

## DEVOTIONAL SUGGESTIONS FOR A MALAWIAN FAST

*The following devotional guide is for personal use. It was designed to allow the greatest amount of flexibility for an individual fast. If you are limited in time then read only the first of the suggested scriptures in each section. As time allows, spend time reflecting on the additional scriptures within each section but try to maintain a balance between the sections. Please feel free to add additional prayer points to those which are listed.*

### 1. Begin with Prayer:

Holy God, as I begin this time of fasting, please open my eyes to see as you see. Open my heart to love the broken and care for those whose hope is dim. Open my hands to hold what I have lightly and to share cheerfully. Open my mouth to speak for the voiceless and to shout for mercy. Open my ears to the gentle whispers of your Spirit and to obey what you say. Open up my life to the call of your voice and the needy cries of your children in need. This I pray in the name of Jesus Christ, your son, who is the Bread of Heaven. Amen.

(Adapted from Fred Drummond, EA director for Scotland)

### 2. Scripture Reading:

a. **Read the following passage/s and reflect on God's provision:**

**Matthew 14: 15-21**

Additional passages: Psalm 34:1-8

b. **Read the following passage/s and reflect on God's grace:**

**John 6: 35**

Additional passages: Luke 22:14-20

c. **Read the following passages/s and reflect on the call of God:**

**Matthew 25: 31-46**

Additional passages: Matthew 22: 34-40; Galatians 6:2

d. **Read the following passages/s and reflect on the concern of God:**

**Isaiah 58:6-12**

Additional passages: 1 John 3: 17-18

### 3. Come before God in a Prayer of Confession:

Christ, our suffering Savior, have mercy on us.  
We have failed to see your face in the faces of the poor.  
You were hungry and we gave you no food,  
you were thirsty and we gave you nothing to drink,  
you were a stranger and we did not welcome you,  
naked and we did not give you clothing,  
sick and in prison and we did not visit you.

Forgive us, we pray.  
Empty us of our sin, our selfishness and fear,  
and fill us with your love and compassion for the world.  
(continue in silent prayer)

Thank you that in Jesus Christ, we are forgiven.

#### **4. Familiarize yourself with the facts:**

Malawi is currently ranked the poorest country in the world (2015 World Bank)

The current population of Malawi is 16.36 million people.

2 out of every 3 people in Malawi are under the age of 25.

The life expectancy in Malawi is 54.7 years (2012)

Read: <http://www.fews.net/southern-africa/malawi/food-security-outlook-update/february-2015>

#### **5. Lift up before God in prayer the plight of our brothers and sisters in Malawi who hunger and thirst.**

#### **6. Closing Prayer for the End of Hunger**

(Adapted from The Center for Concern, CST)

O Lord, sharing the loaves and fishes,  
You gave us an image of solidarity with the hungry.

Sharing yourself in the Bread and Wine,  
You called all to the table, O Lord.

Give me the hunger to be a part of the feeding  
And the healing of this world.

Nourish me with your Grace,  
So I may work with joy to serve your children.

Open my eyes and my heart  
To recognize those in poverty  
And increase my awareness  
Of the structures and systems  
That need to be changed  
So we may all break bread together.

In your name I pray for the end of hunger for those known to me and for those known only to you. Amen.