



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 yourself on social using #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?

Everyone loves yummy kai! But we also know that eating healthy, nutritious food is super important so that we have the energy to go to school, play with our friends, go to work, and stay healthy. Sadly, not everyone in the world has enough food to eat, let alone enough healthy, nutritious food. For children, when they don't get enough of the right types of food, it can lead to malnutrition, illness, and in some cases, developmental challenges. Can you imagine what it would be like to go without food for a day, or just eat one plain meal a day? Today we're stepping into the shoes of millions of people around the world – today, skip your lunch, and break your fast tonight by only eating rice and beans.

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

### ACTIVITY 1 ➤ 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 their growth to be stunted.  
☐ True  
☐ False
5. We have enough food in the world to feed everyone.  
☐ True  
☐ False

### 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 2** Dinner Table Chat

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 be ready and able to learn in school.
3. Pray for organisations, 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.

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### 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 as 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 people have lots of good food to eat, while others get very little or nothing at all.
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## 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, 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. Here in New Zealand, 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.



#### ACTIVITY 1 ➤ Walk a kilometre in their shoes

1. Fill a container of water for each person in the family to carry.
2. Carrying your water container, walk a one-kilometre loop, returning to your home. Imagine if you had to do this trip every single day just to collect water.

#### ACTIVITY 2 ➤ Every 10 seconds

This activity is a great one to get your parents and family involved in! Did you know, one in every 10 people in the world do not have access to clean water? That's why World Vision is working hard to provide communities with clean water, so children and families have water to use every day, just like you!

- Look at a clock or use a stopwatch or timer.
- Count to 10 seconds.
- In those 10 seconds, World Vision reached another person with clean water!

### ACTIVITY 3 ➤ Would you drink it?

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 six kilometres from your home (supermarket, mall, restaurant, park, school etc.).

#### Want an extra activity?

##### Build a tippy tap!

*A tippy tap is a hand-washing station you can use when you don't have a tap 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 of 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 [here](http://www.worldvision.org.nz/connect/resources/make-a-tippy-tap-activity)*

*[www.worldvision.org.nz/connect/resources/make-a-tippy-tap-activity](http://www.worldvision.org.nz/connect/resources/make-a-tippy-tap-activity)*



### ACTIVITY 4 ➤ Dinner Table Chat

#### 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 kilometre? What would it be like to walk six kilometres—for this dirty water? (*compare this to walking the six kilometres to the location you found on 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 mum 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 clean water will get access to clean water close to their homes.
3. 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.

Here in New Zealand, most of us have a place we call home. Home might look different to everyone; some people might live in a big house, others in a small house, some live in the country, others in cities. But for most of us, home is where we live and spend time with our family.

Around the world, more than **65 million people have been forced to flee their homes** because of things like war and disasters. People leave because they fear for their lives and their family's future. The decision to leave home could happen suddenly or take a long time after months or even years of the situation getting worse. Fighting in countries like Syria, Iran, and South Sudan is still forcing people from their homes or keeping them from going back. Natural disasters like famine, cyclones, and unpredictable weather patterns can also force people from their homes.



### ACTIVITY 1 ➤ Dreaming of the future

*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:*

Think about your future, do you have hopes and dreams? Draw what this might look like or how you feel about your dreams for the future. While everyone is drawing or colouring, talk about what you would need to do to fulfil your hopes and dreams for the future. Will you have to finish school and do more study? How important are your dreams to you? Do they include your family?

**Watch this video** to learn about refugees trying to survive in a new home. Why might it be harder for you to make your dreams come true in another country? [www.worldvision.org.nz/causes/emergency-relief/syrian-refugee-crisis/](http://www.worldvision.org.nz/causes/emergency-relief/syrian-refugee-crisis/)



## New term:

### Displaced person

*A displaced person is someone who is forced to leave their home because of war and conflict, or a natural disaster, like a flood, famine, 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 in the world 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 someone who has had to flee to another country to escape disaster or war. Often, refugees have had to leave home with very little warning; sometimes only with the clothes on their back. Arriving in a different country with no belongings means refugees often have no choice but to live in overcrowded apartments or camps. Despite the challenges faced living in a new country, it's often better than where they have had to escape from.*

## Want an extra challenge?

**Imagine you have been forced to flee your home.**

As a family, sleep in a tent outside.

