



*Idea provided by Jonathan Johnson, Associate Pastor  
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### **Introduction:**

*Fasting for 30 hours* is a fun way to enable people to become aware of world hunger and to get involved. This event is great for *team building, prayer, fasting, outreach, missions, college campuses, or weekend retreats*. One way churches can impact world hunger is to spend time in fasting and prayer. That is what *f30* is about!

**Testimony:** Our church has been doing an *f30* for 7 years. Currently, Southern Baptists members give an average of 50 cents per individual per year to support the World Hunger Fund. This past year (2009) our participants raised over \$8,400 for World Hunger. That was \$56 per participant in just one weekend!! The first year we started with 13 participants and grew to 150 this year, many from different churches throughout our community! Our participants completed over 20 different mission projects. We try to make the event different every year. We would love to help you in any way to get this started in your church, BSU, youth groups, etc.

**Jonathan Johnson: Youth Pastor/Immanuel Baptist Church (contact information below)**

### **Planning the event:**

Tailor this event to the abilities and ministry purposes of your group or church. A lock-in format works great! However, you can adjust it to fit your needs; it can be a 2 day event or even more! Also be sure to provide print materials related to the World Hunger Fund to all participants. News articles are available on the Baptist Global Response web site [gobgr.org](http://gobgr.org). You can also contact BGR for World Hunger Fund brochures.

### **Children Ministry Option: (F15)**

You can also offer this program to your children's ministry. Scale back the event to what is called an *f15*. The children will begin their fast at 8pm on a Friday and conclude on Saturday at 11:00 am. This means the children only miss breakfast but still get to feel the hunger. The kids play up the drama as well.

## Lock –in Format

### FRIDAY

- **Fast begins at 1:00pm on Friday** (*most of our group meets at a local restaurant to share in a lunch before we begin.*)
- **6:00pm: Doors open for Registration** (*All participants are registered for outreach purposes.*)
- **7:00pm: Opening Rally -Show World Hunger DVD**(*Discuss what they are there for and give expectations for the weekend. If you can, provide some live music during the waiting time to start.*)

**Note:** One way to make the weekend fun is to add a competitive twist to the event. Try breaking the participants up on teams and let them compete for a prize. Check with a local restaurant about donating a meal to the winning team the following Saturday at your ending meal.

- **7:30pm: Assign teams** (Create teams of four to five members or according to number of participants.)
- **8:00pm: First Activity** (*We have used many different activities, see attached.*)
- **9:00pm: Scavenger Hunt** (*Create your own from items big and small. Make sure it is a large list and impossible to find everything within the time given. Give points for items received. Make some items are worth more, but do not inform the participants. Also make one item a “Body Snatch”, snatch a friend to come and be a part of the remaining weekend. )*

**Note:** *This opportunity can be used to help other area ministries by collecting items they may need. For example, collect canned foods, canned meats, cereal, dry noodles, beans, and toys for a local Food Bank. Some schools may collect box tops, ink cartridges, etc. for various programs.)*

- **10:00pm: Second Activity** (*See attached ideas*)
- **11:00pm: Announce winner of Scavenger Hunt**
- **11:30pm: Impact Statement** (*Come up with a way to reflect how many people will die from hunger during the 30 hour fast. Examples: 31,250 stick people on large strips of paper, String 31,250 beads, Hands dipped in red paint, then place on paper, each hand representing 5 people. Then place this statement in your sanctuary for everyone to see Sunday morning following the event.*)
- **12:30am: Free Time**
- **1:00am: Lights out**

## SATURDAY

- **8:00am: Rise, Shine, & Clean Up**
- **8:30am: Serve breakfast** (*Give them juice and no food! As they are enjoying their juice talk about big, delicious, hot breakfast items. This is cruel but will drive the next part of the day.*)
- **9:00am: Morning Devotion, Bible Study, Praise and Worship time**
- **9:45am: Give instructions for the Day**
- **10:00am: Third Activity** (*Make this a long activity, like a ministry project they can do in the community*)
- **2:00pm: Share Time** (*Give Teams time to share about what they did while out on their mission projects and how they saw God working. This can be a great time and opens people's eyes to God's hand at work!*)
- **3:00pm: Game Stations** (*Develop 10 or so game stations for your teams/group as a competition. Example: Worm race, Target game, Word Puzzle, Jigsaw Puzzle, Word Find, or any other games. You can find great ideas online for this.*)
- **4:30pm: Finish Impact Statement** (*During this time can tally the points from the weekend to see which team wins the meal.*)
- **5:30pm: Awards and team standings**
- **6:00pm: Evening Devotion, Bible study, Praise and Worship time**
- **7:00pm: Communion** (*Break your 30 hour fast with a time of the Lord's Supper. Make it different. All on the floor in a circle or in a special setting if possible.*)
- **7:30pm: Break Fast meal** (*Everyone comes together for a meal prepared by volunteers of the church*)
- **Go Home...**

