

Dear Church Leader,

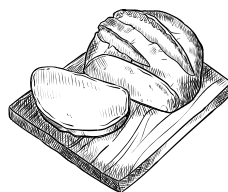
We are so glad that you are a part of our Impact Mission Camp family. Each year, we provide a Bible Study and devotional material for churches who are attending our camp. Instead of receiving a Bible Study before your time at camp this year, we are equipping you with a fall Bible study.

This is a four-session Bible study on hunger that was used at Impact Mission Camps in 2016. It's been a decade, but the message is as strong as ever! We are followers of Christ who are to make sure that others are spiritually and physically fed. This Bible study has been updated, and we pray that it will be an engaging time of study for your group. This theme will also be carried into our Fall Youth Retreat at Eagle Eyrie October 9-11, 2026. Make sure to join us for a weekend of worship and fun on the mountain!

Cadance Tyler

IMPACT MISSION CAMPS BIBLE STUDY

HUNGRY



Cupbearers to the King- Shepherds of the Flock-Followers of
Christ

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Study 1: Hunger, a Biblical History Lesson

Objective: To set a foundation for understanding that God has been providing food for God's people as long as we've had accounts to tell about it. To understand ourselves as participants in the story helping God bring manna from heaven.

The Bottom Line comes from the book of Luke 6:21 and the Beatitudes:

Blessed are you who are hungry, for you shall be filled.

Hunger is such a broad topic and it is very complex. We are going to make the distinction between spiritual hunger and physical hunger. For our purposes tonight, we would like to explore what it means to be physically hungry in Virginia. Throughout the study, we are going to explore this topic to see what the Bible has to say about hungry people and to learn more about the hungry people who live in our very midst.

Let's think about when we've experienced hunger: (Let students share funny stories about when they were hungry/what happened)

- Have you ever been sitting in class, or church, close to lunchtime and your stomach begins to growl so loud that the people next to you can hear it? So embarrassing! You proceed to do everything you can to make it stop. This may include things like: drinking as much water as possible to trick your stomach, bending over and moving every which way in between growls so that it will stop, or maybe it just means making faces at the people around you and getting a good giggle out of a perfectly normal sound. You may note that you need to get up early enough to eat breakfast—or more breakfast, next time.
- Have you ever been so ready to eat that you told your parents, “I’m starving!”?
- Did you ever open the door to your pantry, see all of the food in front of you, and declare there is just nothing good to eat?

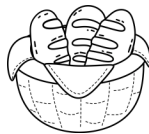
These are all normal expressions of everyday hunger in our lives. I want to share with you some statistics about hunger in Virginia where these occurrences we described are far more serious than in our daily lives. Hunger doesn't discriminate by socio-economic status, race, ethnicity or gender. **1 in 7 people in our nation are food insecure. 14.1 million children (18.4% of households with children) lived in food-insecure households in 2024.**

Did you know that the Biblical story of the Israelites includes a story about a time when they were hungry and asking God to provide food for them? Let's read more about it. As you listen, think about how this might relate to the complex subject of hunger that we will be learning about in the next few weeks.

Background: This is the time of Moses and Pharaoh. Prior to this time in the wilderness, the Israelites were slaves in Egypt. They have just been freed by Moses and crossed the Red Sea into the wilderness. They are scared and can't believe they listened to Moses. Now what are they supposed to do? There is no food for them!

Read Exodus 16:13-16, 21

“In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, “What is it?” For they did not know what it was. Moses said to them, “It is the bread that the Lord has given you to eat. This is what the Lord has commanded: ‘Gather as much of it as each of you needs, an omer to a person according to the number of persons, all providing for those in their own tents.’” Morning by morning they gathered it, as much as each needed; but when the sun grew hot, it melted.”



God physically provided for them something to eat. There is of course more to the story. Because God was providing so much, and the Israelites were so nervous about their situation, they began to take more than would feed their families for the day. They became concerned that God would not provide enough food the next day, and they began to store up food for themselves. They forgot that God would provide.

Ask:

- While we don't always see bread physically fall from heaven for us, in what ways does God provide the things we need today?
- How might we play a part in helping God provide “manna from heaven” for those who are hungry in our midst?

