

MATTHEW 25
FAMILY ACTIVITY
GUIDE

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TIP » Think about taking family photos/selfies as you participate in the week's activities to help you remember the fun and what you've learned. **Tag #M25challenge!**

MATTHEW 25 CHALLENGE

MONDAY

Food for thought



“... I was hungry and you gave me something to eat ...” —Jesus (Matthew 25:35, NIV)

What’s the challenge? Skip lunch, and break your fast tonight with rice and beans.

How much does your family know about global hunger and malnutrition? (See green box below.) Let’s find out!

New word:

malnutrition

A serious condition caused by a lack of the right food, in the right amount (a “balanced diet”).

New word:

stunting

A serious condition where a child has been hungry so much of their life that they are too short for their age—they would have been taller if they had had enough food. Stunting can have long-term effects, including things like brain damage and learning disabilities.

ACTIVITY I ➤ Hunger Trivia Quiz

Take this quiz together and check your answers on the next page.

1. The number of hungry people in the world is going down.
 True False
2. Most hungry people live in cities, not in the country.
 True False
3. You can tell by looking at a child if they don’t get enough to eat.
 True False
4. Hunger can make it hard for kids to pay attention in school and can even cause them to be stunted. (See green box at left.)
 True False
5. We have enough food in the world to feed everyone.
 True False

BONUS ACTIVITY



Watch this video

to learn why good food is so important, especially for growing children.

worldvision.org/nutrition

ACTIVITY 2 ➤ Dinner Challenge

Using the questions below, have a conversation during your Matthew 25 Challenge rice-and-beans dinner.

Questions

1. What did you eat today? What are you eating now?
2. How do you feel about eating this simple meal tonight?
3. Can you remember a time when you felt REALLY hungry? How long did you have to wait to eat? What did it feel like?
4. How can we share our food with others or help make sure they have enough to eat?

Ways to pray

Now, spend some time praying for those who are hungry today.

1. Ask God to give families what they need to grow their own food or enough money to buy it.
2. Pray that all kids will get enough good food so they'll grow strong and healthy and their minds will be ready to learn in school.
3. Pray for organizations, groups, and people who help hungry families get the food they need.
4. Say a prayer from your heart for every child who is hungry today.

Hunger Trivia Quiz answer key

1. **False.** After dropping for 10 years, the number of hungry people went up by 20 million (from 795 million to 815 million) between 2015 and 2016. More people are having trouble getting enough to eat because of problems like wars and lack of rain to grow crops.
2. **False.** About three of every four hungry people live in the countryside. Most of them are farmers who barely grow enough food to feed their families. But more and more parents and kids in cities aren't getting enough to eat, either.
3. **False.** You can't always see malnutrition on the outside. Sometimes kids get enough to fill their tummies, but it's not the right kind of food—and that can make them weak and sick.
4. **True.** Hunger affects many ways a person grows and develops. It can keep them from growing as tall as they should, or from learning like they should—so it's harder for them to become all God created them to be.
5. **True.** There is enough food for every person to eat healthy meals. The problem is the food we have isn't evenly distributed—some get lots of good food to eat and others who need it most get very little or nothing at all.

MATTHEW 25 CHALLENGE

TUESDAY Got water?



“... I was thirsty and you gave me something to drink ...” —Jesus (Matthew 25:35, NIV)

What’s the challenge? Today, drink only water.

Many people in poor communities have to walk—sometimes more than four miles each way—to get the water they need. Every day. More than once a day. And often that water is horribly polluted. It’s hard work to carry water like that, and it doesn’t leave much time for going to school or holding a job or running a business.



ACTIVITY 1 🔄 Walk a mile in their shoes

1. Fill one container of water appropriate for the age/strength of each person in the family.
2. Have a friend drive a mile away and park with those containers.
3. Walk to the location where your friend is parked.
4. Then walk back home with the filled water containers. (If you have small kids, take along a wagon in case they can’t make it.)

ACTIVITY 2 🔄 Dinner Challenge

Parents, before dinner:

1. Mix water with some dirt and a little oil and fill everyone’s glass at the table.
2. Use a map app to find a familiar spot about four miles from your home (grocery store, mall, restaurant, park, etc.).

