

[lifewater.org](http://lifewater.org)

## about Lifewater

Lifewater International is a Christian development organization that helps communities in Africa, Asia, and Latin America gain safe water, adequate sanitation, and effective hygiene practices (WASH) that they will enjoy for generations.

Lifewater is certified by the Evangelical Council for Financial Accountability (ECFA) and has the highest rating on Charity Navigator, America's largest and most-utilized independent evaluation of charities.



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## Significant Sacrifice

40 days of sacrifice for the sake of those who thirst



 **Lifewater**  
INTERNATIONAL



## reply slip

Your donation will be used to help people in Africa, Asia, or Latin America gain safe water, sanitation, and hygiene education. Thank you for making a difference!

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Check Enclosed

Photos enclosed for Lifewater to use in its publications.

Additional comments about your Significant Sacrifice experience:

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Thank you for your time! Please mail this form to

Lifewater International, PO Box 3131, San Luis Obispo, CA 93403

## about Significant Sacrifice

"I was thirsty, and you gave me something to drink." Matthew 25: 35

Nearly one billion people in our world lack safe water and more than two billion do not have a safe place to go to the bathroom. A child dies every twenty-two seconds from a preventable, water-related disease. Significant Sacrifice will challenge you to make a difference.

How to make a difference with Significant Sacrifice:

1. **Sacrifice** an item or activity for the forty days before Easter.
2. **Save** money by refraining from that activity.
3. **Learn** from this weekly guide.
4. **Celebrate** with an after-Easter party and gather what you saved to give safe water to those who thirst.



# evaluation

We hope your Significant Sacrifice experience helped you deepen your walk with Christ and experience the joy of Easter. We know it will make a difference for those who thirst!

Name of group: \_\_\_\_\_

Number and average age of participants: \_\_\_\_\_

Results of "Lessons Learned" bean poll:

(1) \_\_\_\_\_ (# votes: \_\_\_\_)

(2) \_\_\_\_\_ (# votes: \_\_\_\_)

(3) \_\_\_\_\_ (# votes: \_\_\_\_)

Results of "Follow Up" bean poll:

(1) \_\_\_\_\_ (# votes: \_\_\_\_)

(2) \_\_\_\_\_ (# votes: \_\_\_\_)

(3) \_\_\_\_\_ (# votes: \_\_\_\_)

Comments about your overall experience: \_\_\_\_\_

\_\_\_\_\_

Will you do Significant Sacrifice again? \_\_\_\_\_

\_\_\_\_\_

## Significant Celebration Activities

1. Use a “bean poll” to evaluate your Significant Sacrifice experience:
  - Make a list of what you have learned.
  - Designate containers with labels representing each item on the list. For example, containers could say, “the value of sacrifice,” “my dependence on caffeine,” “the need to help people in other countries,” etc.
  - Give each person ten beans.
  - Instruct each person to put their beans in the containers labeled with what they feel most represent what they have learned. If they think something is very important, they may choose to put a number of beans in that container.
  - Count the beans in each container and make a top-ten list, with the lesson learned that ended up with the most beans at the top.
  - Include the list in your evaluation (back of this guide).
2. Use another “bean poll” to make plans for how you will follow up on what you have learned:
  - Make a list of ways you might follow up on what God has taught you through Significant Sacrifice.
  - Designate containers, up to ten, for each of the things that your group named.
  - Give each person in your group ten beans.
  - Instruct each person to put their beans in the containers that represent the ideas they think are the best for your group. If they think one idea is the best, they may choose to put all their beans in that container.
  - Count the beans in each container and make a top-ten list, with the activity with the most votes at the top.
  - Plan your follow up accordingly.

## Prepare to Sacrifice

“Love the Lord your God . . . and, Love your neighbor as yourself.” Luke 10:27

Before your 40 days of sacrifice begin:

1. **Read** about Lent on the following page.
2. **Watch** Lifewater’s “Significant Sacrifice” video ([lifewater.org/significantsacrificevideos](http://lifewater.org/significantsacrificevideos))
3. **Choose** what to give up for the forty days before Easter. You can all pick the same thing, or each person can pick something different.
4. **Commit** to your sacrifice. Fill out the commitment form and put on the Significant Sacrifice bracelets.
5. **Pray** for God to give each of you the strength to carry out your sacrifice.
6. **Friend** Lifewater on Facebook so you can share about your experience with others.



