

Dag 5 – Vrydag



What is the challenge? Make someone's day.

We all have our problems and worries. But many times, my of our problems or worries fade away when it is viewed next to that of someone else. Especially our health is something very vulnerable. Whenever we fall ill and can't do sport or play with friends, or can't work to earn money, we realize how fragile our health is and how thankful we should be for good health.

Today, while you are aware of your own worries/troubles, intentionally go and do something good for someone else. And if they react surprized and ask why you made their day, you can tell them it is because you are thankful for the blessings God gives you.

Activity: Would you rather ...?

How often do you think about your health, or the things you need to stay healthy? For some families, health is always a concern because their communities don't have doctors or health clinics. This activity shows how the questions we face can be drastically different than those affected by poverty around the world.

1) Start by explaining the following:

- Children in other countries often face choices and tasks that are much more difficult than the ones we face. They may not have any clean water near their house, or they may not have a toilet.
- Some children have no access to a doctor, even when they're really sick. Many children never think about what they want to do for fun, because they don't have much time to play.

- Water to drink, ways to stay clean and healthy, doctors, and nutritious food are things that many of us take for granted, but many children simply don't have them.

2) Ask the following "would you rather" questions, and share your answers with each other:

- Would you rather shower in cold water or wash your hair with honey?
- Would you rather shrink as small as an ant or grow as big as an elephant?
- Would you rather be chased by a pigeon or a lion?
- Would you rather live in the jungle or on the moon?
- Would you rather your house was surrounded by water or desert?
- Would you rather drive a train or fly a jumbo jet?

These choices were silly, but children around the world often face really serious issues that leave them with very little choice.

3) As a family, talk about how you have the ability to make complicated and often exciting choices, and that not all children have this ability because they don't have the same resources we do. Have everyone think through what actual choices they make on a daily basis (like choosing what to eat for lunch, or what to wear to school). Are these the same choices that kids with less resources have to make?

Dinner devotional questions:

1. When was the last time you were sick? Who took care of you? Did we go to the doctor? Did you take medicine?
2. Some children don't have the choice to go to the doctor even when they get sick from things like drinking dirty water and not having enough healthy food. If you knew your food or water could make you sick, what would you do?
3. Children under the age of 5 are the ones who are most likely to get sick. Why do you think that is?
4. Is it easier to help people keep from getting sick, or help them when they're sick?

Ways to pray

- Pray for health for new-born babies (who are very fragile) and their mothers, especially in rural areas.

- Pray for doctors and scientists who are working on ways to help people stay healthy and to fight diseases like malaria that still make a lot of people sick.
- Pray for families who have lost parents or children to disease, that God would comfort them and bring people into their lives to care for them.
- Pray that more people around the world would learn that some families don't have as many choices, and make the decision to help them.