



Luke,
age 8,
USA

Kamama, age 5, Kenya



GLOBAL 6K FOR WATER

Devotional thoughts for your Global 6K » a 6-week training companion



Cheru, age 5,
Kenya

Week One



» Day 1

Starting anything new can be daunting: breaking in those fresh-outta-the-box sneakers, changing up your schedule to fit training in, and planning meals to fuel your workouts. Congratulations! You've started a training journey with a community of like-minded Christ-followers around the world, aimed at one thing—bringing clean water to people who don't have it.

There's a significant beginning recorded in the Bible. "In the beginning God created the heavens and the earth ... and the Spirit of God was hovering over the waters" (Genesis 1:1-2). Meditate today on this passage and how water was an important part of the Creation story. And think about how the Spirit of God will empower your training—beginning today.

» Day 2

If we're honest, we'll admit there are lots of things we don't know. For instance, we don't really *know* what it's like to journey miles for clean water because it's piped in to our homes. But after you've walked or run the Global 6K for Water, you'll have a slight taste of the experience.

Here's another thing you may not know (or remember). The Bible says in 1 Corinthians 6:19, "Do you not know that your bodies are temples of the Holy Spirit ...?" What a great insight! No matter its shape, your body holds God's presence—and that's something to celebrate. God will empower you by the Spirit within as you train today!

» Day 3

It's heartbreaking that half of those living in rural Zambia—4.2 million people—don't have access to safe drinking water.¹ It's much the same over the rest of rural sub-Saharan Africa and parts of Asia; clean water isn't nearby.

Pray for people who don't have this precious resource near their homes: *Father, give hope to women and children who make many trips every day to collect water that isn't even fit to drink. Pour Your great love over them. Refresh their spirits. Bring water near their homes soon. Amen.*

Week One

» Day 4

Have you noticed that when reporting about space exploration, scientists get really excited about the possibility of discovering water on a planet? That's because water is necessary for life, and they won't find living things on other planets if there's no water.

Think about how amazing it is that clean water is so easily available to you. The average person in America uses between 80 and 100 gallons of water per day,² compared to less than 5 gallons per person in some parts of the developing world.³ Meditate on that—ask for God's insight and wisdom about this life-giving resource.

» Day 5

“That's women's work”—this phrase has rankled for thousands of years. Yet since Bible times, and still today in places without water systems, collecting water has been considered a woman's or girl's chore. And they often have to make several trips—collectively spending about 200 million hours, every ... single ... day.⁴

That's why Jesus encountered a woman around noon at a well in John 4. She didn't go in the morning with the others, likely because she was unmarried and living with a guy. But Jesus still shared a great truth with her: “whoever drinks the water I give them will never thirst ... a spring of water welling up to eternal life” (4:14). Thank the Lord today for revealing His free gift of eternal life to the woman at the well, to you, and to the people you're serving.



Week Two



Everlyn, age 13, Zambia



Isabelle, age 6, USA

» Day 1

In the ancient Jewish world, “living water” referred specifically to a source of fresh, flowing water—such as a stream or river—which offered cool refreshment. Such waters were contrasted with “dead” or stagnant waters. “Living water” then became a powerful image of the life God offers.

Mull over this passage today from Exodus 15:22-26—“Then Moses led Israel from the Red Sea and they went into the Desert of Shur. For three days they traveled in the desert without finding water. When they came to Marah, they could not drink its water because it was bitter. . . . So the people grumbled against Moses, saying, ‘What are we to drink?’ Then Moses cried out to the LORD, and the LORD showed him a piece of wood. He threw it into the water, and the water became fit to drink.”

» Day 2

World Vision uses the acronym “WASH” as shorthand for our work in water, sanitation, and hygiene. These three things are like the three-strand cord mentioned in Ecclesiastes 4:12. Training people in sanitation and hygiene measures along with well and/or system maintenance makes any water project sustainable and valued by the community. It sticks.

WASH is already baked into our culture. We teach the smallest children to wash their hands after using the bathroom or before eating. We clean dishes after a meal so bacteria don’t multiply. We have the waste flushed from our homes and then treated so contaminants don’t spread. As you train today, think about how WASH has improved your life.

» Day 3

World Vision has more than 700 WASH professionals working in 50 countries, using a variety of means to provide clean water. They drill boreholes, install rainwater harvesting systems, engineer irrigation pipelines, and lots more.

Consider that nearly 1,000 children under age 5 will die TODAY from diarrhea—it happens every day. But WASH efforts dramatically reduce water-related illness and death, particularly among young children. While you train, be encouraged that you’re working for a cause that keeps children from dying before they have a chance to live.

