

opusdei.org

Just Start (2): Feeding Body and Soul

Second video in the series on the works of mercy. People in Russia and the Philippines are shown fighting material and spiritual hunger.

04/11/2016

Below are some questions and quotes that can help you get more out of this video, in screenings with your friends, in your school or your parish.

Questions for dialogue

What do you see as the driving force behind getting projects like these started? What role do the Christian virtues of faith and charity play in getting them started and in sticking with them?

Why are people happy to volunteer for projects like these?

How can those who receive this help come to form part of a “virtuous circle”?

Is hunger still a real problem in this country?

Some specific suggestions for action

Pray for those who are suffering from hunger and malnourishment.

Give sincere thanks to God before meals.

Try not to waste food at home.

Contribute to those who need it any leftover food (at home, in restaurants, after parties, etc.).

Help out in some way (with your work, time, money, prayer, etc.) in projects to fight hunger and malnourishment.

Find out about projects in your neighborhood for distributing food to the needy.

Quotes from Sacred Scripture

And whoever gives to one of these little ones even a cup of cold water because he is a disciple, truly, I say to you, he shall not lose his reward (*Mt* 10:42)

Now the day began to wear away; and the twelve came and said to him, “Send the crowd away, to go into the villages and country round about, to

lodge and get provisions; for we are here in a lonely place.” But he said to them, “You give them something to eat” (*Lk 9:12-13*).

And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as hoarfrost on the ground. When the people of Israel saw it, they said to one another, “What is it?” For they did not know what it was. And Moses said to them, “It is the bread which the Lord has given you to eat” (*Ex 16:14-15*).

I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh (*Jn 6:48-51*).

Quotes from Pope Francis

The poverty of the world is a scandal. In a world where there is such great wealth, so many resources for giving food to everyone, it is impossible to understand how there could be so many hungry children, so many children without education, so many poor people! Poverty today is a cry. We must all think about whether we can become a little poorer. This is something we must all do. How I can become a little poorer to be more like Jesus, who was the poor Teacher (Address, 7 June 2015).

There was a time when our grandparents were very careful not to throw away any leftover food. Consumerism has led us to be accustomed to excess and to the daily waste of food, whose value, which goes far beyond mere financial parameters, we are no longer able to judge correctly. Let us remember

well, however, that whenever food is thrown out it is as if it were stolen from the table of the poor, from the hungry! I ask everyone to reflect on the problem of the loss and waste of food, to identify ways and approaches which, by seriously dealing with this problem, convey solidarity and sharing with the underprivileged (Audience, 5 June 2013).

Jesus satiates not only material hunger, but the most profound one, the hunger for the meaning of life, the hunger for God. Before the suffering, loneliness, poverty and difficulties of so many people, what can we ourselves do? Complaining doesn't resolve anything, but we can offer the little that we have, like the lad in the Gospel. We surely have a few hours of time, certain talents, some skills.... Who among us doesn't have "five loaves and two fish" of his own? We all have them! If we are

willing to place them in the Lord's hands, they will be enough to bring about a little more love, peace, justice and especially joy in the world (Angelus, 26 July 2015).

Quotes from Saint Josemaria

Among the ingredients of your meal include that “most delicious” one, mortification (*The Forge*, no. 783).

The good things of the earth, monopolized by a handful of people; the culture of the world, confined to cliques. And, on the outside, hunger for bread and education. Human lives—holy, because they come from God—treated as mere things, as statistics. I understand and share this impatience. It stirs me to look at Christ, who is continually inviting us to put his new commandment of love into practice (*Christ is Passing By*, no. 111).

If we work well, sanctifying our tasks, and if we teach others to find God in their work; if we put great care into it and don't work in a sloppy way, learning how to work as a team, shoulder to shoulder with our fellow men, how many material miracles we will see! We will help bring it about that there is less hunger in the world, less ignorance, less poverty, less illness.... (7 April 1970).

Peru: Fighting the "Vicious Cycle of Poverty" (Link to article)

.....

pdf | document generated
automatically from [https://opusdei.org/
en/article/just-start-2-feeding-body-and-
soul/](https://opusdei.org/en/article/just-start-2-feeding-body-and-soul/) (01/29/2026)