

Grace and Light – Food Distribution and Counselling

On Sunday 10th May, Grace and Light, gave food packages to 100 households.

This time we tried something different – we gave food packages together with counselling. We thought the food may be useful to people as they live here on earth and especially during the lockdown, but we know helping them to live in Christ will bring eternal value far more than the food.



The results were amazing: The staff who did the counselling testified that their time with the people was very revealing as if people were looking for such opportunities.

The common things asked during the counselling were:

1. Checking people's relationship with Christ and their commitment to Him as followers
2. The impact of Corona Virus in the lives and homes
3. Their occupation (husband or wife) before the lock down
4. Then different questions according the counsellor or counsellee; like telling them about Grace & Light, checking if they have any questions or they would want a follow up on some issues after the lockdown in the office, etc.



The majority of the individuals who came were between 27 to 50 years, with 5 between 60 and 70. Therefore most of them are parents, grandparents or widows. Like in the churches we went to every Sunday before the COVID 19, many people were just church goers but they were helped into understanding what it means to have Christ in the centre of their lives.

Here are two testimonies of people who came for the food packages.

A 43 year old lady, who was a tailor, has 4 children, with a husband who is a driver and both of them cannot go out for work because of the lockdown and they end up fighting almost every day because there is no food in the house. She were really thankful for the food package and for the counselling and she promised not to fight again, but to trust God for their lives in the future.

A 39 year old lady, married to auto mobile mechanic with 5 children had the same story. They had lived and ate out of their daily income but with the lockdown, they just depended on what neighbours could give them. They were glad they have something of their own to eat for some days until they can go back to work.

Many of these people went back home with a smile and knew it was a blessing from the Lord and prayed for those that gave the supplies for God's Blessings.

Counsellors prayed with many of them: for God to forgive their ways of life that were not pleasing to Him; some for God to give them grace to follow Him truly; and for others patience with spouses and children.

One of the persons that was counselled gave her life to Jesus Christ for the first time. The staff are following up with her.



Thank you to everyone who gave to AMEN food distribution appeal, which made this food distribution possible – it is really appreciated.