Week Two

» Day 4

Sanitation. Now there's a topic that doesn't usually come up when you're hanging out with friends. But how people dispose of bodily waste is critical to their health. If you've ever had a "boil water" order from your utility department, you know it's because some contaminant—usually wastewater—has gotten into the clean water supply.

Globally, about one in 15 people practice open defecation because they don't have the means for safe and proper sanitation (like a covered latrine).⁵ Did you know that even the Bible talks about sanitation? Deuteronomy 23:12 says, "Designate a place outside the camp where you can go to relieve yourself." If God cared enough about Israel's health to record such matters in the Bible, how much should we care about WASH in poorer countries when it impacts children's health? Reflect on that in your training today.

» Day 5

You're well into your six weeks of training for the Global 6K for Water. Have you learned any lessons about God? About the world? About yourself? Are you more passionate about helping people get clean water?

While you train today, express your thanksgiving to God:

*You care for the land and water it;
you enrich it abundantly.
The streams of God are filled with water
to provide the people with grain,
for so you have ordained it.*
—Psalm 65:9



Saoly, age 18, Cambodia

Week Three



» Day 1

In 2 Timothy 4:5, Paul encourages his protégé to “endure hardship.” Great advice, and maybe a little difficult for us to fully grasp in our relatively cushy lives here in the U.S. But training is something of a self-imposed hardship. How is it going for you? Are you enduring as you start week 3?

Globally, women and girls can encounter many dangers on every trip to collect water: rough terrain, extreme weather, dangerous animals, and the threat of physical attack. Add to that the actual weight of the water on the return trip. (A gallon weighs 8.3 pounds.) Imagine during your training today that you’re an underweight 8-year-old girl carrying 2 gallons of water for nearly 2 miles, twice a day. That’s a total of 6 kilometers—with over 15 pounds of extra weight on the way home. Let her hardship motivate you.

» Day 2

While you’re training, be sure you stay hydrated. Keep water with you on your walks/runs/workouts and be sure to drink plenty following a strenuous session or if you’ve exercised in the heat.

1 Timothy 4:8 says, “For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” Consider that the training you’re doing is good for you both physically *and* spiritually. Appreciating God’s gifts as well as helping others gain a critical resource more than matches the physical benefit you’re getting from six weeks of exercise.

» Day 3

What do you do when you get a few hours back in your day? Do you head to a coffee shop? Study more for a coming exam? Work on your plan for a business? Finish a crafting project? Or just have a little fun with your kids?

When a well is installed in a village, the lives of women and girls who get hours back in their days are completely transformed. Girls go back to school and can begin to excel when their attendance improves. Sometimes they can play with friends for a bit, and help with the family’s garden. Women have more time for working on their farms, nurturing their families, or even starting a business. Now that’s worth the time you’ve spent training for the Global 6K.

Week Three

» Day 4

In the 2016 movie *Queen of Katwe*, a Ugandan girl wanders into a community chess club. The other kids, particularly a few cheeky boys, make fun of her because she smells, has dirty clothes, and is generally unkempt. We'd call this bullying.

Lack of a nearby water source has social implications for millions—kids avoid school and families won't attend church. Meloda and her daughter Nivesh, 11, belong to Pilgrim Wesleyan Church in southern Zambia.⁶ But they seldom attend, because they don't have the water to bathe very often. Remember as you train today that clean water will help people feel presentable enough to regularly attend their local churches and stay in school.

» Day 5

Do you get impatient waiting in line at the store? It's especially hard when you're in a hurry or already late. Diana, a mom in Kenya's arid Rift Valley,⁷ sometimes had to wait up to four hours in line after walking a mile to get the dirty water her family used for their everyday needs. She couldn't pop back in a car and return later if the line was too long.

But World Vision helped Diana's community install a pipeline extension from one of its deep well projects farther away. Her life changed instantly. "The most difficult burden in my life has been lifted [from] my shoulders. ... I thank God for making my dream a reality ..." she says. While you train, lift a prayer for moms whose burdens will be lifted by people like you who are participating in the Global 6K.



Nivesh, age 11, Zambia

Week Four



Benardet, Zambia

» Day 1

The temptation to take shortcuts is real. Some stories have popped up in the news about people running across the finish line of a marathon who actually took public transportation part of the way.⁸ Jesus Himself was tempted to take a shortcut, when Satan offered to give Him all the kingdoms of the world in exchange for worshipping him (Luke 4:5-7).

This may be the time you're tempted to ease up on your training a bit, because you already feel prepared for the 6K. Don't take a shortcut. Keep at it so that when the day arrives, you will be fully prepared, physically, mentally, and spiritually.

