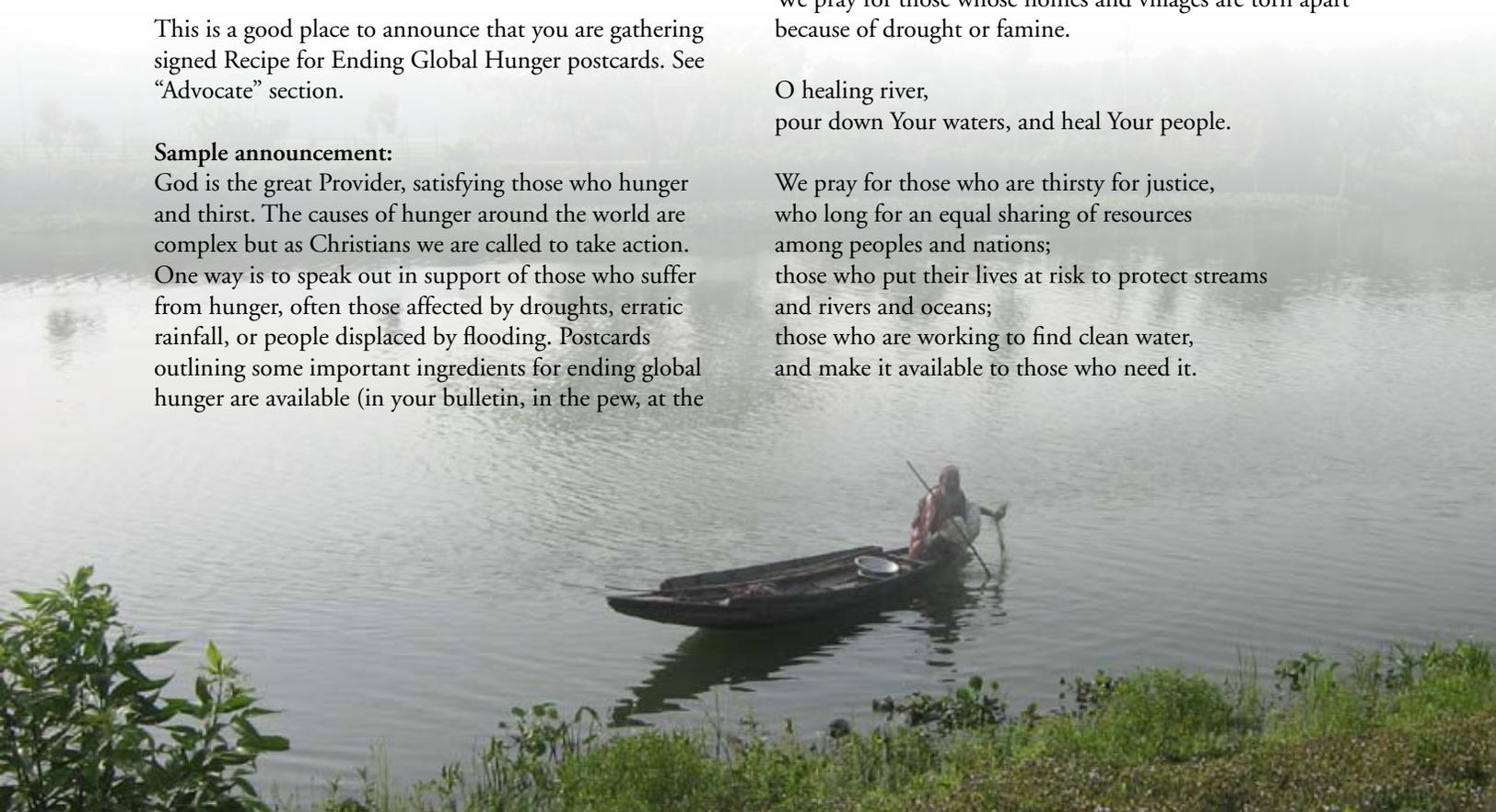
We pray for those who are spiritually thirsty,
who long to know Your presence,
but don't know where to find You.
We pray for those who are alone and without hope,
those who long to feel needed and loved,
those who are searching for meaning and purpose.