BONUS ACTIVITY



Build a tippy tap

A tippy tap is an improvised hand-washing station you can use when you don't have a faucet at home. You use a rope handle or foot control so you don't have to touch the plastic bottle with dirty hands. When the bottle tips, water sprinkles out a small hole on the side. Then you wet the soap and wash your hands. It's so easy! And you only need a handful of water to wash. Get instructions on building a tippy tap at worldvision.org/tippytap.

ACTIVITY 2 ➤ Dinner Challenge (cont.)

Questions

1. Would you drink the water in your glass right now?
(Let everyone answer.)
2. How would you feel if you had to use this kind of water every day to drink, brush your teeth, and wash your hands?
3. How did it feel to carry water for one mile? What would it be like to walk four miles—for this dirty water? (*Share the spot you identified before dinner using the map app.*)
4. Could you do that two or three times every day? What other activities would you have to give up?
5. What would a chore like this keep you from doing if you were a farmer, a shop owner, or a mom with kids to take care of?

Ways to pray

Now, spend some time praying for people who don't have clean water close to home.

1. Pray for kids who can't go to school because they have to spend so much of their day getting water for their families.
2. Pray that everyone who doesn't have it will get clean water close to their homes.
3. Pray that all families would come to know Jesus, the source of Living Water.
4. Say a prayer from your heart for every child who has to drink dirty water today.

MATTHEW 25 CHALLENGE

WEDNESDAY

Hard choices,
distant dreams



“... I was a stranger and you invited me in ...” —Jesus (Matthew 25:35, NIV)

What’s the challenge? Sleep on the floor tonight.

More than 65 million people have been forced from their homes around the world by things like war and disasters. And the fighting in countries like Syria, Iran, South Sudan, and Democratic Republic of Congo is still forcing people from home or keeping them from going back.



ACTIVITY I ➔ Keeping the dream alive

Question for younger kids:

What do you want to be when you grow up?

Question for older kids and adults:

What is one of your dreams—something you’d really like to accomplish?

Activity for everyone:

Draw or color how you feel about your hope or dream for the future. While everyone is drawing or coloring, talk about how hard it may or may not be to make these things happen. Will you have to finish school or get extra training? Why do you want to do this? How important are your dreams to you? Do they include your family?

Watch this video (worldvision.org/whatwouldyoutake) to learn about refugees trying to survive in a strange place. Why might it be harder for you to make your dreams come true in another country where you are a stranger?

New term:

displaced person

A person forced to leave their home because of a war or a natural disaster, like a flood, hurricane, or earthquake. Some displaced people can go home after a short time. But some must stay away longer for their own health or safety. More than half of all displaced people have been away from home for more than four years. For some kids, that's all or most of the years they've been alive.

New word:

refugee

A refugee is a special kind of displaced person—one who has to go to another country to escape disaster or war. Often refugees have had to leave home with very little warning, and live in overcrowded apartments or camps when they get to another, safer country.

ACTIVITY 2 ➤ Dinner Challenge

Questions

1. How is going on a vacation different from being a displaced person? (See green box at upper left.)
2. Have you ever been a new kid at school, or started a new job? If so, what did it feel like? If not, how do you think it would feel to be a stranger in a new place?
3. Why would it be hard to be a refugee? (See green box at lower left.)
4. Can hearing new people's life stories help you understand them? Why is this important?

Ways to pray

Now take some time to pray for displaced people and refugees.

1. Pray that God would protect kids and families from harm in disaster and war zones.
2. Pray that displaced families will be able to stay together, find safe shelter, and recover from the war or disaster that caused them to leave home.
3. Pray that displaced people's needs will be met. And pray that God will strengthen those who help displaced people and refugees.
4. Say a prayer from your heart for every child and family who are far from home and afraid today.

BONUS ACTIVITY

Refugee challenge

As a family, sleep in your clothes in a tent outside.

MATTHEW 25 CHALLENGE

THURSDAY

Hand up,
not handout



“... I needed clothes and you clothed me ...” —Jesus (Matthew 25:36, NIV)

What’s the challenge? Wear the same clothes you wore yesterday.

