WORLD VISION'S 30 HOUR FAMINE

Manna-Fest

Welcome to a heaven-sent party!

2021 Individual and Family Experience
Prep for your Famine

We’re super excited you’re doing the 30 Hour Famine—this year is extra special because it’s the Famine’s 30th birthday! Thousands of people like you are coming together to raise funds for kids in need, many of whom have been made more vulnerable by the lasting effects of COVID-19. Over the last 30 years, 6 million students from 68,000 groups have given up food for 30 hours—and raised $190 million to feed and care for kids who are hungry around the world. We’re so thankful you’re part of that legacy!

Find all your resources at 30hourfamine.org/athome21.

VIDEOS

Here’s the list of videos you’ll watch throughout your Famine.

Kapinga’s Story: Intro — https://youtu.be/R7ZiY7qV9So
Kapinga’s Story: Food — https://youtu.be/qZYrPtib_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/iFI4bPvjzMg
Kapinga’s Story: Play — https://youtu.be/jm9PJeOG0PA
Kapinga’s Story: Water — https://youtu.be/0SQUznpti1I
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

SUGGESTED SCHEDULE

This is a general outline of the 30 Hour Famine schedule. Adapt these times based on your needs.

FRIDAY
12:30 p.m. Start your Famine (on your own, after lunch)
6:30 p.m. Opening ceremony

SATURDAY
9:00 a.m. Morning regroup
12:30 p.m. Afternoon regroup
6:00 p.m. Final reflection and closing ceremony
6:30 p.m. Break your fast!
The 2021 Manna-fest-o

When has God showed up for you in a big way? Worked powerfully in your life? In the lives of others around you?

These kind of kingdom moments are party starters.
When we celebrate how God’s acted for us, met our needs, showed us His goodness—we’re moved to action, too.

When we join the 30 Hour Famine, we’re joining a God-movement to put an end to injustice …
To believe in His power …
To turn our beliefs into action …
To rejoice in lives transformed by His movement …
To get this party started!

God shows up for His people throughout the Bible—and today.
For us.
For the millions of kids around the world who go to bed hungry every night.
For all who experience injustice.

How does God do this?
In Jesus, we see how.
How bringing the kingdom in the lives of others means loving sacrificially.
Giving up time. Caring for the hurting.
And because of Jesus, we get to bring God’s kingdom for others like this, too.

Even our smallest acts can usher in God’s party … as He rains down justice, goodness, love.

Be part of God’s kingdom come.
Here on earth.
You’re invited to a party, Jesus-style:
To feed the hungry by doing the 30 Hour Famine
and fundraising for kids in need.

Get ready for God to manna-fest His glory at this heaven-sent party!

Then the Lord said to Moses, “I will rain down bread from heaven for you. …”

—Exodus 16:4 (NIV)
Big-time impact

Every $40 you raise helps feed and care for a child for a month. World Vision puts the funds you raise to work by bringing emergency food aid to disaster zones and equipping families with the tools they need to overcome hunger in their communities—for good.

Together, we’re empowering people in need to change the direction of their lives. What does this look like?

- Parents growing healthier, more abundant crops and livestock
- Communities gaining access to clean water for nutritious harvests
- Children receiving basic medical care
- Kids going to school
- Families getting on their feet and standing strong

Over the last 30 years, 6 million students from 68,000 groups have given up food for 30 hours—and raised $190 million to feed kids who are hungry around the world. That’s worth celebrating!

How has poverty changed in the last 30 years?*

In 2017, about 689 million people lived in extreme poverty, down from 1.9 billion in 1990—that’s 1.2 BILLION FEWER PEOPLE!

30 years ago, 36% of people in the world lived in extreme poverty. IN 2017, ONLY 9.2% DID.

Over 1 in 6 people in the world were constantly hungry in 1990, compared to more than 1 IN 12 IN 2019.

About 6,400 kids under 5 die each day from hunger-related causes, INSTEAD OF 15,400 PER DAY like 30 years ago.

*Though these stats were accurate at the time of publication, the impact of COVID-19 could change much of the progress that’s been made in recent years.
ROCK YOUR FUNDRAISING

We’ve laid out the steps and provided ideas to make fundraising a breeze.

