

Secondary, Youth & Young Adult doActivities



do fast

IN PARTNERSHIP WITH



nadMinisterial





do fast

Please **do** become aware.

RESTORE A CHILD | **do fast** is helping children in many countries and assists in a variety of ways including providing food, education, and medical care. For a quick introduction, watch the video found at: <http://www.youtube.com/watch?v=jEVS3gdAHyY>. What does it mean to be hungry? To be starving? To be unsupported?

Browse through the **RESTORE A CHILD** | **do fast** website (www.restoreachild.org) to learn about the amazing things that are being done throughout the world to help "RESTORE a child."

After reviewing the website, choose one or more of the countries or projects that you find particularly interesting or compelling. Conduct research to find out more about this particular need or situation. Develop a chart or table summarizing what you were able to learn about the project/ country you chose.



If possible, share and discuss your findings with others.

Are there political, economic, cultural or geographic reasons which have contributed to this particular need? Is this need due to recent events? Do you hear people talking about this need? What resources are being used to assist in this situation? What obstacles make it difficult to help?

Many of us become so focused on our own daily activities, needs, and pressures that we don't realize many others are in very different situations. What does it mean to be hungry? To be starving? To be unsupported?

Before we can help, we must be aware of the need.

“Wise men and women are always learning, always listening for fresh insights.” PROVERBS 18:15 (MSG)

24 hour do fast

Please
do pray.

As you reviewed the **RESTORE A CHILD** | **doFast** projects, you might have been thinking that you'd like to help. But you might have wondered where to start.

How about starting with prayer?

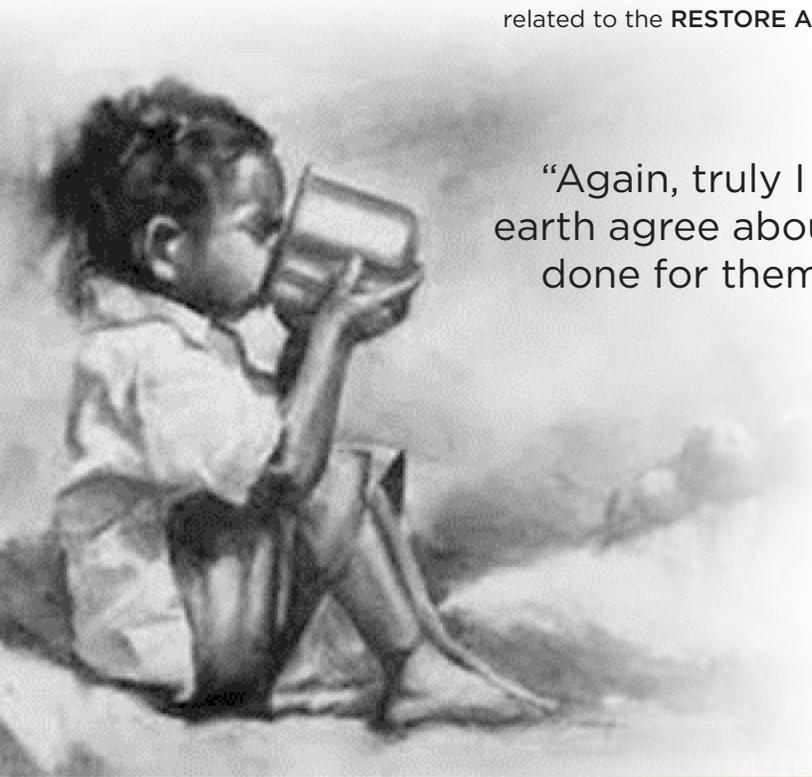
But what should you pray for? Comfort for the orphans? Volunteers? Money? A compassionate heart?

If you're planning to join the 24-hour do Fast, what do you want to pray about in preparation for that event?

Individually, or with others, develop a list of specific things you want to pray for related to the **RESTORE A CHILD** projects and **doFast**.

“Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven.”

MATTHEW 18:19 (N



24 hour do fast

Please
do fast.

So what about **do fast**? How will participating in **do fast** help?