Next week we are going to learn more about what hunger looks like in Virginia and see if we can feel, if only for a little while, what it feels like to be food insecure. We will explore what it feels like when it seems that God is not being faithful to the promise to provide physical manna each day. We can come to God's aid and help God provide for the hungry in our communities.

Sing/Speak the hymn “Great Is Thy Faithfulness”

“Morning by morning new mercies I see—all I have needed thy hand hath provided
Great is thy Faithfulness Lord unto me.”

This line speaks directly to the experience of the Israelite people, and also to us as well.

End with the Lord's Prayer:

“Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our sins as we forgive those who sin against us and lead us not into temptation but deliver us from evil for thine is the Kingdom and the power and the glory forever. Amen.”

Study 2: The Price is Right

Objective: To educate by playing games and participating in activities and to establish some basic vocabulary to talk about hunger.

Leader Preparation: This week you will need to print images or bring actual items for a “Price is Right” game.

Last week we looked a story in the Old Testament where God provided food for God’s people in the form of manna from heaven. This week we are jumping to the end of the book of John in a passage where Jesus is talking with Peter.

Background: This is one of the accounts that John gives us in which Jesus appears to his disciples. In the beginning of the chapter, we find the disciples by the sea ready to go out and fish. They’ve just experienced the death of their beloved teacher and they are at a loss for what to do. Life seems too hard to continue, so they go back to what they know, and what they know is the sea and fish. They go out in the boat and suddenly someone is on the shore. They don’t realize it is Jesus. He calls to them because they haven’t caught any fish after a whole night of work and he tells them to cast their net to the other side of the boat. Immediately they catch so many fish that they cannot even bring in the entire haul. When they go to shore, Jesus has prepared a fire and is waiting to eat with them. And, as they begin to eat with Jesus, they recognize him and know it is he who has appeared to them (the third time according to John).

After this transpires, we find Jesus talking with Peter. Invite the students to recall what role Peter played in the death of Jesus.

Read John 21:15-19:

When they had finished breakfast, Jesus said to Simon Peter, “Simon son of John, do you love me more than these?” He said to him, “Yes, Lord; you know that I love you.” Jesus said to him, “Feed my lambs.” A second time he said to him, “Simon son of John, do you love me?” He said to him, “Yes Lord; you know that I love you.” Jesus said to him, “Tend my sheep.” He said to him the third time, “Simon son of John, do you love me?” Peter felt hurt because he said to him the third time, “Do you love me?” And he said to him, “Lord you know everything; you know that I love you.” Jesus said to him, “Feed my sheep.”

Ask:

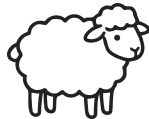
· Is there anything that stands out to you about this passage?

Jesus told Peter that he would deny him three times before the cock crowed when he foretold his death. And Peter did just that. In this great reversal, Peter is able to affirm that he does indeed love Jesus, and he says it three times. Jesus offers Peter wholeness and a charge to move forward in the future as a shepherd of God's flock.

Ask:

How is Peter to shepherd the flock?

We have the same charge. To feed God's sheep, and be fed ourselves because we are also a part of the flock.



Tonight we are going to learn a little more about some of the obstacles that keep us from being able to feed people. Food is expensive and it can be very difficult to have access to healthy food or to be able to afford food to feed everyone in our families.

Activities:

How much do you know about prices at the grocery store? Let's find out!

PRICE IS RIGHT game. You can use some of the most popular pricing games:

- Have students guess the prices of different items – closest without going over is the winner.
- Put items in order from highest to lowest – the further they go, the closer they get to where they take a shot to win a prize (golf shot, basketball shot, etc).
- Clock game – students guess the price, you tell whether the correct price is “higher” or “lower.” Students need to get the exact price for two items within a minute.
- Guess the price for three items – with a “budget” – you can only miss the total for all items by so much.

· Give a budget and have students pick as many items as possible without going over the total budget.

You can play multiple rounds or multiple games. It should take about 15 minutes.

BUDGET PRACTICE:

After they complete the activity, teach about these three concepts. Help them understand that food insecurity and food deserts are obstacles for those who are hungry. SNAP benefits act as a supplement to help boost the grocery budget when circumstances happen that make the budget small.

Food insecure: Food insecurity is when someone is not certain where his or her next meal will come from. 1 in 8 people in VA are food insecure. Show your students what that looks like by counting to 8 and having all of the “ones” stand in place. That is how many people would be food insecure.