First! Personalize your fundraising page.
1. Sign in to your account at 30hourfamine.org/21.
2. Select “Register Now!” and sign up as an individual.
3. Customize your page:
   • Upload a profile pic:
     Make sure it’s an easily recognizable shot of you so people who use your link know they’re in the right spot.
   • Tell your story:
     Why are you doing the 30 Hour Famine? Why does caring about hungry kids around the world matter to you? Remind donors that their small acts will make a big difference—and thank them for joining you.
   • Make your own URL:
     From “Your Page,” go to “Settings” to update your fundraising goal and personalize your URL. Get creative—try something like HaleyHelpsTheHungry or TheJenkinsTakeOnFamine.

Then, fundraise!

• Schedule time with church members or neighbors to do some yardwork. They can text you instructions and wave from the window!
• Go on a grocery run for someone who needs to stay quarantined.
• Tutor or teach students who are doing schoolwork from home. (Working parents will love it!)
• Get crafty: Offer handmade items in exchange for donations (Ideas: soap, candles, knitted items).
• Host a lawn game or sports tournament. (Cornhole, bocce ball, ladder golf, disc golf, volleyball, etc.)
• Let your friends and family know you’ll sing any song on social media if they pledge to cover one hour of your 30 Hour Famine. If you get 30 people to give you $40, you’ve got $1,200!
• Use your professional skills! Offer to create videos or donate graphic design services to a small business, help build a website, provide tech support to someone who needs to set up a home office … get creative!

Pro tip

Keep all money transactions through your online fundraising page. It’s okay to mail in any checks or cash, but online giving is preferred.
Opening ceremony

Watch "Kapinga’s Story: Intro"

CONSIDER

• 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 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!
Reflection #1

Watch “Kapinga’s Story: Food”

ACTIVITIES

Favorite Food
Think about it: If you could only eat one food item for seven days straight, what would you pick? But wait: You can only choose something that’s already in your house.

Food Tower
Build a tower only using food you can find in your pantry! The goal is to make a free-standing structure as high as you can. Use #30HF #30HourFamine #WorldVision to show off your Food Tower on social media.

CONSIDER

• Have you noticed a difference in your energy level because you’re hungry?

• Reflect on Kapinga’s story—what do you think it would be like to do chores, go to work or 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
Read 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?
**ACTIVITY**

**Virtual “Mafia”** (Best played as a group activity. Individuals could gather some friends virtually or in person to play.) We’ve switched up the characters so this version is related to Kapinga and her family’s economic struggles. Here’s how it works:

**Setup**

First, **assign roles.** You’ll do this with a deck of cards. Each person gets a character to play based on the card you give them. Count out the amount of cards you’ll need for your group, keeping one queen, one jack, the right amount of aces (see below), and a few numbers in your deck. Divide up your group as follows:

- **Narrator:** 1 Grandma (we recommend an adult take this role)
- **Queen:** 1 Kapinga
- **Jack:** 1 Vicki, Kapinga’s friend
- **Aces:** Thieves of Progress—one-third of your group (i.e., if you have 12 people playing, you’ll need four aces to assign four thieves)
- **Any numbers:** Neighbors (everyone else)

The players must never reveal their characters throughout the game. See the below character descriptions:

- **GRANDMA**
  Acts as the narrator to move the game along. She doesn’t actively play and must be unbiased. Grandma decides the time of the game (night or day). During the night, Grandma will first ask the Thieves of Progress to choose from whom they’re going to steal. She then asks Kapinga whose possessions to return and finally asks Vicki whose identity she would like to know. During the night, Grandma should write down the names of the person stolen from and Kapinga’s guess, so she can weave them into the daytime story she’ll tell about the theft. During the day, Grandma prompts the players toward catching one player they think is a Thief.

- **THIEVES OF PROGRESS**
  Thieves represent anything that can set a family like Kapinga’s back in life, like drought, war, a natural disaster, or an accident. These players wake up at night when Grandma tells them to. Each round, the Thieves choose one person to steal from. They must do so quietly—pointing silently to the person—so that the other players don’t figure out their identity. During the day, the Thieves must act innocent, like regular Neighbors, and try to convince the players to catch another person.
• **KAPINGA**
  This player can return a person’s stolen progress to them. When Kapinga is called upon at night, she opens her eyes and silently points at a person that she thinks the Thieves have stolen from. If Kapinga is right, the person’s things are returned.

• **VICKI, KAPINGA’S FRIEND**
  It's Vicki’s job to figure out who are Thieves of Progress and who are Neighbors. When called upon at night, Vicki silently points at the person whose identity she would like to know. If the person is a Thief, Grandma nods at Vicki; if Vicki’s guess is wrong, Grandma shakes her head. During the day, Vicki helps Neighbors catch the Thieves.