There's nothing quite like experiencing something to help us understand. While no one is going to starve after a 24-hour fast, you might experience a little more hunger than you normally do! But still, how does "do fast" help the orphans?

Many may want to fast from food and donate what would be spent on meals for do projects. That's wonderful and it would be a great benefit to others. But that's just the beginning of what do Fast is all about. Read the following verses from Isaiah taken from The Message Bible:

"This is the kind of fast day I'm after:
to break the chains of injustice,
get rid of exploitation in the workplace,
free the oppressed, cancel debts.
What I'm interested in seeing you do is:
sharing your food with the hungry,
inviting the homeless poor into your homes,
putting clothes on the shivering ill-clad,
being available to your own families.
Do this and the lights will turn on
and your lives will turn around at once.
Your righteousness will pave your way.
The Goo of glory will secure your passage.
Then when you pray, Goo will answer.
You'll call out for help and I'll say, 'Here I am.

1 ISAIAH 58:6-9

After reading and reflecting on these verses, and using the knowledge you have of the needs around the world and at home, summarize in your own words your understanding of what God wants from you. Your summary might be poetry, a letter, an essay — be creative!

24 hour do fast

Please
do help.

After becoming aware of the need, praying, fasting — now it's time to help.

James 1:27 {NIV}: "Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world."

What can you or your group do to help? Do you want to raise money for a particular **doFast** project? Do you have a specific goal (\$ amount)? What resources do you have for an activity or event?

Develop a list of potential activities or events, as well as the pros and cons of each. Then plan, organize and participate!

What will you need to do in advance of the activity/event?
Will you need to let people know of your activity/event?
How soon can you conduct the activity/event?
Can this be an ongoing activity? One time event?

You can be an important part of **doFast**. Your efforts may benefit orphans and others in other countries. Your help may also extend to local needs. What can you or your group do to make acts of service ongoing?

Upon returning to the Israelites from his mountaintop meeting with God, Moses said, that God "**makes sure orphans and widows are treated fairly, takes loving care of foreigners by seeing that they get food and clothing.**" Deuteronomy 10:18 {MSG}. But He calls on you to help.

"The Lord calls on every member of the church to do your duty to these orphans. Do not, however, work for them merely from the standpoint of duty, but because you love them, and Christ died to save them. Christ has purchased these souls that need your care, and He expects you to love them as He has loved you in your sins and waywardness." *The Review and Herald*, June 27, 1893.

Jesus talked about those who did for others - without even realizing it - because service had become part of who they were.

Restore a Child DoFast Activities

Scott R. Ward

Executive Director of Living it: High School Outreach (livingiths.org)

THEME:

Fast from technology/entertainment this week—one step at a time. The fasts can be individual or cumulative—meaning each fast can be for that day only or they can be continued through the week and added to each other until all technology/entertainment is off by the end of the week. New activities will be suggested to take the place of each activity being fasted from.

STRUCTURE:

This week offers students the opportunity to engage in activities morning, noon and night. Students are free to choose to engage once or twice per day or to go “all in” and engage all three activities interspersed throughout the day for maximum impact.

MORNING:

The fast for the day will be identified and suggestions will be made for what to do in its place. There will be reflection time, Scripture engagement and prayer—suggested time totaling 15 minutes.

MID-DAY:

An outreach/sharing activity will be outlined to engage in during lunch break or sometime later in the afternoon for 15 minutes.

EVENING:

Will be a reflective time to think through and apply the experiences to your life for another 15 minutes. Record your thoughts and ideas in a journal.

(Those choosing to engage once per day will choose between the morning and mid-day activities)

The following videos can be used as an introduction to Restore a Child and the service they provide to starving orphans.

English <http://www.youtube.com/watch?v=jEVS3gdAHyY>

Spanish http://www.youtube.com/watch?v=SYXEKrAR_Y





Elementary, Children's Ministries, & Pathfinders doActivities



DAY 1: FAST FROM TEXTING/CALLING

MORNING (and throughout the day today):

Most orphans don't have phones—especially not the orphans in developing nations who don't have enough to eat or a nice place to live. Try to start developing some empathy for these children by thinking about what they might do during a typical day. How do you think they talk to their friends when they don't have cell phones for texting or talking?

