



Ideas & Activities

for the Bulgarian Feeding Program/Community Center Project

Introduction to the Activities

First, I am going to write ideas – I am not sure if I read these from other places, modified them or came up with them on my own (with God’s help). So if you see them else where great – my goal is to help you help your students understand Missions and move them to becoming World Christians. **(call me at 419-617-4568 a US number that rings here – we are 7 hours ahead of EST or email me at almellinger@yahoo.com - for more specifics on any of the ideas).**



Meetings - Camp or Retreat Ideas

The following are ideas to take up an entire meeting time. Maybe at your weekly meeting or at a week-end retreat or a day at camp in the summer. You know your group so be creative in how you use these to teach and challenge you students!

A Night in a Box (or something)

Many of the kids in the feeding programs are street kids – that means that they live on the street finding what they can from where they can. They don't just play in the streets and then go home at night they live there all year long 24 hours a day – 7 days a week – 365 days a year! Spring, Summer, Fall and WINTER too! It can get very cold in winter as it does snow here and it can get very hot in summer.



For this activity plan to go somewhere where the student have to spend the night out doors and find whatever they can to sleep on and with – (make sure that they take nothing with them but what they are wearing. No Ipods, cell phones and money etc) Take them someplace safe but where they are unfamiliar with the area. As adults go with them but let them lead. With no money, no ipod or MP3 Players and no phone it could get very interesting. This could be done on a farm, in a city park – (you might want to check with local authorities about curfews in your town or park restrictions.) I am sure you can find a place.



In the morning gather them in and debrief and have a good breakfast for them. (this will work well if they start this about 6 PM and ends at 7AM they will be good and hungry especially if they had no where to get snacks and they didn't bring any with them.) What was it like to not know where you were going to sleep, or what you were going to eat. The street kids in Bulgaria and other parts of the world live this way. They are cast offs that society has little or no time for. They learn how survive but don't go to school and learn how to do anything different.



The churches there are trying to break the cycle and make a difference. As they get one good meal a day they are beginning to trust these folks. As more resources become available they want to start some tutoring and help them get into school to break the cycle that they are in.

Present your goal and the plan



Feeding Program Meal



Plan this after taking some time of working hard (the hungrier they are the better.) Have them come to where you are eating don't let them leave to get snack before you do your teaching. (this might work at a retreat or summer camp for a one night focus). Serve them a slice of Bread and bowl of watery vegetable soup, water to drink and maybe a pudding or fruit yogurt for dessert. That is it! And by the way they don't have seconds. This could be a great time to talk about the food and what they get. It doesn't sound like much but it will help them and will provide enough nutrition to keep them going and not starving.

If at a camp or retreat – you might want to serve the kids pizza later in the night – just don't tell them let it be a special surprise.

Haves and Have Nots



At your meeting once the kids arrive and you are getting ready to start bring in a pizza or two depending on the size of your group in the box. Have a special table set up on one side and then choose 2-3 kids to go and sit at the table. Then bring the pizza in and walk it through the group but no one in the group can have any they can only see it. Then take it and give it to the kids at the table. Instruct them that this is for them to eat only. And then proceed with the meeting. A little later bring in Ice Cream bars or cones and again show the crowd but only give it to the kids chosen at the table.

By now if your group is normal some of the kids will be grumbling and complaining about it as being unfair and that they should share and things like this. Begin to listen to the complaints – start writing them down even – but do nothing to let them have any food. When the students have all had a chance to grumble a bit begin to ask them questions.



Haves and Have Nots continued

Why was it unfair to you? No one promised you pizza tonight. No one said you could have ice cream. If these people get food and extra treatment why is that wrong to you?

(let the students answer – most will not have any good reasons other than maybe some culturally expected ways of behaving and yet when they are on the short end of the receiving stick look out.

Now ask the kids who got the stuff what they were thinking? How did they feel? Why do you think they received more than the rest? Then ask them why they did or didn't share? (when you give them the food you tell them it is for them only – but did they listen or did they share anyway?) - Did they taunt the others with what they had or did they eat it quietly? Depending on who you choose to receive the food you can usually get any and all of this responses. If you pick only one of friendship groups you will usually get some sharing.)

Now ask the question of all the group – What do you think Jesus thinks should have happened? Why?

