And whoever gives only a cup of cold water to one of these little ones to drink because the little one is a disciple —amen, I say to you, he will surely not lose his reward.

What is needed most now?

For our whole earth, it is clean air, it's a vaccine for a virus end, it's a meal for the hungry.

For our racial problems it is justice and love, for all who thirst, it's a cup of water.

O
God,
you ask
little of us.
Please help us
give each other the
"cup of water" we all
need. Give us desire and
your knowledge and insight
to fix all the problems we have.

Let us not ignore even one soul's need. Every one of us thirsts for you.

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