

# Lent 2024

GOAL AMOUNT:



ELCA  
World Hunger

## FEBRUARY

14  
WED

**ASH WEDNESDAY**  
Generous God, provide bread for people who are hungry, shelter for people who are homeless and protection for people who are vulnerable. Listen to the cries of all who are abused or imprisoned or who suffer pain, anxiety or illness. Hear us, O God. **Your mercy is great.**

15  
THU

Today would be a good day to set a goal for your giving to ELCA World Hunger during Lent. Write it down and refer to it throughout the season.

16  
FRI

**"I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark"** (Genesis 9:9-10).

18  
SUN

**FIRST SUNDAY IN LENT**  
Read and reflect on Mark 1:9-15.

17  
SAT

"Lord, you give justice in all oppression, maintain the right, set prisoners free. You feed the hungry in your compassion; healing and life flow from your tree." —"Praise the Almighty!" (ELW 877)

19  
MON

Begin ELCA World Hunger's Lent study guide by reading the Week 1 materials.

20  
TUE

Gracious God, even in the wilderness you are with us. Walk alongside migrants and refugees crossing dangerous lands. Tend to those whose lives feel desolate. Give healing and strength to all who suffer. Hear us, O God. **Your mercy is great.**

22  
THU

"In a deep, unbounded darkness, long before the first light shone, you, O God, beyond all merit worked a wonder faith makes known: in your mercy, in your mercy, you embraced us as your own, evermore and evermore."  
—"In a Deep, Unbounded Darkness" (ACS 1093)

23  
FRI

**"Make me to know your ways, O Lord; teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long"** (Psalm 25:4-5).

24  
SAT

In **Ghana**, where below-normal rainfall has left fields barren, support to ELCA World Hunger enabled more than 100 women to learn agriculture practices that equip them to farm almost 60 acres of land annually. This training strengthens their food security for the coming year.



21  
WED

Around the world, up to 783 million people are hungry, and each of them has a story to tell. **You can make a significant impact on someone's life with a gift of \$2 a day.** Consider setting aside that amount throughout the season to donate to ELCA World Hunger.

22  
THU

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SAT

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25  
SUN

**SECOND SUNDAY IN LENT**  
Read and reflect on Mark 8:31-38.

26  
MON

Read the Week 2 materials in ELCA World Hunger's Lent study guide.

27  
TUE

Loving God, we await the day of Christ's coming in glory. Lead us by the example of all the saints whom you have called to take up their cross and follow you, that together we may find our lives in you. Hear us, O God. **Your mercy is great.**

28  
WED



One dairy cow can produce a few gallons of calcium-packed milk each day. A family can receive both the nutrition they need and the chance to start a small business selling extra milk, cheese and more. With food, funds and fertilizer, the **gift of a cow (\$500)** has got it all. Visit [goodgifts.elca.org](http://goodgifts.elca.org) for this gift and many more.

29  
THU

"Jesus, ever-flowing fountain, give us water from your well. In the gracious gift you offer there is joy no tongue can tell."  
—"Come to Me, All Pilgrims Thirsty" (ELW 777)

## MARCH

1  
FRI

**"Let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer"** (Psalm 19:14).

2  
SAT

In **Cambodia** the purchase of seeds and a water irrigation system changed everything for 53-year-old father Ung. Now, having increased his harvest and turned a profit for two years, Ung shares: "My family has enough daily food, and I can support my daughter's university studies to get a good job. Moreover, my family has some land around the backyard now, so I can grow vegetables for long-term income. This change is really important for my family."



3  
SUN

**THIRD SUNDAY IN LENT**  
Read and reflect on John 2:13-22.

4  
MON

Read the Week 3 materials in ELCA World Hunger's Lent study guide.

5  
TUE

**"Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit"** (Psalm 51:10-12).

6  
WED

Covenant God, you promise to write your law on our hearts. Guide citizens throughout the world to shape communities that reflect your mercy, justice and peace, and give them creativity to work for the welfare of all. Hear us, O God. **Your mercy is great.**

7  
THU

A woman might have the dream and skills to start her own small business, but with little savings or access to credit, getting started can be a challenge. **A gift of \$125 can fund a microloan**, which can be just what a woman needs to launch her business. By creating a steady source of income, that business can help her family overcome poverty.

8  
FRI

"Fear not, I am with you, oh, be not dismayed, for I am your God and will still give you aid; I'll strengthen you, help you, and cause you to stand, upheld by my righteous, omnipotent hand."  
—"How Firm a Foundation" (ELW 796)

9  
SAT

"God has given [the whole church] a space for a purpose, and that purpose is to give it back to the community ... to get back to being a place of refuge for all, and that's what we are trying to do by being a welcoming place." —Brendan Nelson of Peace Lutheran Church, an ELCA World Hunger Big Dream Grant recipient in Tacoma, Wash.

