

VALUES COURSE



OVERVIEW

Thank you for picking up our Values Course, which is framed around the four values of the Trussell Trust: compassion, dignity, justice and community. These values have strong roots in Christian teaching and practice, whilst also being accessible and meaningful for people whatever their background.

You can use these sessions alone or in a group with people in your church. In the first four sessions, you will explore each of the four values and then how you can put these values into action as a church. In the final session, you will be introduced to some simple steps your church could take toward a more just future through being part of our Guarantee Our Essentials campaign.

We encourage you to use these sessions as a way of thinking about the impact of the ongoing cost of living crisis, and how your church could respond.

At the Trussell Trust, we seek to encourage church communities to follow the call in Micah 6:8:

To **act justly**, and call for a more just society, where everyone can afford life's essentials,

To **love mercy**, and show compassion for people facing hardship by supporting food banks until the need is ended,

And **walk humbly** with God, welcoming and giving agency to people who have experience of facing hardship in our churches.

Visit our website trusselltrust.org/churches to find more resources to further engage your church with this call.



INTRODUCTION

We invite you to share a journey with us, through our values, towards hearing the voices of people for whom the struggle against poverty has been etched into life, and their faith in Jesus.

A Latin American theologian once described the Bible as being a bit like the engine of a car. For many we only ever know about the engine from sitting in the car, or behind the steering wheel. But for others, we know the engine as mechanics, often lying underneath it, covered in oil, trying to repair it or see how it works.

Much of the Bible was written in the context of struggle. It is about people whose lives were oppressed by injustice. When we read the Bible through the lens of compassion, dignity, justice and community we are able to more fully consider these experiences of people who face injustice and hardship in everyday life. We are also able to consider our response, and the response our churches should have when people can't afford the essentials in life.

SESSION 1

COMPASSION



PREPARATION

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

- Bible
- Candle
- Post-it notes
- Pens

OVERVIEW

There's a great story in the Bible where Jesus is moved with compassion for the large crowd who have been with him for three days and have no food (**Matthew 15:29-39**).

Concerned about their wellbeing, Jesus stepped in and performed an incredible miracle – involving the disciples and members of the hungry crowd in the process. With just seven loaves and a few fish to hand, thousands of people were miraculously fed in what has become one of the most famous stories of Jesus' ministry.

It's incredible to note how Jesus himself was 'moved' with compassion. This prompted him to act. If compassion was an important trait for Jesus, how much more so should it be for us?

This week's theme of compassion is a characteristic that's important for all Christians. It's what moves us to respond with concern, sorrow, and love when people are suffering.

The UK is a wealthy country but too many people in communities across England, Wales, Scotland, and Northern Ireland are struggling to afford the essentials. Increasing need for the emergency support provided by food banks is a sign of this.

The Trussell Trust's food bank network has sadly seen year-on-year increases in the number of emergency food parcels given to people facing crisis.

More and more households forced to use a food bank are facing extreme poverty, unable to afford the essentials like food, shelter, and energy. The average weekly income after housing costs for people referred to food banks is simply not enough to cover these essentials.

Some of the challenges that can contribute to people needing to use a food bank are:

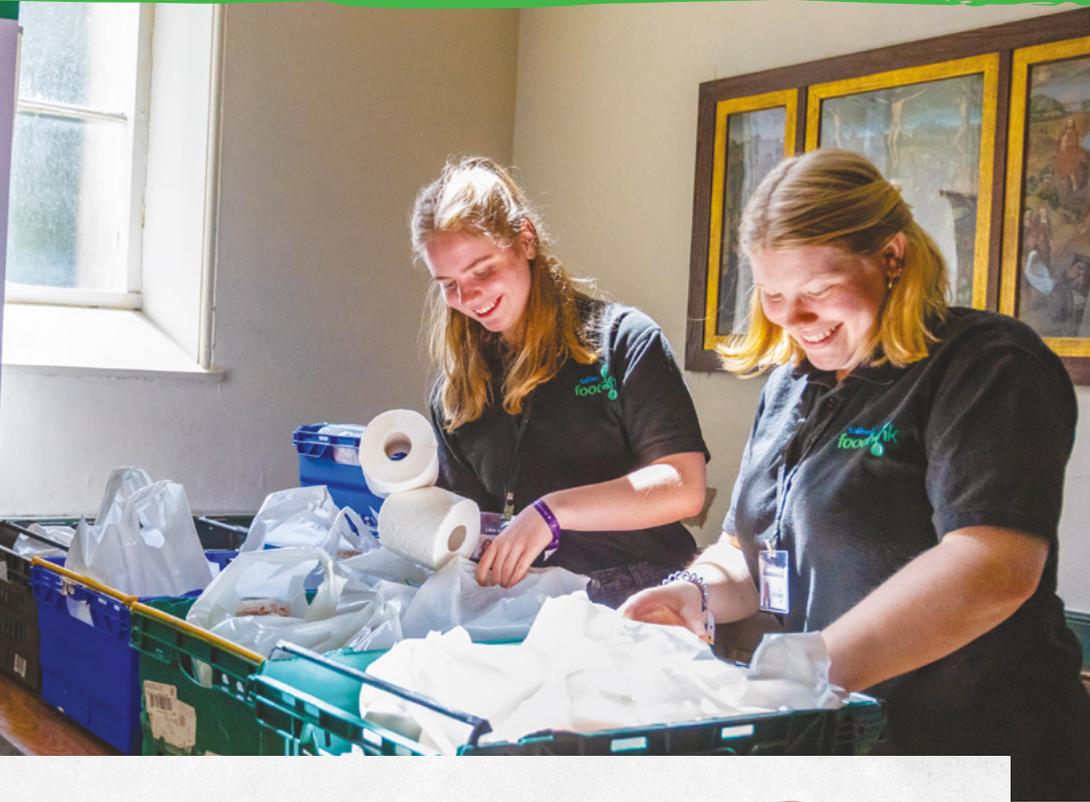
- Problems with the benefits system (e.g. delayed payments, being turned down for disability benefits, and reductions in the value of benefits).
- Challenging life experiences such as ill health, eviction, divorce, or losing a job.
- Having exhausted support from family, friends, and other sources.

This knowledge challenges us to really think about what it means to show compassion. Can compassion lead us to tackle the long-term causes of a problem? How do we respond when suffering persists? What does it feel like to receive compassion?

We're going to spend some time now reflecting on our own experiences of compassion – whether that's giving or receiving it – and on what the Bible has to say about this topic.



**TOGETHER,
WE CAN BUILD A
FAIRER SOCIETY,
WHERE EVERYONE
HAS ENOUGH TO
AFFORD FOOD**



READ

Let's reflect on some key Bible verses about compassion. Perhaps take a few moments of quiet time as we ponder God's Word and ask him to guide us and speak to us through our time together.

TIP

You could light a candle or play some gentle worship music in the background while you reflect together on these verses.



PSALM 145:8-9

"The Lord is gracious and compassionate, slow to anger and rich in love. The Lord is good to all; he has compassion on all he has made."



COLOSSIANS 3:12

"Therefore, as God's chosen people, holy and dearly loved, clothe yourself with compassion, kindness, humility, gentleness and patience."



1 PETER 3:8

"Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble."

DISCUSS

- 1** Think about a time you felt compassion for someone or a group of people.
 - What prompted this?
 - What did it feel like?
 - Did you do anything in response?
 - How did you decide what to do/not do?
- 2** Have you ever been aware of God's compassion towards you, or had compassion shown to you by someone? What was this like?
- 3** What examples come to mind from the Bible of where Jesus shows compassion? What would you say characterises the way he treats people who are suffering?
- 4** Which of the following do you think could be expressions of compassion? Can you pick one that stands out to you and say why you think it could be a way of showing compassion?
 - Giving to charity
 - Listening to someone
 - Voting in an election
 - Teaching a skill
 - Campaigning for change
 - Standing up for someone
- 5** The facts we heard earlier about poverty in the UK make for saddening reading. What do you think a compassionate response to this situation would look like? What kinds of compassionate action do you think are needed to help to change this and enable people to flourish?

TIP

You could split your group into smaller groups if that dynamic would work best. Perhaps appoint a spokesperson in each group to report back to the larger group for feedback afterwards.

PRAY

We are going to close today's session with a time of prayer.

You might want to ask God to give you a greater compassion towards others, or to give you a better understanding of your own need to be treated with compassion.

Pray about how you might respond compassionately to people experiencing poverty in your community. If there is a food bank in your area, pray that this would be a place where people experience compassion and are supported to find ways out of crisis.

TIP

Sometimes praying out loud can be awkward. Depending on your group's preferences, you could ask everyone to write down their prayer needs on Post-it notes and then the group could collectively pray for everyone's needs and suggestions.