## Some Ideas For Activities:

- **Bigger and Better:** *(Give each team a penny. Then instruct them to go out and turn that penny into something bigger and better. Trade their penny for a nickel, take that nickel and trade it for a dime. Then as your money grows split it and grow it again and again. We used this just before the scavenger hunt and as soon as they got \$150 they got their list of items before the 9:00 start time. This way, some teams got a head start on the hunt. Last event, 27 cents was turned into over \$2700 dollars.)*
- **Amazing Race:** *(Set up tasks beforehand that the teams must complete. They are given clues to each stop along the way. When they complete the task, they get their next clue. The tasks are usually ministry projects. [EG: Door to door surveys for a church plant, serve meals at a local ministry/mission, stock shelves at the food pantry, stack wood for a widow, take a local policeman/EMT/Firefighter a hot meal, or any item you can think of to share the love of Christ.] This is all done in a race format and teams are awarded points on how they finish.)*
- **Ministry Project Design:** *(Give each team time to design their own ministry project. Give very little guidelines other than the purpose is to provide info on world hunger. This can also be really fun when you tell them they will be awarded points on how creative and how successful they complete the task. Have a fake panel of judges to judge the teams during share time. Then when they all share what they have done, inform them that they cannot be judged by human standards. They will receive their prize from the Lord for whom it was done. This is a great chance to teach about storing up your treasures in heaven.)*
- **Charity Design:** *(Have them design their own fund raiser for the day, then implement it. If you can't do fund raisers, do acts of service with sponsored givers.)*
- **Flamingos:** *(Get a hold of as many fake birds as possible and go around and place them in the yards of your church members. Give them a form informing them of how to get rid of them. When you collect the birds allow that person to pick someone whom they think deserves them. You can also offer "Flamigosurance"; this is a set price that the homeowner can pay to make sure the birds do not return to their home.*
- **Concert:** *(if you have the opportunity or finances to do so provide a free concert to the public and the make it a part of your event. Some bands will come as a charity or at a discounted price.)*

### **Some Ideas For Stations:**

- **Maze:** *(Use the blue masking tape and tape off a maze on the floor of a large room. You can also use cardboard boxes to make walls so they can't look too far ahead. Make the team walk single file with their hands on the shoulders in front of them at all times. This is timed and if the team crosses a line they get a time penalty.)*
- **Swing Away:** *(Tie a string to a large ball, nerf ball works best. Then anchor the other end of the string to the ceiling, creating a large pendulum. Then place boxes along the floor labeled with points. Have the team swing the pendulum and try to knock over the box for the set points.)*
- **Mine Field:** *(Set up a mine field using wooden blocks or even sheets of paper. Then blindfold one player and stand them at the starting line. Then the rest of the team must use verbal commands to guide the player through the field. This is timed and each mine they hit adds a penalty. It is neat to see if the team shouts all at one time or if they let just one person guide.)*
- **Combination lock:** *(place a combination lock on the table with the three numbers used to unlock it. Do not put the numbers in any order so they must figure out the code. This is a timed event.)*
- **Putt-Putt:** *(Set up holes of different point values and have the teams putt for points.)*
- **Human sewing kit:** *(Have a long string tied to a spoon. The first person takes the spoon up through their sleeve, down a pant leg, up the other pant leg, then out the other sleeve to the next team mate who completes the same task. You do this until all team members are tied together. This is a timed event.)*
- **Book find:** *(if your church has a large library, you can have the title of one book and time the teams on how long it takes them to find it.)*
- **Hoop toss:** *(have the teams try and throw a hula hoop over a trash can from 10-15ft away.)*

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*"For I was hungry and you gave Me something to eat; I was thirsty and you gave Me something to drink."*

*(Matt. 25:35)*

*"And the King will answer them, assure you:*

*Whatever you did for one of the least of these brothers of Mine, you did for ME."*

*(Matt. 25:40)*