

LENT 2025

Join us to pray for Ealing Foodbank each week this Lent



Prefer to receive this as a weekly email? Sign up on ealing.foodbank.org.uk/give-help/lent/ or by scanning the qr code.



5 MARCH

Isaiah 58

Is not his the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

Pray

As we fast and pray this Lent, soften our hearts to better understand the difficulties many of our neighbours face in their daily lives. We pray especially for those foodbank users who are suffering and stuck in systems of injustice.

Consider donating some of our most needed items



10 MARCH

Deuteronomy 26

Then we cried out to the Lord, the God of our ancestors, and the Lord heard our voice and saw our misery, toil and oppression. So the Lord brought us out of Egypt with a mighty hand.

Pray

We lift up all of those who are oppressed and excluded from our society. In your mighty power we pray that you would bring justice in our borough and bring foodbank users out of the situations that cause them physical, emotional and financial hardship.

A prayer for justice by Ronald Rolheiser



17 MARCH

Psalms 27

For in the day of trouble he will keep me safe in his dwelling: he will hide me in the shelter of his sacred tent and set me high upon a rock.

Pray

Protect us God when we're scared, when we're in trouble or in danger. We pray for your protection to cover all of our community, especially the most vulnerable. Help us to know when we can protect those around us and help us to act.

Give Today allows you to donate food to us online



LENT 2025

24 MARCH

John 17 - Jesus prays

My prayer is not that you take them out of the world, but that you protect them from the evil one...As you sent me into the world, I have sent them into the world.

Pray

Thank you Lord for giving us the job of taking care of our earth and our community. Help us to know how to care for those around us. We pray for Ealing foodbank as they care for their neighbours, for their staff and volunteers.

Volunteer at
Ealing Foodbank



31 MARCH

Luke 15

But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

Pray

We pray for ourselves and for our society. Give us your perfect mercy and compassion so that we can show compassion to others. We pray for the foodbank, that people would find relief, compassion and mercy when they come to the foodbank.

Scan the code to
see a video and
prayer on Luke 15



7 APRIL

Psalms 126

Those who sow with tears will reap with songs of joy. Those who go out weeping carrying seed to sow, will return with songs of joy, carrying sheaves with them.

Pray

We pray for all of those who weep and mourn, who hunger because they have no food. In your mercy, provide Ealing foodbank users with what they need and let them walk with joy.

You can give
financially to
Ealing Foodbank



HOLY WEEK

Isaiah 42

In faithfulness he will bring forth justice: he will not falter or be discouraged till he establishes justice on earth.

Pray

Help us to continue to work for holy justice in this world. Give us strength and hope to never give up.

EASTER

Christ is Risen!

Join us to continue praying for the foodbank as we celebrate hope, joy and life overcoming death.

An Easter prayer from
the foodbank.