TAKE ACTION, SESSION 1

Consider downloading the Bank the Food app – giving a quick view of the items food banks need most urgently. If a few people from your church commit to using the app once a week, it could make a real difference to the people running your local food banks. It's a practical way to provide meaningful, compassionate support to people facing hardship in your area.

Find out more about this app at bankthefood.org.

SESSION 2

DIGNITY



PREPARATION

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

- Bible
- Candle
- Post-it notes
- Pens

OVERVIEW

When Lisa-Marie lost her job, she struggled to pay the bills and was forced to go without food in order to make sure her children didn't go hungry.

“I thought I'd let people down because I was having to ask for help, but if it wasn't for the food bank I don't know where I'd be – in a lot of trouble, I think.”

Across the UK, more people than ever are facing extreme poverty. And like Lisa-Marie, for many people one of the most difficult things about that situation is a sense of embarrassment, or a loss of dignity – and that's the theme of this week's session.

Today we want to look at what dignity is, what the Bible has to say on this topic, and how we can respond to some of the needs in our world where people close to us feel a loss of dignity.

Dignity is the state of being worthy of honour or respect. Sometimes we might feel that our dignity has been taken away because of life's circumstances or the way people treat us.

Take the man in Matthew 8 who has leprosy, a disease historically associated with shame and embarrassment. It's highly likely that this man would have been cast out by society and possibly even his own family.

But look at how Jesus responded. Matthew 8:3 tells us that Jesus 'reached out and touched the man' before making him clean. He went against the norm, wasn't worried about other people's opinions, and he made the man well, restoring his dignity.

Fast forward a couple of thousand years and leprosy is almost non-existent in the UK, but shame and social exclusion continue to deeply impact people's lives. Being unable to afford to show hospitality to others or take part in activities that many people take for granted can make it difficult for people to maintain a sense of dignity. The loss of a job or being unable to work because of ill health can sometimes eat away at people's confidence or sense of self-worth, however much we might know that these things are nothing to be ashamed of.

Dignity involves treating everyone with respect and showing that all are valued, honoured, and equal. Jesus demonstrated it – not just with the man he healed but in the gentleness he extends to his disciples when they make mistakes and even betray him, with the tax collector whom he befriended, and even with the hosts of the wedding at Cana when he turned water into wine, saving them the embarrassment of running out of wedding drinks! His message is that all should be shown dignity – what a challenge for us as we go about our daily lives.



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READ

Let's reflect on some key Bible verses about dignity. Take a few moments of quiet time as we ponder God's Word and ask him to guide us and speak to us through our time together.

TIP

You could light a candle or play some gentle worship music in the background. This could aid your reflective time in God's presence.



PROVERBS 31:25

"Strength and dignity are her clothing, and she smiles at the future."



PSALM 139:14

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."



GALATIANS 3:28

"There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus."

All bible verses taken from the NIV

DISCUSS

- 1** What's the first thing that comes to mind when you hear the word dignity? Spend a few moments discussing.
- 2** The Bible says we are all 'fearfully and wonderfully made'. What's wonderful about you? Name what you think is your best God-given trait. Don't be embarrassed! (You might be able to help each other out with this if people find it difficult).
- 3** Can you think of an occasion where either you or someone else found it difficult to maintain a sense of dignity? What could have helped to restore this?
- 4** Has anyone ever trusted you with a responsibility that felt like a 'step up' or an opportunity to use a skill you have in a new way? How did this make you feel?
- 5** How might you show dignity to others? Perhaps one of the following ideas could be developed into activities for your small group to engage in – or are there any other practical ideas you have?
 - Is there someone at work, in church, or amongst your family and friends who often gets overlooked? Why not make some time to listen to them and get to know them better?
 - Ask someone you might not normally take the time to talk with what they think about a topic in the news and see what you can learn from them.
 - Is there a neighbour who is lonely and doesn't get many visitors? Why not offer to have a coffee with them and get to know them?
 - Next time you see someone doing something well, or that makes a positive difference to others, tell them and speak words of affirmation.

TIP

You could split your group into smaller groups if that dynamic would work best. Perhaps appoint a spokesperson in each group to report back to the larger group for feedback afterwards.

PRAY

We are going to close today's session with a time of prayer.

What a great opportunity to ask God to show us his heart for all people. Ask that we would see others more like he does and that we would grow in our awareness of the creativity and unique potential that God has given to every person. Pray about how you might respond to needs in your community and help people experience honour, respect, and dignity.

TIP

Sometimes praying out loud can be awkward. Depending on your group's preferences, you could ask everyone to write down their prayer needs on Post-it notes and then the group could collectively pray for everyone's needs and suggestions.

