



Walking Humbly

Lent preview

Give Up 10 minutes each week to reflect, and hear from people who have had no option but to turn to a food bank to survive.

trussell.org.uk/churches

Give Up 10 this Lent

Our Lent reflections include **six Bible studies exploring what it means to walk humbly (Micah 6:8) with Jesus.**

Read these stories with us and our **lived experience partners, Christians who have used food banks**. You can also hear from them in our **short films**.

Learn how you can support your local food bank and add your voice to **call for UK wide change**.

Part of walking humbly is forming churches where everyone can belong. Why not have a look at our short film where our lived experience partners explore what it means to be a welcoming church. You can then read on to get a taste of the Bible studies we will be sharing.



A glance at Session One, and the road to Jericho, where Jesus meets Zacchaeus...

... there is a big, transformative moment in this story, when Jesus calls Zacchaeus to come down from the tree. What has Zacchaeus heard or seen which makes him change his ways so dramatically after speaking with Jesus?

Opening Prayer

Generous God,

Thank you that you walk alongside each of us as we explore your Word this Lent. Help me to be curious about what you are showing me. Challenge me through this story from Jesus' life, that I may walk humbly with you towards justice and love.

Amen.

Our lived experience partner Dee reflects:

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I've used a food bank myself. I was so scared to go. You are waiting to go in, and you don't know what's going to happen. You're in a long queue and it's very scary. But we've had people who use the food bank, and then come back to volunteer. Or come back with things to donate, because they have been so grateful. They've put their faith in that situation. The fact that Zacchaeus says he will pay back four time as much... his faith was in that moment, so wholeheartedly, a bit like the people who come back to the food bank to say thank you. I'm smiling thinking about it, because it has such an impact. I imagine that's what Zacchaeus felt like.

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Continue with us on the road...

When Jesus meets people and invites them to journey with him, amazing things happen! We see people transformed, surprised, and often shocked – at how seriously he invites people to be involved.

Consider with us how Jesus' approach might help us tackle the injustice of people facing hunger today in the UK. Join us for the rest of Lent with a weekly Bible study to hear more ideas and inspiration. Join us to consider times Jesus met and included people, and hear more from our lived experience partners, and their unique perspectives too.

To join us on Give Up 10 this Lent, please [sign up for our church emails.](#)

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