

# Compassion and Courage

Read **Mark 6:34–44**. Jesus had compassion on people!

What is compassion?

**Compassion** is caring so much that you try to help. It includes showing love and kindness to someone.

In your own words, how you would explain compassion to someone?

Describe a time when you needed someone to show you compassion:

Describe a time when you showed compassion to someone:

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Now, read **Mark 6:45–52**. Jesus showed courage and taught His followers about courage.

What is courage?

**Courage** is the power God gives you to do the right thing, even when you are afraid.

In your own words, how you would explain courage to someone?

Describe a time when you needed to have courage:

# Global Hunger Relief

## Facts about hunger and Global Hunger Relief (GHR):

- About 795 million people around the world live with hunger every day.\*
- Of these 795 million people, each year 3.1 million children under the age of five die from not having enough food or the right kind of food.\*
- In the United States, one in six people is hungry.\*
- GHR fights hunger around the world.
- GHR workers help in disaster relief.
- GHR workers teach people how to grow food better. They provide clean water, medical care, and other important services in places where people suffer from hunger.
- The goal of GHR is to see "communities and lives transformed [changed] . . . for today, tomorrow, and forever."
- None of the money given to GHR is used to raise money or to pay the people who work for GHR. Instead, 80 percent is used for international hunger projects, and 20 percent is used for North American hunger projects.
- In the United States, some of the money helps volunteers provide food for the weekends to children who are in the National School Lunch Program. (The National School Lunch Program provides food only on school days.)
- In other countries, GHR helps provide food and supplies to people forced from their homes by war.
- In other countries, GHR has other important projects to help those in need.

Pray for people around the world who are hungry.

Pray for GHR as its workers continue its important work.

*For more information, go to [GlobalHungerRelief.com](http://GlobalHungerRelief.com).*