TAKE ACTION, SESSION 2

It is upsetting and hard to read about the reality of the hardships that people in the UK face today, but if we want to make a change in our society, we must start by understanding more about the level of need for support in our communities.

Consider spending some time looking at our latest research into who is facing hardship in our Hunger in the UK report. Read more at trusselltrust.org/hunger.

NOTES

SESSION 3

JUSTICE



PREPARATION

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

- Bible
- Candle
- Post-it notes
- Pens

OVERVIEW

Penny got involved in campaigning for change after she found herself in crisis. She describes the impact of what happened to her:

“I went from having a comfortable life to not having a comfortable life, to having to work 70 hours a week on three different shifts, just to make ends meet, just to keep a roof over our head, to feed a family.

“It’s horrible – when you don’t have enough money to heat your house, feed your kids, exist. It’s not nice, not being able to exist, you are just a nothing.”

She wanted to speak up about injustice, as she explains: **“We are the voice of the people who can’t speak up, people who are too afraid, too stigmatised, they don’t want people to know they’re in poverty.”**

“If you have to use a food bank, you are so ashamed of yourself. We’re a country that has massive amounts of money. Why do people have to go to a food bank? We shouldn’t have to have food banks.”

Proverbs 31: 8-9 calls Christians to speak up for people who may not be able to make their voices heard.

Scripture also encourages us to seek justice, and by doing this we can help ensure that the systems and structures of our society better protect people from reaching crisis point.

As Archbishop Desmond Tutu put it: “There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they’re falling in.”

Justice can sometimes sound like the opposite of compassion, but if people are going to be able to flourish, our society needs to be organised in a way that is just, or fair, as well as kind. Indeed, having just systems and structures in place can be an expression of compassion.

Justice is central to the Christian message. Jesus began his ministry by reading from the book of Isaiah. He said the Spirit of the Lord was upon him to proclaim good news to the poor, bring freedom to prisoners and to set the oppressed free.

Throughout the Old Testament, we aren’t just challenged to act justly: we also learn that justice is part of God’s nature. “All his ways are just,” says Deuteronomy 32:4, while the Psalmist writes that ‘righteousness and justice are the foundation of your throne’ (**Psalm 89:14**).



READ

Let's reflect on some key Bible verses about justice. Take a few moments of quiet as we ponder God's Word and ask him to guide us and speak to us through our time together.

TIP

You could light a candle or play some gentle worship music in the background. This could aid your reflective time in God's presence.



PROVERBS 31:8-9

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



ISAIAH 1:17

"Learn to do right, seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow."



LUKE 4:18-19

"The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favour."

DISCUSS

- 1** Do you recall a time when you experienced injustice? If you feel comfortable doing so, share your experiences with the group.
- 2** What are some of the ways you are affected by structural systems in our nation? Can systems such as education and public services bring about justice or injustice? How have you helped contribute to some of these systems?
- 3** In 2018, Archbishop Justin Welby said this in a speech:
“I dream of empty night shelters. I dream of debt advice charities without clients. When justice rolls down like waters and righteousness like an ever-flowing stream, the food banks close, the night shelters are empty, families and households are hopeful of better lives for themselves and their children, money is not a tyrant, and justice is seen.”
What do you think about this dream? Is it one you share? How do you think Christians could be part of making this dream a reality?
- 4** Have you ever responded to an injustice, or something you believed was wrong, and seen things change?
What did you do, and what happened as a result?

TIP

You could split your group into smaller groups if that dynamic would work best. Perhaps appoint a spokesperson in each group to report back to the larger group for feedback afterwards.

PRAY

We are going to close today's session with a time of prayer.

This is a chance to pray for areas of injustice in society and ask God to bring change. Ask him to show you how you can get involved, as well as how to pray for these issues and the people involved.

Pray that our society would increasingly be characterised by justice, compassion, and dignity.

TIP

Sometimes praying out loud can be awkward. Depending on your group's preferences, you could ask everyone to write down their prayer needs on Post-it notes and then the group could collectively pray for everyone's needs and suggestions.

TAKE ACTION, SESSION 3

There are many misconceptions around poverty in the UK and we know many people don't know how to make a difference.

Could you use your voice and begin some conversations about food banks and hunger in the UK? Download our Conversation starters at trusselltrust.org/conversation-starters and begin exploring the issues with friends, family, colleagues and church members.