• **NEIGHBORS**
  They have the most important job: stopping the Thieves of Progress. Neighbors only wake up during the day. They pick one player who they think is a Thief to be caught. If they get a majority vote, that player is out.

Once all the players know their roles, it’s time to start the game!

**How to play**

**Note:** During the day, all the players keep their eyes open, but at night, only the players called upon can open their eyes.

The game begins at night. Grandma says, “Village, sleep,” and everyone closes their eyes. The game only works if everyone follows the rules! Grandma then says, “Thieves of Progress, wake up.” All the Thieves open their eyes and silently decide which player they’re going to steal from. They then silently point at that person, making sure Grandma sees who it is.

Grandma then says, “Thieves, sleep.” Once the Thieves close their eyes, Grandma says, “Kapinga, wake up.” Kapinga opens her eyes and decides on one person that she thinks the Thieves have stolen from, silently pointing at that person.

Grandma says, “Kapinga, sleep,” then after waiting to make sure eyes are closed, “Vicki, wake up.” Vicki now opens her eyes and points at the person whose identity she would like to know. If the person Vicki picks is a Thief, Grandma nods; if not, she shakes her head.

And the night is over. Grandma now says, “Village, wake up.” All players can open their eyes and look around. Grandma tells a story involving all the characters, without revealing any names—get creative! It could start something like this: “Last night, a Thief of Progress snuck into a neighbor’s house and snagged a schoolbook. . . .” or “One rainy night, a Thief of Progress seized the chance to stuff a neighbor’s chickens into a big sack and run off. . . .” or “By the light of the moon, a Thief of Progress saw the chance to nab a basket of corn. . . .”
If Kapinga was right in returning a player’s progress, Grandma doesn’t say anything to that player. But, if Kapinga didn’t pick the right person the Thieves stole from, Grandma now announces to that player that their progress has been taken. That player is “out” and can no longer talk. Grandma relates—in story form—that they’re out. They can, however, enjoy watching the rest of the game unfold.

During the day, all remaining players ask questions, trying to figure out who among them is a Thief of Progress. They can try looking people in the eye and asking them if they’re a Thief. Though Grandma can’t give anything away, she can prompt players to ask each other questions: “James, why don’t you ask John why he was checking out your chickens last night?” (The game works best if everyone really gets into character and plays along with the scenario!) If Vicki knows the identity of a Thief, she must convince the Neighbors to catch the Thief without giving away any information.

Grandma can set a time limit for this discussion—keeping it to about 3 to 5 minutes will help the game move along. The round ends when all the players decide on one person to convict as a Thief. Once the decision is made, Grandma asks the person, “Are you a Thief of Progress?” That person can only answer yes or no—they shouldn’t reveal their actual identity! If they are a Thief, they’re “out” for the rest of the game.

The game continues by alternating between night and day. By night, the Thieves of Progress steal from someone, and in the day, Neighbors choose to remove one player.

The game can end in two ways: All the Thieves are caught by the other players or all the players are stolen from by the Thieves of Progress (only the Thieves remain in the game).

Tips for playing

• Remind everyone to be honest! Consider having people place their hands over their eyes or put their heads down when their eyes need to be closed, because this game will only work on the honor system.

• Grandma can—and should!—embellish the story as much as possible. She has the most important role to play in guiding the players and must remain impartial so as not to sway the game.

CONSIDER

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

• If you played the game and 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?

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

**SCRIPTURE**

Read 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?
ACTIVITY

Lights-out Forts

Setup
It’s time for a Famine favorite: fort-building! Gather materials—cardboard boxes, duct tape, sheets or blankets, milk crates, and folding chairs. You can also use other household items like sleeping bags, pillows, and sweatshirts.

How to play
The challenge: You must build an independent, free-standing “house” that you can fit in. But you have to do it in the dark! Turn out all the lights in the room and close the blinds, and then start a timer for 15 minutes.

When you’re done, you can post pictures of your fort on social media. Add the hashtags #30HF #30HourFamine #WorldVision—it's a perfect time to share about your Famine experience so far and make a quick fundraising ask.

Bonus: Sleep in your fort tonight! If you can’t fit in your fort, spend the night sleeping on the floor.

CONSIDER

• 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

Read 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, and ask Him to be with Kapinga and kids like her who are going to bed hungry.
Reflection #4

Watch “Kapinga’s Story: Education”

ACTIVITY

True or False
Open up the true or false questions (find them online at 30hourfamine.org/athome21). Designate one person to ask the questions, then have everyone else answer by raising their hands when they think an answer is true. Have people keep track of how many they got right if you want to determine a champ at the end. If you’re participating by yourself, write down whether you think each question is true or false, and then check your answers. No looking ahead!