Good time to look at Matthew 25:32

³¹"But when the Son of Man comes in his glory, and all the angels with him, then he will sit upon his glorious throne. ³²All the nations will be gathered in his presence, and he will separate them as a shepherd separates the sheep from the goats. ³³He will place the sheep at his right hand and the goats at his left. ³⁴Then the King will say to those on the right, 'Come, you who are blessed by my Father, inherit the Kingdom prepared for you from the foundation of the world. ³⁵For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. ³⁶I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.'

³⁷"Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? ³⁸Or a stranger and show you hospitality? Or naked and give you clothing? ³⁹When did we ever see you sick or in prison, and visit you?' ⁴⁰And the King will tell them, 'I assure you, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'

⁴¹"Then the King will turn to those on the left and say, 'Away with you, you cursed ones, into the eternal fire prepared for the Devil and his demons! ⁴²For I was hungry, and you didn't feed me. I was thirsty, and you didn't give me anything to drink. ⁴³I was a stranger, and you didn't invite me into your home. I was naked, and you gave me no clothing. I was sick and in prison, and you didn't visit me.'

⁴⁴"Then they will reply, 'Lord, when did we ever see you hungry or thirsty or a stranger or naked or sick or in prison, and not help you?' ⁴⁵And he will answer, 'I assure you, when you refused to help the least of these my brothers and sisters, you were refusing to help me.' ⁴⁶And they will go away into eternal punishment, but the righteous will go into eternal life."

You see we (people living in America) are the rich people of the world and that is fine – Having money is not a sin what you do with your money can be. There are kids and widows who are hungry and unclothed and in great need and we can do something about it if we want to.

We are often seen sitting to one side with all that we have and still wanting more, while others watch us and just want some. Can we, can you help with the needs of others? Is a \$1 a week too much to ask? To help feed kids and widows in Bulgaria?

Present your plan or goal.

More Ideas

to remind your students all year long

Once you have gotten awareness for the hungry in the minds of your students – doing things to remind or keep that in front of them is needed (out of sight out of mind). Once a month or quarter can be helpful.

Local Soup Kitchen /Homeless Shelter

If you live near where you could get involved with local soup kitchen or homeless shelter, see if you can help in some way. Hunger is not a missions problem there are hungry people everywhere. By seeing them up close students may get a better handle on this need around the world.

What will you give me for an Egg?

Have each team member bring a dozen of eggs. Divide into teams and send them out to different areas (you don't want the same few houses hit over and over again.) Have the teams (which I would have be no more than 4 people) Sell their eggs one at a time. Help them know where the funds they collect are going – (again create a flyer they can leave at each house with the egg) don't set an amount for the egg but rather tell the story and see what the home owner might give. This could be an egg-citing event (couldn't help myself)



*Food Drive ideas**

Divide the group into teams and depending on where you meet send them out in cars (with adult drives) or walking (helpful to have wagons to put food in if walking). Go door to door collecting food for a local food pantry or food bank.

*Half your weight in food**

Ways to make this more fun - after letting the group choose team. Weigh the teams – Multiply the total weight of each team by 16 (as there are 16 ounces in a pound) and then divide by 2. That is the total number of ounces the team has to collect to win. (offer the a prize to the first team back over half their weight and or to the team that collects the most over half their weight.) Stack all the cans and nonperishable items in a display at church so that all can see how much food was collected!

*On both the food drive items I would produce a flyer stating that it is a church fuction and what it is going for with a number to call to verify. Also include the days and times of your service incase people are looking for a church that cares. It is a great way to cover a neighborhood, deed the hungry and share the gospel.

Prayer Walk - with Group Projects

Ahead of time make up reports (be they posters or recorded or video taped) either you do it our you can get your students to do it – give each information that they have to present about hunger and needs around the world – they is lots of info on the internet so do a current search.

Then take these another week and set them up in different parts of the church or around the church grounds. Break into groups with a leader with each and have them go from station to station and read, see and hear about the hungry around the world. Then take time as to pray at each station – (depending on the stations and the size of your group you might set a time limit for each station) after the time is up move on to the next.

If the students themselves have prepare the presentation they are more likely to pay attention than if they have no vested interest. (If you let them use Video or tape make sure you have enough equipment to play the presentation back when you have the prayer walk,

If you don't think your whole group can do this maybe you have one or to very creative kids – get with them and brainstorm how to present the information to the rest on a prayer walk idea. (You may also want to add smells to this event – Some candles or fire smell or burnt smell or sweet smell or rotten smell - Hunger doesn't smell nice either!)