Food Desert: The United States Department of Agriculture defines “food deserts” as areas where people cannot access affordable and nutritious food. They are usually found in impoverished areas lacking grocery stores, farmers markets and healthy food providers. Food deserts contribute to food insecurity.

Supplemental Nutrition Assistance Program (SNAP): SNAP benefits are what some call food stamps. Families can qualify for SNAP benefits based on the amount of money they bring in during a month. In 2025, individuals receiving SNAP benefits could spend approximately \$6.16 a day on food.

In today’s activity, you’ll take on the SNAP Challenge: planning meals on a limited budget. By stepping into this experience, you’ll begin to understand the tough choices families face every day and reflect on what it means to live with food insecurity.

Step 1: Introduction

Briefly explain the SNAP program (Supplemental Nutrition Assistance Program). Share the average SNAP benefit (\$6 per person per day, varies by state and year). Ask students: “What would you eat if you had only \$6 for the entire day?”

Step 2: Group Challenge

Divide students into small groups (3–4). Give each group a budget: \$18 for 3 people for 1 day (or scale up for multiple days). Using grocery store flyers or websites, students

create a 1-day meal plan:

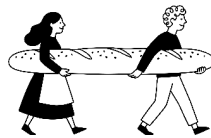
- Must include breakfast, lunch, and dinner.
- Must stay within budget.
- Must consider nutrition balance (protein, carbs, fruits/vegetables).

Ask:

- What did you find most challenging?
- Were you able to afford food for your family for the month?
- What would you change in your family budget?

Ending prayer:

Lord, we know that it is scary to not know when or where your next meal will come from and we accept the task of seeking to help you feed your sheep. We ask that we would be grateful for the food that we have in our homes and on our tables and we pray like you taught us: Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our sins as we forgive those who sin against us and lead us not into temptation but deliver us from evil for thine is the Kingdom and the power and the glory forever. Amen.



Homework for next week: Bring an item for your local food pantry.

Study 3: With An Ounce of Creativity

Objective: To see that Jesus used his creativity to provide food for a crowd of people.

Leader Preparation: It may be helpful to print copies of the Bible story so your students can read from them.

In our study tonight we are going to dive deeper into ways in which we try to help those who are hungry. Last week we looked at the command that Jesus gave Peter to “feed my sheep” and we learned that we also receive that same command. So, this week, we are going to learn about some creative ways that people in Virginia are trying to meet the needs of hungry people.

Allow students to “act out” the story for tonight.

Jesus, Philip, Narrator, Andrew

John: 6:5-13

Narrator: When he looked up and saw a large crowd coming towards him, Jesus said to Philip,

Jesus: “Where are we to buy bread for these people to eat?”

Narrator: Philip answered him,

Philip: “Six months wages would not buy enough to get a little.”

Narrator: One of his disciples, Andrew, Simon Peter’s brother, said to him,

Andrew: “There is a boy here who has five barley loaves and two fish. But what are they among so many people?”

Narrator: Jesus said,

Jesus: “Make the people sit down.”

Narrator: Now there was a great deal of grass in the place so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated. So also the fish, as much as they wanted. When they were satisfied, he told his disciples,

Jesus: "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets.

Ask:

- What stands out to you about this passage?
- What did you hear that you had not heard before?

This is one of the only stories that appear in some form in all four of the gospels. There was something special about this miracle that drew the attention of all four of the gospel writers. It was important to tell! In this account, it's as if Jesus already knows what is going to happen but he wants Andrew and Philip to help him figure it out. We often question whether these types of miracles can happen today or whether miracles of this magnitude were unique to the time of Christ. But wouldn't it be just as miraculous for Christ to move us to share what we have to feed thousands in need? And couldn't the inspiration for that come from a small group of students (or even one person) sharing what they have? And isn't it possible that we have so much that even after all were fed, there would be baskets of food left over?

Ask:

- Where do we see hungry people being fed in our community? (food banks, community meals, backpack programs at schools, etc.)
- What are some ways that our youth group could partner with others or create a way to share what we have with our community? (volunteer at local non-profit, host a meal in our church for the community, etc.)