We take our clothes for granted and have more than enough to wear. But for people in poor communities, including those here in the U.S., getting new clothes doesn’t happen very often. And clothes are just an example of all the things we have that would be too expensive or considered “extras” to other people around the world.

BONUS ACTIVITY

A giving sacrifice

Have every family member go through their closet and find a few **nice** things to give away—good toys, clothes, etc. Go together and give these to a local charity. Take it up a notch by having everyone give some of their own money to buy things like shampoo, socks, and blankets, and give those away, too.

ACTIVITY 1 ➤ Wear it again

Wear the same outfit today that you wore yesterday (and to sleep in last night, if you did the bonus challenge). During the day think about how you look and feel. Notice if anyone comments about you wearing the same thing you did yesterday.

ACTIVITY 2 ➤ Dinner Challenge

Questions

1. Did anyone notice you wore the same clothes today? What did they say, and how did you feel about it?
2. How do we buy clothes? Where does the money come from?
3. Having money to buy the things you need is important. What are other things families need to buy every week or month?
4. What are different ways people can earn money if they live in very poor communities?
5. Do you think it’s better to keep giving people money all the time or help them learn how to earn their own money? Why?



Ways to pray

Now take some time to pray for people who can't afford to buy the things they need, like clothes.

1. Pray that kids and families who don't have what they need (food, clothes, soap, plates, etc.) will be able to get them.
2. Pray for parents who can't find jobs but want to provide for their families' needs.
3. Pray for moms and dads who start small businesses in poor communities—like chicken or vegetable gardens, small shops, or jewelry making—to have success.
4. Say a prayer from your heart for children who don't have basics like decent clothes today.

BONUS ACTIVITY

In many poor countries, selling eggs can help a family make enough money to send their kids to school and pay for healthcare.

If you have very small children, have them do the “Chickens make a difference!” coloring and connect-the-dot activities on pages 11 and 12.

COLORING FUN!