NOTES

SESSION 4

COMMUNITY



PREPARATION

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

- Bible
- Candle
- Post-it notes
- Pens

OVERVIEW

Susan attended a holiday club run by her local food bank. The clubs provide food, fun activities, and learning opportunities, helping to relieve the pressures that many families face outside of term-time.

For Susan though, it brought a sense of community that she'd been longing for.

“I’ve been able to have adult conversations so it’s been a really nice break and a change from usually staying indoors,” she explained.

“The activities have been really useful for me and the kids. I’ve been interacting with the children more than I do at home with them, so it’s made us bond together as well.”

The truth is, we all long for community – a sense of belonging and being supported and known by others – but many people today in the UK don’t have it. In fact, the issue of loneliness is deemed to be so significant that, five years ago, the UK government appointed a Minister for Loneliness, such were the saddening reports of people suffering isolation, lacking friendship and community.

Jesus knew all about being alone – and he understood the importance of community. In fact, he demonstrated this when he selected twelve men to be his disciples.

These men ate together, worked together, served together, and undoubtedly had fun together. There were some tough times, arguments, and personality clashes, but this pattern of community was a great example of how to do life well. This continued in the Early Church (Acts 2), when the Bible says that the believers went from house to house and worshipped together.

Jesus connected with people from all walks of life, often by eating together with them. He was frequently to be found spending time with people that others looked down on or ignored.

We too have the opportunity to live in this way – to welcome and include people who feel left out or lonely – simply by opening up our lives and homes to others. And as we grow in relationships with others, we can grow in our relationship with God and our understanding of ourselves too.



READ

Let's reflect on some key Bible verses about community. Take a few moments of quiet as we ponder God's Word and ask God to guide us and speak to us through our time together.

TIP

You could light a candle or play some gentle worship music in the background. This could aid your reflective time in God's presence.



HEBREWS 10:24-25

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another – and all the more as you see the day approaching."



1 PETER 3:8

"Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble."



PSALM 133:1

"How good and pleasant it is when God's people dwell together in unity."

DISCUSS

- 1** When or where have you experienced the strongest sense of community? Share your experiences of positive community.
- 2** Have you ever felt excluded from a community? How did that make you feel? What (if anything) could have helped you feel more included?
- 3** The Bible tells us not to give up on meeting together. How has gathering with other Christians helped shape your life and faith?
- 4** Thinking about what you know about Jesus' life and ministry, is there a story that sticks out for you about how he built – or enjoyed – community with people? What is it about that story that seems special to you?
- 5** What can you do to make people feel welcome when their life experience or culture is different from yours? How can we make sure our church is a place where people feel welcome just as they are?

TIP

You could split your group into smaller groups if that dynamic would work best. Perhaps appoint a spokesperson in each group to report back to the larger group for feedback afterwards.

PRAY

We are going to close today's session with a time of prayer.

This is an opportunity to pray that God would unite your community and people feeling lonely or neglected would find comfort, friendship and support.

Pray that God would help your group to be sensitive to the needs of people who might be feeling isolated or excluded from community.

Pray for courage and boldness to include people, and for opportunities to build new relationships and deepen existing ones.

TIP

Sometimes praying out loud can be awkward. Depending on your group's preferences, you could ask everyone to write down their prayer needs on post-it notes and then the group could collectively pray for everyone's needs and suggestions.

TAKE ACTION, SESSION 4

You might want to think this week how you use your gifts and consider whether you could offer help to your local food bank as a volunteer. You can find details of volunteering opportunities at trusselltrust.org/volunteering.

NOTES

SESSION 5

VALUES INTO ACTION



PREPARATION

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

- Bible
- Candle
- Post-it notes
- Pens and a large sheet of paper

OVERVIEW

You have been thinking about the values of the Trussell Trust which shape and guide our work to support a network of food banks and campaign and work for the end of the need for food banks. Justice, Dignity, Compassion and Community could work together to help build a society which is more equal and fair as well as forming local neighbourhoods in which people have places to belong and contribute even if they are facing hardship.

Jean, one of our lived experience partners shares her experience of church and facing hardship:

“I walked into the church feeling very hungry, they offered me food, I walked into the church struggling with extreme loneliness and isolation, they offered me friendship, I walked into the church feeling worthless, a nobody, they made me feel like I am worthy, I am a somebody.

I walked into the church so desperately broken and lost, they offered me a new lifeline of hope.

I noticed a large cross at the front of church towering over everyone, I fought back the tears trying to escape from my eyes and not letting them out because I didn't want to make a fool of myself, I looked up at the big cross, admired it for a few seconds, smiled, and whispered quietly and gently, “I am home, thank you Lord”.