O healing river,
pour down Your waters, and heal Your people.

We pray for all who are physically thirsty,
who don't have enough water to drink,
or feed their animals,
whose fields are parched, whose crops have withered;
those who have to walk long distances
to find enough water to survive,
or who have to be content with water that is unclean.
We pray for those whose homes and villages are torn apart
because of drought or famine.

O healing river,
pour down Your waters, and heal Your people.

We pray for those who are thirsty for justice,
who long for an equal sharing of resources
among peoples and nations;
those who put their lives at risk to protect streams
and rivers and oceans;
those who are working to find clean water,
and make it available to those who need it.



O healing river,
pour down Your waters, and heal Your people.

God, we ask that you would open our hearts
to the needs of all who thirst.
Give us courage to work together for justice,
to stand alongside those who are thirsty,
so that all people, everywhere,
may live without want or fear,
and may discover the abundant life
You promise to each one.
In the name of Jesus Christ—
the source of living water—we pray. Amen.

Commission & Benediction

Go now from this service of worship
to the service of God's people near and far,
refreshed by the living water that Jesus offers to you.
Listen for the parched voices of the least of these;
search out the dry places and the arid souls,
and become for them a spring of living water.
And as you go,
may the blessings of the God of life,
the Christ of love,
and the Spirit of grace
be upon you this day and forevermore. Amen⁵

Video suggestions:

“Thirst” on Youtube
[youtube.com/watch?v=ck0028dgUmA](https://www.youtube.com/watch?v=ck0028dgUmA)

“Dancing on Water”
foodgrainsbank.ca/dancing_on_water.aspx

“Pakistan Flood Relief”
foodgrainsbank.ca/video_pakistan_flood_relief.aspx

Song Suggestion: Contemporary Praise & Worship

Come to the Water

There's a war going on just across the street
There's a rage that's burning to an angry beat
I can feel the thirst but there's no relief
We need a river
There's a sound in the distance like a thunder cloud
We're waiting for the rain while the sun beats down
Can you feel it rising from the underground
We need a river

Chorus:

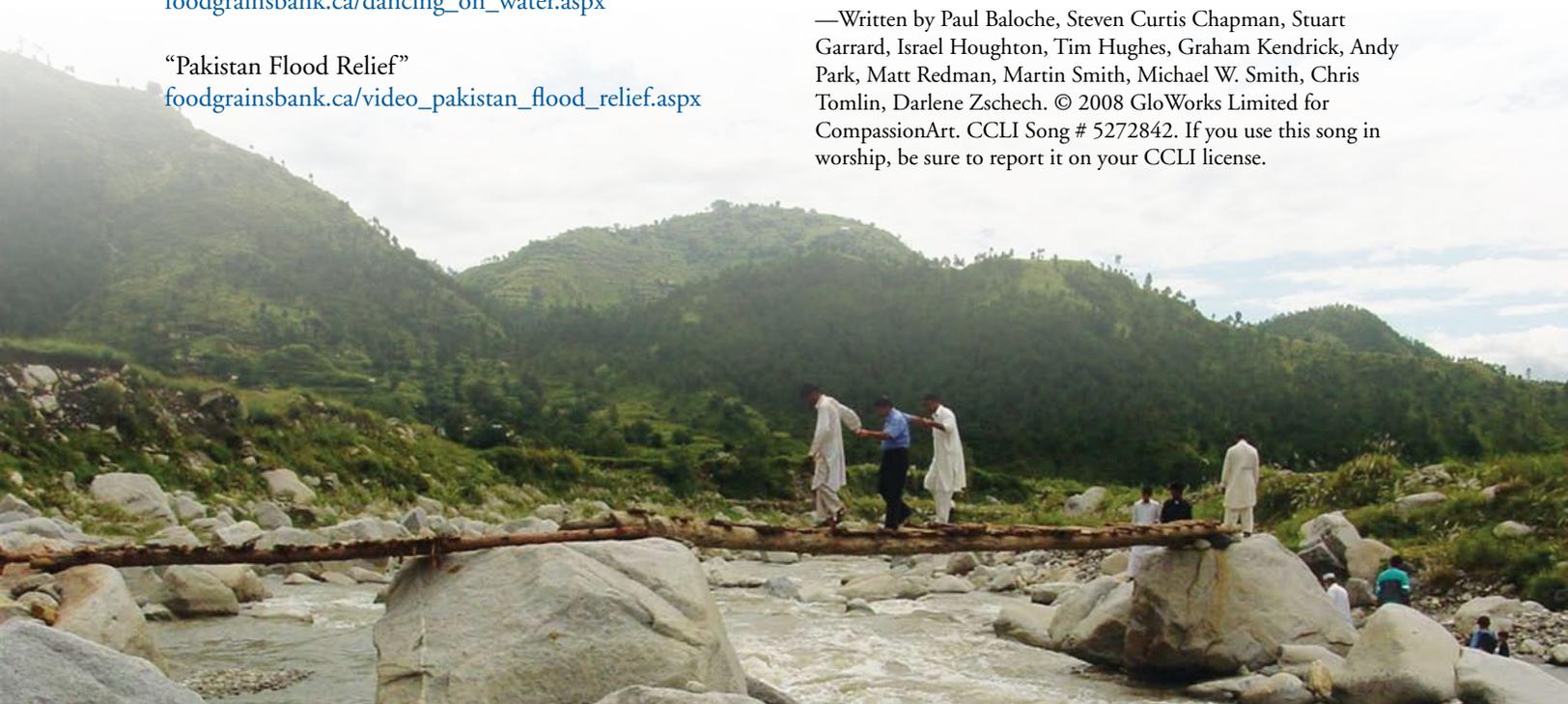
Oh let justice roll like rivers
Oh let mercy flow with love