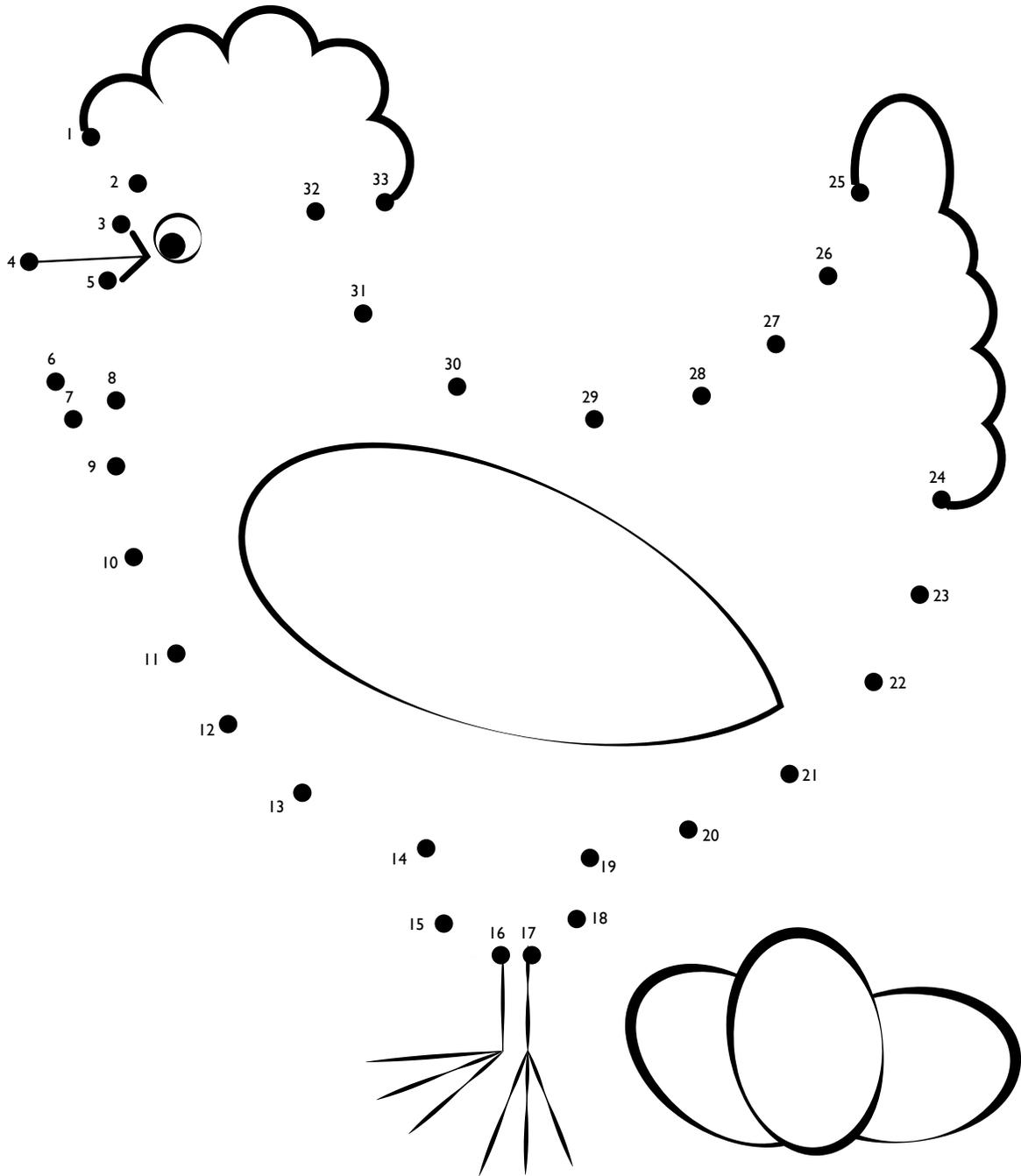
World Vision 

Chickens make a difference



CONNECT THE DOTS!

Chickens make a difference



MATTHEW 25 CHALLENGE

FRIDAY Hard times, stolen dreams



“... I was sick and you looked after me, I was in prison and you came to visit me.” —Jesus, (Matthew 25:36, NIV)

What’s the challenge? Pray as a family for someone you know who is going through a hard time.

Millions of kids around the world get sick from illnesses we know how to prevent. Many millions of others have to drop out of school to work very long hours at hard jobs. Often this means they can’t get a good education and reach for their dreams. By stealing their childhood today, and their future tomorrow, sickness and child labor create a kind of prison for kids like these.

New term: **child labor**

Child labor is when kids under 18 are forced to work for a living. Sometimes this work is dangerous, like in mines or fireworks factories or as a trash recycler. Sometimes it is as a housemaid or nanny. Often kids are promised good pay for their work, and then get little or no money. Child labor prevents kids from enjoying their childhoods and dreaming for the future.

ACTIVITY 1 ➤ “Child Labor, or Chores?” Quiz

Read the green box at left. Then read the following short stories and decide whether each one describes child labor or a chore.

Rosie, 13

Rosie goes to school every day. When she gets home from school she must make dinner and watch her 5-year-old sister for two hours until her mom gets home from work. She also has to clean her room once a week. She’s a pretty good student who spends most evenings doing her homework, but sometimes she plays with friends.

Mateo, 11

Mateo’s school is overcrowded and poorly run. He wants to be a math teacher, but he knows his parents are having a hard time paying for his school fees, clothes, and school supplies, because sometimes there’s no food to eat and they skip meals. Mateo decides to drop out of school and start working on the streets as a trash recycler.

Hope, 14

Hope left school earlier this year because her mom got a new job and her parents needed her to stay home and take care of things. Hope now

“Child Labor, or Chores?” Quiz answer key

Rosie and Joseph are doing chores. The work isn't harmful and it doesn't keep them out of school or away from normal childhood activities. These chores are normal responsibilities that come with being in a family.

Mateo, Hope, and Radha are doing child labor. All three of them are unable to go to school, are working unreasonable hours for little or no pay, and have no chance for a normal childhood.



BONUS ACTIVITY

Make plans to visit a hospital or nursing home to talk with people who are lonely. Let them know that you will pray for them.

works from 6 in the morning until 7 at night preparing meals, cleaning, doing laundry, grocery shopping, and taking care of three younger brothers and a sister. She would like time in the evenings to see her friends, but she's just too tired.

Joseph, 16

Joseph's family has a small farm. At harvest time (which lasts about three weeks), he is expected to help out after school on weeknights and all day on the weekends. It's hard work, and he's tired all day at school.

