



THE MATTHEW 25 CHALLENGE

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NOTE » If you have any physical limitations or health issues, please adapt the challenges to keep from putting your health at risk. As an alternative to fasting, you can simply say a prayer, each time you eat, for children around the world who are hungry.

THE MATTHEW 25 CHALLENGE

SUNDAY NIGHT



Here's an overview of your daily challenges for this week:

MONDAY

Skip lunch

TUESDAY

Drink only water

WEDNESDAY

Sleep on the floor

THURSDAY

Wear the same clothes

FRIDAY

Reach out to someone

SATURDAY

Take a prayer walk

We have a video and child story
for each day of the challenge.

Watch at worldvision.org/doM25

Welcome to the Matthew 25 Challenge! We're so excited that you're joining us in this week-long adventure to bring Scripture to life in a new way. This week will stretch you—you'll soon see the world with a brand-new global perspective!

We'll coach and encourage you along the way with food for thought each morning, afternoon, and evening. This guide includes stories, reflection questions, prayer prompts, and more to make the Challenge unforgettable.

Maximize your week: Don't do the Challenge alone. It's the kind of experience you'll want to share with others, so invite your friends, family or small group to join you. Also, make sure to watch the videos that go along with these challenges. You can go to worldvision.org/doM25 for all videos this week.

SCRIPTURE FOCUS FOR THE WEEK

Matthew 25:31-46

"When the Son of Man comes in his glory, and all the angels with him, he will sit on his glorious throne. All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. He will put the sheep on his right and the goats on his left.

"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'

"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?'

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'"

THE MATTHEW 25 CHALLENGE

MONDAY



“... I was hungry and you gave me something to eat ...” —Jesus (Matthew 25:35, NIV)

What's the challenge?

Skip lunch, and break your fast tonight with rice and beans.



> MORNING

Every day, 16,000 kids under the age of 5 die, most of them from preventable causes. Nearly half are malnourished. Through World Vision, child sponsors make a difference in the lives of vulnerable children and their families—ensuring they have the food they need to grow, flourish, and reach their potential.

As you go without lunch today, pray for all the children in the world who don't have enough to eat. Fasting is a great way to clear distractions so you can hear God's voice. And prayer opens your heart and mind to receive what He's got to say!

You're likely to be tired this afternoon, and you'll definitely be hungry. But this experience is well worth the time and sacrifice. We hope it gives you a glimpse into the hardship that hungry kids face daily—and helps your family connect with God in a fresh way!

> NOON

Now that it's lunchtime, instead of eating, take a look around and consider how much food is available to you. While fasting, make some tea and read the following story about a boy named Grace. When you're done, remember to pray for kids like Grace throughout your day.

Dinner For Grace

10-year-old Grace and his family live in the Democratic Republic of the Congo. Many days, Grace and his family only eat one meal. It's never enough and Grace often goes to bed hungry, with a growling stomach.



Remember to watch the videos for this day at worldvision.org/doM25

When war broke out, Grace and family went into hiding. They would go for two or three days without eating. Even now that they're back home, there are times Grace will go several days without food.

Grace loves to dance and play with his friends, but he gets tired very easily. He suffers from malnutrition and the doctor at the local clinic recently diagnosed him with malaria and worms, the cause of his frequent stomach pains. Someday, Grace hopes to get a job, so he can afford chickens and beans to feed his entire family. Maybe then he can go to sleep with a full stomach.

› EVENING

Reflection questions

1. How did you feel after not eating lunch today?
2. Was it difficult to concentrate on the things you needed to do this afternoon?
3. What was the hardest part about fasting?

Prayer

Lift up kids like Grace who don't have enough to eat. Ask God to work through people who care to help hungry families get the food they need.

THE MATTHEW 25 CHALLENGE

TUESDAY



“... I was thirsty and you gave me something to drink ...” —Jesus (Matthew 25:35, NIV)

What’s the challenge?

Today, drink only water.



> MORNING

Think about how often you use water throughout the day—showering, brushing your teeth, making a pot of coffee, or running the dishwasher. Surprised at how much you use?

Now, think about the fact that 844 million people around the world live without access to clean water. On average, they have to walk 6 kilometers a day to get water that often isn’t clean—and the chore mainly falls to women and children. But the lack of water is more than just inconvenient. Dirty water makes kids sick, and having to walk hours to get it means they miss school. So today, every time you miss your coffee, tea, or soda, remember to pray for kids and families in need to get access to clean water soon!

> NOON

As you fill up your water bottle or get a glass of water, you probably only have to walk a few feet. Imagine if that short walk became a long journey you took several times a day. Read Esther’s story to learn about her walk for water.

Esther’s Dangerous Walk

Eight-year-old Esther lives in Rwanda with her mother and five sisters. They don’t have running water, so she and her sisters walk to a dirty pond four times every day to collect water.

The nearby pond is dirty and Esther is often sick from drinking it. She is sick frequently with the flu or a cough and missed many days of school, so she had to move from second grade back to first grade.