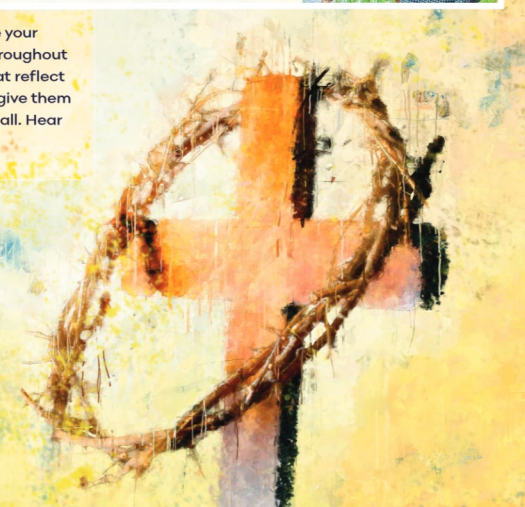


10  
SUN

**FOURTH SUNDAY IN LENT**  
Read and reflect on John 3:14-21.

11  
MON

Read the Week 4 materials in ELCA World Hunger's Lent study guide.





# Lent 2024

## GOAL AMOUNT:



## ELCA World Hunger

16 SAT

In **Colombia**, Lucilda has benefited from your generosity to ELCA World Hunger for many years — from financial support to continue her studies during the pandemic lockdown to several hens that provide her with a daily, nutritious meal. "The project has helped my family a lot," says Lucilda. "Thanks to the chickens we have, we can have breakfast every day. They have also helped me to continue studying very judiciously, and when I finish school, I want to be a successful professional."



12 TUE

**"For by grace you have been saved through faith, and this is not your own doing; it is the gift of God — not the result of works, so that no one may boast. For we are what [God] has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life"** (Ephesians 2:8-10).

13 WED

**Your gifts matter**— in Ghana, Colombia, the United States and other countries around the world. Learn more at [ELCA.org/Hunger](http://ELCA.org/Hunger). Thank you!

14 THU

Generous God, you sustained your people in the wilderness. Give courage to all who lead in times of crisis and need. Prosper the work of those who aid victims of famine and drought. Bring peace in places where disputes over resources cause violence. Hear us, O God. Your mercy is great.

15 FRI

"Toda la tierra espera al Salvador y el surco abierto, la obra del Señor; es el mundo que lucha por la libertad, reclama justicia y busca la verdad." —"Toda la Tierra" (ELW 266)

"All earth is hopeful, the Savior comes at last! Furrows lie open for God's creative task: this, the labor of people who struggle to see how God's truth and justice set everybody free." —"All Earth Is Hopeful" (ELW 266)

17 SUN

**FIFTH SUNDAY IN LENT**  
Read and reflect on John 12:20-33.

19 TUE

In **Wisconsin** lead exposure is an issue statewide and children are most at risk of developing lead poisoning. With support from ELCA World Hunger, Hephatha Lutheran Church offers lead-free education to community members and distributes water filters to each new participant. "I hope this ministry can continue to be a resource that others can utilize so that their children can be as happy and safe as mine," says Mrs. McElroy, a participant in Hephatha's ministry.



20 WED

Holy God, the heavens declare your glory. Renew your creation. Provide leaders in the struggle for clean air and water; protect creatures and crops that rely on healthy ecosystems; give all people the willingness to repent when our way of life pollutes the earth and skies. Hear us, O God. **Your mercy is great.**

21 THU

A simple water well or other water point can help as many as 500 families gain access to clean, safe water. **A gift of \$250 can provide a share of a clean water project.**

23 SAT

"Let justice flow like streams of sparkling water, pure, enabling growth, refreshing life, abundant, cleansing, sure. Let righteousness roll on as others' cares we heed, an ever-flowing stream of faith translated into deed."  
—"Let Justice Flow Like Streams" (ELW 717)

22 FRI

This World Water Day, set aside time to pray for neighbors near and far who face water scarcity and water injustice, and give thanks for the local leaders whose tireless efforts inspire our hope. Read more about World Water Day on the ELCA World Hunger blog.



24 SUN

**PALM SUNDAY**  
Read and reflect on Mark 15:1-39.

25 MON

Lord Jesus, you have called us to follow you. Grant that our love might not grow cold in your service, and that we might not fail or deny you in the time of trial, for you live and reign with God and the Holy Spirit, now and forever. **Amen.**

26 TUE

**"Since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God"** (Hebrews 12:1-2).

27

"Hope and freedom join the circle: Mary to the garden came, saw the radiance of the marvel, heard the Risen call her name; boldly may we heed Christ's call, step beyond the garden wall: beautiful the feed proceeding with good news of death's defeating."  
—"Signs and Wonders" (ELW 672)

28 THU

Gather all you've collected throughout your Lenten journey and add up your total gift to **ELCA World Hunger**. Make your donations online at [ELCA.org/WHLent](http://ELCA.org/WHLent) or bring your gifts to your congregation. Thank you for working creatively and courageously toward a just world where all are fed.

30 FRI

"One bread, one body, one Lord of all; one cup of blessing which we bless, and we, though many throughout the earth, we are one body in this one Lord."  
—"One Bread, One Body" (ELW 496)

29 FRI

Creator God, redeem your creation awaiting resurrection: restore lost habitats and inspire protection and care of waterways and soil. Create new possibilities for communities where a changing climate threatens access to food and water, grant relief from natural disasters and nurture new growth. **Amen.**

# 31 EASTER SUNDAY

## Christ is risen!

### Alleluia!

Read, reflect on and rejoice in Mark 16:1-8 or John 20:1-18.