



## Harvest for the Hungry



### PREPARATION

Download any necessary resources and films. Spend some time going through the session and pray for the group and about your time together.



### WELCOME

Open in prayer and invite those present to share something from their week. Encourage people to share something where they experienced hope.



### INTRODUCE

Harvest for the Hungry (HFTH) is Transform Europe Network's programme to support those in food poverty, through the ministry of our partners.

Thousands of families in Eastern Europe and the Balkans face a harsh winter with insufficient food. For three decades Transform Europe Network has enabled its partners in Eastern Europe and the Balkans to bring food to the hungry.

Through the work of our partners lives continue to be changed; despair keeps giving way to hope. The gospel of the kingdom is proclaimed to the homeless, orphans and widows, the destitute and families of the terminally-ill. Thousands of people are fed as soup kitchens are supplied, food parcels are distributed and hot meals are served.

Harvest for the Hungry is supported by the generous giving of UK churches and hundreds of individual supporters, enabling our partners to help needy families and the elderly to survive the cold months of winter.



## WATCH

Watch the HFTH film to see how the project makes a difference to people in the Balkans and Eastern Europe.



Harvest for the Hungry 2023  
Promotional Film:  
[youtu.be/ZGtKG3W48](https://youtu.be/ZGtKG3W48)

For a look back at Harvest for the Hungry over the years, copy and paste the URL below or use the QR code and you can watch this video below:



Harvest for the Hungry 2022  
Promotional Film:  
[youtu.be/EXBZhjI8SM4](https://youtu.be/EXBZhjI8SM4)



## GAME

### A Harvest Fruit and Veg Game

**Aim:** To memorise the ingredients for a vegetable pasta and / or fruit salad. The more vegetables / fruits you remember the higher the score. This game can be done as part of a harvest church service or in a small / youth group setting. Those guessing can work alone or in pairs.

Set out a tray with ingredients for a tasty vegetable pasta and a fruit salad. For vegetable pasta, this could include, pasta, herbs, oil, a tin of tomatoes, onion, carrots, courgette, sweetcorn, marrow, beans, broccoli and anything else you think would be good.

For the fruit salad, try to put a selection of different fruits. Ideally you would have the same number of ingredients for the fruit salad as the vegetable pasta.

To make it more difficult you can also add items that do not go in either vegetable pasta or fruit salad to make the game harder. You can invite as many people as you like to take part. Alternating between the vegetable pasta and fruit salad, ask people to remember which ingredients can be used for the dish. The more items they remember in thirty seconds, the higher the score.



## BIBLE

Read Matthew 9:35-38



## DISCUSSION

Harvest for the Hungry has been bringing hope through meeting the practical needs of thousands of people across Eastern Europe and the Balkans and sharing the gospel of Jesus.

1. v.35 says Jesus proclaimed the good news and cured the sick. What does this teach us about how Christians should engage in God's mission?
2. What is your motivation for mission? v.36 sets out Jesus' motivation of compassion for those he met as his driver. How compassionate are you for your local and global community? How might you grow a heart of compassion?



## PRAYER

"When he saw the crowds, he had compassion on them, because they were harassed and helpless." (Matthew 9:36)

Take some time to consider who those are that are 'harassed and helpless' locally and globally. Write the groups of people or even names of people on post-it notes and pray for them. Ask God to show you what you may be able to do to help them.



## DISCUSSION

1. vv37-38 What was Jesus' commission to his disciples? What place does prayer have in your local and global mission?
2. How will you play a part in being an answer to the prayer for God to send more labourers into the harvest?



## PRAYER

Jesus invites his disciples to pray for the Lord to send more labourers into the field.

Having considered who the harassed and helpless are, pray for one another that each of you would be an effective worker in the field of your school, workplace, college, family, community or university.



## ACTION

Could you support TEN's Harvest for the Hungry campaign? Visit [harvestforthehungry.org](https://harvestforthehungry.org) or scan the QR code for more information.



[harvestforthehungry.org](https://harvestforthehungry.org)

If you want to find out more about TEN resource For the Nations, visit:  
[ten-uk.org/for-the-nations](https://ten-uk.org/for-the-nations)



## ADDITIONAL CONTENT



### WATCH

Boris' story tells of how a food parcel changed a life. You can watch it by copying and pasting the URL or using the QR code:



Boris' Story:

[youtu.be/EJOlcxk-rYI](https://youtu.be/EJOlcxk-rYI)



### DISCUSSION

1. What is your reaction to Boris' story?
2. How does it help you see the importance of faith and deeds?
3. Who are the people that God may put on your heart, locally and internationally, as a church, group, or community to serve in faith and deeds?



### WATCH

Watch a short talk from TEN team member Lucy Reid as she talks about the passage in Matthew 9 that you have looked at today:



Harvest for the Hungry 2023 Talk by  
Lucy Reid:

[youtu.be/jDjdWKRfPk](https://youtu.be/jDjdWKRfPk)