Significant Sacrifice is modeled after the longtime tradition of Lent. Lent begins on Ash Wednesday and concludes on Easter Sunday. The forty days of Lent (Sundays are not included) echo the forty days when Noah waited in the ark, the forty years Israel wandered in the wilderness, the forty days Moses spent on Sinai, and the forty days that Jesus fasted in the wilderness.

In the early church, before someone could be baptized into the church, they had to work long and hard with a mentor to (1) change their lifestyle until it fit Christian standards, and (2) learn the Bible and church teachings. The first part (changing attitudes and actions) lasted a year or more. The second part (learning the head knowledge) lasted several months before Easter Sunday, when new believers were baptized. This time before Easter eventually became Lent, a time when all believers fasted as a symbol of dying to their old lives and being reborn in Christ.

During the time of Constantine in the 4th century, Lent became a forty-day period when courts of law and places such as theaters were closed. Hunting was also forbidden. There is evidence that war itself was sometimes suspended during Lent. In the year 1143 A.D, the conflicting armies of King Henry's daughter and the Count of Boulogne—which were within sight of each other—stopped battling to observe the entire season of Lent.

By the Middle Ages, Lent focused on reminding people that they were sinners. In some places, individuals beat themselves, fasted to near starvation, and went on pilgrimages barefoot, on their knees, or carrying crosses. These rituals led many Christians to reject Lent altogether.

Today, Lent again centers on remembering what it means to be reborn in Christ. Although people observe Lent in many different ways, there are three widely accepted parts of it: **prayer, fasting, and service to the poor.** In recent years, Lent is increasingly known as a time to do something about the worldwide need for safe water as part of our Christian testimony. Significant Sacrifice: An Easter Journey is part of this focus.

## Significant Celebration

“You have turned my mourning into joyful dancing.” Psalm 30: 11

1. **Have a party!** Make sure it is in a fun place and includes good food, music, and other things that people in your group consider important for a celebration. Take photos to share.
2. **Discuss** the questions on the following page, using the “bean poll” (instructions on following page) as a tool.
3. **Collect** the money you have saved through Significant Sacrifice to help people gain safe water. If you have chosen a specific country where you would like your money to go, indicate that when you make your donation.
4. **Celebrate** the hope of the risen Christ, the end of your sacrifice, and the difference you made!



Significant Celebration

## poverty?

Surveying rural communities during the cold season in Laos, we visited a village of the So people several kilometers from the main road. The So speak Mon-Khmer and number just over 100,000 in our province. They are known to be extremely poor.

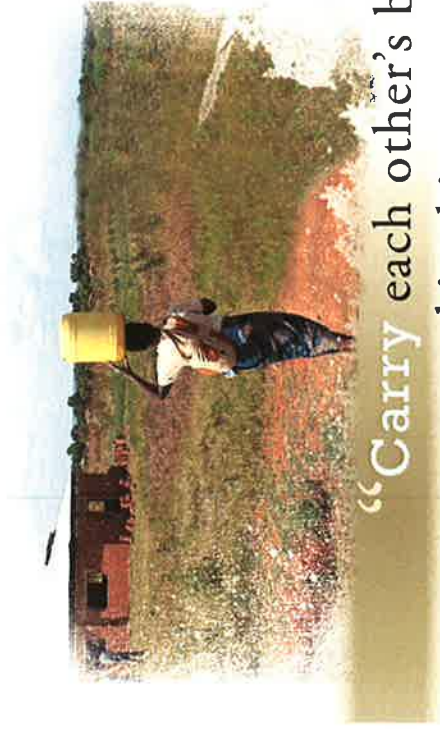
The morning mist was lifting as we drove in, and we saw a group of young girls fetching water from a stream several kilometers from the village. With smiles on their faces, the girls waved to us as they marched back home, each with two water-filled buckets hanging from either end of a bamboo pole balanced on their shoulders.