Activity:

The leader needs to provide art and craft items for this activity. (Examples: markers, paint, paper, play dough, string, popsicle sticks, beads) Individually or in groups, find a creative way to illustrate the Scripture passage for today's lesson. (Examples: paint a picture, create loaves and fish out of dough, etc.)

Ending Prayer:

"... we confess that in a world where there is food enough for everyone, we squander our power to distribute the food on our shelves or the money in our pockets to the hungry. We admit that we come to this day looking for an easier answer than sacrifice. We know that the awareness of injustice we feel at this moment may fade as quickly as today's headlines. So, God, give us compassion that lasts. May we give whatever is within our power to overturn the tables of injustice and to pour out bags of rice for all those the world forgets to feed." -Hunger, Sharlande Sledge

Study 4: Come to the Table

Objective: To recognize that, after we serve and learn about those who are hungry we, as Christians, begin to experience an inner hunger for righteousness and justice. We experience a great feast of abundance every time we come to the communion table. I hope to give some tools and resources for advocacy work as well.

Leader Preparation: You can end this night with an observance of communion together. You will need a loaf of bread and grape juice. Alternatively, if you don't want to lead a time of communion with your group, you could work as a group to cook dinner together and end your study around the table with a meal.

This past summer, your group served at Impact Mission Camp. I don't know about you, but after I spend a week serving others I find that I have changed. I realize that all along I thought I was going to serve someone else and it is really me who ends up being served. I learn about myself and about others and something shifts inside of me. I seem to have this deep yearning for something to be better, a change to be made for these people whom I love more deeply now. We begin to have a hunger that we cannot satisfy ourselves. It is not satisfied with food. It is spiritual in nature. We begin to hunger for things like justice and mercy and righteousness. These are things we cannot do apart from the grace of God.



Isaiah 58: 6-11 puts it this way:

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help and he will say, Here I

am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail.

Matthew 25: 34-45

Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, [g] you did it to me.' Then he will say to those at his left hand, 'You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?' Then he will answer them, 'Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.'

At some point, we recognize that many of the creative ways we seek to help those who are hungry are merely band-aids to larger problems in our cities, state, nation and world. While they are good and important, we also have to seek to protect the rights of those who cannot speak for themselves. Oftentimes, when talking about speaking for others, we use the term advocate. When we experience meaningful relationships with others, we begin to want to make their lives better on a larger scale.

A leader at a favorite organization of mine, Krisanne at Bread for the World, talks

about how she learned what being an advocate really meant. It is not a fancy political term in her view. It is our job to advocate on behalf of the least of these to our God. She gave the example of Nehemiah. Nehemiah has the unique job of being a Jew and of being the cupbearer to the King. We serve as cupbearers to the King too!

Ask:

- What are ways that you can be advocates?
- Describe how spiritual hunger and physical hunger differ.

Here are some ideas for how you all can be advocates:

Host a Broken Bread Meal, a resource provided through World Vision.

Bread for The World- Offering of Letters Campaign

A Resource Book: What Can One Person Do? Faith to Heal a Broken World, Sabina Alkire and Edmund Newell

Commit to praying for the people you encountered during your week of Impact and follow through together as a group.

End with Communion:

“The feast showed us how to re-member what had been dis-membered by human attempts to separate and divide, judge and cast out, select or punish. At that Table, sharing food, we were brought into the ongoing work of making creation whole.”

–Take this Bread, Sara Miles

Jesus appeared to the disciples several times and they often did not recognize him until they sat at the table and ate together. We are given the opportunity to come to the Lord’s Table tonight and recognize Jesus here in our midst. We know that the table is set for everyone to have enough. We do not have to “store up” from our time at the table, whenever we partake of the meal there will be plenty to go around. So tonight, eat. Recognize that Jesus is in your very midst eating a meal with you. And while you eat, notice that your stomach is groaning a deep spiritual hunger groan for all of injustice and “not rightness” in our world. But be assured that there is a God whose business it is to make things whole and right and that you are a part of that business as you shepherd the flock, and act as cupbearer to the King! Take and Eat. Take and Drink.

**Ending Prayer:**

Lord we thank you for providing a feast for us and that you come and dine with us there. Help us to find ways to encounter you at the dinner table with others. We ask that you would remind us of how hungry we are for justice and mercy when we forget about our brothers and sisters. Remind us to pray for daily bread, knowing that you will provide for us and that in turn we also help you to provide for others. We love you. Amen.