Depending on the displays you may want to set them up where the adults of the church can see them as well on a Sunday or Wednesday (or whenever your church meets)

Top 10 Hunger Stories from the Bible

Bible studies on Hunger (taken from World Vision Resources – 30 hour famine)

Top 10 "Hunger" Stories in the Bible

For each of these 10 stories, discuss the following questions in one large group, ponder them in quiet conversations in small groups, or allow individuals to mull over them silently. (Of course, not every question will always apply to every Bible passage.)

- What exactly was the hungry person hungering for?
- How did the hungry person respond to his hunger?
- Did anyone else respond to the needy person's hunger?
- Whom did the hungry person ask for nourishment?
- What was the upshot of the hungry person finally getting fed?
- Was there a "point" to the story—or was the fact that a hungry child of God simply got enough food for a change point enough?

10 Esau's birthright: Esau sells his birthright because he is hungry. (Genesis 25:29-34)

One day when Jacob was cooking some stew, Esau arrived home exhausted and hungry from a hunt. Esau said to Jacob, "I'm starved! Give me some of that red stew you've made." (This was how Esau got his other name, Edom—"Red.")

Jacob replied, "All right, but trade me your birthright for it."

"Look, I'm dying of starvation!" said Esau. "What good is my birthright to me now?"

So Jacob insisted, "Well then, swear to me right now that it is mine." So Esau swore an oath, thereby selling all his rights as the firstborn to his younger brother.

Then Jacob gave Esau some bread and lentil stew. Esau ate and drank and went on about his business, indifferent to the fact that he had given up his birthright.

9 Israel in Egypt: Famine and hunger in Canaan drive Joseph's brothers to Egypt—where they end up staying for 400 years. (Genesis 41:53 to 42:7; and 46:1-6)

8 Manna and quail: Israelites get more food in the desert than they bargain for. (Exodus 16 and Numbers 11)

7 David and the consecrated bread: He actually ate the holy bread! (1 Samuel 21:1-6 and Mark 2:23-27)

David went to the city of Nob to see Ahimelech the priest. Ahimelech trembled when he saw him. "Why are you alone?" he asked. "Why is no one with you?"

"The king has sent me on a private matter," David said. "He told me not to tell anyone why I am here. I have told my men where to meet me later. Now, what is there to eat? Give me five loaves of bread or anything else you have."

"We don't have any regular bread," the priest replied. "But there is the holy bread, which I guess you can have if your young men have not slept with any women recently."

"Don't worry," David replied. "I never allow my men to be with women when they are on a campaign. And since they stay clean even on ordinary trips, how much more on this one!"

So, since there was no other food available, the priest gave him the holy bread—the Bread of the Presence that was placed before the Lord in the Tabernacle. It had just been replaced that day with fresh bread.

One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of wheat. But the Pharisees said to Jesus, "They shouldn't be doing that! It's against the law to work by harvesting grain on the Sabbath."

But Jesus replied, "Haven't you ever read in the Scriptures what King David did when he and his companions were hungry? He went into the house of God (during the days when Abiathar was high priest), ate the special bread reserved for the priests alone, and then gave some to his companions. That was breaking the law, too." Then he said to them, "The Sabbath was made to benefit people, and not people to benefit the Sabbath."

6 Elijah and the widow: What we all wish would happen in our kitchens. (1 Kings 17:7-16)

But after a while the brook dried up, for there was no rainfall anywhere in the land.

Then the Lord said to Elijah, "Go and live in the village of Zarephath, near the city of Sidon. There is a widow there who will feed you. I have given her my instructions."

So he went to Zarephath. As he arrived at the gates of the village, he saw a widow gathering sticks, and he asked her, "Would you please bring me a cup of water?" As she was going to get it, he called to her, "Bring me a bite of bread, too."

But she said, "I swear by the Lord your God that I don't have a single piece of bread in the house. And I have only a handful of flour left in the jar and a little cooking oil in the bottom of the jug. I was just gathering a few sticks to cook this last meal, and then my son and I will die."

But Elijah said to her, "Don't be afraid! Go ahead and cook that 'last meal,' but bake me a little loaf of bread first. Afterward there will still be enough food for you and your son. For this is what the Lord, the God of Israel, says: There will always be plenty of flour and oil left in your containers until the time when the Lord sends rain and the crops grow again!"