Remember to watch the
videos for this day at
worldvision.org/doM25

Down the road, someone has a water tap outside their home, but they charge people to use it. Esther's family can't afford it, so they continue to drink the dirty water. This tap is the first time Esther has seen clean water. She feels hopeful that such water exists, even if she can't access it yet.

> EVENING

Reflection questions

1. Did you miss having other beverages today? If you regularly have caffeinated drinks, did you get a headache?
2. Was the water that you drank clean?
3. How would your life be different if you had to drink dirty water?

Prayer

Pray for Esther and every child to get clean water, and for all to know the living water of Jesus Christ.

THE MATTHEW 25 CHALLENGE

WEDNESDAY



“... I was a stranger and you invited me in ...” —Jesus (Matthew 25:35, NIV)

What’s the challenge?

Sleep on the floor tonight.



› MORNING

Today, imagine you and your family have to suddenly flee home, leaving everything behind—with the chance you’ll never be able to come back.

Around the world, 31 people are newly displaced every minute of the day. They are forced to leave because of things like disasters, conflicts, droughts, and famine—and become strangers in a new place.

Just for tonight, get out your sleeping bags, pillows, and blankets, and set up your bed on the floor. And pray for kids and families who have lost everything and face difficult lives as refugees.

› NOON

Armando Misses His Home

Sixteen-year-old Armando is a Venezuelan refugee in Colombia. In his neighborhood, there was too much violence and not nearly enough food or medicine. When his dad left the family, it became too difficult for Armando’s mom to make ends meet. Armando had to leave his home and friends behind, and go live in Colombia with his older brother.

During their first month in Colombia, Armando and his mother slept on the floor every night. They missed their home in Venezuela but knew it wasn’t safe to go back.

In his new neighborhood, people call Armando a thief and do not welcome him into their community. Armando feels like a stranger, and struggles to feel like he is at home.



Remember to watch the
videos for this day at
worldvision.org/doM25

Armando recently found World Vision's Child Friendly Space, a place to learn, make friends, and stay safe. It's the only place in Colombia that helps Armando feel hopeful for a better future.

> EVENING

Reflection questions

1. If you had to leave your home like Armando, what would you miss most?
2. What would you take with you?
3. How would it feel to be a stranger in a new place where you might not be welcome?

Prayer

Pray for children like Armando who were forced to leave home and now live with painful memories of the past—and fear for the future. Pray for all kids to feel welcome and safe.

Before you go to sleep on the floor, set out your clothes for tomorrow—you'll be wearing the same thing you wore today.

THE MATTHEW 25 CHALLENGE

THURSDAY



“... I needed clothes and you clothed me ...” —Jesus (Matthew 25:36, NIV)

What’s the challenge?

Wear the same clothes you wore yesterday.



> MORNING

How’s your back feeling this morning? If you made it through the night on the floor, well done! That’s no easy feat when you’re used to a comfortable bed.

Today, wearing the same clothes as yesterday may seem simple. But it’ll remind you that others must go for days, even weeks, without changing their clothes or taking a shower. Imagine not even having clean water to drink, let alone to wash your clothes in. This is the reality for so many kids around the world living in extreme poverty.

The good news is this: child sponsorship is making a difference in the lives of kids whose families don’t have the means to buy clothes or even wash the ones they have. Things like clean water and economic opportunities can change a family’s life—in ways both big and small.

> NOON

No Uniform, No School—Marie’s Story

Marie lives in the Democratic Republic of the Congo. Her family can barely afford more clothes than the ones on her back, and they can’t afford a school uniform for Marie.

School uniforms are one of the most expensive school fees. Marie loved going to school to learn and be with her friends. She was a good student and teachers saw a bright future for her.

Going to school could change everything for your family. Sometimes, you still go to the school building when no one is there, and you dream of learning once again. You love the classroom. It brings you joy and hope, and something as simple as clothes would help you go back.



Remember to watch the videos for this day at worldvision.org/doM25

> EVENING

Reflection questions

1. Did you feel uncomfortable wearing the same clothes two days in a row?
2. Did anyone comment on it? What was that like?
3. How much clothing is in your closet? What if you were a mom who could only wash your kids' and babies' clothes once or twice a month—and they only had one set of clothes? How would this make you feel?

Prayer

Pray for kids like Marie who don't have all the basics they need, like clothing. Pray for them to stay warm and protected.

THE MATTHEW 25 CHALLENGE

FRIDAY



“... I was sick and you looked after me, I was in prison and you came to visit me.” —Jesus (Matthew 25:36, NIV)

What's the challenge?

Reach out to someone going through a difficult time.



> MORNING

Today's challenge hits a little bit closer to home. We all have the ability to make an impact by reaching out to someone we know who's facing difficult circumstances—whether it's illness, addiction, depression, or even imprisonment.

Get in touch with someone God lays on your heart today, and offer them some encouragement. Keep them in your heart and prayers throughout the day. As you do, remember the millions of children around the world suffering from violence, sickness, exploitation, even slavery. Their lives don't have to be this way—people like you can make an impact for them too! Child sponsorship empowers their parents and communities to build a world where all kids are healthy, educated, and valued.

