# **Two Week Family Journal**

# Welcome to the snowball effect: Fortress water challenge!

# There is a GLOBAL WATER CRISIS

# But there is good news... Together, we can help.

We have partnered with The Water Project, an organization whose mission is to educate others about the global water crisis and bring relief to communities around the world by providing access to clean and safe water.

We are so happy that your family has decided to join with us for our two week water challenge!

### Did you know?

- That 1 in 8 people worldwide do not have access to clean drinking water.
- That half of the world's hospital beds are filled because of waterborne illnesses.
- That in developing countries, as much as 80% of illnesses are caused by poor water and sanitation conditions.

But, you may already be asking, "What can I do to help?" Good question.

## Fortress Challenge Survival Tips

#### What to do now.

This journal is a family workbook to get you through a two week period of expanding your awareness together, and sacrificing together for a common goal. Here are some survival tips.

- 1. Decide when you will have family time to read and talk through the daily devotionals provided here. Dinner? Commuting to school? Deciding this at the very beginning will help you stay on track.
- Put on your Water Project bracelets. Wear them from January 27 to February 10 as a reminder. Tell your friends about how God is going to bless this sacrifice for his glory in a far away town that may be able to get clean water.
- 3. Discuss what each family member will give up or sacrifice during the two week period. Some of you may want to try substituting all your beverages with water, or you could try doing one meal replacement a day, or just some beverages to give up. Don't worry. There is no wrong choice, and this is not a competition.

- 4. Decide how you will give. Your family can estimate the value of the drinks you're giving up for two weeks and donate that amount. Or you can make a lump sum gift. Donate through the link at manchesterchristian.com.
- 5. Join us for the finale event to celebrate your sacrifice on February 10 from 5-7pm at the Wellington Road campus. There will be games and time to share about how banding together for a special goal can have a huge snowball effect.

### Why are we doing this, again?

- To learn about the GLOBAL WATER CRISIS and spread the word to others.
- To understand how we can help bring relief to those who do not have access to clean and safe water.
- To grow as disciples of Jesus Christ through sacrifice.

## Ready? Let's GO!



Did you know that the poorest people in the world have to walk long distances to get to a water source? And that water might not even be clean. Can you imagine what it would be like to walk in their shoes? Many of them don't even have shoes, so they walk barefoot.

### Walking in your shoes...

Count how many things use water in your home (sinks, bathtubs, washing machines, etc.). How many did you count?

### Want to really get crazy?

Count the number of steps that it takes for you to walk to each thing in your home that uses or contains water. Don't forget to count hoses, sprinklers and fire hydrants outside, if you have them. Remember to thank

God for each source of water that you have.



# **Family Chat**

Take out your Bible and read Genesis 1:6-8 together.

And God said, "Let there be an expanse between the waters to separate water from water." So God made the expanse and separated the water under the expanse from the water above it. And it was so. God called the expanse "sky." And there

was evening, and there was morning—the second day. **Genesis 1:6-8** (NIV 1984)

This is showing us the power of God speaking. He simply has to speak something into existence. He said for a huge space to be between the waters. So, up until this point everything was water. The earth was filled with water from top to bottom until He created the air and land.

#### Discuss:

Why are you thankful to God for creating water?

#### Think:

What would it be like to go without clean water for a long time?

### Pray:

Heavenly Father, please help us to be thankful for the water that you have given us, and show us how we can help those who do not have any clean water and remind us to pray for them. In Jesus' Name Amen

# After Day 1, how do you feel?



Congratulations! You are off to a great start. Taking on a challenge helps us learn so much about ourselves and our great God. Pastor Bo says, "Sacrifice is giving up something you love for something you love more."

Do you love soda or orange juice? I

bet you really love chocolate milk. As a family, you may already be thinking that this is going to be much harder than you thought.

Take out your bible and read **Philippians 2: 5-11.** 

Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

**Philippians 2:9-11** (NIV 1984)

It helps a lot when you're doing something hard, to look at someone else who has already been through it. Jesus Christ is our perfect role model. He left heaven, where he had everything and it was perfect, to come to earth and live as a human. That must have been so hard for him. We can get the strength we need to do tough things from thinking of Jesus. He also gives us the strength to do hard things - like drinking water instead of soda for a few days - when we ask him. Did you ask him for strength yet today? Sounds like a great idea.

Dear Jesus, we are so happy to ask you for strength today because we know you want to give it to us. You love us and always help us to do hard things for you every single day. You left heaven because you loved us so much you wanted to make a way for us to know God. Today, help us love you more than we love our favorite drink. In Jesus Name, Amen.