Once in the village, we randomly selected households to visit for our survey. In front of a bamboo house on stilts, a group of men, young and old, were huddled around a fire where they were steaming a pot of sticky rice. We joined them, enjoying the inviting heat in the cold morning. Upon closer inspection, I noticed that brown insects were crawling all over the bamboo steamer where the rice was cooking. When I mentioned it, someone nonchalantly wiped off two or three bugs. I realized that it was normal to steam both rice and bugs.

Waiting for our breakfast, the men opened up **like there was nothing else on their agenda** except to chat with total strangers and invite them for breakfast. As we enjoyed the sticky rice, mushy fish, and lemongrass and chile dipping sauce, we asked them about their source of water and their health. They talked openly about how their hand-dug wells were dry this time of the year, how cold it gets, and how they depend on shamans to cure sickness because there is no other medical care. Without electricity, they use candles for light and depend on news from the village headman's radio. Not a single So person they know of has a college education.

The So people of Laos may be incredibly poor by the world's standards, but they have a lot to offer—even more than we are usually willing to give. Life for them revolves around people, not tasks. On that day, they were willing to share life with us.

— Lifewater partner in Laos



“Carry each other’s burdens,  
and in this way you will fulfill  
the law of Christ.”

— GALATIANS 6:2

I, \_\_\_\_\_  
will \_\_\_\_\_  
*your name*

*sacrifice you will make*

Through my sacrifice, I strive to honor and help those who thirst in

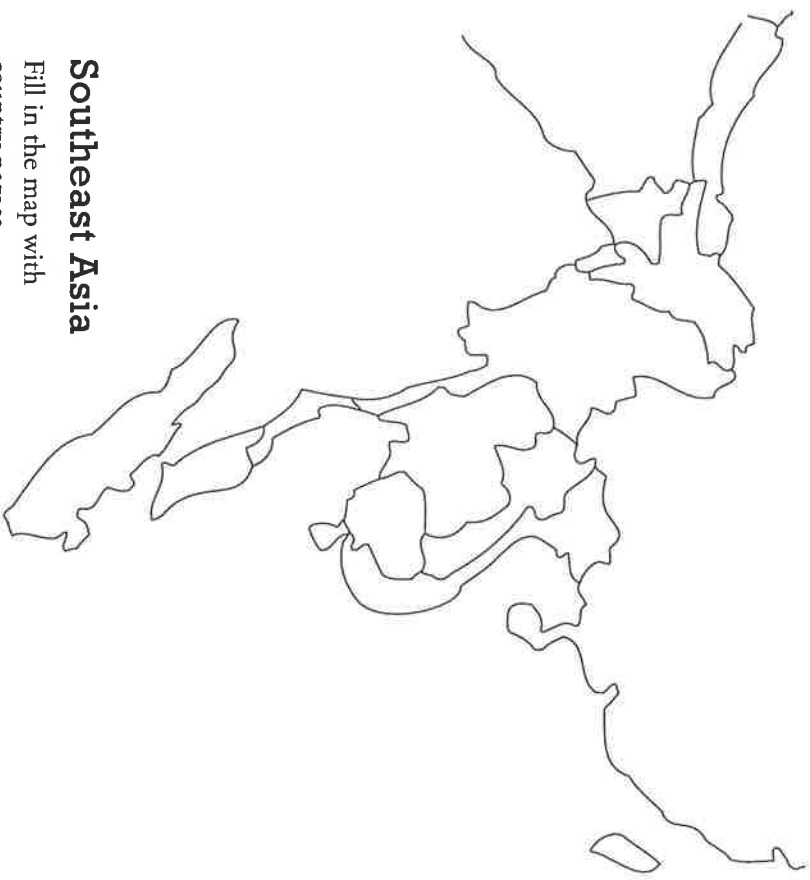
*select country*

I will routinely check in with \_\_\_\_\_  
*name of accountability group/person*

to share how I am doing and what I am learning.

Signature \_\_\_\_\_

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**Southeast Asia**

Fill in the map with  
country names.