We'll be praying for you as well—that through this experience, God draws you even closer to Himself.

Who will you reach out to today?

> NOON

Transformation for Mony's Family

Mony is five years old and lives in Cambodia with her family. When she was younger, her parents would often yell and shout at each other. She was very afraid during this time and didn't want her parents arguing. Trapped by fear and worry, Mony didn't know what to do. Some days, Mony became physically ill with worry, and she couldn't leave the house or play with her friends.



Remember to watch the
videos for this day at
worldvision.org/doM25

Everything changed when Mony's community partnered with World Vision. Her community was transformed, and so was her family, once she became a sponsored child. The nearby clinic has resources to treat diseases and keep Mony and her friends healthy. Now, they play together often!

Mony's parents learned how to create a safe environment for their family. It's a joyful home now, free from fear and full of love.

› EVENING

Reflection questions

1. How did it feel to be there today for someone in need?
2. How have others been there for you when you were sick or struggling?
3. How might you reach out to others in the future with an encouraging word or practical help?

Prayer

Lift up children who are sick or imprisoned by child labor, like Mony was. Pray for them to find safety—and know the love of Christ.

THE MATTHEW 25 CHALLENGE

SATURDAY



“... whatever you did for one of the least of these brothers and sisters of mine, you did for me.” —Jesus (*Matthew 25:40, NIV*)

What’s the challenge?

Take a 30-minute prayer walk.



› MORNING

Over the past week, you’ve stepped up for some experiences that required effort and sacrifice. You’ve thought about some things you might normally not have. And you’ve felt a little of what life is like for kids and families who are hungry, thirsty, in need of basics, or forced from home. Millions around the world face these real needs daily—and they can’t go back to “normal” life after this week, because this is their norm. Yet these are the people Jesus lovingly calls “brothers and sisters of mine.”

As you take a prayer walk today, reflect on what you’ve learned and felt this week. Ask God to show you what to do next, and how to show His love to these brothers and sisters. Invite any friends or family who did the Challenge with you to come along on your prayer walk.

Today is also a makeup day, so if you missed a challenge for any reason, you can do it now! It’s also a great time to catch up on the videos! Go to worldvision.org/doM25

Sponsorship Brings Hope for Rosemary

This week, you’ve heard a lot about kids in need. But World Vision child sponsors are helping change the lives of nearly 4 million kids around the world—kids like Rosemary.

Rosemary is the beaming 9-year-old you see at left. She lives in Zambia and dreams of being a chef. Sponsorship has given her the support she needs to pursue those dreams, and today this bright-eyed girl is filled with hope for the future.

Rosemary’s grandpa, Danford, is grateful. “Our children and grandchildren [can now] dream more and more because [of] what World Vision has done for us,” he says.



› NOON

The Gift of Goats for Dulamsuren

Dulamsuren knows how powerful the gift of hope can be. This 12-year-old sponsored child from Mongolia is the youngest daughter in her family. After a harsh winter killed off most of her family's herd, their livelihood was gone.

But thanks to generous donors, Dulamsuren's family received 20 sheep from World Vision—and the hope they needed to carry on.

Today, Dulamsuren's family is thriving. The 20 goats have multiplied—they have hundreds of animals now, along with steady income from selling wool or other livestock. When they need extra money, Dulamsuren's mother sells milk products at the local market.

Dulamsuren is thankful for the wonderful gift that changed her family's lives and enabled her to go to school. Now she's working hard to become a teacher someday. For Dulamsuren, the future is wide open.

Clean Water Blesses Kamama's Community

Five-year-old sponsored girl Kamama in Kenya finds joy in helping her mother, Julia, collect water. It takes her less than seven minutes to walk the 252 yards to the water kiosk, fill her jerry can, and return home. But this task wasn't always so easy—the closest water source used to be much farther away, and the water was contaminated.

Then in 2015, World Vision began a water project in Kamama's community, and everything changed. Because the water's safe now, Kamama is seldom sick. Julia takes her daughter for regular checkups and immunizations at the local health clinic, which has running water.

Kamama gets a bath every day now, and her mother's equipped to grow fruit and vegetables to feed the family and to sell. Kamama can be well rested, go to school early, concentrate on her studies, and wear clean clothes.

Because girls like Kamama are freed from long walks for water, attendance at their school has skyrocketed from 200 to 500 students! World Vision also helped build latrines and organize WASH clubs for students to learn about sanitation and hygiene.

Today, thanks to sponsorship, more than 800 families in Kamama's community have access to clean water—and all the blessings that come with it.



› EVENING

At church this weekend, celebrate the challenges you've conquered and see how you can follow Jesus' call in Matthew 25. You won't want to miss it.

THE MATTHEW 25 CHALLENGE

CELEBRATE AT CHURCH!

What's the challenge?

Celebrate by sharing God's love with a child in need.



We hope you were both blessed and challenged this week! Whether you participated in just one of the challenges, or were able to do the entire week of challenges, we hope the words of Jesus in Matthew 25 came alive.

Go to service and celebrate with your church community. Share stories with each other about how this has impacted you or your families lives.