Today, every time you pick up your phone to text or call someone put it down—think about the orphans instead. Say a prayer for them that they will have friends to talk to and adults to care for them. Pray that someone will come along that can tell them about Jesus.

Text for daily reflection: "Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress and refusing to let the world corrupt you." --James 1:27

Mid-day:

Since you can't use your phone today try sitting down and having a conversation with someone you would normally only text. Tell them why you aren't texting or calling and have a discussion about what it would be like to be an orphan. Then talk about what it would be like to be a missionary that focused on caring for orphans.

Evening:

Record your thoughts from the day in your journal. Think about what it was like to not use your phone throughout the day. Did it get easier as the day went on? Why do you think that is? Do you think it would be hard for you to not have your phone for two weeks if you went on a short-term mission trip? Why/why not?

Why do you think organizations like "Restore a Child" were developed? What kind of person would it take to start an organization like this? What do you think it would take for you to have such compassion in your heart for others?

Go to www.livingiths.org and watch some video testimonies about people's journey of faith and how they gave their hearts to Jesus.



DAY 2: FAST FROM MOVIES/TELEVISION

Morning (and throughout the day today): Most orphans don't have access to movies and television. Try and put yourself in the place of these orphans by not watching movies and television today either. Instead of sitting in front of the television or going to the movies get your journal out and write a possible story line for the life of an orphan. Choose one of the nations where Restore a Child works and read about the conditions there at: www.restoreachild.org.

Include these basic elements in your story:

1. What conditions the child may have been born in (poverty/wealth, education/no education, famine/plenty, etc.)
2. How they lost their parents (disease/war/hunger/abandonment, etc)
3. What their options would be if Restore a Child hadn't come along (prostitution/death/slavery).

Pray for Jesus to give you more compassion for those less fortunate than yourself as you write.

Text for Daily Reflection:

When He (Jesus) saw the crowds, He had compassion on them because they were confused and helpless, like sheep without a shepherd. — Matthew 9:36

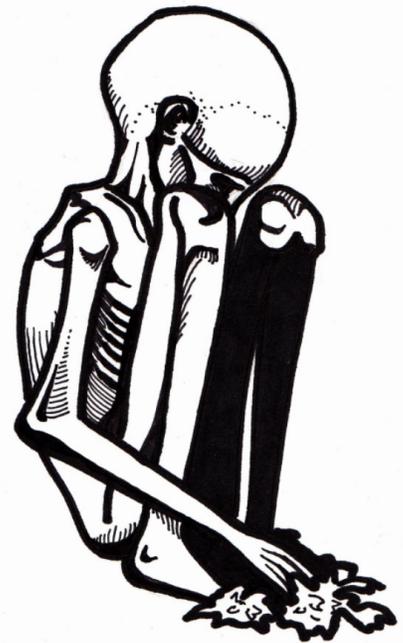
Mid-day:

At lunch-time tell some of your friends or teachers what you are learning about the lives of orphans. Have a discussion about what it must feel like to be an orphan.

Evening:

Record your thoughts from the day in your journal. Think about what it would feel if you suddenly became an orphan like the children you are praying for? Try to imagine the devastation you would feel. Sit down with your parents and tell them what you've been learning about the plight of orphans in developing nations. Tell your parents how grateful you are to have them even though you sometimes may struggle to show it.

Talk with your parents and try to come up with some ideas about what you could do to help orphans in other countries. Spend some time exploring www.restoreachild.org together.



DAY 3: FAST FROM MUSIC

Morning:

Most orphans don't have access to music unless they sing/play it themselves. Today the challenge is to turn off your music. Music may be the hardest one to give up for some students because they listen to it throughout the day and use it more than any other technology/entertainment to help them cope with life. So, instead of using music to help you through the day try replacing it with prayer for others—especially orphans.

Make a prayer list for your day that consists of some or all of the following:

1. Write down the names of the countries where Restore a Child operates and pray for those countries specifically.
2. Pray for the leaders of those nations to take a greater interest in providing for orphans.
3. Pray for the orphans to have enough food for the day.
4. Pray for more volunteers to step forward with donations to send more food.
5. Pray for more volunteers to go to these countries and participate in the work of caring for orphans.