## Week Seven Activites

1. Fill in the map on the following page with country names. Before you look at another map, try to do it from memory.
2. Read the story from Laos titled "poverty?" on page 30. How are the people in the story poor? How are they rich? How are you poor? How are you rich?
3. Read 2 Corinthians 8:8-15. Does this passage speak to you?
4. Prepare a meal of steamed rice and either fish or steamed vegetables. Talk about how life would be different if this is what you ate three times a day, every day.
5. Plan your Significant Celebration! See page 23.

## Central Asia

"Out of the believer's heart shall flow rivers of living water." John 7:38

Central Asia is a land of great, snow-capped mountains and dry, grassy plains. Very few streams and rivers flow through the region, so water deep in the ground must be brought up with wells and hand pumps. The majority of its people subsist by farming and herding sheep, goats, camels, donkeys, and horses.

In some parts of Central Asia, **1 in every 4 children die before they turn 5 years old**, mostly because they get diarrhea from unsafe water and because no one has shown them how to prevent disease through safe water, adequate sanitation, and good hygiene. The average person can expect to live only about 47 years.

Only 1 in every 3 people in Central Asia has access to safe water and a decent bathroom. For years, they have suffered from war, drought, famine, and earthquakes. They have endured these trials with strength and hope, with rich, age-old traditions that include writing poetry, flying kites, and making beautiful rugs and embroidered cloth. Nearly 100% of the people are Muslim.

Lifewater International has been working in Central Asia for over two decades.

week one

## Week One Activities

1. Practice the following Central Asian traditions for the time you are together:
  - Greet one another by saying “Assalaam Alaikum,” which means “Peace be with you.” Respond by saying, “Waalaikum Assalaam,” which means “May it be with you too.”
  - Walk barefoot: Some people in Central Asia are always barefoot, and all remove their shoes before praying.
  - Point with your whole hand, not just one finger.
  - When offered food, do not accept it right away. Wait until the host insists. Then eat only with the right hand.
  - Men: greet one another by shaking right hands and patting one another on the back; hold hands with other men in a gesture of friendship; do not look at or acknowledge women. Women: greet one another by kissing one another three times on the cheek; do not look at or speak to men.
2. Fill out the map with country names on the following page. Try to fill it out by memory before looking at another map.
3. Do the “Harsh Reality” activity together: Tell everyone in the group to write down names of sixteen friends and/or family members, including their own, on strips of paper. Fold the papers to hide the names, and put all the names in a bowl. Pass the bowl around and have each person remove four names. Read the names aloud. After all the names have been read, ask people to share about how life would be different if these people had died before they reached age five. After the activity, take a moment to pray for places in the world, such as parts of Central Asia, where mortality rates are high.
4. Talk about your first week of sacrifice. Was it hard? How can people pray for you?
5. Read Philippians 2:1-11. Might sacrificing something help you think about what Christ has done for you?
6. Go to an open, windy place and fly kites. Take photos to share with your church and with Lifewater.

## Laos

“Their abundant joy and their extreme poverty have overflowed in a wealth of generosity.” 2 Corinthians 8:2

Laos is a long, landlocked nation in Southeast Asia. Its population of 6.5 million, largely agricultural, is a diverse mix of ethnicities and cultural traditions. In the rural areas of Laos, only 55% of the population has safe water, and only 40% has access to adequate sanitation facilities. Laos is the most heavily bombed nation in the world, and much of the ordinance remains undernated, presenting a constant danger to rural communities. Life expectancy nationwide is 64.6 years, and 38% of the population is under the age of fifteen.

Over the past decade, in order to build large hydroelectric plants and reduce slash-and-burn agriculture and opium farming, the Lao government has relocated numerous communities from their ancestral highlands to densely populated lowlands. Their relocation has created radical change for thousands of Lao people.