Radha, 8

Radha's parents were unable to pay a debt they owed to a moneylender, who arranged for her to work to pay back the money. She now works in a match factory 10 hours a day, sitting on the floor. The boss won't pay her on the days he thinks she hasn't done enough work.

ACTIVITY 2 ➤ Dinner Challenge

Questions

1. When was the last time you were sick? Who looked after you? What medicines did you take?
2. Many poor communities don't have enough doctors or medicines for sick kids—and many parents can't pay for them. How do you think that makes the parents feel? What if we didn't have money for a doctor or medicine that you needed?
3. What chores do you do in our family? Do you get paid? Why or why not?
4. If you had to leave school to do something like recycle trash for 12 hours every day, how would it affect your dreams for the future?

Ways to pray

1. Pray that girls and boys who have to work hard instead of going to school will be found by good people who can help them.
2. Pray that kids who are sick would get the medicine and care they need to get well.
3. Pray that parents would earn enough money to pay for medical care if their children need it.
4. Say a prayer from your heart for kids who feel like they're in prison because they're always sick or have to work long, hard hours.

MATTHEW 25 CHALLENGE

SATURDAY Care through prayer



“... whatever you did for one of the least of these brothers and sisters of mine, you did for me.” —Jesus (*Matthew 25:40, NIV*)

What’s the challenge? Take a 30-minute prayer walk.

All the needs we learned about this week can be a heavy burden—making us feel sad. But Jesus shares our burdens, so it helps to lift all the needs we care about to Him in prayer. Praying reminds us that He loves every person and that He sees every one of their needs. We can also ask Him how He wants us to help those who need it!



ACTIVITY 1

As a family, walk around your neighborhood or the school(s) your kids attend, praying as you walk. Ask God to remind you of people in your own life who need prayer, as well as people around the world who struggle to get nutritious food, clean water, healthcare, basic necessities, and a safe place to live. Optional: End your walk with a picnic where you walked or a nearby park.

ACTIVITY 2 ➤ Dinner Challenge

Questions

1. What is the most surprising thing you learned this week?
2. Who is Jesus talking about when He says “the least of these”?
3. How does our family care for “the least of these”—the hungry, those without clean water, the strangers, the sick, and those who are in prison?
4. What else can our family do for people in need?

BONUS ACTIVITY

Don't let what came to you in your prayer walk fade into the background. If any solutions or ideas came up through your walk or your discussions this week, take action on them! Help your family become people God uses by doing something together that makes a difference.

Ways to pray

1. Pray that God will help our family remember what we learned this week about people in need.
2. Pray that we will keep learning how to help people whose needs are greater than ours.
3. Pray that others will learn and act to serve people who have deep needs around the world.
4. Say a prayer from your heart about how you want to help meet people's needs from now on.

MATTHEW 25 CHALLENGE

SUNDAY
Time to
celebrate!



SHARE YOUR EXPERIENCE » Post on social media about what your family has learned. Now's a great time to share your photos and selfies! Tag **#M25challenge**.

FINAL CHALLENGE

You may have already chosen a special child to sponsor at church. If so, **thank you from the bottom of our hearts!** If you haven't, it's not too late. Take time to learn about different children and choose one as a family at worldvision.org/M25sponsor.

When you sponsor a child through World Vision, you'll help that child and their community stand tall, free from poverty. You'll help provide the essentials they need most for a healthy life, like good nutrition, clean

water, healthcare, education, protection, and spiritual nurture. In fact, for every child you sponsor, four more children benefit! And you'll support their family and faith leaders in building a healthy environment for all the kids in their community.

Even better, you'll get to build a personal relationship with your sponsored child by praying for them, writing them letters and emails, sending them photos, and making them part of your family.

Sponsorship is a personal way to show God's love to a child in need.

For \$39 a month you can help change the world for a child like the ones pictured here.



Desalegn

Boy | 4 years old | Ethiopia
Birthday: August 21



Adassa Lena

Girl | 4 years old | Haiti
Birthday: December 26



Juan Josmary

Boy | 2 years old | Nicaragua
Birthday: January 3



Visit worldvision.org/M25sponsor to sponsor a child today.