

- 1 Jesus talked of people - on dying - being faced with the consequences of what they have done (or not done) to others. He talked of how individuals react to those who are hungry or thirsty, strangers or without clothing, sick or imprisoned.
- 2 Each day we meet people who are - in many different ways - "hungry" or "thirsty" or are "strangers". Let's reflect as though Jesus himself was speaking the following words, knowing that he said that we are brothers and sisters to one another. Jesus added that what we do to them, we do to himself.
- 3 **I was hungry for a generous word  
- and you smiled and talked warmly.  
I was hungry for a gesture of kindness  
- and you went beyond  
what I had hoped for.  
I was hungry  
for genuine understanding  
- and you heard beyond my words.**
- 4 **I was thirsty for life and vitality  
- and you helped me to grow.  
I was thirsty for encouragement  
- and you affirmed me and built me up.  
I was thirsty for moral support  
- and, willingly,  
you shared my cup of suffering.**
- 5 **I was a stranger to genuine welcome  
- and you gave me your full attention.  
I felt lonely  
- and you blessed me  
with your presence.  
I was a stranger to care and appreciation  
- and you treated me  
with courtesy and respect.**
- 6 *Let's pause in silence to think how, in such small ways, we can set about to touch the lives of a few people today.*

This is an excerpt from the page of this date in  
*'Praying Each Day of the Year'*,  
a 3-volume book  
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine  
to research this topic further.

This material is part of  
the prayer and education website  
of the De La Salle Brothers  
in Great Britain:  
[www.prayingeachday.org](http://www.prayingeachday.org)