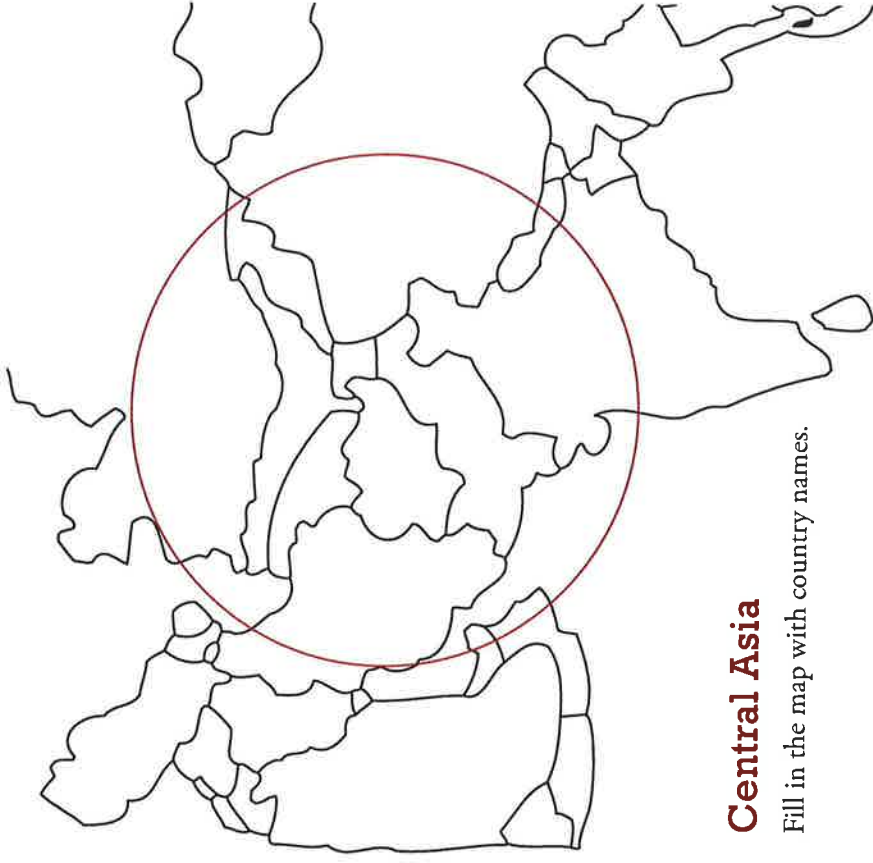
A Communist nation, religion is heavily monitored in Laos. Half of the population is Buddhist, 35% follows ethnic religious practices, and **3% is Christian**.

Lifewater is helping a locally owned ceramic water filter business engage in community service through filter production, distribution, and hygiene promotion.



## Week Six Activites

1. What do you know about the 1994 genocide in Rwanda? Investigate it together. Talk about what led to such a horrific massacre and the steps Rwanda has taken to heal from it.
2. Read Romans 3:23. Share about ways and times sin takes over in your nation, city, school and church, family, and in your own heart. Talk about the ways God has equipped us to stop evil and share God's love in those circumstances.
3. Rwanda ranks 167<sup>th</sup> of 182 on the Human Development Index. The Index measures health, education, and living standards of each nation. Where do you think the United States ranks? Pick ten countries and guess their rank, then look it up (<http://hdr.undp.org/en/statistics/hdi>) and see how close you are.
4. Share about your week of sacrifice and pray for one another.
5. Begin to talk about what you will do to respond to what God is teaching you through Significant Sacrifice.



### Central Asia

Fill in the map with country names.

## Rwanda

“Clothe yourselves with humility in your dealings with one another.”

1 Peter 5:5

Rwanda is a fertile, mountainous country in East Africa. Most people are farmers, with coffee and tea being the primary exports. Deeply scarred by the 1994 genocide, Rwanda has abolished ethnicity as a means of identification and refers to all people as simply Rwandan. During the genocide, which lasted 100 days, **nearly one million people were murdered.**

Nearly 90 percent of Rwandans are Christian, and 42 percent of the population is under 15 years old. Most people live to be only 50 years old.

Lifewater is partnering with a Rwandan peace-building organization. Together, Lifewater and its partner are training local community leaders to help their people reconcile, have healthier lives by practicing good hygiene, and rebuild basic sanitation infrastructure to keep their water safe and clean.