I left church feeling so blessed and renewed, my hunger, loneliness, and isolation, all satisfied. And that all was well with my soul.”

Today, we want to think what our church and our neighbourhood might look like if we put the values we have been thinking about into action. You may pray the Lord's Prayer regularly – do you wonder what it might mean for us to live on earth as it is in heaven? For the early church this included putting kingdom values into action as described in Acts 2 v 42-47, through acts of generosity, sharing and service.

In the Bible, Jesus called his followers to action – to love both enemy and neighbour, to care for people who do not have enough money for food, shelter or clothes and to speak up against injustice. Putting our values and our faith into action might mean making some changes that could feel uncomfortable, it might mean trying new things that we do not know will succeed or using our voice to call for changes to the law or more support for people facing financial hardship.

Micah 6:8 helpfully gives us a picture of what it means to live on earth as it is in heaven. Micah calls the people to do justice, love kindness and walk humbly with God. This attitude of humility gives us the starting place to see every other human being as wonderfully made in the image of God, as we put these values into action.



READ

Take time to reflect on some key Bible verses about putting values into action. Take a few moments of quiet time as you ponder God's word and ask God to guide you and speak to you through this time.

TIP

You could light a candle or play some gentle worship music in the background. This could aid your reflective time in God's presence.



GENESIS 1:27

"So God created humankind in his own image, in the image of God he created them..."



MATTHEW 25:40

"Whatever you did for the least of these brothers and sisters of mine, you did for me."



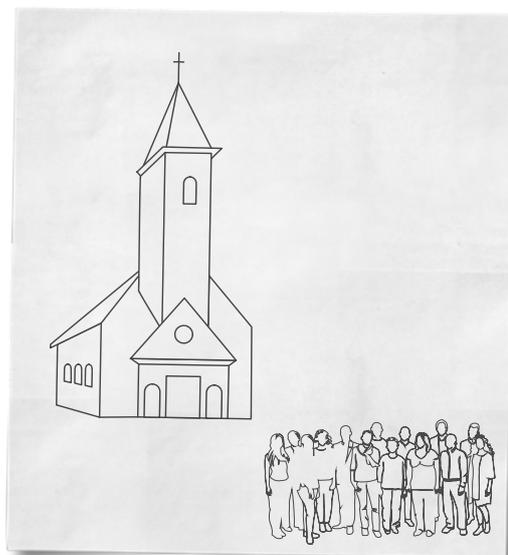
ACTS 2:45

"They sold property and possessions to give to anyone who had need."

DISCUSS

- 1** Can you think of an organisation or person that you really admire because they put their values into practice? If you feel confident doing so, share with the group what you admire about the person or group you have chosen.
- 2** Are there ways in which your church is already putting Micah 6:8 into practice and creating community that feels like heaven on earth?
- 3** Are there any groups of people who might not feel welcome or represented in your church? Are there any barriers to people belonging fully that you would like to change?

- 4** Together, on the large piece of paper, design a church that would be a place where people facing financial hardship have dignity, are seen and heard and participate fully in the work, worship and welcome of the community. A church where the values we have been exploring are put into action.



TAKE ACTION, SESSION 5

Ending the need for food banks might seem like a big task but we know that it is possible if we all work together for a more just and compassionate society. We are 1,300 food banks, supported by 36,000 volunteers, 12,000 churches, 100,000s of community groups and schools, and millions of people around the UK. We're determined to make this a reality.

Consider spending some time exploring how we invite people to raise their voices to call for change and make sure no one has to use a food bank to survive. Explore campaigning here: trusselltrust.org/campaigns.

NOTES

SESSION 6

GUARANTEE OUR ESSENTIALS



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

Through this Values course, you have had chance to reflect on the four values of compassion, dignity, justice and community and also how we can put our values into action.

We now invite you to hear things from a different angle, directly from the people who have struggled to afford life's essentials. Each of these experts by experience represent people we support in our food banks. People who have faced some hardship or had to use a food bank when in a time of crisis.

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.



WATCH

Continue 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?

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.

THANK YOU SO MUCH FOR JOINING US IN OUR VALUES COURSE!

We hope you've found the times of reflection in this course meaningful moments of connection with God. We hope you have deepened your understanding of, and passion for acting justly, living compassionately and recognising our dignity as we live in community together.

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.

GUARANTEE OUR ESSENTIALS



Download your pack by clicking the image or visiting:
trusselltrust.org/GOE-Church-Pack



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