

Justice and humility in Lent

Spend time this Lent as a church reflecting on the challenge of hunger in the UK and finding ways to walk humbly together to a future where no-one needs to rely on a food bank to survive.



Explore the Biblical call for justice and build your confidence in having a voice to call for change.

Consider how you can walk humbly with your local food bank, Trussell, and your neighbours who face hunger and hardship to shape our communities and together find solutions to injustice. Read on for ideas that work well in Lent, or any time of year.

Why justice and humility?

Our Micah 6:8 Vision

He has shown you, O mortal, what is good.
And what does the LORD require of you?
To act justly and to love mercy
and to walk humbly with your God.

Micah 6:8 (NIV)

This verse inspires us at Trussell to deepen the ways we support churches to get involved with food banks and campaign with us together for change.

While there is still the need in our communities, we will always be immensely grateful for the support churches offer food banks practically. We still need to donate, offer volunteers and venues for food banks as they continue to support people who can't afford life's essentials.

This verse from Micah inspires us to see how we can widen and deepen our involvement. Micah 6:8 challenges us begin to head 'up-stream' and wrestle with the inadequacy of our social security system, which is pushing people to use food banks.

Acting justly can mean exploring the reality of hunger and food bank use, understanding the changes that need to happen in our society and in our local community – and also beginning to talk together, pray and preach about these in our churches.

Walking humbly can mean welcoming new voices within your church from different lived experiences, like people who are facing hardship and hunger. When we hear and allow these voices to shape our community, we challenge the status quo and allow real experiences to form our shared lives of faith and love.



How you as a church can **act justly** and **walk humbly** this Lent

Four Lent gifts from Trussell for your church

Have a look at the four resources below and consider which you could order and use in a small group or with your whole church community before Easter, or any time of year.

1. Give Up 10 Weekly digital reflections

Each Lent Trussell releases a new set of weekly reflections co-created with our wonderful group of Christians with lived experience of hunger and hardship.

Give Up 10 is a way to spend 10 minutes each week reflecting on ending hunger today, together and forever with your local food bank and Trussell. This Lent will be a new set of Bible studies based on times when Jesus encountered people on the road, and invited them to participate in his ministry.

You could use these weekly reflections that will drop in your inbox each Wednesday as:

- Personal reflections
- Ideas and inspiration for sermons and talks
- Something to share with friends, family and your church
- A Bible study series to run with your small groups or entire church (just download the PDF from the email)

To receive Give Up 10 weekly reflections, you need to [sign up to church update emails](#). People on this list get a monthly email with other Trussell church news too, so if you join before Lent you might get one or two emails about our other resources.

2. Printed Bible study booklets

We have a special Bible study course: A Shared Journey written with the prayers, reflections and stories of people who have used food banks. You can have a [look at the resource here](#), and [order free copies for your church](#) groups to pray through together. Sessions cover people's experience of seeking support in food banks and how we can call for justice together, and they also include short films to watch together. Each week has simple practical action you can take together to begin to put acting justly and loving-mercy into action.

3. Short films for churches

We have a collection of powerful short films that you can show in services and small groups.

These films range from young people's experience of poverty and their hopes for a better future, to our group of lived experience partners sharing their views on calling for justice and the compassion shown in food banks.

[Watch and download films here.](#)

4. Give in Lent calendars

While you explore justice and humility, continue to show compassion and loving mercy in your community through our [Give in Lent calendars](#). These are similar to a reverse Advent calendar, where each day or week we add items in, to donate to your local food bank, rather than take them out.

Printing these for your church members or creating a physical giant version in your building can be a great way to focus people during the run up to Easter, as you explore justice and humility in your times of worship and prayer.

Our churches web shop is open all year round for printed copies of resources for you to use in your church for free.

[Visit trussell.org.uk/church-prints](http://trussell.org.uk/church-prints)



Quick links

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For information on our Church Ambassador programme, visit trussell.org.uk/ambassadors

You can also sign up for news and updates at trussell.org.uk/join

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