

# SKIP-A-MEAL 2022

The extreme climate events caused by rising temperatures, in addition to the socio-economic impact of the pandemic, are contributing to one of the worst food crises in decades. In recent years, East Africa has been persistently affected by disasters like drought, floods and locusts, pushing millions towards the brink of hunger.

With children suffering from malnutrition and families losing their livelihoods, social problems are emerging, and it is up to us to extend a helping hand and meet the needs.



# SKIP-A-MEAL 2022

## Pray for the Hungry

Date: During Lent, around Good Friday or any other day chosen by the church

Format:

- Fast a meal together during worship service, small group, Sunday school or prayer meeting, and pray together for the needs of the hungry
- Encourage the congregation to choose a day to fast a meal at home or at work, reflect and pray
- Organise your own “Skip-a-Meal” prayer meeting and invite our staff to give a talk
- If you would like to take on an upgraded challenge, you may sign up for Matthew 25 Challenge ([www.worldvision.org.hk/en/matthew25](http://www.worldvision.org.hk/en/matthew25))



More information



# 馬太25挑戰

## MATTHEW 25 CHALLENGE

*"For I was hungry and you gave me something to eat,  
I was thirsty and you gave me something to drink,  
I was a stranger and you invited me in,  
I needed clothes and you clothed me,  
I was sick and you looked after me,  
I was in prison and you came to visit me."*

Matthew 25:35-36 (NIV)

**Experience poverty, respond by faith**



Matthew25

**World Vision** 

# WHAT'S MORE

---



**Global Hunger Relief**



**Prayer support**



**Frontline Stories**