TEXT FOR DAILY REFLECTION:

"Pray without ceasing." -1 Thessalonians 5:17

Mid-day:

Gather a group of your friends and teachers together and have a season of prayer for orphans and those who minister to them. Pray and ask Jesus to show you what you can do to help the less fortunate in the area where you live. Record the ideas the Holy Spirit brings to your minds as you pray.

Evening:

In your journal write down how it felt to go without music for an entire day. Consider what it would be like to continue your music fast by fasting from secular music and listen to Christian music only—especially songs that talk about reaching out to others. What do you think only listening to music with positive and uplifting lyrics could do in your life?

Do an internet search for Christian music that talks about missions and helping others. Write out the lyrics to the song you like the best.

DAY 5: FAST FROM THE INTERNET

Morning:

We are fasting from the internet last because it can be so helpful in researching mission work around the world. But now, today, it's time to turn it off. Replace the time you would spend on the "World Wide Web" with prayer for "World Wide Hunger." Also, during the time you would normally be on the internet pick up your Bible and read some stories about Jesus helping hungry and hurting people. Browse through the gospels (Matthew, Mark, Luke and John) and see how Jesus treated those less fortunate than Himself.

Text for Daily Reflection: "And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd." — Matthew 9:35, 36

Mid-day:

Sit down with some friends and make plans to volunteer at a local homeless shelter/feeding program. Make plans to ask your youth leaders/parents/pastor to help you find a place where you can go regularly to help feed hungry people.

Evening:

In your journal write down what you think it would be like to be hungry. Think about the longest period of time you have ever gone without food. What was it like? How did you feel? Is it hard for you to relate to people who are so hungry that they are losing weight and dying?

Pray and ask Jesus to help you think of some fundraisers you can coordinate to raise money for Restore a Child so they can continue feeding hungry children.





Elementary, Children's Ministries, & Pathfinders doActivities



DAY 4: FAST FROM VIDEO GAMES

Morning:

Most orphans don't have access to video games and so today, you won't either. Instead of playing video games/apps the challenge is to plan out your own short-term mission trip. Short-term mission trips are usually about two weeks long and are designed to give volunteers a chance to personally see the needs in other countries and have the opportunity to help out. Often times the result is that people come back home with a greater desire to serve others in their own home town.

Check out some mission trip locations at:

- www.restoreachild.org
- www.ultimateworkout.org
- www.maranatha.org

Pray and ask Jesus to give you a heart for missions and to help you decide where you would like to go and serve. Also, pray and ask Him to give you the determination to work hard to raise the money to go.

Text for Daily Reflection:

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross." — Philippians 2:5-8

Mid-day:

During lunch sit down with some friends that may be interested in going on a short-term mission trip with you. Check out the Maranatha website's manual for planning a short-term mission trip. Make plans to talk to your pastor or Bible teacher about helping you plan your trip.

Evening:

Go to: peopleofperu.org and read some mission stories that people have written about their experiences there. Especially focus on the stories about orphans and single mothers trying to raise their children. In your journal write down what you would hope to gain by volunteering to go on a short-term mission trip yourself.

Pray and ask Jesus to help make your mission dreams a reality.

What is Restore a Child?

Objective: Learn about the work of the organization Restore a Child.

Procedure: Access the website restoreachild.org. Read and view the information on each link on the website to learn about the work of Restore a Child. In addition to the type of work that they do, look specifically for the countries that have benefited from their efforts (see illustration in appendix).

The following videos can be used as an introduction to Restore a Child and the service they provide to starving orphans.

English: <http://www.youtube.com/watch?v=jEVS3gdAHyY>

Spanish: http://www.youtube.com/watch?v=SYXEKrAR_Y

Create a brochure that highlights several countries in which they have worked. Examine sample brochures from travel agents to see what they include. Are there photos, illustrations, maps, narratives, bulleted lists?

Use the printing press at http://www.readwritethink.org/files/resources/interactives/Printing_Press/ to help you with layout and printing of the brochure.

Share your brochure with a friend.

Materials: Internet
Sample Travel Brochures