Welcome to a heaven-sent party!

World Vision’s 30 Hour Famine

2021 Student Discussion Journal

YOUR NAME HERE’s reflections and prayers
**WEEK 1**

**God manifests His kingdom**

**SCRIPTURE**

Mark 4:26–32

**DISCUSS**

- From this passage and other Scripture you might know, what are characteristics of God’s kingdom?

- What does the image of a seed tell us about God’s kingdom?

- How do you think Jesus’ description of God’s kingdom influenced the way people thought about God?

- Can you think of a time when God used something small in your life in a way you didn’t expect? What was that experience like?

- How do we participate in God’s kingdom?

**PRAY**

- **For kids around the world who face hunger and hardship**, that God would provide for them (check out this hunger prayer guide at worldvision.org/hunger-news-stories/matthew-25-pray-hunger)

- **That your Famine fundraising would help transform** not only children and families you’re helping but also yourself

- **For everyone in your group doing the 30 Hour Famine**, that they would know God more in the coming weeks of studying His Word together
God manifests generosity

**SCRIPTURE**


**DISCUSS**

- Jesus talks about food and clothes in this passage. What material thing do you treasure the most?

- What is the effect of our worrying or striving for material things?

- What does God promise to do when we trust Him?

- Can you think of a time when God provided you with a spiritual blessing?

**PRAY**

- Thank God for His provision and care for you and all of creation
- Ask God to help you seek Him and His kingdom
- Ask God to show you how to manifest heaven on earth
- Thank God for your fundraising efforts so far, and ask for generous donors to support you
**SCRIPTURE**
Jeremiah 22:1–3, 13–16; 23:5–6

**DISCUSS**
- What did Israel’s king get wrong about being part of God’s kingdom?
- How does King Jesus show us a different rule than the king in this passage?
- In what ways do you try to build up your own kingdom, like this bad ruler, without paying attention to others? You’re probably not building yourself a cedar palace, but what about Instagram followers? Friend groups? Plans for your future?
- Think about a current situation where you need to do what is “right and just”—what would that take?

**PRAY**
- For the Holy Spirit’s power as you fight selfishness and live a life of care for and service to others
- For your faith to grow stronger, no matter what life circumstances you’re facing
- For your trust in God’s justice to grow
- For God to touch the hearts of people around you to donate to the Famine and play a part in helping others in need
God manifests ... Himself!

**SCRIPTURE**

John 1:1–18

**DISCUSS**

- Over the last few weeks, what have you learned about the ways God shows Himself to us?

- Why does it matter to our lives that Jesus became a human like us?

- Why does John say Jesus’ life is “the light of all mankind”? (John 1:4)

- How does Jesus’ arrival on earth help us understand the world’s brokenness?

- What’s an example of grace you’ve received from God because of Jesus?

**VIDEO REFLECTION**

- What stands out to you from Kapinga’s intro video?

- What would it feel like to have to choose between school, medicine, food, and shelter?

- Spend a couple minutes adding up the cost of everything you’re wearing, including accessories. How different would your life be if you had to live on less than $2 a day. What would you spend your money on?

- What are your perceptions of people who live with poverty and hunger? How do you tend to think of people who are in need?
PRAY

- For a super successful and fun Famine event
- For God to be at work among us all, teaching us new things about Himself
- For our final fundraising efforts to pay off, so you can help more kids like Kapinga
Opening ceremony

DISCUSS

• What are you excited about for the next 24 hours?

• What are you worried about?

• What stands out to you about Kapinga’s story?

PRAY

Thank God for all the hours you’re about to spend together having fun, learning, and being challenged. Ask Him for strength and patience when your stomach starts growling. Hangry is on its way, but remember: God’s going to manna-fest His glory at this heaven-sent party!
DISCUSS

• Did you notice a difference in your energy level because you’re hungry?

• Were you more worried about getting enough food for your own team than considering if others were getting enough?

• Reflect on Kapinga’s story—what do you think it would be like to do chores, go to school, or hang out with friends on an empty stomach every day? Do you think you’d have energy to do all you normally do in a day?

SCRIPTURE

Exodus 16

GO DEEPER

• What do you think the Israelites were expecting from God when He gave them manna?

• Can you think of a time when God’s provision to you looked different than how you thought it would?

• Why do you think God fed the Israelites, even though they grumbled against the Lord?
DISCUSS

• Did anything stand out to you from Kapinga’s economic empowerment video?

• What was more challenging in the game: turning the cups the right way or keeping the other team from getting your cups?

