

## 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



# 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:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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.



## 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)
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.



## 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, \_\_\_\_\_

*your name*

will \_\_\_\_\_

*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 \_\_\_\_\_

## 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.

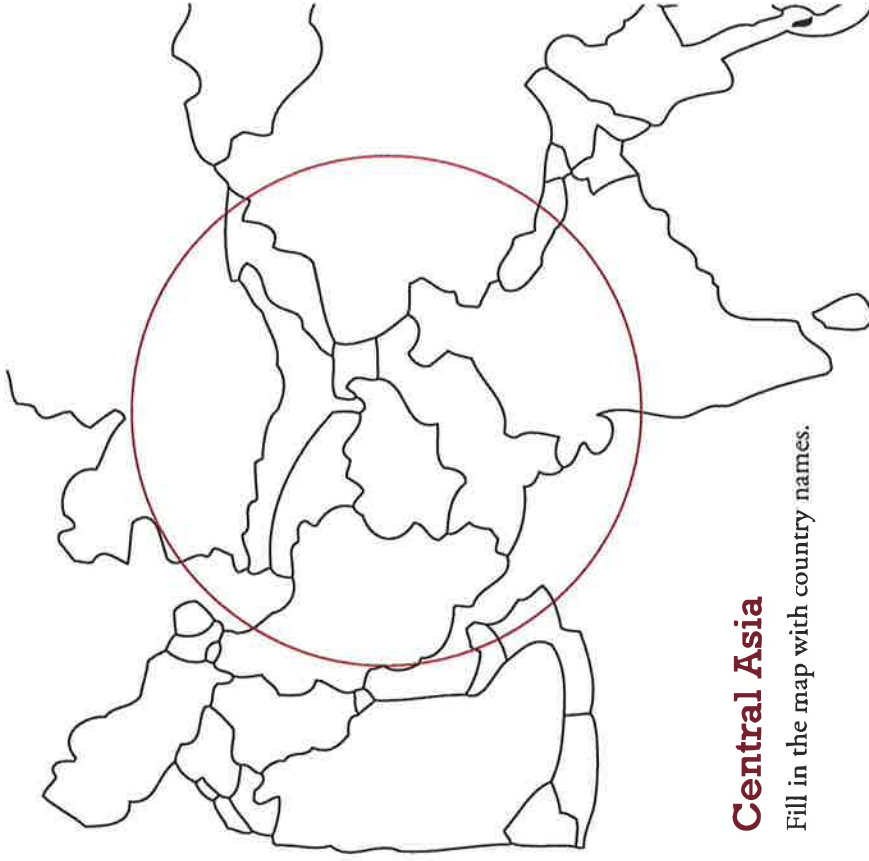
Lifewater International has been working in Central Asia for over two decades.



week one

## Week Six Activities

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.

## 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.

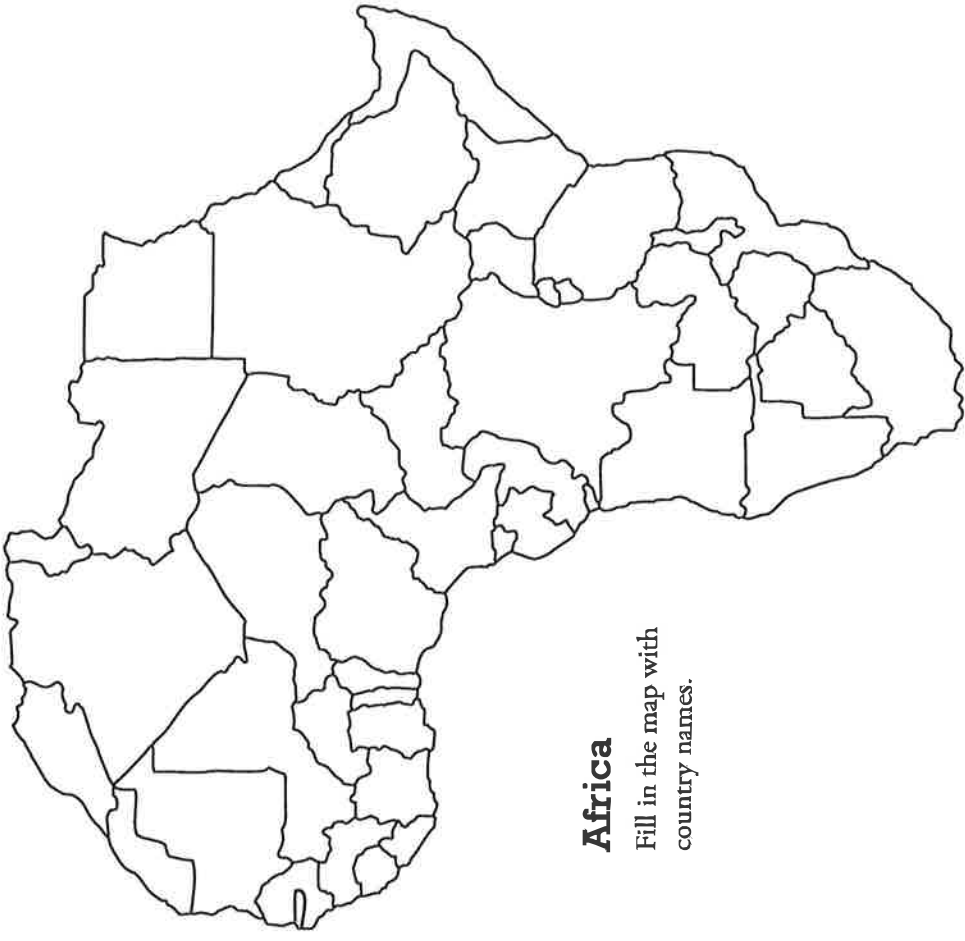
Ethiopia is one of the world's oldest nations and has a **long Christian history**. Many believe that the Queen of Sheba who visited King Solomon (1 Kings 10 and 2 Chronicles 9) was Ethiopian, and Ethiopia is mentioned in the Bible nearly forty times. The Ethiopian Orthodox Church was the state church 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



**Africa**

Fill in the map with country names.

## Week Four Activites

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 unfaithomable 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