



PRAYER GUIDE

trusselltrust.org



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The Trussell Trust supports a nationwide network of food banks to provide emergency food and support to people locked in poverty and campaign for change to end the need for food banks in the UK.

Nine in ten people forced to use a food bank are facing extreme poverty, unable to afford the basics or put food on the table. We support more than 1,200 food bank centres in the UK to provide nutritionally-balanced emergency food to people in crisis who have been referred to a food bank, as well as support to help people resolve the crises they face.

Even before the pandemic, the food banks in our network were facing record levels of need and when Covid-19 hit need rose by a further 47%, with 2,600 food parcels provided for children every day. Every day, too many people are going hungry.

Churches are vital to the work of food banks – they open up their buildings, donate food, provide volunteers and leaders, and show amazing care and compassion to people who need emergency food and support.

We will continue to support food banks to provide emergency help for as long as it's needed, but it simply isn't right that so many people are being forced to turn to food banks to get by.

At the Trussell Trust, our vision is for a future where food banks are no longer needed – a stronger, more just society where we can all afford the basics. Working together with churches, communities, businesses, and policy makers, we know this is possible.

The Trussell Trust team, like the dedicated staff and volunteers who make food banks happen across the country, is made up of people from a variety of faith and non-faith backgrounds.

As an organisation, our work is based on, shaped, and guided by Christian principles, and for many food bank staff and volunteers, prayer is an important way of seeking guidance, being resourced for action, and bringing about change.

If you would like to pray or lead others in prayer for our work, we would really appreciate your support in this way.

We hope this short guide is a useful tool to help you do this, whether you use it alone, share it with a small group, or incorporate it as part of a church service.

One of the things we love about our Foodbank Network is the way it brings together churches from a wide range of traditions, denominations, and networks. We hope that whether you prefer to pray spontaneously or in a more liturgical way, there will be something for you here.

'God's heart is really in pain when injustice happens in society, particularly to the most vulnerable. Ending the need for food banks is possible, but we can't do it on our own: it needs all of us, and we can do more together than we can apart.'

**Sorush
Middlesbrough Foodbank**





HERE'S HOW YOU CAN PRAY FOR TRUSSELL TRUST AND OUR FOODBANK NETWORK:

1 PEOPLE IN CRISIS WHO NEED TO USE A FOOD BANK

Thousands of people need to use the food banks in our network each week. Pray that each person would feel valued and cared for, as well as receiving the food and support they need. Pray that they will be well supported to access any other services and activities that would help address some of the causes of their crisis.

2 FOOD BANK STAFF AND VOLUNTEERS

Food banks in our network are supported by close to 30,000 volunteers throughout the UK. Thank God with us for the dedication and compassion they show as they welcome and serve people experiencing acute poverty. Pray that God would strengthen them, protect them, energise them, and use them to impact lives with love, kindness, and compassion.

3 PARTNERSHIP AND SUPPORT

We rely on the generosity of businesses, churches, schools, and individuals who donate supplies to the food banks in our network to help people in crisis, and partner with us in many other ways too. Give thanks for the provision of this incredible support and pray for a continued sense of shared vision and purpose as we work together towards a hunger free future.

4 CAMPAIGNERS AND INFLUENCERS

God is a God of justice. Pray that justice, wisdom, and compassion would prevail in decisions made by policy makers and politicians. Pray for the impact of our campaigning, research, and policy-influencing work – that it would make a lasting and significant difference to people experiencing or at risk of extreme poverty. Pray that people in this situation would have an increasingly influential voice in debates about policies and systems that impact their lives.

5 A FUTURE WITHOUT THE NEED FOR FOOD BANKS

Pray for the fulfillment of our vision for a future without the need for food banks. Ask that God would inspire individuals, organisations, and communities to get involved in making this a reality. Pray for creative ideas and fruitful partnerships, and that we would see churches, individuals, communities, businesses, politicians, and public servants coming together to build a hunger free future where no one goes hungry.

**Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,
to set the oppressed free
and break every yoke? - Isaiah 58:6**

A SHORT PRAYER:

Loving God,

Thank you for your love and kindness.
You are a God of mercy, justice, and compassion,
and yet we acknowledge that these qualities are not
always reflected in our lives, in our community, and in
our society.

Help us to respond to suffering, poverty, and hunger
in ways that usher in your kingdom:
to see people as you see them,
to share your loving-kindness in the darkest situations,
to challenge injustices that trap people in poverty,
to build a future that sets people free,
so that everyone can share in the fullness of life
that Christ offers to us all.

Amen.



A PRAYER WITH RESPONSES:

Father God,

You are the source of life and hope.
So many people in our country are facing hunger
and poverty:

We pray for change and transformation.

God of love

All: hear our prayer.

Lord,

You draw close to us in our troubles.

So many people are anxious about how they will afford
to food on the table and pay their bills:

We pray for provision, comfort, and hope.

God of love

All: hear our prayer.

Lord,

You are a God of kindness and compassion.

So many people feel alone in their difficulties and unable
to ask for help:

Help us to reach out to one another with love and
encouragement.

God of love

All: hear our prayer.

Father,

You love justice and mercy,

Strengthen us to challenge and change systems that lock
people in poverty

So that everyone can share in the fullness of life

God of love

All: hear our prayer.

Amen

'I lost my job, I was in a really bad way. I was struggling to meet the bills, feeding my children, I was going without food just so that they ate.



The first time I used a food bank I was anxious, really scared, I didn't know what to expect, I thought I'd let people down because I was having to ask for help.

It was the hardest thing I've ever done, but the best thing I've ever done. They didn't make me feel like I was poor or wasn't worthy, I was welcomed with open arms. They've helped me so much, if it wasn't for them I don't know where I'd be - in a lot of trouble, I think.'

Lisa-Marie, who has used a food bank