## Lists are fun. Lets make a list!

Most of us have had a time when we have had to do without something for a very good reason. The good reason helps us make the sacrifice.

Have every person in the family answer these questions and fill in the blanks.

- 1. Did you ever give up something before? Tell the story. Write your name and what you gave up in the blanks.
- 2. Can your story help me feel stronger tomorrow? Why is that?

## Hard Things List.

Name:
Thing I gave up once:
Why?
Name:
Name:
Thing I gave up once:
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Why?_				
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Name:

Thing I gave up once: \_\_\_\_\_

Why?\_\_\_\_\_

# After day 2, how do you feel?



How much water do you think that this little boy can carry?



Probably not nearly as much as he and his family will need.

## Do you know?

How long can a person live without food? More than a month

How long can a person live without water? Approximately one week, depending upon conditions

How much of the human body is

water? 66%

How much water must a person consume per day to maintain health? 2.5 quarts from all sources of water and food

How much water is used to flush a toilet? 2-7 gallons

How much water is used in the average five-minute shower? 15-25 gallons

How much water is used on the average for an automatic dishwasher? 9-12 gallons

On the average, how much is used to hand wash dishes? 9-20 gallons

### **Test Your Strength:**

Try to lift one gallon of water. How far do you think that you could carry it before getting tired? Imagine having to carry 15 times that weight over a long distance, just to take a short shower! That is the reality in many places around the world.

## **Family Chat**

Take out your Bible and read the following Scriptures together:

Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord, is my strength and my song; he has become my salvation." **Isaiah 12:2** (NIV 1984)

The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. **Psalm 28:7** (NIV 1984)

#### Think:

Think about the little boy carrying the water and how it must feel for him to travel with heavy water every day. It takes a lot of strength to endure when our bodies hurt

#### Discuss:

Where does our strength come from? What might be comforting for a young child, like the one carrying the water, to know? Think about the Bible Verses that you have just read.

### Pray:

Heavenly Father, thank you for being our strength, even when times get difficult. Please help us to comfort others who are hurting and to lend a helping hand when we can. In Jesus' Name. Amen.

### More Reading:

Isaiah 40:31 2 Corinthians 12:9-10 Psalm 46:1

# After day 3, how do you feel?



### Did you know?

That the poorest people in the world actually pay some of the world's highest prices for drinking water and the water they get is less clean and less plentiful. The poor pay more in the form of lost time, health, education and life, but they also pay more money for clean water.

#### **Dollars and Cents**

How much does your family spend on drinking water per day?

How much do you think that it costs for your family to take hot baths or showers every day?

How much would your family normally spend each day on other beverages, like juice, soda, or coffee?

If there was a water shortage, how much would you be willing to pay for a bottle of water?

### **Try This**

# Water Drops on a Penny:

Use a medicine dropper to drop water onto a penny one drop at a time. How many drops will the penny hold



before the water spills? The amount may be a surprise.

## **Family Chat**

The prophet Isaiah spoke about how Christ's sacrifice for us would heal us. He wrote that by his stripes we are healed and that he has taken our grief and carried our sorrows. Jesus did all of this to PAY for our sins.

Take out your family Bible and read Isaiah 53:4-5 together.

When we gather together as a church body, we remember and celebrate Christ's sacrifice for us by taking communion. We take the bread, to symbolize how Jesus' body was broken, and we take the wine/juice to symbolize how Jesus' blood has healed all of us from our sins.

#### Think:

How has Jesus' sacrifice on the Cross changed your life?

#### Discuss:

How can you share this amazing Truth with others so that they may understand that their sins have been paid for by Jesus?

### Pray:

Amazing Jesus, thank you for bearing our sins on the cross and making a way for us to be with you forever. We Love you! In Jesus' Name. Amen.

### **Bleeding Art:**

As a reminder of Christ's sacrifice, **using water**, create your own piece of bleeding art:

**Materials:** Construction paper, tissue paper, spray bottles, water, watercolor paint or food coloring

Cut tissue paper into desired shapes.

Fill bottles with water.

- **1.** Place tissue paper on construction paper and spray with water.
- **2.** Remove tissue paper to see how it bled and created designs on the art paper.

**3.** Try it again with water colors or food coloring in your water to create colorful patterns!

# After day 4 how do you feel?



#### Get the Word Out:

Did you know that one of the most powerful tools that God gave us is our voice? When we tell others about what is important to us, we are inviting them to ask questions and learn more about it.

Is helping others around the world important to you?

