

2025 Global Hunger Sunday Prayer Guide

31 Days of Prayer for
Physical and Spiritual Nourishment

**“I AM THE BREAD OF
LIFE,” JESUS TOLD
THEM. “NO ONE WHO
COMES TO ME WILL
EVER BE HUNGRY, AND
NO ONE WHO BELIEVES
IN ME WILL EVER BE
THIRSTY AGAIN.”**

JOHN 6:35

The **6.35** Challenge





Everywhere, people are hungry.

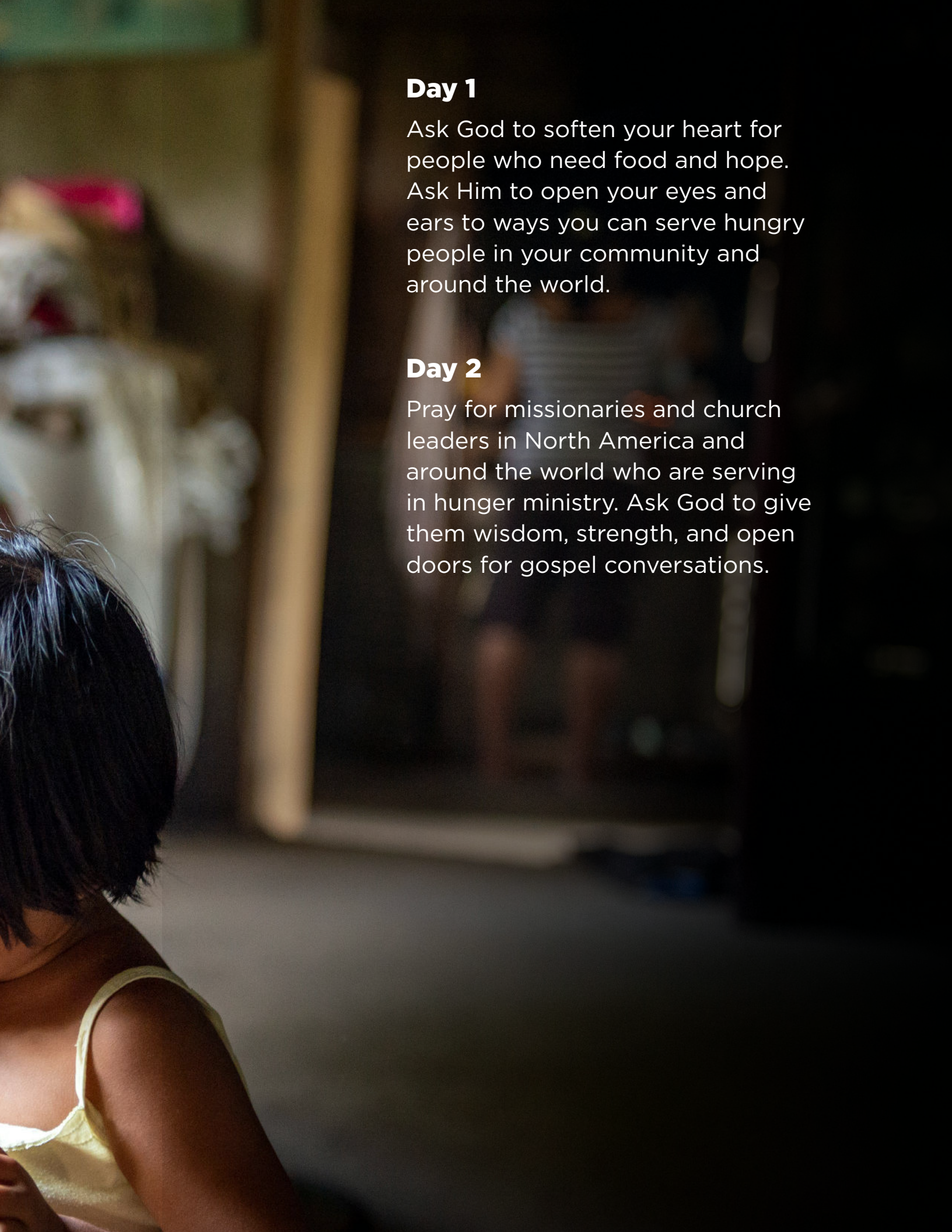
All around the world, millions of men and women and boys and girls long for nourishment—not only food to sustain their physical bodies but the hope and fulfillment that can only come from Jesus Christ.