## ACTIVITY 2 ➤ Dinner Table Chat

### Questions

1. How is going on a holiday different from being a displaced person?
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. When you hear new people's life stories, it can often 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 forced 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.





## 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.**

Sometimes you might think you have no clothes to wear, but chances are you have more than enough! Many people living in poverty don't have the luxury or ability to buy new clothes, let alone wear a different outfit every day. Being able to buy new clothes is just one example of something we have and do, that would be too expensive or considered unnecessary to many people around the world. For millions of people living in poverty, finding enough money to pay for things like food, education, and healthcare is a constant struggle.

#### Want an extra challenge?

#### Give it away

*Have every family member go through their wardrobe 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. During the day think about how you feel wearing the same clothes and see if anyone notices! If they do, tell them about the challenge you are doing to understand more about God's heart for people that struggle to afford basic things like clothes.

#### ACTIVITY 2 ➤ Dinner Table Chat

##### 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. What are some ways we can help people who don't have money to buy basic things? How can we help people improve their lives and not live in poverty?



### 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 mums and dads in poor communities, who start small business like growing and selling vegetables, will be successful, so they can better provide for their children.
4. Say a prayer from your heart for children who don't have basics, like clothing, that they would receive and have access to clothing to keep them warm.

### Extra Activity

#### Colouring Fun!

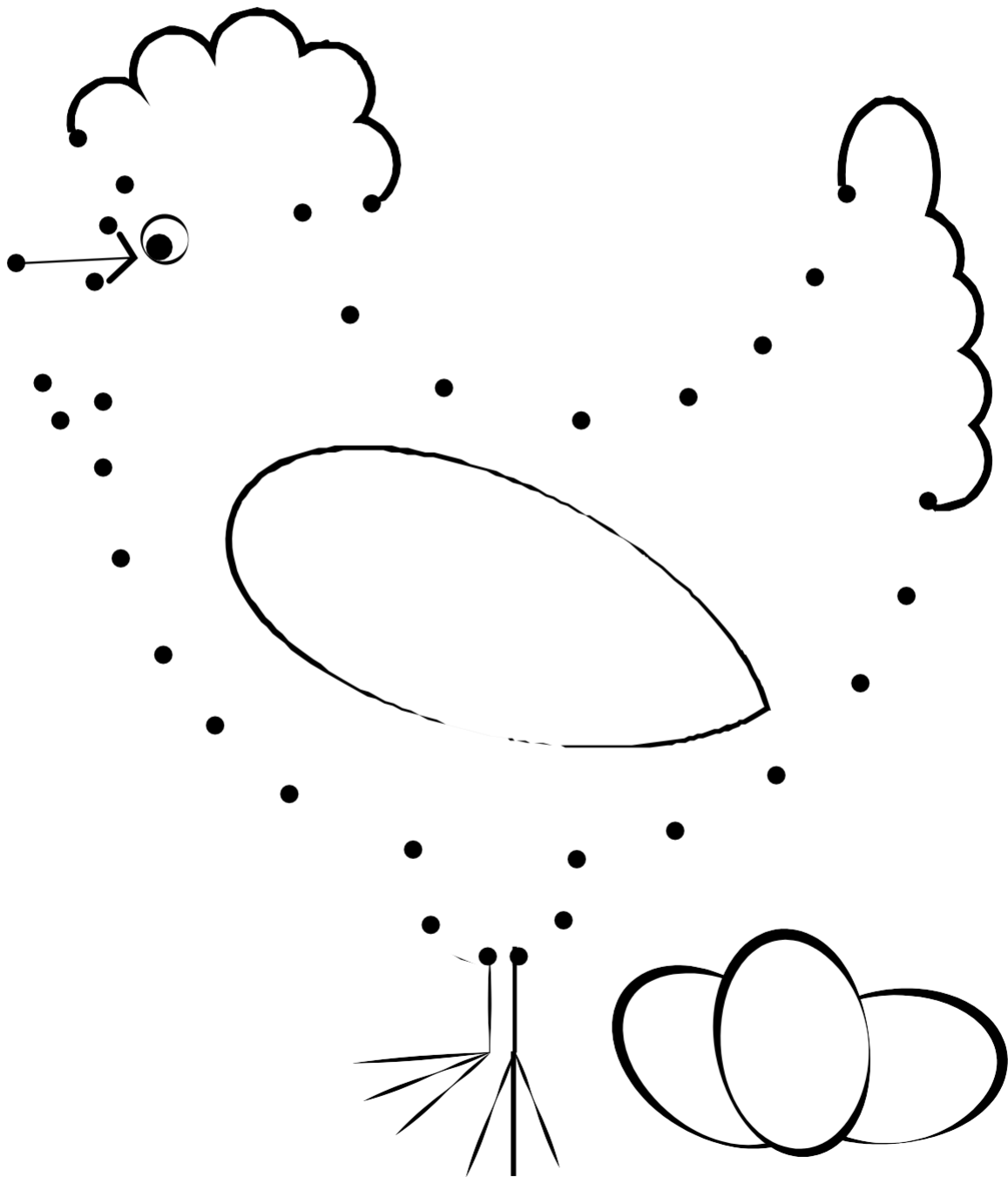
*In many poor countries, selling eggs can help a family make enough money to send their kids to school and pay for healthcare and clothes.*