# Do you want to see more people help with The Water Project?

Today we challenge you to go to our Snowball Effect: Fortress Water Challenge web page through the link on manchesterchristian.com and learn more about The Water Project.

It will give you some cool information to share. You can also keep track of our online donations and progress, and soon you will even be able to see exactly what projects our donations helped to fund.

Invite your family and friends to check out our page, too. And while you're at it, if someone asks you questions about the Water Challenge, it just might be the perfect opportunity to tell them about it and invite them to church.

At Manchester Christian Church, we always remember to pray for one person to share God's love with. The Water Challenge gives us the chance to share God's love with many people.

How many people will you share God's Love with today?

## **Family Chat**

Take out your family Bible and read Isaiah 55:1 together.

"Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price." Isaiah 55:1 (NIV 1984)

#### Think:

What in your life is free? Can you think of many things that you enjoy that do not cost anything?

Most things cost us something—whether it is money, time, or energy.

But there is some really good news that all Christians must know.

God's Love is FREE for us. It doesn't cost us a thing.

### Discuss:

What things in life do you wish were free? How does it make you feel to know that God's Love is completely free to us?

### Pray:

Dear Father, thank you for loving us so much, and for asking nothing from us except that we give ourselves to You, for You created us and we belong to You. We are so blessed to be Yours. In Jesus' Name. Amen.

Describe some ways that you have								
seen God's Love in your life today:								

# After day 5 how do you feel?



# **Family Chat**

Take out your Bible and read John 7:37-38 together.

"On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water." John 7:37-38 (NIV 1984)

### Think:

Just like our bodies thirst, our spirits can also thirst. Water replenishes the body's need for hydration. God's Word (the Bible) replenishes the spirit's need for God's Truth. We can find a lot of relief from life's troubles when we run to God's Word the same way that we would run to the sink for a glass of water.

### Discuss:

What does it feel like to be thirsty? Is it hard to wait a long time before drinking? Do you feel relief once you finally have a drink?

### Pray:

Heavenly Father, thank you so much for replenishing our bodies and our spirits with the water from the earth and your living water, which is Truth. In Jesus' Name. Amen!

# After day 6 how do you feel?



### Well, well, well...

You have learned a little about the global water crisis. You've seen photos of kids drinking out of streams and mud holes—and if you've checked out our Snowball Effect: Fortress Water Project web page, then you've seen them drinking water out of hand pumps after a new well is drilled in their village. But what does that shiny new pump mean for these kids and their community? How do they work?

Wells aren't the only clean water solution; but, they're one of the most common. Most of the water projects undertaken by The Water Project are water wells—and for good reason: in most parts of the world, clean water can be found under your feet, in underground layers called aquifers. These layers are continually refilled by rain and other surface water that filters down through the earth. Water in aquifers is usually very clean; sand and porous rocks provide a natural purification system, filtering out sediment and bacteria.

### So What's a Well?

A well is simply a hole in the ground that reaches down to an aquifer. People in the developing world usually have dug wells by hand, which means that only the shallowest aquifers can be reached; hand-dug wells rarely exceed 50 feet, and are often left open, allowing run-off water and other contaminants to enter the well from the surface. The shallow aquifers that these wells draw from are vulnerable to pollution from agricultural fertilizers, industrial waste, or seepage from nearby latrines.

With the right equipment, wells can be drilled to deeper, safer water.

And that is what we are helping to fund by taking part in the Water Challenge.

Thank you for partnering with us to help provide these clean and safe water wells.

# After day 7 how do you feel?

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WATERFALL

CLEANLINESS
GIVE
JESUS
OCEAN
RIVER
SNOW
WALK
WELL



### Mirror, Mirror:

Have you ever noticed how reflective water is? When there is no wind, water can often reflect an image very well.

You are on day eight of the Water Challenge. A whole week has gone by. Now would be a good time for you to be still for a little while and think about how this challenge has impacted you as a person and/or as a family:

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# After day 8 how do you feel?

# Day 9 Fortress Water Challenge

This girl is collecting water from a new well, which was funded by The Water Project. They installed the well outside of a health clinic.



What are some ways that you can

think of which makes water so important to our health?							
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# **Family Chat**

You have read about how Jesus is our living water.

