

Give us this day our daily bread.

Such a basic need, and I guess most of us don't think twice about whether or not it is something we need to bother about. We might be more preoccupied with the next phrase – forgive us our trespasses.

Yet hunger and poor food is such a big issue in our communities. It is wonderful that many churches contribute to their local food bank; many volunteer in crisis food centres, whether the food bank, a drop in or community kitchen. Yet the problem is not going away. In fact, it is getting worse, as more people find themselves in crisis due to changes to the benefit system, zero hours contracts, or simply a large bill destabilising their fragile financial cashflow.

There is still a great deal of stigma attached to food poverty and those who experience it – after all, too many think it must be a result of their poor life choices or financial management (or lack of it).

If you get a moment, have a quick look at [this film of young girls](#) from Darwen talking about their experiences of being hungry, and how it affects them. Young people are starting to talk openly about their experiences – and to challenge those who can make things better for them. Last year they spearheaded a campaign #DarwengetsHangry to raise the profile of food poverty, and by extension child poverty. Over 45% of children in Blackburn with Darwen live in poverty. There are other areas of Lancashire which have similar levels of poverty and deprivation.

I started with the Lord's prayer – give us this day our daily bread. I would urge you to consider how you can best help those who are in need – on our doorstep – as well as further afield. And maybe also consider whether an all too common 'trespass' might be to prejudge whether someone deserves help or not.

As Christians, we hear Jesus' teaching in Matthew 25 v35 – 'when I was hungry, you gave me something to eat, and when I was thirsty, you gave me something to drink.' So many churches take this to heart, and offer cafes, places of welcome, and others, who look after the most vulnerable in our communities. 'whenever you did it for any of my people, no matter how unimportant they seemed, you did it for me.'