Refrain:

Come to the water
Come to the water of life
It will never run dry
Come to the water
Run to the water of life
It will never run dry

There's a cry from the child in the factory
There's a prayer for the prisoners of poverty
Save us from the greed and the apathy
We need a river
There's a hope like a flood running down our street
We're an army of peacemakers on our feet
Take us to the place love and mercy meet
There is a river

—Written by Paul Baloche, Steven Curtis Chapman, Stuart Garrard, Israel Houghton, Tim Hughes, Graham Kendrick, Andy Park, Matt Redman, Martin Smith, Michael W. Smith, Chris Tomlin, Darlene Zschech. © 2008 GloWorks Limited for CompassionArt. CCLI Song # 5272842. If you use this song in worship, be sure to report it on your CCLI license.



Listen here: worshiptogether.com/songs/songdetail.aspx?iid=1040234

Songs Suggestions: Contemporary Hymns and Songs

Once a Woman Seeking Water

Once a woman seeking water
at a well not far from home
Met a thirsty, waiting stranger
from a people not her own.
Would she give a drink of water
and respond to human need?
Could she know the joy and wonder she,
the giver, would receive?

She drew water for the thirsty;
Jesus offered something more:
Living water, God's own mercy,
love abundant, freely poured.
One, a blessing for the body; one,
a blessing for the soul!
Both are gifts of our Creator—
gifts that help to make us whole.

Still God's people carry water from their wells
and mountain streams;
Still at rivers women gather, sharing labor,
sharing dreams.
Still a cup of water given in a dry and weary place
Is a blessing overflowing
from the fountain of God's grace.
God, we ask your richest favor
on the work we seek to do;

May we gladly share clean water
and your living water, too.
May we see the face of Jesus,
and how far your love extends,
In the ones we call our partners—
no more strangers, now our friends.

—Copyright © Carolyn Winfrey Gillette, 2012. Permission is given for free local use of this hymn to congregations that support the Canadian Foodgrains Bank. This hymn was originally written to support the work of Living Waters for the World.