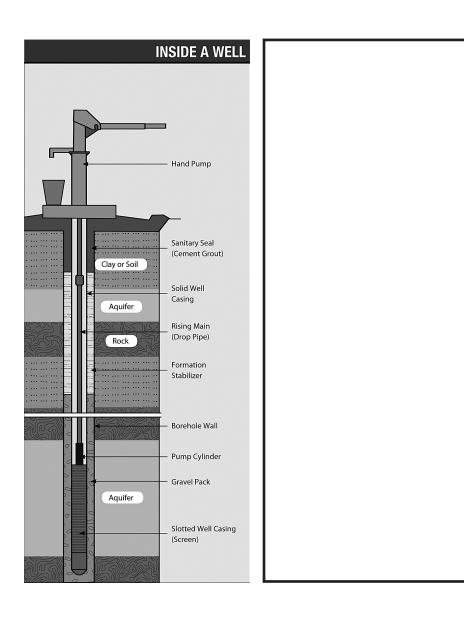
Now you and your family can get crafty and create your own lava lamps to symbolize this!

Here's how:

First, you will need a 20-ounce soda bottle.

1. Remove the label from the bottle.

Can you draw this well? Or if you had to create a well of your own, what would it look like? Get creative and draw it in the empty box to the right.



- 2. Fill the bottle with 1/3 cooking oil, then add some food coloring and glitter.
- 3. Fill the rest of the bottle up with water.
- **4.** Write "Jesus is the living water" on the side of the bottle.

Put it on display in your house for all to see that Jesus is your living water!

# After day 9 how do you feel?



## Pop Quiz!

### How much do you H2Know?

Kids, here is a chance for you to quiz your parents. Let's see how much they know about water... and you might learn a thing or two, too.

Ask your parents these questions and have them write down their answers. The answers can be found below.

- 1. What is the name of the form of electricity that is generated by water?
- 2. How many different states does water have and what are they?
- 3. What elements make up water?
- 4. What percentage of the Earth's surface is covered with water?
- 5. What is the longest river in the world?

- 6. Which of the world's oceans is the largest?
- 7. As water vapor in the clouds cools down it becomes water again. What is this process called?
- 8. What types of precipitation are there?
- 9. When water vapor in the atmosphere freezes into ice crystals, we call it
- 10. True or False: Other planets in our Solar System experience rain.
- 11. Nimbus, cumulus and stratus are types of what?
- 12. True or false? Ice sinks in water.
- 13. True or false? Pure water has a strong mineral taste.

#### **ANSWERS:**

- 1. Hydropower
- 2. 3: Liquid, Solid, Gas
- 3. Hydrogen and Oxygen
- 4. 70%
- 5. The Nile River
- 6. The Pacific Ocean
- 7. Condensation
- 8. Rain, snow, hail and sleet
- 9. Snow
- 10. True. But they experience a different kind of rain. For example, rain on Venus is made of sulfuric acid and due to the intense heat it evaporates before it even reaches the surface.
- 11. Clouds.
- 12. False. It floats.
- 13. False. Pure water is tasteless!

# After day 10 how do you feel?



### **Get Crafty!**

## Make a Rain Gauge

What you'll need:

- · A plastic (soft drink) bottle
- Some stones or pebbles
- Tape
- Permanent Marker
- A ruler

#### Instructions:

- 1. Cut the top off of the bottle.
- 2. Place some stones in the bottom of the bottle. Turn the top upside down and tape it to the bottle.
- 3. Use a ruler and marker pen to make a scale on the bottle.
- 4. Pour water into the bottle until it reaches the bottom strip on the scale.

Congratulations, you have finished your rain gauge. Put your rain gauge outside where it can collect water when it starts raining. After a rain shower has finished, check to see how far up the scale the water has risen.

### What's happening?

Rain falls into the top of the gauge and collects at the bottom, where it can be easily measured. Try comparing the amount of rain to the length of time the shower lasted, was it a short and heavy rain shower or a long and light one?

If you want to get serious you can graph the rainfall over weeks or even months, this is especially interesting if the place you live experiences varying seasons where sometimes it is very dry and other times it is very wet.

## **Family Chat**

Take out your Bible and read Mark 1:4-5 together.

"John appeared, baptizing in the wilderness and proclaiming a baptism of repentance for the forgiveness of sins. 5 And all the country of Judea and all Jerusalem were going out to him and were being baptized by him in the river Jordan, confessing their sins."

Mark 1:4-5 (NIV 1984)

### Do you enjoy new beginnings?

We are at the beginning of a new year. What an exciting time! It is a chance to start over. It is a time to try to do things better than we did last year.

Well, in the Bible, we learn about how to begin a new life in Jesus. The Gospel tells us about a man called John the Baptist. John went all around the countryside in Judea telling people to repent and ask God to forgive them of their sins. When they confessed their sin and asked God to forgive them. John baptized them in the water of the river Jordan. They were baptized to show the world that God had forgiven their sins and they were washed clean. This was a new beginning for them. Even Jesus himself went to John the Baptist and was baptized by him!

