News
EarthBeat



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PAUSE

REFLECT

Moses said to them, "It is the bread that the Lord has given you to eat. This is what the Lord has commanded: 'Gather as much of it as each of you needs, an omer to a person according to the number of persons, all providing for those in their own tents.'" The Israelites did so, some gathering more, some less. But when they measured it with an omer, those who gathered much had nothing over, and those who gathered little had no shortage; they gathered as much as each of them needed." – **Exodus 16:15-18**

"Give us this day our daily bread." – **Matthew 6:11**

O God, to those who have hunger, give bread,

and to those who have bread, give the hunger for justice.

Amen.

– Prayer from Latin America

From the stories of Moses and the Israelites wandering in the desert, to Jesus teaching us the Lord's prayer, the scriptures remind us again and again that God will provide for our every need. Because of the abundance of God's love for us, we do not need to take more than our share of food or material goods.

ACT

Enter into each meal today with the mindset, "Today I will take only what I need." Notice how this mentality might flow into other parts of your life. How do you feel at the end of the day?

Lenten Daily Food Reflections

pause | reflect | act

Editor's note: *These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the Lenten Food Waste Fast at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. View the full series.