

How-to Guide



**mary's
meals**

a simple solution
to world hunger

Mary's Meals provides daily school meals to over 3 million of the world's poorest children in close to 5,100 schools.

Learn more at marysmealsusa.org

Becoming Prayer Pals

Thank you for your “Little Act of Love” for children across the world

This guide helps you introduce the Prayer Pal Club in your classroom and lead students through a simple, meaningful activity of prayer, global awareness, and compassion.

◆ 1. Introduce Mary’s Meals (1–2 minutes)

Use simple language appropriate for your grade level:

“Mary’s Meals provides daily school meals to more than 3 million children around the world. These meals help children learn, play, and grow because they no longer have to worry about hunger.”

Share that your class will pray for children who receive these meals — becoming **Prayer Pals**.



MARY'S MEALS FILMS for the classroom

Mary's Meals – A Simple Solution to World Hunger

- Length: ~ 4 minutes
- Suggested age: **Grades 3-8** (ages ~8-13)
- Use: Great as a class-intro to show how Mary's Meals works globally.

<https://youtu.be/gffFOkH19Mo>

Mary's Meals – Introduction to Mary's Meals

- Length: ~ 6 minutes
- Suggested age: Grades 4-9 (ages ~9-14)
- Use: Follow-up after the shorter video; good for discussion.

<https://youtu.be/bPLdM17bkG4>

From Hunger to Hope (Mary's Meals)

- Length: ~ 5 minutes
- Suggested age: Grades 6-12 (ages ~11-18)
- Use: Ideal for older students to explore deeper mission context and mature themes of hunger & hope.

<https://youtu.be/vTq0KHUEK7s>

Child 31

- Run time: ~ 32:39 minutes.
- Suggested age: Grades 7-12 (ages ~12-18)
- Use: A full feature-length introduction to Mary's Meals' work, good for a dedicated lesson or film period.

<https://youtu.be/aFU8cU-clCs>

◆ 2. Explain What a Prayer Pal Is (1 minute)

“A Prayer Pal is someone who prays for another child with love, kindness, and hope. By becoming Prayer Pals, we connect with children far away through prayer.”

Invite students to see this as **friendship through prayer**.

◆ 3. Pass Out the Prayer Pal Coloring Cards (2–5 minutes)

Each student receives one card (boy or girl version).

Students may:

- Color the illustration
- Write their own name
- Decorate or add a personal prayer



◆ 4. Choose a Country (2 minutes)

The list of countries and a child's name is on the back of the card.

Invite students to pick a country and child they want to pray for.

You can say:

“Choose one country from the list — that’s where your Prayer Pal lives! Each country on the list is a place where Mary’s Meals is feeding children today.”

You may display a **world map** or **globe** for added engagement.

◆ 5. Say the Prayer Together (1 minute)

Lead the class in the simple Prayer Pal prayer:

“Dear Jesus,
Dear God, please bless my friend today,
Who lives so very far away.
Give food to eat and help them learn the whole day through.
Keep them safe in all they do -
And let them feel Your love shine through.”
Amen

◆ **8. Close With a Message of Mission (teacher says aloud)**

“By praying for our friends around the world, we are spreading love, kindness, and hope. Our little acts of love makes a difference — and today you helped make the world a kinder place.”

◆ **Print and Use the following templates**

◆ **Join the Mary's Meals PRAYER PALS Club**

Thank you for helping your class join children around the world in a simple but powerful mission of love and prayer.

Email us to join: **ambassadors@marysmeals.org**

By becoming **Prayer Pals**, your students will pray for a child who receives Mary's Meals — a daily school meal that helps them learn, grow, and dream. Please invite your class to:

- Pray with kindness for their Prayer Pal
- Remember that their prayers bring hope across oceans
- Learn about the countries where Mary's Meals serves
- Join a global family of children helping children
- Every small act of love makes a difference.

Thank you for saying “yes” and guiding your students in this beautiful mission.

I'M A MARY'S MEALS PRAYER PAL



Mary's Meals Countries & Children's Names

Benin — Elisabeth
Ecuador – Andres
Ethiopia — Kalkidan
Haiti — Marie
India — Arjun
Kenya — Amina
Lebanon — Sara
Liberia – Joseph
Madagascar – Jean
Malawi — Chimwemwe
Mozambique — João
South Sudan — Deng
Syria — Yara
Yemen - Saleh
Zambia — Tandiwe
Zimbabwe — Amahle

**“Dear God,
please bless my friend today,
Who lives so very far away.
Give food to eat and help them
learn the whole day through.
Keep them safe in all they do -
And let them feel Your love shine
through.”
Amen**

**I prayed today for my
friend named:**

I'M A MARY'S MEALS PRAYER PAL



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Amen**

Mary's Meals Countries & Children's Names

Malawi — Chimwemwe
South Africa — Lerato
Kenya — Amina
Uganda — Grace
Mozambique — João
Zambia — Tandiwe
Liberia — Joseph
Haiti — Marie
India — Arjun
Lebanon — Sara
Myanmar — Nyein
Ethiopia — Kalkidan
South Sudan — Deng
Syria — Yara
Thailand — Nok
Philippines — Miguel
Bangladesh — Fatima
Mexico — Luis
Venezuela — Camila
Romania — Ana-Maria

**I prayed today for my
friend named:**