» Day 2

During this training period, you may have altered your eating habits or been consciously making healthy food choices. There's really nothing like fresh vegetables, whole grains, nuts, lean protein, and fruit to make your body run at its peak.

In developing countries, especially in poor rural areas, much about good nutrition is unknown. After her husband installed a water pan for irrigation, Frida learned to plant rotating crops that ripen at different times and provide essential nutrients to the family's diet.⁹ Daughter Belinda, 12, says, "I want to try something called 'salad.'" Thank God today for the abundance of nutritious foods available to you while you train.

» Day 3

Paying more for something that your friend gets for a lower price is galling. We call that unfair. So much of what happens in poorer regions is unfair, multiplied by more unfairness. For instance, the urban poor can pay up to 50 times more for a liter of water than their wealthier urban neighbors who have access to water mains.¹⁰

Scripture says those who are God's people are to do something about injustice. Proverbs 31:9 reads, "Speak up and judge fairly; defend the rights of the poor and needy." Running or walking for clean water is a great first step. Is God asking you to do something else to support the rights of those who are oppressed by poverty and injustice?

Week Four

» Day 4

Hunger and lack of clean water are intertwined. According to UNICEF, about 50 percent of child malnutrition is attributable to contaminated water, poor sanitation, and unsafe hygiene.¹¹ This is heartbreaking for moms and dads in poor nations whose children bear the consequences.

While training today, intercede for children who desperately need the clean water that will improve their nutrition. *Lord God, equip communities to access and maintain water sources so that children can grow up strong and healthy.*

» Day 5

There's a mistaken notion that those who live in poverty must have brought it on themselves. For the vast majority of people who live in developing nations, extreme poverty has nothing to do with lack of diligent effort. A combination of weather calamities, financial shocks, government corruption, and birth location trap millions of people in a web of circumstances they simply cannot escape without help.

This should awaken us, as Christ's followers, to action and gratitude. Action to help those who need it—like your participation in the Global 6K for Water. And gratitude to God for the circumstances of your birth. We are blessed beyond measure. Echo Psalm 145:10 as you train today: "All your works praise you, LORD; your faithful people extol you."



Week Five



Kai, age 9, USA

» Day 1

Have you experienced an injury while training? Injuries need time and proper treatment to heal. Rest, ice, compression, and elevation (RICE) is a common recommendation for sprains,¹² but be sure to see a doctor before treating yourself. Injuries can worsen if not correctly diagnosed and cared for.

Children in poor areas are at risk of death from diarrhea caused by dirty water. There's a simple cure for diarrhea called oral rehydration therapy (ORT). It's 6 teaspoons of sugar and a half teaspoon of salt in one liter of clean water. But an ounce of prevention is worth a pound of cure! By doing the Global 6K for Water, you're helping kids survive.

» Day 2

World Vision believes we are taking part in God's work by helping people break free from extreme poverty—which includes getting clean water. Psalm 107:35 says, "He turned the desert into pools of water and the parched ground into flowing springs."

His work is bringing water, and He allows us to participate. It is a true privilege to reflect God's generous love to children and families who may be hopeless and despairing. The power of life-giving water can't be overstated. Remember to thank God while training today for allowing you to serve Him by answering this most basic need in people's lives.

» Day 3

Sometimes it's hard to stay motivated. We often start a training regime or diet or devotional plan with every intention of sticking with it. But we get tired or lose interest or let ourselves be distracted.

If you're losing your motivational steam, consider the words of 2 Corinthians 4:1—"Therefore, since through God's mercy we have this ministry, we do not lose heart." What you're doing is a ministry before God for people He loves. Be encouraged while you train today to stay with this to the end.

Week Five

» Day 4

The books of Exodus, Leviticus, and Numbers are full of instructions about washing clothes, bathing, and handwashing. These instructions were preparatory to worship for every Israelite, and required of priests after handling sacrifices. They also helped God's people to avoid bacteria and disease.

One simple device—the “tippy tap”—is making a difference in families' hygiene habits in regions without piped water. The device, shown below in the photo with Ngonga and Chishala, is a wooden rig that hoists a 5-liter water container off the ground. A foot pedal is attached to it, as well as soap on a string. So after using the latrine, people can tip the water jug with a touch of their foot and wash their hands with soap and a trickle of water.



» Day 5

After Isaac drilled two wells that became points of contention, Genesis 26:22 says, “He moved on from there and dug another well, and no one quarreled over it. He named it Rehoboth, saying, ‘Now the LORD has given us room and we will flourish in the land.’”

While you're training today, pray that well-drillers will be able to find the underground sources of water that God has placed there, even where it seems impossible. Ask Him for the lives of people receiving water to flourish—with good nutrition, employment, a loving family environment, and a relationship with the Source of Living Water.