So she did as Elijah said, and she and Elijah and her son continued to eat from her supply of flour and oil for many days. For no matter how much they used, there was always enough left in the containers, just as the Lord had promised through Elijah.

5 Jesus in the desert: The devil tried to get to him through his (empty) stomach. (Matthew 4:1-4)

Then Jesus was led out into the wilderness by the Holy Spirit to be tempted there by the Devil. For forty days and forty nights he ate nothing and became very hungry. Then the Devil came and said to him, "If you are the Son of God, change these stones into loaves of bread."

But Jesus told him, "No! The Scriptures say, 'People need more than bread for their life; they must feed on every word of God.'"

4 The miraculous feeding of thousands: On two occasions Jesus fed a whole lot of hungry people with only a few loaves and a handful of fish: Matthew 14:13-21 and Matthew 15:29-39. Here's the latter story:

Jesus returned to the Sea of Galilee and climbed a hill and sat down. A vast crowd brought him the lame, blind, crippled, mute, and many others with physical difficulties, and they laid them before Jesus. And he healed them all. The crowd was amazed! Those who hadn't been able to speak were talking, the crippled were made well, the lame were walking around, and those who had been blind could see again! And they praised the God of Israel.

Then Jesus called his disciples to him and said, "I feel sorry for these people. They have been here with me for three days, and they have nothing left to eat. I don't want to send them away hungry, or they will faint along the road."

The disciples replied, "And where would we get enough food out here in the wilderness for all of them to eat?"

Jesus asked, "How many loaves of bread do you have?"

They replied, "Seven, and a few small fish." So Jesus told all the people to sit down on the ground. Then he took the seven loaves and the fish, thanked God for them, broke them into pieces, and gave them to the disciples, who distributed the food to the crowd.

They all ate until they were full, and when the scraps were picked up, there were seven large baskets of food left over! There were four thousand men who were fed that day, in addition to all the women and children. Then Jesus sent the people home, and he got into a boat and crossed over to the region of Magadan.

3 Lazarus and the rich man: Sooner or later, the tables turn. (Luke 16:19-25)

There was a certain rich man who was splendidly clothed and who lived each day in luxury. At his door lay a diseased beggar named Lazarus. As Lazarus lay there longing for scraps from the rich man's table, the dogs would come and lick his open sores. Finally, the beggar died and was carried by the angels to be with Abraham. The rich man also died and was buried, and his soul went to the place of the dead. There, in torment, he saw Lazarus in the far distance with Abraham.

The rich man shouted, "Father Abraham, have some pity! Send Lazarus over here to dip the tip of his finger in water and cool my tongue, because I am in anguish in these flames."

But Abraham said to him, "Son, remember that during your lifetime you had everything you wanted, and Lazarus had nothing. So now he is here being comforted, and you are in anguish."

2 James' definition of true faith: Not exactly a story, this teaching nonetheless lays out in stark terms what your attitude and actions toward the poor and the hungry tell you and others about yourself. (James 2:14-17)

Dear brothers and sisters, what's the use of saying you have faith if you don't prove it by your actions? That kind of faith can't save anyone. Suppose you see a brother or sister who needs food or clothing, and you say, "Well, good-bye and God bless you; stay warm and eat well"—but then you don't give that person any food or clothing. What good does that do?

So you see, it isn't enough just to have faith. Faith that doesn't show itself by good deeds is no faith at all—it is dead and useless.

. . . and the number-one "hunger" story in the Bible:

1 **Feeding Jesus:** You never know who that hungry person you're feeding may be. (Matthew 25:35-45)

"For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me."

Then these righteous ones will reply, "Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? Or a stranger and show you hospitality? Or naked and give you clothing? When did we ever see you sick or in prison, and visit you?" And the King will tell them, "I assure you, when you did it to one of the least of these my brothers and sisters, you were doing it to me!"

Then the King will turn to those on the left and say, "Away with you, you cursed ones, into the eternal fire prepared for the Devil and his demons! For I was hungry, and you didn't feed me. I was thirsty, and you didn't give me anything to drink. I was a stranger, and you didn't invite me into your home. I was naked, and you gave me no clothing. I was sick and in prison, and you didn't visit me."

Then they will reply, "Lord, when did we ever see you hungry or thirsty or a stranger or naked or sick or in prison, and not help you?" And he will answer, "I assure you, when you refused to help the least of these my brothers and sisters, you were refusing to help me."