• What would it be like to keep trying to get ahead while circumstances keep you down?

SCRIPTURE

2 Corinthians 4:16–18

GO DEEPER

• How do you think God renews us when we are discouraged or upset by what’s going on in our lives?

• What does Paul encourage us to “fix our eyes” on during trouble or difficulty?

• How does God display His care for His children?

• How can we come alongside others who are discouraged or upset?

• Imagine if a family like Kapinga’s didn’t have to worry about where their food would come from for a year. What could they focus their attention on if they didn’t have to spend so much time trying to find food?
DISCUSS

• What made an impression on you from Kapinga's shelter video?

• What do you think is most challenging about Kapinga's living situation?

• Like we saw in Kapinga's video, not having enough money for food can also mean people don’t have money for house repairs or beds. What does this teach you about the effects of poverty?

• What was it like building a fort with just the supplies around you? What if this was your shelter for the next month?

SCRIPTURE

Psalm 91

GO DEEPER

• Where does this passage say we should find protection or shelter from troubles?

• From this psalm, what things does God say He will do for His people?

• What is one way you’ve “taken refuge” in God?

• What’s one way you can help protect other people?

PRAY

Thank God for what He's already doing among you, and ask Him to be with Kapinga and kids like her who are going to bed hungry.
DISCUSS

• What do you think about going to school? Do you like it?

• How did watching Kapinga’s education video give you a different perspective on your own education?

• Because of COVID-19, you know what it’s like not to go to school. What’s your experience been like? How do you think that experience relates to Kapinga’s?

• What’s one new fact you learned from playing this game?

SCRIPTURE

Acts 17:24–31

GO DEEPER

• What does this passage teach us about ourselves? About God?

• How does Jesus help us understand more of who God is?

• How does knowing God change our perspective on the world?

• Verse 25 says that God doesn’t need anything, and Martin Luther said that God doesn’t need our good works but our neighbors do. How does the 30 Hour Famine provide you an opportunity to honor God by loving and serving others?
DISCUSS

• What stood out to you from Kapinga’s health and play videos?

• What would it be like to live without access to medicine or a doctor?

• Can you think of a time you faced an obstacle that was difficult to overcome?

SCRIPTURE

Philippians 3:12–14

GO DEEPER

• What kinds of trials did Paul face? (See 2 Corinthians 11:24–27)

• What does Paul tell us our attitude should be when we face trials?

• What do you think the goal is that Paul talks about in this passage? (Check out verses 10–11)

• Can you think of a time God helped you through something difficult?

• Can you think of a time when someone else helped you through something difficult?

• What difference does it make to have someone else be there for you when you struggle?

• How can you be there for kids like Kapinga through the 30 Hour Famine?
DISCUSS

• Have you ever had to think about if your water is safe to drink or not?

• Have you ever had to wonder how long it will take you to find water?

• What would this weekend be like if you couldn’t drink water in addition to fasting from food?

SCRIPTURE

Isaiah 48:21

GO DEEPER

• What does this passage tell us about the way God provides?

• When have you seen God provide for you in a way that you didn’t expect?
DISCUSS

• What do you think it would be like to grow up with conflict and uncertainty around you all the time? How does that affect Kapinga?

• Think back to what Kapinga is learning at the CFS. Like her, in what ways can you be part of positive change when life gets difficult?

SCRIPTURE

Psalm 121

GO DEEPER

• Do you look to God as your shield when bad things happen?

• When life throws unexpected things (or pillows!) your way, who or what do you instinctually turn to for guidance first?

• What does it mean to trust God to guide our steps?
GO DEEPER

• What’s one thing you’ve learned during these 30 hours about how God manifests to us and kids like Kapinga?

• After this experience, how has your perspective on having enough, spiritually or materially, changed?

• How has your experience of hunger changed during the last 30 hours?

• What’s one thing you’re taking away from the Famine, whether from Kapinga’s story or the discussion times?

• What’s one thing you learned from Kapinga that you want to implement in your life?

• Think back to our first week of Bible study—have you made any new connections between God’s kingdom and caring for people in need?

• What one final fundraiser can you do when you go home to raise even more funds for kids like Kapinga? Tell a friend and hold each other accountable to acting on it.

PRAY

Thank God for His care and provision during this event and in all parts of your lives. Pray for strength to keep on in the fight for justice even after this event ends. And pray for Kapinga and her family, that God would protect them and provide for them.
WEEK 5 God manifests goodness

SCRIPTURE
John 2:1–11

DISCUSS
• What would it take to trust that God’s goodness can abound in every area of your life?

