

For I was hungry and you gave me something eat, I was thirsty and you gave me something to drink...I was sick and you looked after me, I was in prison and you came to visit me.

Matthew 25:35-36

Remember those

In

Chains for

Evangelism

and those who are in

Need of an

Introduction to the

Gospel, and those who are

Hungry or

Thirsty

- **Eat white rice once a week (or more if you choose)—all day or for your evening meal (Even if you eat as much as you want, a family of four can still eat a whole meal for less than \$1!)**
- **Set aside the money you would have spent on groceries or eating out to give to those who are hungry.**
- **If you were to make this trade just one meal a week, you'd likely be able to feed, educate and medicate at least one orphan.**