Suggested Tune:

BEACH SPRING (“Come all Christians,
be committed”)

Listen here: hymnary.org/tune/beach_spring

HOLY MANNA (“Brethren, we have met to worship”)

Listen here: hymnary.org/tune/holy_manna

Other Possible Contemporary Hymns and Songs:

- Come, Let Us Sing to the Lord Our Song, Jim Strathdee
- Eat this Bread, Drink this Cup, Robert Batastini and the Taize Community
- O Healing River
- I've Got Peace Like a River, African-American spiritual
- I Hunger and I Thirst, John S.B. Monsell

Sources

All Who Are Thirsty was written and compiled by Christine Longhurst for the Canadian Foodgrains Bank. Thanks to the following individuals or organizations who contributed prayers or readings:

¹“Opening Prayer” was written by Carol Penner. Posted on the Leading in Worship blog. carolpenner.typepad.com/leadinginworship

²“Prayer of Thanksgiving” was written by Rev. John Paarlberg, in *Waters of Life: Enough for All* from the National Council of Churches Earth Day 2003 resource packet. Posted on the Earth Ministry website. earthministry.org/resources/worship-aids/prayers

³The Reader's Theatre, “Jesus and the Samaritan Woman” drew inspiration from The Voice Bible translation of Scripture, © 2012 Thomas Nelson, Inc. www.hearthevoice.com

⁴“A Pouring Confession” comes from Fall 2012 Advent-Epiphany Resources on the Leader website. www.leaderonline.org/supplement.htm

⁵“Commission & Benediction” was adapted from the Ecumenical Water Network's Seven Weeks for Water campaign for World Water Day (22 March), and posted on World Communion of Reformed Churches www.wcrc.ch/node/780

Give.



Water is life. It is essential in order to produce food. Often where there is hunger there is also a lack of water. Sometimes it's the land that is thirsty. Droughts are becoming more common in many parts of the world, which is increasing hunger for people who depend on agriculture for their livelihood. There can also be too much water. Floods displace people, ruin homes, and destroy crops. Consider supporting Canadian Foodgrains Bank, its members, and partners that work within the balance of God's incredible gift of water.

Lenten Fundraising Ideas

- Invite people to give up soda, coffee, or other beverages and to drink water instead. The money saved could be donated to the Foodgrains Bank, and time could be spent reflecting on the blessing of having regular access to clean water.

- If your church is connected through a Foodgrains Bank member, find a project that deals with drought, water for agriculture, or flooding (most of them do!). You can find this information here: foodgrainsbank.ca/international_programs.aspx.
- Share this information with your congregation.
- Take a special offering at your church for the Foodgrains Bank to support the Conservation Agriculture work, which conserves soil moisture for smallholder farmers. See the story on our website: foodgrainsbank.ca/news/2170/patience_pays_off_for_farmer_in_tanzania.aspx

Ways to give

- Online: foodgrainsbank.ca
- By phone: 204.944.1993 or 1.800.665.0377
- By mail: send cheques to Box 767, Winnipeg, MB, R3C 2L4



Advocate.

We need your help! Sometimes ending hunger requires your pen. In addition to providing essential food and programs to improve access to water for farmers around the world, we rely on people to support policy changes needed to end hunger. Partnering with the Foodgrains Bank in advocacy on the issue of global hunger can be done in a few different ways.

A Recipe for Ending Global Hunger



Participate in our postcard campaign and send the following message to the Prime Minister: "When it comes to ending hunger, Canada plays an important role. As you make decisions, I ask that you remember the needs of people around the world who do not have enough to eat." As a Christian response to hunger, we like to think of the Foodgrains Bank as a recipe, with many ingredients needed to end hunger. You're a key ingredient!

Order postcards online foodgrainsbank.ca/recipe or phone 1.800.665.0377. You can also clip and send the postcard order form at the bottom of the page.

Fast for Change

As Christians, we are called to create change through prayer and action. Lent is a time of fasting. To fast means to hold firm to an observance. We invite Canadians to reflect on and pray about the issue of hunger in a world of abundance.

Go to fastforchange.ca to sign on and get resources for individual or collective prayer, fasting, and action on hunger.



Mail Order Form for Postcards

Send to: Canadian Foodgrains Bank, 400-393 Portage Ave., Box 767, Winnipeg, MB R3C 2L4

Main contact: _____ Name of church/campus/group: _____

Number of postcards: _____ Address: _____ Phone: _____

Postal Code: _____ Email address (if you would like to be updated): _____