

## Hunger – What Can I Do?

**MATERIALS NEEDED:** Candy, Pencils/Pens, Paper, Copies of the Hunger Quiz, Bibles

**INTRODUCTION:** Super Bowl Sunday is a day where our nation turns its attention to a football game. Millions are spent on advertising and publicity is huge. Our hope is that on this day people's attention can also be turned to caring for those in need. This Bible Study is part of that hope. The idea for the lesson is that it is something you can take and use as it is. However, you know your group best so feel free to add more questions and verses, take some out, or spend a longer amount of time in a certain section. Hopefully this lesson will be a guide to help you communicate the truth of God's word to your students in an interactive setting. This guide is to help you understand the purpose of the lesson and to explain the teaching outline. Hopefully this will inspire students to help others, not just on Super Bowl Sunday, but as a part of their lives.

## Objectives

1. To be aware of the poverty in our world.

To accomplish this objective, two things will be done. There will be an illustration of the distribution of the world's resources using candy, and a hunger quiz to show some statistics on hunger and poverty.

2. To understand what the Bible says about caring for the poor.

To do this, we will look at a few passages of Scripture. Here, our hope is that they will see who the Bible identifies as the poor, and how God views the poor. Now that the students have been made aware of poverty we hope this will show them that as Christians, we should help those in need.

3. To see how we can help the poor with the Souper Bowl of Caring.

Here, we will look at how the Souper Bowl of Caring works. The hope is that students will see that it can help and that they will see how it matches up with the passages looked at earlier. The goal is for the students to see that what they are doing along with others is making a difference.

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#### Objective One

The first activity is an illustration of income levels using candy. Split the class into three groups and give them candy as indicated below to represent individuals in high, middle, and low-income levels. Let the class know that this is a picture of how the resources of the world are spread out. There is a small part of the world that has a lot, a little bit bigger group that has less, and the biggest group has the least. The activity is designed to show student hunger facts in a concrete way. The questions are there to help the students reflect on what they are seeing. The idea is not to make the largest group feel guilty or the students feel guilty for what they have in real life. It is to open their eyes and get them thinking. The discussions will hopefully let the students see that things need to change and that there is enough to go around in the world.

**HIGH INCOME (GROUP 1):** Each person receives 11 pieces of candy.

This group should have 15% of the class (about 1 in 6) and receives about 90% of the candy. Ask the students what countries might be in this group (US, England, Canada). They have plenty to eat, good doctors, and clean water. On average, people in this income level live to be 76.

**MIDDLE INCOME (GROUP 2):** Each person receives 1 pieces of candy.

This group should have 25% of the class (1 in 4) and receives about 25% of the candy. Ask the students what countries might be in this group (Poland, Thailand, and the Philippines). More people here don't get enough to eat. Five times more children die in this group than in the first one.

**LOW INCOME (GROUP 3):** Give out 1 piece of candy for every 4 people.

60% of the world is in this group and receives about 2% of the candy. Ask the students what countries might be in this group (Ethiopia, Haiti, etc). People earn less than \$2 dollars a day

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here and many people go hungry every day. The drinking water makes many sick and people here only live to be about 60.

Questions:

1. Ask group one how it feels to have so much when the others don't have it.
2. Ask group three how it feels to be in their group.
3. Ask the students if they think that the way the candy is distributed is fair.
4. Ask them what can be done to make it fair.

The second activity is a hunger quiz. The hope here is to raise their awareness of the reality of hunger and poverty around the world and in the United States. Find out what stands out to them the most. Hopefully they will have some insight into why things have gotten like that. If they have some ideas, ask them how they think those things can be avoided in the future. (Hunger Quiz is included at the end of this lesson.)

## Objective 2

**TRANSITION:** Now that we have seen how many of those in the world are in need, we are going to discuss what is written in the Bible concerning the poor.

What the Bible Says about the Poor

Who are the poor and needy?

1. Read Matthew 25:35-36
2. What kinds of people does this passage say need help?
3. Where do the poor and needy live? Do you know any?

The idea is to let the students see whom the Bible identifies as those who need help like the hungry, thirsty, etc. With the help of the questions, hopefully they will be aware of those in need in their schools, neighborhoods, etc. When asked where needy people live many will refer to third-world countries. While this is true, it is important to make students aware of those in need living in the United States. The goal of asking what they think society's opinion is of those who are poor is to discuss the general attitude people have towards the needy. This will set up a later comparison of society's view and the Bible's view.

What does God think about the poor?

1. Read Leviticus 19:9-10 and Deuteronomy 15:8-9
2. What feelings does this passage show that God has for the needy?
3. What stops people from doing the things mentioned in these verses?

These passages are commands from God to take care of the poor. The goal is for the students to see that the commands are a way for God to help and love those in need. Hopefully the students will think about whether this is reflected in our society. Ways to put these verses into practice will be discussed later.

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What should we do?

1. Read 1 John 3:17-18
2. What do these verses tell us to do to help the poor?
3. Ask them what they think we should do to help and talk about some ways to put the verses into practice.

## Objective 3

**TRANSITION:** Now that we have talked about ways we can help the poor, we are going to look at how we can help them by participating in the Souper Bowl of Caring.

### Steps to Participate

This part explains how to participate in the Souper Bowl of Caring. Encourage the students to think about the program and see how it fits with the ideas and passages you have already looked at. This is a good time to talk about where your collection will be sent and how it will help people there. If your group did the Service Blitz this is also a good time to put that into perspective as well. Also, remind them that there are thousands of other youth groups participating in the Service Blitz. Emphasize that together with other groups, you can make a significant impact.

1. Stand at our church exits to collect a dollar from people as they leave.
2. Send the money directly to the charity that we choose.
3. Report our totals at [souperbowl.org](http://souperbowl.org) or 1-800-358-SOUP.
4. Serve at the charity where we give our money.
5. How can these things help?
6. Where is our money going and what kind of needy people will it help?
7. How did our Service Blitz activity help?
8. What difference does it make that we are doing these things at the same time as thousands of other churches? How does it make you feel to be a part of that?

## Making a Difference

Here we hope the students can see how the Souper Bowl of Caring addresses the various issues in the passages discussed.

- The Souper Bowl collections go to many charities and so helps many organizations. (Matthew 25:35-36).
- It follows God's commands to care of the poor by leaving some of what we have and opening our hearts to them (Lev 19:9-10, Deut 15:7-8).
- Only asking for a dollar means everyone can participate (2 Corinth 8:1-4).
- By doing this in our church, we are setting an example of caring for those in need (1 Tim 4:12).
- It is a way we can remember the poor on a day when we are thinking about other things (Gal 2:10).
- Since the Souper Bowl does not tell people where to send their collection, it does not exclude anyone (James 2:1-4).
- It also gives us a chance to trust God when we serve and to see how He blesses us as we do (Phil 4:19, Deut 15:10).

## Conclusion

Remind the students that the Souper Bowl of Caring began with one youth group getting others involved. The point is that when we take action together big things happen. The Souper Bowl of Caring is an example of God blessing our efforts to help others. The goal here is to help them see that what they are doing on this day along with thousands of others is making a difference.

1. The Souper Bowl of Caring started with one youth group getting others involved.
2. Since then, it has raised over \$41 million.
3. In joining with thousands of other groups, we can make a difference and care for individuals in need.
4. Participation can be a tangible expression of our faith in Jesus Christ