CONSIDER

• What did you think about going to school? Did you like it?

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

• Because of COVID-19, our communities know what it’s like not to go to school or to have to change our routines. Think about your experience or the experience of a loved one who has been affected. What’s it been like? How do you think that experience relates to Kapinga’s?

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

SCRIPTURE


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?
**ACTIVITY**

**Birthday Survival Game**

This game is best played with a group. If you’re participating by yourself, pick a character card, read through the facts below and reflect on what it would be like to live as that person. Then pick another and compare the two experiences.

This activity gives you a small taste of the challenges kids like Kapinga face. To set it up, print out and distribute the [character cards](#). Each person gets their own card (it’s okay if more than one person have the same character). Once everyone has their card (only one card), give them a minute to carefully read their character’s descriptions. Take a few moments to have everyone “introduce” themselves with their name and home country. Then, read the following out loud:

Did you know that over 6,000 children under age 5 die each day from hunger-related causes? You’re about to play a game of survival. You are each a child younger than 5 in a country somewhere in the world. Maybe you’re lucky and live in a country where there is excellent healthcare, schools, and your parents have jobs. But maybe diseases threaten your health. Maybe you’re an orphan who has to work instead of going to school. Your card determines whether you’ll survive to your fifth birthday. To begin the game, everyone holds up 10 fingers.

**Birth weight:** In poor countries, pregnant women don’t get enough food or access to healthcare to have healthy babies. Born underweight, these babies struggle to develop strong bones and muscles. Their immune systems are often too weak to fight off diseases, and they may have learning difficulties later in life.

*Leave all 10 fingers up if you were born at a healthy weight. Put one finger down if you weren’t.*

**Healthcare:** Access to a doctor is crucial when you’re sick or injured. Vaccines help protect you against preventable diseases like measles and polio. In poor areas, there are usually too few doctors, or, if there is one, many people—just like Kapinga—don’t have the money to pay for healthcare.

*Leave your fingers up if you’ve had your shots. Put one finger down if you have not.*

**Food:** Proper nutrition is important to stay healthy. Quality food helps you grow strong. Living here in the U.S., we often have unlimited access to nutritious food. But in many countries, children eat only one or two meals a day, sometimes going for days without. Like we’ve been learning, Kapinga knows this reality all too well.

*Leave your fingers up if you get three meals a day. Put one finger down if you eat less.*
Water, sanitation, and hygiene: The U.S. has, for the most part, good water and sewer systems. But millions of people around the world don’t have safe, clean water or toilets. Their drinking water carries dangerous parasites and bacteria that can cause diseases and diarrhea, a leading cause of death in children younger than 5.

Leave your fingers up if you drink clean water from a tap. Put one finger down if you don’t have a tap and have to walk for dirty water instead. Leave your fingers up if there’s a toilet in your home. Put one finger down if not.

Education: Most of us have the option to go to school for free. But many kids around the world can’t attend school because they have to work or their parents can’t afford to pay school fees. Kids who get an education are more likely to be healthy and are able to find better jobs in the future, helping their families break the cycle of poverty.

Keep your fingers up if your days are spent in school. Put one finger down if you can’t attend classes.

Malaria: A serious and sometimes deadly disease, malaria is carried by certain types of mosquitoes. It’s a leading cause of death in many countries, but we don’t have a risk of malaria here in the U.S. Bed nets treated with special chemicals are inexpensive and effective in preventing mosquito bites in areas affected by malaria.

Leave your fingers up if you have a bed net. Put one finger down if this is something you didn’t get.

Employment: Parents who work can buy healthy food and pay for medical bills and school costs. Like Kapinga’s family, kids of parents struggling to find work may be malnourished and lack the healthcare they need. These children are also more likely to work instead of going to school.

Leave your fingers up if one or both parents work to feed your family. Put one finger down if you or your siblings work instead.

That’s the end of the game. If you still have eight or more fingers up, you are healthy and survived to your fifth birthday. If you have five to seven left, you survived your first five years but may have health problems as you grow older. If you have four or less fingers remaining, you’re closer to illness and may not have survived to your fifth birthday.
CONSIDER

• 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?

• If you played with a group, how did you feel about your outcome in the Birthday Survival Game? If you participated individually, what stood out to you as the biggest differences between your two characters?