## Week Five Activites

1. Watch Lifewater's "Soccer and WASH" video ([lifewater.org/videos/](http://lifewater.org/videos/)). What do you think about using sports to teach sanitation and hygiene and bring hope to communities? Could/should we do anything like this in the United States?
2. Watch the "Uganda Walking" or "Fixing the Problem" (<http://vimeo.com/19725089>). What impressed or discouraged you?
3. Read Luke 4:18-21. What does Jesus' announcement of the kingdom have to do with us today?
4. Break into teams and develop a strategy to promote a good behavior you think more people your age should practice. Present them to the entire group.
5. How does it feel to be drawing closer to Easter and the end of your sacrifice? Will Easter have more significance for you this year?

## Ethiopia

"He has shown you, O mortal, what is good; and what does the Lord require of you . . ." Micah 6:8

Ethiopia is a beautiful, landlocked country in northern Africa. It is a fertile mountain plateau surrounded by lowlands that are prone to drought. It has more than a fourth of the United States' population on land smaller than the state of Connecticut. Almost half of all Ethiopians are under the age of fifteen.

Ethiopia is one of the world's oldest nations and has a **long Christian history**. Many believe that the Queen of Sheba who visited King Solomon (1 Kings 10 and 2 Chronicles 9) was Ethiopian, and Ethiopia is mentioned in the Bible nearly forty times. The Ethiopian Orthodox Church was the state church from 1270 until 1974, when the country became Marxist and Christians were persecuted. Government overthrow in 1991 re-opened the country to Christian influence. Today, out of every 3 Ethiopians, 2 are Christian and 1 is Muslim.

Most Ethiopians work in agriculture, and the country's main product is some of the world's best coffee. Drought, war, famine, and government instability have resulted in widespread poverty and suffering for millions of Ethiopians. Hundreds of thousands of Ethiopians died in the drought and famine of 1984-85. Today, fewer than 1 of every 2 Ethiopians has safe water and fewer than 1 of every 3 people has an adequate toilet.

Lifewater has strong partnerships and large projects in Ethiopia. Lifewater's East Africa office in Addis Ababa provides a base for Lifewater's work throughout Africa.



## Week Two Activities

1. Fill out the map on the following page with country names. Before you look at another map, try to do it from memory.
2. Read Luke 16:19-31 and talk about its significance for you.
3. Talk about your second week of sacrifice. Is it getting harder or easier? How does it feel to know that the money you save will help people who do not have safe water?
4. Conduct an Ethiopian coffee ceremony. Be sure to take photos of the ceremony!
  - The Ethiopian coffee ceremony: Any Ethiopian meal is not complete without a coffee ceremony, and Lifewater's Ethiopian partners often use coffee ceremonies to share with local communities about good hygiene practices. Flowers and/or grasses are scattered on the floor and incense is lit. Coffee beans—sometimes along with cardamom, cinnamon, and cloves—are roasted in a wide skillet over a small charcoal stove on the floor. The roasted-until-black beans are ground with a mortar and pestle and stirred into a clay coffee pot filled with hot water. After the coffee is made, it is sometimes strained through a fine sieve. The coffee is poured into tiny cups on a large tray from approximately one foot high. It is then served to those in attendance, oldest to youngest.
  - Adaptation: Gather untoasted coffee beans, cinnamon/cardamom/cloves, incense, an electric skillet, a mortar and pestle (or a coffee grinder), a fine-gauge strainer, a teapot, sugar, and small cups and saucers for each participant. Gather in a circle around the electric skillet. Scatter the flowers and light the incense. Then toast the beans and spices with an electric skillet on the floor. Once the coffee beans are black and fragrant, grind them either with the mortar and pestle or the coffee grinder. Fill the teapot  $\frac{3}{4}$  full with hot water and slowly add the ground coffee. After the coffee brews, slowly pour it into small cups on a tray, making sure the grounds stay in the pot. Or strain the coffee, and then pour it into cups. Serve coffee to each person, oldest to youngest. Offer sugar to those who would like it.