In John 6:35, Jesus declares, “I am the bread of life. ... No one who comes to me will ever be hungry, and no one who believes in me will ever be thirsty again.”

This 31-day prayer journey invites you to seek God’s provision for those suffering from physical and spiritual hunger. You’ll learn how communities in Appalachia, Guatemala, Nigeria, and South Asia are being transformed by your gifts and prayers.

As you pray, ask God to stir your heart, deepen your faith, and expand your vision. Together, God can use us to feed the world and, in doing so, share the Bread of Life that will satisfy like nothing else.



A young girl with dark hair, seen from the back, looking towards a brightly lit doorway in a dimly lit room. The background is dark, with the light from the doorway creating a strong contrast. The girl is wearing a yellow tank top.

Day 1

Ask God to soften your heart for people who need food and hope. Ask Him to open your eyes and ears to ways you can serve hungry people in your community and around the world.

Day 2

Pray for missionaries and church leaders in North America and around the world who are serving in hunger ministry. Ask God to give them wisdom, strength, and open doors for gospel conversations.



Appalachia

Many families in Appalachia daily struggle with food insecurity, with more than 3.4 million people affected in the region. Send Relief's Appalachia Ministry Center offers Community Meal, a weekly program to serve a meal to those in need. These meals not only provide nourishment but also foster a safe environment for building relationships and sharing the gospel.

Through Global Hunger Relief funds, local churches are empowered to serve their communities, creating a space for both physical and spiritual healing. As a result, lives are being transformed, and churches are growing in the Appalachian region.



PRAY FOR APPALACHIA

Day 3

According to the Appalachian Regional Commission, an estimated 3.4 million people are food insecure in Appalachia. Ask God to raise up leaders and churches to meet these hunger needs.

Day 4

Pray for the churches and faith-based organizations currently ministering to hungry people in Appalachia. Ask God to bless their work and to open doors for gospel conversations.

Day 5

Pray for the individuals and families struggling with food insecurity in Appalachia. Ask God to provide for their needs and surround them with a supportive, Christ-centered community.

Day 6

Pray for the volunteers who serve through the Community Meal. Ask God to equip them to build meaningful relationships and share Christ's love.

Day 7

Pray for those who attend the weekly Community Meal. Ask God to break down walls and allow gospel conversations to flourish in an atmosphere of fellowship.

Day 8

Pray for the churches preparing and providing meals. Ask God to strengthen their ministries, supply resources, and use their efforts to transform lives both physically and spiritually.

Day 9

Pray that those being served will not only have their physical needs met but also become integrated into the local church, finding lasting community and spiritual growth.





Guatemala

The municipality of Palín has faced high rates of child malnutrition. In response, Southern Baptists launched a training program to teach sustainable nutrition practices to local parents. Global Hunger Relief funds provided food supplies, supplements, and vitamins, leading to an 89% reduction in acute malnutrition.

This initiative also opened doors for local churches to serve families and share the gospel. The project strengthened relationships with government officials, leading to national recognition. As a result, both physical health and spiritual transformation are now taking place in the community.



PRAY FOR GUATEMALA

Day 10

Pray for the people of Guatemala. Ask God to bring food to the hungry and hope to the hopeless. Ask Him to raise up leaders in churches and communities who will proclaim Him in both word and deed.

Day 11

Praise God that many children with acute malnutrition recovered through the nutrition training for parents! Pray that the children still recovering will have access to food and nutrition.

Day 12

Pray for the local churches in Palín. Ask God to make them bold as they meet needs and share the gospel.

