

Study Guide for 30 Hour Famine

- In the video, one of the girls in the youth group talks about how in her community food is in abundance. She can drive a mile down the street and see several fast food restaurants, yet there are 805 million hungry people in the world. Where in your community do you see abundance and scarcity happening side by side?
- In the video, Andy talks about fasting as an ancient spiritual practice that people have used to help them connect with God or to take a stand until a certain issue is resolved. As Lent is approaching, what are some aspects from this practice that we can use to help us connect with God and others?
- Read John 6:3-14. Who in this story acts out of a mindset of abundance? Who in this story acts out of a mindset of scarcity? How does this story instruct us as followers of Jesus.
- What are people in your community doing to help those experiencing hunger? What can you do to join them?