



Thank you for choosing to participate in this weekend experience. You will be joining thousands of students around the country going without food so that hungry children around the world can eat. Now that you have registered, here is some info you should know:

What is the 30-hour Famine?

Students loving God and fighting hunger: *Every day, tens of thousands of kids under the age of 5 die from hunger-related causes.* In response, students in this country do the Famine – raising financial support to help World Vision feed and care for hungry children, and getting a taste of hunger themselves by fasting for 30 hours. Among other things, Famine funds provide emergency food and care for those in dire need – like the 13 million people threatened by drought and famine in the Horn of Africa.

Who is World Vision?

The 30-hour Famine is powered by World Vision, 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. Pastor Todd's family has personally supported World Vision for many years now and they have seen first hand World Vision's global efforts to bring healing, hope and health through the Gospel.

So, what is the deal with fasting? Is it safe?

The Famine incorporates fasting (plentiful juice and water are provided) to help participants identify with those in need and draw closer to God. A healthy person can safely fast for 30 hours, however, if you have a medical condition or eating disorder; talk with your parents and/or doctor about your participation.

Jesus speaks about fasting in Matthew 6:16-18. What stands out in this text are these words from verse 16, *"And whenever you fast..."* It does not say, *"If you fast,"* but, *"when you fast."* We also see this in Matthew 9:15 – when the bridegroom is taken away, then the disciples will fast. So, Jesus is not teaching on whether we should fast or not. He is assuming we will fast and teaching us how to do it and especially how not to do it. We will be looking at fasting more in depth during our sessions at the Famine.

What do I need to bring to the Famine weekend?

Not too much... Bible, pen/notebook, some clothes, toiletries, sleeping bag, pillow and some cardboard boxes. Yes, you read that last item correctly. In order to gain a better appreciation of those in need, we will be sleeping like those in need – by creating our own cardboard tent city down behind the church. Also, don't forget to bring the money you raised that wasn't donated online.

What is the schedule?

On **Friday, November 21 at 6:00a**, the fast will begin. At **6:30p**, we will gather in the Student Center for our opening session. On Saturday morning, we'll travel downtown to serve and minister to others in need. We'll come back to the Student Center to celebrate the end of the fast and enjoy a lunch together at noon. You'll be free to go by **1:30p**.