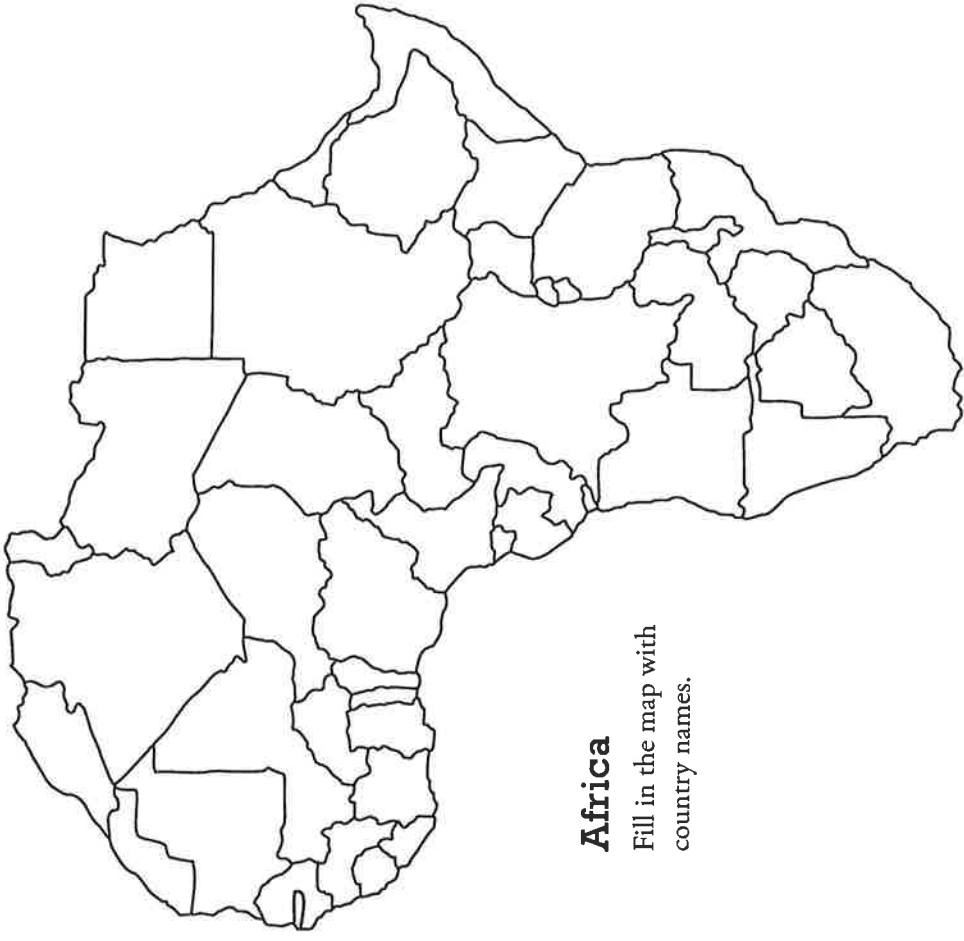
## Uganda

“Strive first for the kingdom of God and his righteousness,.” Matthew 6: 33

Uganda, sometimes referred to as the “Pearl of Africa,” is fertile and enjoys regular rainfall. A total of 80% of the population works in agriculture. Most people live to be only 52 years, and nearly half of the population is under 15 years of age.

For many years, the people of northern Uganda suffered from violence between rebel groups and government forces; thousands were killed and hundreds of thousands had to flee from their homes. Now, with peace prevailing at long last, communities are **focusing on rebuilding** and reconciling with one another. They must repair destroyed infrastructure like roads and wells, reestablish their farms and livestock, and overcome deep emotional and spiritual wounds.

In northern Uganda, Lifewater and its Ugandan partners drill wells, repair hand pumps, and make rainwater catchments. They then help communities form water committees to collect user fees and maintain the wells. They also train teachers, local health promoters, and local government workers in good sanitation and life-saving hygiene so that these leaders can train their people. In addition, they use soccer matches, very popular attractions, as opportunities to teach good hygiene practices and share the gospel with communities.



**Africa**

Fill in the map with country names.



**Hispaniola**

Fill in the map with country names.