*If you have young children, have them do the "Chickens make a difference!" colouring and connect-the-dot activities.*

# COLOURING FUN!







## 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.**

Living here in New Zealand is pretty great. We can go to the beach, playground, play sports with our friends, and go to school during the week. But did you know, not every child gets to do these things? **Hundreds of millions of girls and boys around the world don’t get the chance to go to school**, because they have no choice but to work very long hours in dangerous jobs to help their families pay for essentials like food, water, clothes, and healthcare. By missing out on their childhood and education today, sickness and child labour create a kind of prison for these children and robs them of their future dreams and aspirations.

#### New term:

#### Child Labour

*Child labour is when kids under 18 years old are forced to work for a living. Sometimes this work is dangerous, like in mines, fireworks factories or rubbish tips. Often kids are promised good pay for their work, and then get little or no money. Child labour robs kids of their childhoods and gives them little hope for the future.*

#### ACTIVITY 1 ➤ “Child Labour, or Chores?” Quiz

Read the box about child labour. Then read the following short stories and decide whether each one describes child labour or a chore.

##### Rosie, 15

Rosie goes to school every day. When she gets home from school she must make dinner and watch her five-year-old sister for two hours until her mum 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 teacher but 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 decided to drop out of school and start working on the streets as a rubbish collector.

## “Child Labour, 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 labour.** All three of them are unable to go to school, are working unreasonable hours for little or no pay, and have no chance to live a normal childhood.

### Hope, 14

Hope left school earlier this year because her mum got a new job and her parents needed her to stay home and look after her siblings and the house. Hope now works from six am in the morning until seven pm at night preparing meals, cleaning, doing laundry, grocery shopping, and taking care of her three younger brothers and one 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 over the weekends. It’s hard work, and he’s sometimes tired at school the next day.

### Radha, 8

Radha’s parents were unable to pay a debt they owed to a moneylender, so they arranged for her to work to pay back the money. She now works in a match factory for 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 Table Chat 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 afford to pay for basic healthcare. How do you think that makes 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 sort rubbish 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 families need it.

## Extra Activity

*People in retirement homes might not have people visiting them; their families may live in a different city, or they may have lost family members. This can leave people feeling sad and alone. Make plans to visit a retirement home and talk with people who are lonely. Let them know that you care for them and will pray for them if they’d like.*



## 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 things we learnt about this week can feel like a heavy burden; knowing that millions of people every day feel hungry and have no clean water, are forced to leave their homes through no fault of their own, and struggle to have enough money to buy basic things that many of us take for granted. The good news is that Jesus shares our burdens, so it helps to lift everything we have learned about those struggling and living in poverty 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 – whether they live in another country, city, community, school or home, we can do something to help them and show God's love.



#### ACTIVITY 1 ➤

As a family, walk around your neighbourhood 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.

#### ACTIVITY 2 ➤ Dinner Table Chat

##### Questions

1. What is the most surprising thing you have 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?

### Extra 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! 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 more about the world and seek to serve people so they can meet their basic needs.
4. Say a prayer from your heart about how you want to help meet people's needs from now on.



### Sunday – time to celebrate!

*Share your experience of the Matthew 25 Challenge. Post on Facebook and Instagram about what your family have learned. Now's a great time to share your photos and reflections! Tag #M25Challenge.*