Ngonga, age 9, and Chishala, age 4, Zambia

Week Six



» Day 1

Self-discipline is a fruit of the Spirit (Galatians 5:22-23). You've been developing this during the last five weeks. Finish well, and let the fruit ripen as you train during week six.

Know that while you're training, communities are preparing to install the water projects you're working to help provide. They begin with things like building latrines beside houses, installing "tippy taps" for handwashing nearby, and practicing equipment maintenance. All this prep work is essential before a water project goes live. When families employ these practices and disciplines, it makes the water improvements and benefits sustainable over time.

» Day 2

Obstacles are one of our enemy's standard tactics. Have you had illness in your home this week? Has a new deadline at work just been dropped on you? Are you having car trouble or is the washing machine leaking? If so, this may be Satan's diversionary trick to keep you from finishing the week or even from participating in the Global 6K.

Here's motivation for you from Galatians 6:9—"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." You're so close to your goal—don't stop now!

» Day 3

The phrase "running in circles" paints a picture of sheer futility. The apostle Paul says in 1 Corinthians 9:26, "Therefore I do not run like someone running aimlessly ..." Paul understood that purpose and focus give meaning to what we do in life.

While you train today, remember your focus—bringing clean water to children and families who don't have it nearby. Let praise rise in your heart: *I am blessed to participate in Your good work, Lord, of bringing people the fresh water that will answer their prayers and testify of Your great love for them.*

Week Six

» Day 4

God used water to rescue people from oppression. The baby Moses escaped genocide among the reeds of the Nile River. Years later God led the Israelites through the Red Sea on their way to freedom from slavery. And Jesus Himself described the salvation we receive from Him as being “born of water and the Spirit” (John 3:5).

Clean water is a bunker-buster bomb in the arsenal against poverty. It lays the groundwork for so much good in a community: better health for kids, more and better foods for families through flourishing gardens, and increased incomes. This is God’s work—lifting people from the injustice of poverty by providing clean water. And you get to participate with Him!

» Day 5

In church celebrations we often sing the Doxology, which begins “Praise God from whom all blessings flow ...” This really is true about your participation in the Global 6K for Water. As you put in your last day of training, let your heart well up in praise to God.

Thank Him for the unity of purpose among all the 6K participants. Bless Him for preparing hearts and communities to receive and sustain clean water projects. Give Him praise for enabling you to serve others by taking part in this event. And glorify Him for the water He puts underground for us to find or sends via rain for us to store. “Praise God from whom all blessings flow.”

Resource

If you’re looking for a playlist to use in your training journey, here are a few songs you might like to consider.

Andy Mineo » “You Can’t Stop Me”
Big Daddy Weave » “Love Come to Life”
Big Daddy Weave » “The Lion and the Lamb”
Building 429 » “Impossible”
Building 429 » “We Won’t Be Shaken”
Drew Holcomb & the Neighbors » “Shine Like Lightning”
Elevation Worship » “Unstoppable God”
Hillsong United » “Relentless”

Jason Gray » “Good to Be Alive”
Jesus Culture » “Alive in You”
Jesus Culture » “Fierce”
Kari Jobe » “Forever”
Kirk Franklin » “Gonna Be a Lovely Day”
Kirk Franklin » “123 Victory”
Rend Collective » “Joy of the Lord”
Sidewalk Prophets » “Live Like That”

¹ [https://www.wssinfo.org/documents/?tx_displaycontroller\[type\]=wealth_quintiles](https://www.wssinfo.org/documents/?tx_displaycontroller[type]=wealth_quintiles)

² <https://water.usgs.gov/edu/qa-home-percapita.html>

³ http://www.un.org/waterforlifedecade/human_right_to_water.shtml

⁴ https://www.unicef.org/esaro/5440_2016_collecting-water.html

⁵ https://www.unicef.org/publications/files/Progress_for_Children_No._11_22June15.pdf

⁶ <http://archive.worldvisionmagazine.org/story/stored-there-god>

⁷ <http://www.womenofvision.org/amazing-mother-diana/>

⁸ <http://www.nbcnews.com/news/us-news/marathon-investigator-derek-murphy-reveals-how-he-catches-cheaters-n707426>

⁹ <http://archive.worldvisionmagazine.org/story/dependence-dignity>

¹⁰ UNICEF, State of the World’s Children 2012

¹¹ http://www.unicef.org/publications/files/APR_2015_8_Sep_15.pdf

¹² <http://www.mayoclinic.org/first-aid/first-aid-sprain/basics/art-20056622>



worldvision6K.org

World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice.

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