We still baptize people today. Perhaps some of you have been baptized. When we are baptized, it is a picture of what Jesus has done for us. He died, was buried, and rose again to wash away our sin and give us a new life in him.

#### Think:

How can you thank God for giving you a new beginning?

#### Discuss:

Share your baptism stories with your family. If you haven't been baptized, share some questions that you have about baptism with your family.

### Pray:

Dear Father, we thank you that Jesus, who was without sin, washes away our sins and gave us a new life. In Jesus' Name. Amen.

# After day 11 how do you feel?



It's time to do a little bit of research. Ask your parents for help, if you need to.

Find out how much rainfall your town gets in an average year.

Then look at some other places around the world, such as villages in Rwanda, China, Kenya, and Sierra Leone.

### Is there a big difference?

One of the most important sources of fresh water is rain. Without a lot of rain, places need other sources of water

As you have learned, wells reach into underground aquifers. This is one way that we can help to provide water for places that don't get as much rainfall.

## **Family Chat**

Take out your Bible and read Isaiah 35:1 together.

"The wilderness and the dry land shall be glad; the desert shall rejoice and blossom like the crocus."

Isaiah 35:1 (NIV 1984)

#### Now read Psalm 96:12.

"Let the field exult, and everything in it! Then shall all the trees of the forest sing for joy" Psalm 96:12 (NIV 1984)

#### Think:

We aren't the only things on Earth that need water to survive. God has also created animals and vegetation that need water to survive. Most living things cannot survive without water.

God tells us many times throughout Scripture that the fields and crops and trees can rejoice and praise the Lord in their own ways.

### Discuss:

How many things would no longer be here on Earth if we didn't have water?

Do you think that we would have food to eat if we didn't have water?

### Pray:

Thank you, Lord, for bringing life to all things on this Earth, and for providing the water that we need to live. Please help us to make a difference in this world for all of the people who suffer without water. In Jesus' Name. Amen.

### Eat Up!

### **Osmotic Celery**

Cut the bottom of celery stalks and set them in glasses of tinted water; the longer the stalks are in water, the deeper the color will be. (Wait a day or two) The stalks will absorb the color. These will also be 'safe for children to eat. (Gage the amount of mixture to about 10 drops of color to 1/4 cups water.)

# After day 12 how do you feel?



## **Family Chat**

Take out your Bible and read Mark 1:4-5 together.

"And so John came, baptizing in the desert region and preaching a baptism of repentance for the forgiveness of sins. The whole Judean countryside and all the people of Jerusalem went out to him. Confessing their sins, they were baptized by him in the Jordan River."

Mark 1:4-5 (NIV 1984)

### Think:

God has given us each special gifts and abilities to be used to serve others.

One thing that God has enables each of us to do is to be generous with all that He has given to us. Just by participating in the Water Challenge, you have been generous in giving up some things that you might want or like (maybe juice or soda) to benefit

someone around the world who has no access to safe and clean water.

#### Discuss:

How does it feel to give up something that you like in order to help someone else?

What gifts has God given you to enable you to help others?

After the Water Challenge is complete, how can you continue to use your gifts and generosity to serve others?

Write	your	thou	gnts	and	idea	s he	re:

### Pray:

Dear God, thank you for giving us each unique gifts and abilities that can be used to help and serve others and make us generous people. In Jesus' Name. Amen!

# After day 13 how do you feel?



**You did it!** You did not give up and the finish line is finally here.

### Now it's time to party!

We have a celebration planned for you at the Wellington Road campus, today, February 10, from 5-7pm and it will have been worth the wait. Two whole weeks of new choices for a really great reason; so that a town in Africa will be able to have a well to draw water from. Because of that well, school children will be able to go to school instead of walking to fetch water for five hours a day. Diseases that come from drinking dirty river water will not hurt their bodies. And thirst will be happily satisfied. And we will find out from The Water Project

where the well is going in the next few months! Are you excited to see where your water dollars will go? Do you think it was worth it? This is what the bible says about working hard for a really good reason:

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Galatians 6:9 (NIV 1984)

# After day 14 how do you feel?

### **Time to Tally Our Drink Costs**

Lets do some counting to decide how we will donate what we saved by drinking water and not sodas and other beverage choices for the last 14 days.

Beverage	Cost per serving	X	Number skipped in 2 weeks	= Savings
Milk	\$.50			
Soda - home, can	\$.35			
Soda - out at restaurant	\$1.50			
Juice	\$.50			
Sports Drink	\$2.00			
Coffee				
Other:				

My Contribution =