

GUARANTEE OUR ESSENTIALS BIBLE STUDY



PREPARATION

The following could be useful to help you with this discussion:

- Laptop or device to download and watch film:
trusselltrust.org/Church-GOE-Film

EXPLORE OUR CAMPAIGN

Our vision at the Trussell Trust is a future without the need for food banks. We work alongside lived experience experts and a range of other partners, locally and nationally, toward a more just and compassionate society, where no one needs a food bank to survive.

Churches play a crucial role in this – delivering immediate support to people facing hardship, but support is also needed to help us build this future where everyone can afford life's essentials.

People of Christian faith, and their churches, are vital partners in calling for justice and the right level of support when people face hardship.

But how do you go about calling for this justice as a church?

One of the important ways you can call for justice is by joining our Guarantee our Essentials campaign.



Photo credit: ©Jess Hurd



WATCH

Start with this film: trusselltrust.org/Church-GOE-Film and hear the voices of people who have struggled to afford the essentials.

“You can only afford to put the heating on for an hour or two hours a day. Last winter it was really tough having to choose between eating and heating.”

“If Universal Credit actually covered the essentials it would help to end the need for food banks for a lot of people.”

“God tells us to love each and every one of us and fight for justice.”

As part of our work to end the need for food banks we are campaigning, with our partners at the Joseph Rowntree Foundation, calling on the UK government to enshrine in law, an ‘Essentials Guarantee’ into Universal Credit to ensure everyone has a protected minimum amount of support to afford the essentials.

Our social security system should support anyone in need of help, but more and more people are finding it impossible to make ends meet because Universal Credit is falling short, and it’s pushing people to food banks. Around five in six low-income households receiving Universal Credit are going without at least one essential like food, a warm home or toiletries.

This isn’t right, and you and your church community can help make a difference.

DISCUSS

In your experiences of faith and church, why is it important for Christians or the church to speak out for justice?

DISCOVER

The idea that each person should have enough money to live comfortably and in right relationship with others is a theme reflected often throughout the Bible.

Take some time to reflect on Bible verses that focus on the need for everyone to have enough money to live. Take a few moments of quiet as you ponder God’s Word and ask God to guide you and speak to you. (Below are just a few examples, but you may know of many more.)



PROVERBS 31:8

“Speak up for those who cannot speak for themselves, for the rights of all who are destitute”.



LUKE 4:18

“the Spirit of the Lord is upon me... to proclaim good news to the poor, bring freedom to prisoners and to set the oppressed free” [Jesus quotes Isaiah as he begins his ministry]



JOHN 10:10

“I have come that they may have life and have it to the full.”

All bible verses taken from the NIV

ADD IT UP

Jot down your weekly spend on the receipt

Reflect and discuss:

- How did it feel to see the total number?
- How much do you think the basic rate of Universal Credit is – a benefit designed to cover core costs listed in this activity?

- Right now the basic rate of Universal Credit is only £91 a week for a single adult.
- What’s your reaction to learning the amount of Universal Credit a single adult receives in a week?

.....'s week

Food and non-alcoholic drinks

Electricity and other utilities

Clothes and shoes

Phones, internet and postage

Travel

Sundries: Toiletries, haircut, cleaning materials, bank charges

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Do you think the basic rate of Universal Credit covers these essential costs?

TOTAL: £



IT DOESN'T ADD UP.

Download receipt activities here: trusselltrust.org/receipt-activity

PRAY

This is an opportunity to pray that everyone will have enough money to at least be able to afford the essentials in life.

We ask God to bring about change so that all people can live to the full as he intends. Pray that we may be driven by justice and that God emboldens us with the courage to take action to bring about a more just society. Pray too that our communities may have the humility to deeply listen to the perspectives and stories of people with a lived experience of financial hardship or poverty.



A PRAYER FOR JUSTICE

Grant us, Lord God, a vision of your world as your love would have it: a world where all are protected, and none go hungry; a world where the riches of creation are shared, and everyone can enjoy them; a world where different communities and cultures live in harmony and mutual respect; a world where peace is built with justice, and justice is guided by love. Give us the inspiration and courage to build it, through Jesus Christ our Lord.

WHAT NEXT?

To get more involved in this campaign and enable your church and wider community to call for justice, have a look at our Guarantee our Essentials Churches Pack. For other resources and ways to take action towards our vision of a future where everyone can afford the essentials visit:

trusselltrust.org/churches-GOE

Together we can end the need for food banks.

Download your pack by clicking the image or visiting:

trusselltrust.org/GOE-Church-Pack



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