

**Special Occasion: Hunger Awareness Sunday**  
**"Refreshed Are Those Who Refresh"**  
*by Rev. John C. Tittle*

**Scripture Readings:** *Proverbs, selected verses*

*Proverbs 11:25*

<sup>25</sup>The generous will prosper; those who refresh others will themselves be refreshed.

*Proverbs 14:21*

<sup>21</sup>It is a sin to belittle one's neighbor; blessed are those who help the poor.

*Proverbs 14:31*

<sup>31</sup>Those who oppress the poor insult their Maker, but helping the poor honors him.

*Proverbs 22:9*

<sup>9</sup>Blessed are those who are generous, because they feed the poor.

*Proverbs 22:22-23*

<sup>22</sup>Don't rob the poor just because you can, or exploit the needy in court. <sup>23</sup> For the Lord is their defender. He will ruin anyone who ruins them.

*Proverbs 31:8-9*

<sup>8</sup>Speak up for those who cannot speak for themselves; ensure justice for those being crushed. <sup>9</sup>Yes, speak up for the poor and helpless, and see that they get justice.

**Discussion Questions:**

1. What Proverb particularly jumped out at you? Why?
2. This coming Friday is World Food Day. What statistics about the pandemic and hunger jumped out at you most:
  - a. 17 trillion dollars in aid around the world—that has made a difference. But things are still fragile.
  - b. Hunger is a "shadow" pandemic happening at the same time as the COVID pandemic
  - c. The World Bank estimates that 88 to 115 million more people will be pushed into extreme poverty in 2020 as a result of the pandemic and the economic fall-out.
  - d. World Vision says that the COVID-19 pandemic is expected to double the number of people facing food crises.
  - e. Between 6,000 and 12,000 people per day could die from hunger directly linked to the social and economic impacts of the pandemic before the end of this year.
  - f. More might die from hunger than from the coronavirus itself.
  - g. 10% of food relief comes from churches and non-profits, while 90% comes from governments.

3. What statistic about hunger and poverty in the USA as a result of the pandemic most surprises you?
  - a. 1/3 of those relying on food banks now in the US DIDN'T before COVID.
  - b. In the U.S., 6 million Americans became eligible for food stamps since the early months of the pandemic.
  - c. Those most impacted are women, children, and minority communities.
  - d. This year, 10% of adults in the US sometimes haven't had enough food to eat in the last week.
  - e. 1 in 6 renters are behind in payments—
  - f. 25% of adults with children are behind on rent.
4. Several passages in Proverbs (and other scriptures too) indicate that deeds impact the doer, not just the one to whom the deed is directed. Why do you think that is?
5. One of the passages says that to scorn the poor is to scorn God, but to bless the poor is to bless God. Why are these interconnected?
6. Why is mutual relationship between both the rich and the poor so important? What happens when there is a large separation between the two?
7. Proverbs commands us to speak on behalf of those who have no voice in the justice system. Who do you think that is today? What does it mean to "speak up"?
8. Proverbs say those who refresh will be refreshed and those who are generous will be blessed? Is this counterintuitive or does it make perfect sense?
9. Why is it wrong to oppress the poor?
10. The Scriptures say the Lord is the Defender or the Champion of the poor. What does that mean? The church is composed of many different kinds of people who follow Jesus. As Paul says, "we have the same Lord, who gives generously to all who call on him." We are different, but have the same Lord. How will that help the church be less divisive and more at peace?