

## Dag 2 – Dinsdag

“I was thirsty and  
you gave me  
something to drink”

—Jesus (Matthew 25:35)



**What is the challenge?** Today, only drink water.

Did you know, over half of our body is made up of water? Which means we need to drink water every day to nourish our bodies and stay healthy. Water is also essential for cooking, cleaning, bathing, and growing plants and crops. Most of us can turn on a tap in our house and have safe, clean drinking water. Yet, 844 million people around the world lack access to clean water. Every day, many people living in poverty have to walk more than six kilometres each way, just to collect the water they need. Sometimes, people make this journey more than once a day. Often, the water collected is dirty and polluted, full of bugs that can make people very sick. It's also hard work to collect water like that, and it doesn't leave much time for going to school, work or running a business.

Putting yourself in their shoes today - instead of drinking coffee, tea or cold drink, drink water, while thinking of those who do not have access to clean drinking water and pondering over the words of Matthew 25:35.

### Activity:

#### 1. Build your own tippy tap!

Clean water is important for everyone, but not just to drink. It's also important for things like washing your hands to stay healthy. In some communities that don't have piped water, people use "tippy taps" to wash their hands.

There are different designs of tippy taps, but all of them have a water bottle hanging from something. You tip the bottle using a rope handle or foot control so you don't touch the bottle with dirty hands. When it tips, water sprinkles out a

small hole in the side. Then you wet the soap and wash your hands! The best thing is that it only uses a small amount of water.

Here's how a tippy tap works:



Download these instructions and build your very own!

[DOWNLOAD](#)

Don't have time to build a tippy tap? Fill a milk jug or jar with water and use that to wash your kids' hands or brush your teeth this evening instead of using the tap to get an idea of what life without running water would be like.

## 2. Would you drink it?

Parents, before dinner, mix a jug of water with some dirt and a little oil and fill everyone's glass at home at the table.

## Dinner devotional questions:

1. Would you drink the water in your glass right now? (Let everyone answer.)
2. How many times did you wash your hands today? Did you drink out of a water fountain, a well, tap or bottled water? Flush a toilet?
2. Why is clean water so important to our health?
3. How would our lives be different if it wasn't as easy to get clean water?
4. Why is the tippy tap useful for families who don't have running water?
5. What's the farthest you have to go to get clean water? Did you know that kids and their moms in some countries have to walk almost 7 km for water every day? How would this change your life?

## Ways to pray

- Pray for people who don't have clean water.
- Pray for children who don't get to go to school because they have to walk long distances every day to get water.
- Pray for everyone in the world to get clean water, and to come to know Jesus as the source of living water.