## Week Four Activities

1. Fill out the map on the following page with country and state names. Before you look at another map, try to do it from memory.
2. Watch Lifewater's "How We Work" video and the "Transform" video ([lifewater.org/videos](http://lifewater.org/videos)). Talk about the way Lifewater works. Does it make sense to you?
3. Read 2 Corinthians 1:3-5. Do you think this verse speaks to you? How might it speak to people in a country where there is unfathomable suffering, like Haiti?
4. One of the techniques Lifewater uses to learn how people really feel about an issue is the anonymous poll. Community members are each given one pebble or bean. Then a question is posed, such as "How often do you wash your hands after going to the bathroom?" Containers are designated appropriately, such as "Always," "Usually," "Occasionally," and "Never." People then place their rocks in the container that describes them. Conduct an anonymous vote with the question, "How faithfully have you kept your sacrifice commitment?" Designate containers: "No lapses," "One or two lapses," "Many lapses," and "Haven't done it at all." Talk about the results and the value of commitment. How often are you asked to make sacrifices in normal life? How often are you asked to make voluntary commitments?
5. Plant a tree to remind you to pray for the country of Haiti, particularly for solutions to the devastation there. Take photos to share on Facebook and for Lifewater's communications pieces.

## Kenya

"But let justice roll down like waters" Amos 5:24

Kenya, in East Africa, is a land of sunshine most of the year, with heavy rains in the spring. In central Kenya, volcanoes rise out of the low grassy plains. The coastland bordering the Indian Ocean is tropical, while the fertile plateaus in the south and west are arid. Most of the people live in the country's only cultivable land on the plateaus (9 percent of total land mass), where **the water is deep** in the ground and must be brought up with wells and hand pumps.

Since independence from Britain in 1963, Kenya has been relatively stable and has strong agriculture and tourism industries. However, poverty, lack of jobs, drought, floods, and famines are causing food prices to rise and have threatened many communities.

Kenya has freedom of religion, and 83% of Kenyans are Christian. AIDS has killed many middle-aged and elderly people, and nearly half of all Kenyans are under the age of fifteen. The average person lives to be 54 years old.

A special focus of Lifewater's work in Kenya is helping schools get safe water, latrines (bathrooms with non-flush toilets), and lifesaving hygiene education to help prevent disease.

week three

## Week Three Activities

1. When a community has access to safe water, the incidence of diarrhea is reduced by approximately 15–40%. However, when clean water is combined with hygienic practices, life-threatening diarrhea incidences decline by up to 65%. How would you teach Kenyan schoolkids good hygiene practices? How would you make good hygiene popular?
2. Talk about hygiene practices in your school. How good are they? How quickly do you think a serious disease might spread?
3. Watch the video “Lifewater: Nakuru, Kenya” (lifewater.org/videos) What did you notice in the video? What did you like? What questions did it raise?
4. How are you doing physically, emotionally, and spiritually this third week of sacrifice? Has sacrificing an item/activity helped you imagine what life is like in impoverished communities? Has it encouraged you to pray?
5. Prepare Kenyan ginger tea and enjoy!
 

Multiply this recipe per person:

  - ½ cup water
  - ¼ tablespoon diced ginger root
  - 1 teaspoon sugar
  - 1 teaspoon black tea leaves
  - 1 cup milk

Boil the water. Add ginger and sugar and simmer for ten minutes. Add tea and simmer for five minutes longer. Add milk. Heat until hot but not boiling. Strain and enjoy.

## Haiti

“Blessed are you who are poor, for yours is the kingdom of God.” Luke 6:20

Haiti is a tropical nation of rugged mountains, coastal plains, and fertile river valleys. It is also the poorest nation in the Western Hemisphere and has had a very turbulent history since colonial times.

Most Haitians live on less than \$2 per day, and 2 in every 3 people can't find a job. Much of the provision Haitian families depend on is sent from relatives working in the Dominican Republic and the United States, or from international help from organizations like Lifewater International. Haiti suffers from overpopulation, deforestation, pollution, and natural disasters. During the 2010 earthquake, **three million people lost everything they owned**, and hundreds of thousands lost their lives.

In Haiti, approximately one half of the people have safe water and only 1 in 3 has a hygienic and private toilet. Life expectancy is 61 years. Approximately 95 percent of Haitians are Christians, however voodoo is widely practiced.

Lifewater is training Haitian water technicians to repair and develop safe water supplies. As part of the training, the technicians learn to repair damaged hand pumps and drill new wells.