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# Hope Epidemic - 5 Day Challenge - DAY 1

MAY 23RD 2011 BY STAFF WRITER

## Hope Epidemic - 5 Day Challenge - DAY 1

*By Brad Aycock  
Show-Me Times Reader Submitted*

*With a spirit of passion, Brad Aycock is working with the membership at the First United Methodist Church of Sikeston as well as other friends of the Faith to join in Hope Epidemic.*

**This part of THE CHALLENGE is to assist Christians "For Five Days, Eat As Half The World's Population Eats - On Less Than \$2 Per Day". Now that is certainly a challenge.**

Each day this week, First United Methodist members and ShowMe Times readers are receiving a note of encouragement regarding the Hope Challenge. As this is a great challenge to broaden both your faith and understanding of simply how blessed we are in America, the SMT staff would like to share this with our readers.

## THE FIVE-DAY CHALLENGE - DAY 1

Congratulations on your commitment to participate in this year's 5-Day Challenge.

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For the next five days, we will stand together and eat as half the world's population eats. We will drink only tap water. On day 3 (Wednesday), we'll gather for prayer and praise in

the Chapel at First United Methodist Church in Sikeston at 6:30 p.m. This weekend we'll collect seeds and canned food.

This isn't even close to the daily challenges facing our brothers and sisters around the world who live on less than \$2 a day. Their plight is real and could go on indefinitely but ours will end on Friday.

For this week, we will make changes in our daily lives in an effort to stand in solidarity with those who hunger and thirst.

For the list of suggested food items, **[CLICK HERE](#)**.

Our hope is that we will not be the same by the end of this week!

#### **Scripture**

I lift up my eyes to the hills— where does my help come from? My help comes from the Lord, Maker of Heaven and Earth. (Psalm 121:1–2)

#### **Reflection**

Take a moment to think about the challenges you're facing in your life that only God can help you through.

#### **Pray**

Pray for those who are struggling to meet the basic needs of their families and thank God for the blessings He has given you. Ask God to help you be a blessing to others today.

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