



**GET FED BY THE FAITH OF  
THE PERSECUTED CHURCH**



**OpenDoors**

Serving persecuted Christians worldwide

**"So whether you eat or drink or whatever you do, do it all for the glory of God."**

**1 Corinthians 10:31 (NIV)**





# NORTH KOREA

## Our menu suggestion: a small bowl of rice

Why? Because there are massive food shortages in North Korea. Because Christians in labour camps, or those banished to remote villages, get hardly anything to eat. And because workers supported by Open Doors give rice to North Korean refugees (along with things like corn, potatoes, cooking oil, dried noodles, salt and other food products).



## CHEW ON

**Fast Food** is a six-part series during which you share a meal with others, serve up stories of the persecuted Church and take away a fasting challenge. (For more on this series see p. 4). In this issue we look at North Korea. A country where Christianity is viewed as Western and 'hostile' and as a result, Christians are seen as a threat to its Communist ideology and worship of the ruling Kim family. Here, the God-like worship of the rulers leaves absolutely no room for any religion.

## THE MENU

### 1. Serve the meal

Serve everyone a small bowl of rice. How would you feel if this was all you had to eat all day? (If you wish to serve more Korean food, visit [www.opendoors.org.za/fastfoodthree](http://www.opendoors.org.za/fastfoodthree) for a Korean recipe.)

### 2. Chew it over

Reflect on your last **Fast Food** (Issue Two) challenge. How did it go? What did you find difficult? What did you find easy? How did God speak to you through the experience? How has it helped in your understanding of the persecuted Church?

### 3. Feast your eyes

Show the video. On the website you can find a video that introduces us to what life is like for a Christian in North Korea. ([www.opendoors.org.za/fastfoodthree](http://www.opendoors.org.za/fastfoodthree))

### 4. Food for thought

Talk about persecution in North Korea. Share the stories on the placemats. Discuss the video. Use the Bite Size facts opposite. And don't forget the 'Know Your Place(Mat)' quiz. ([www.opendoors.org.za/fastfoodthree](http://www.opendoors.org.za/fastfoodthree))

### 5. Pray

Pray for believers in North Korea. (Use the Bite Size section and Prayer section to help people pray.)

### 6. Take up the challenge!



## THE CHALLENGE

### YOU ARE GOING TO FAST FROM... WORDS

Sometimes a church 'service' in Korea goes like this: two Christians meet in a remote spot. They say nothing. They pray silently. Then they go back home. In North Korea one word out of place can see you locked up or sent to a labour camp. So, this week we want you to show solidarity with North Korean Christians by keeping silence. Spend some time every day in silence. Can you do an hour? Two hours? Put away your phone. Shut down the computer. Pray.

### GO LARGE

Well, the challenge here is obvious: can you go for a longer time without speaking? Half a day? A day? A weekend? What would that be like? Perhaps you could even get sponsored to raise money to support Christians in North Korea.





**BITE  
SIZE**

## FAST FACTS ABOUT PERSECUTION IN NORTH KOREA

- North Korea has been number one on the Open Doors World Watch List of countries where Christians face the most persecution since 2002. Thousands of Christians are held in labour camps or isolated, closed villages.
- The North Korean leader, Kim Jong Un, is an object of worship. Christians face arrest, torture, imprisonment and death for daring to believe in a higher authority. Despite this, North Koreans are still choosing to follow Christ.
- Many North Koreans follow Jesus in secret; parents often don't even tell their children about their faith for fear they will be revealed.
- Open Doors helps to support the Church in North Korea by supplying persecuted believers with emergency relief aid, distributing books and other Christian materials and providing training to refugees in China.

*"God has covered us with the Holy Spirit's love and grace... And even though we are completely severed from the outside world, our faith will remain firmly on the Rock."* –North Korean believer

## PRAYER

- Pray for all those Christians who have to keep silent because of the danger they face if their faith is discovered. Pray that they will know whom to trust and when it is safe to speak.
- Food is often scarce in North Korea. Pray for provision, and for protection for Open Doors contacts who smuggle food and other basics into the country.
- Pray for comfort, strength and courage for those facing the daily horrors of life in labour camps.







# HOW IT WORKS

**Fast Food** is a resource based around several meals. Each meal comes from a different country where Christians are persecuted for their faith. And every second month you do three things...

## 1 SHARE A MEAL WITH OTHERS

Every two months you share a meal with family, friends, your church group or small group. One time you might have a curry, the next time you might have a tiny, plain bowl of rice. Each meal links to a country where Christians are persecuted.

## 2 SERVE UP STORIES OF THE PERSECUTED CHURCH

During the meal, you'll explore the challenges that Christians face in that country. To help you, we've provided six menus, suggesting what food to serve, and giving stories and prayer points about the country. There are also videos, downloadable placemats, and recipes on our website at [www.opendoors.org.za/sgig](http://www.opendoors.org.za/sgig).

## 3 TAKE AWAY A 'FASTING' CHALLENGE

At the end of the meal you will be challenged to 'fast' from something or to give something up for a while. It might mean 'fasting' from comfort and sleeping on the floor, or giving up money and trying to cope on a very limited budget. You might even be challenged to 'fast' from speaking! Each challenge gives a taste of what life is like for persecuted Christians around the world. Every second month (or whenever you choose) you can reflect on what you have learned, and how God has spoken to you. And then it will be time for another meal – and a different challenge!

### **Fast Food is family friendly!**

One of the best ways to do **Fast Food** is to share the meals and take the challenges as a family. The menus are easily adaptable for family discussions.



### **Church Leaders**

**Fast Food** is great for churches. Not only is it ideal for home groups, it's a great way for families to be involved. If members of your church are doing **Fast Food**, how about giving them a few minutes in the Sunday service to share what they are doing?

### **Fast days**

All around the world persecuted Christians know the value of fasting and praying. If you wish, you can make the day of the meal a fast day. Participants can abstain from food during the day, and gather together to break their fast in the evening.



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