• How does knowing Jesus as your Savior help you know God’s goodness?

• In verse 4, why do you think Jesus says, “... My hour has not yet come”?

• What’s one area of your life where God has shown you His goodness? How can you celebrate that?

GO DEEPER
• What stood out to you the most from the last five weeks’ studies?
• What did God teach you about caring for people in need?
• What’s one thing you think God is calling you to do to continue serving others, now that the Famine’s over?

PRAY
• For Kapinga, that God would bless her and all the other kids like her around the world who are still hungry
• For your group’s impact on kids in need, that God would use the money you raised to meet their needs
• For God to keep showing you how you can serve Him and His people in need
Keep the Famine fun going!

What you’ve learned during the Famine doesn’t have to end here! You can continue to ask God how to serve Him by caring for people in need. Here’s how God has led Suzanne, a previous 30 Hour Famine participant, to continue serving others:

Suzanne Kahl’s experiences of doing 30 Hour Famine as a senior and traveling to Peru on a Famine study tour opened her eyes to the realities of poverty. “It was the first time I came face-to-face with people who had so little but were willing to give so much,” Suzanne said. “It changed how I wanted to interact with … the world.”

She studied ministry and theology and, today, lives in Germany and works with third-culture students. As part of the Famine’s 30-year legacy, she said, “It’s amazing to think that just a bunch of teenagers getting together, raising money, and deciding not to eat for 30 hours once a year has done so much and made such an impact globally…. It’s really cool … to be one small part of something that’s so much bigger!”

Want to do more?

Sponsor! You and your family can sponsor a child like Kapinga at 30hourfamine.org/sponsorship.

Advocate! It’s also easy for you to make a difference by advocating with us at worldvisionadvocacy.org.

Pray! And you can pray on behalf of those facing hunger and continue telling others what you learned during Famine.
NOTE: These are supplemental questions if your group chooses the 30 Hour Famine virtual option. You’ll mostly use the discussion questions in the rest of this journal, but with a couple different games, we want to make sure you get to reflect on all you’re experiencing. Your leader will let you know when it’s time to go through these questions.

GROUP REFLECTION #2

Game-specific reflection questions:

• If you were wrongly convicted of being a Thief, how did that feel? If you had your progress stolen from you, what was your reaction?

• What do you think it would be like if each resource your family has—food, medicine, a bank account, school supplies—could alter your success in life if you lost it?

Go through the second group reflection questions on page 9. Note: Skip questions that are related to the in-person game option.

GROUP REFLECTION #5

Game-specific reflection questions:

• How did you feel about your outcome?

• How did it feel to watch others “progress” through these challenges differently than you?

• In what ways does this activity help you understand the huge challenges some kids have to face just to survive? Is this reality fair?

Now, go through the group reflection questions on page 13.
GROUP REFLECTION #7

Game-specific reflection questions:

• How did this game help you imagine what it’s like to be a refugee and flee your home?

• Could you carry everything you grabbed during this game? How would you choose only a few items from these things?

Go through the group reflection questions on page 15. Note: Skip questions related to the in-person game option.

VIDEOS

WAIT! Your leader will let you know when to watch each of these videos during the event, but here are the links so you can be ready.

30 Hour Famine Student Promo — https://youtu.be/nF6dhOrOFzo
Kapinga’s Story: Intro — https://youtu.be/R7ZiY7qV9So
Kapinga’s Story: Food — https://youtu.be/q7yRPtib_yM
Kapinga’s Story: Economic Empowerment — https://youtu.be/T15_Q3eKwzk
Kapinga’s Story: Shelter — https://youtu.be/D8RofNc_U8c
Kapinga’s Story: Education — https://youtu.be/Xa2wseMxsQk
Kapinga’s Story: Health — https://youtu.be/jFL4bPvijzMg
Kapinga’s Story: Play — https://youtu.be/jm9PJeQG0PA
Kapinga’s Story: Water — https://youtu.be/OSQUznptiI
Kapinga’s Story: Safety — https://youtu.be/z84fN_peAd4
Kapinga’s Story: Faith — https://youtu.be/eTAGoDw7Sy4
Kapinga’s Story: Closing — https://youtu.be/U9_zdlMetRw
Celebrate 30 Hour Famine’s 30th Year — https://youtu.be/KVJDR9J-nk
30 Hour Famine Promo — https://youtu.be/xVy87y9Nsfs