• How did it feel to recognize the differences between characters, watching them “progress” through these challenges differently?

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

SCRIPTURE

Read 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?
COMMUNITY SERVICE IDEAS

It’s time to take a break to do something that gives back. Use these ideas, or come up with creative ways to fill a need you’ve seen.

- **Serve at home:** Clean the bathroom, vacuum all the floors, deep clean your bedroom, or tackle an extra-big house project.

- **Serve your neighbors:** Call and ask how you can help in return for a donation to your Famine fundraising. Or, write an encouraging note to a neighbor and include a link to your fundraising page.

- **Serve your community:** Brainstorm how you can support a local food bank or first responders—consider dropping off food or supplies if you’re able. Or, stroll through your neighborhood and pick up trash to help keep your streets clean. Consider writing notes or prayers of encouragement and sending them to a nursing home or medical center.
Watch “Kapinga’s Story: Water”

**ACTIVITY**

**Pictionary**

Divide your family into two teams, then use the list of water-related words below for a challenge, or come up with your own. If playing individually, grab a friend and try to get them to guess what you’re drawing!

Write out all the words on slips of paper, pop them in a container (bowl, hat, etc.), and have the first drawer take three of the slips for an extra challenge, or just one if you prefer. Then, set the timer for 60 seconds, and show off your mad art skills!

The drawer’s teammates can start guessing the word as soon as they want, and when they get it right, they get a point. If the timer ends and no one has guessed correctly, you can give the opposing team one chance to make a guess and steal the point. If the drawer didn’t get to all three of their words, you can recycle the unused words for another round. Play as many rounds as you want!

**Water words**

- Well
- Faucet
- Drip
- Bucket
- Cup
- Bathtub
- Jerry can
- River
- Pond
- Laundry
- Drought
- Hose
- Handwashing
- Rain
- Hydrate
- Sprinklers
- Water-balloon fight
- Boiling water
- Trough
- Puddle
- Watering can
- Water bottle
- Bubbles
- Ocean
- Toilet
- Flushing
- Outhouse
- Toilet paper
- Washing dishes
- Sponge
- Cloud
- Tea
- Ice cubes

Bonus: Check out this photo story showing the global water crisis.

**CONSIDER**

- 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**

Read 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?
Watch “Kapinga’s Story: Safety”

**ACTIVITY**

**Scavenger Hunt (Refugee Edition)**

Maybe you’ve played a version of a scavenger hunt on a video call in the last few months. This one is different, placing you in the position of refugees. Refugees often have to flee their homes with little warning and only whatever necessities they can carry. This scavenger hunt gives you the tiniest taste of what it’s like to decide on essentials from your home when leaving on short notice.

Here’s how this version works: Someone reads out an item from the list below, and each family member has to dash around the house looking for the best match. Whoever comes back to the room first to show their item wins that point. Wait until everyone’s back before calling the next item. Feel free to add more items on your list if you’d like to continue the game. Whoever has the most points at the end wins.

If you’re playing alone, see how many items can you gather in one minute.

**Refugee scavenger hunt items**

- Toilet paper
- Pajamas
- Toothbrush
- Comb or brush
- Can of food
- Vitamins
- Bible
- Money
- ID (like a driver’s license)
- Pillow
- A book
- Medicine
- A family heirloom
- Your most valued possession
- Phone charger
- Pot or pan
- Hand soap
- Car keys
- Shoes
- Bath towel
- Suitcase or duffel bag
- Pen and paper
- Jacket
- Sunscreen
- Family photo

**CONSIDER**

- 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?
• 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?

**SCRIPTURE**

*Read Psalm 121.*

**GO DEEPER**

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

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

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

**Looking for ways to fill more time?**

1. Go through this interactive prayer guide learning and praying from each picture together.
2. View the *Rick Steves' Hunger and Hope* hour-long documentary—and talk through some of the discussion questions included.
3. Check out the poverty simulation on 30hourfamine.org/resources2021—it takes 20 to 30 minutes to go through as a group and gives you a glimpse into the difficult choices people living in poverty often have to make.
Watch “Kapinga’s Story: Faith” and “Kapinga’s Story: Closing”.

**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 reflection times?

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

- What one final fundraiser can you do to raise even more funds for kids like Kapinga? Tell your family 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 life. 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.
After the Famine

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.
30 Hour Famine. Students loving God and fighting hunger.

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. Motivated by our faith in Jesus Christ, we serve alongside the poor and oppressed as a demonstration of God’s unconditional love for all people.