Day 13

Pray for parents receiving nutrition training. Pray they continue to provide long-term, sustainable nourishment for their children.

Day 14

Pray for ministry partners in the area and ask God to lead them to other communities that need training, resources, and the gospel.

Day 15

Pray for continued favor with local government officials and community leaders.

Day 16

Through the nutrition training, more than 1,000 people heard the gospel. Pray that gospel seeds will take root and bear fruit in the coming months and years.





Nigeria

A Baptist College in Nigeria provides pastors' wives with soybean seeds to improve health and open doors for ministry. The women learn to grow soybeans and then use them to prepare soy-based milk, soups, cheeses, and cakes. They then take what they've learned back to their communities and use it as a tool for evangelism and discipleship.

In 2024, 48 women completed the training. Upon graduating, they each received a starter supply of soybeans that, in many cases, has already yielded a bountiful harvest. Many graduates report that because of the training, they were able to share with their neighbors. Families in their community are now healthier, neighbor-to-neighbor relationships are more substantial, and churches are growing. Some families have even been able to generate much-needed income by selling soybean products.

This ongoing project is strengthening communities in Nigeria by addressing both physical and spiritual hunger.



PRAY FOR NIGERIA

Day 17

Pray for the people of Nigeria. Approximately half of the population is Muslim, while the other half is Christian. Ask God to soften hearts toward the gospel.

Day 18

Pray for the 48 women who completed the soybean training in 2024. Ask God to bless their soybean harvest.

Day 19

Pray that God will financially provide for pastors' families as they pursue theological training.

Day 20

Pray that these Nigerian pastors and their wives will find open doors to gospel conversations when they share their soybean training and products with their communities.

Day 21

Pray for Ladi, one of the recent graduates. She shared that soybeans are "opening doors for witnessing." Pray God will use her to bring physical and spiritual nourishment to her community.

Day 22

Pray for ministry partners in Nigeria. Ask God to protect them as they minister and share the good news of Jesus Christ.

Day 23

Just as soybean seeds are planted and grow, ask God to grow gospel seeds planted as a result of this project.





South Asia

Southern Baptists are taking a holistic approach to meeting needs in South Asia. Gifts to the Global Hunger Relief offering will install tube wells to ensure reliable access to clean water, reduce the burden of water collection, and prevent disease.

But that's not all. Your gifts are also providing families with livestock of chickens and goats and fruit tree seedlings. These animals will not only help generate income, improve nutrition, and foster financial stability but will provide opportunities to share the love of Christ.

This comprehensive approach aims to impact up to 10,000 people, creating sustainable change by breaking the cycle of poverty while strengthening new and growing churches in the region.



PRAY FOR SOUTH ASIA

Day 24

This work takes place in a country closed to the gospel. Pray that God's favor would be on believers and churches as they help their communities in the name of Jesus.

Day 25

Pray for families currently without clean water. Ask God to keep them from illness while the wells are being built.

Day 26

Pray for local church leaders who are being persecuted for their faith. Ask God to provide for their needs.

Day 27

Pray for people receiving chickens and goats. Pray that these animals will help meet their nutritional needs and enable them to build a sustainable business.

Day 28

As families experience the joy of clean water, pray they will come to know Jesus as the Living Water.

Day 29

Pray for families receiving fruit seeds. Ask God to make their harvests bountiful so that they can generate income.

Day 30

Ministry projects in this area have witnessed people coming to Christ, and new churches have been started. Pray new believers will be strengthened, and more churches will be planted.



Day 31

As we close our 31-day prayer journey, we reflect on our theme Bible verse, John 6:35: “‘I am the bread of life,’ Jesus told them. ‘No one who comes to me will ever be hungry, and no one who believes in me will ever be thirsty again.’”

Pray again for each featured area: Appalachia, Guatemala, Nigeria, and South Asia.

Pray for ministry partners to alleviate hunger in these communities. Pray that recipients will desire to know the true Bread of Life. Ask God to give partners the words to clearly explain the gospel and that hearts will be receptive.



