



FAST FOOD

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)



NIGERIA

Our menu suggestion: pasta

Why? Because pasta is among the food items that Open Doors partners distribute in Nigerian refugee camps. (Along with rice, powdered milk, nutritional drinks, hygiene supplies and a lot more.)



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 are focusing on persecution in Nigeria. In northern Nigeria, targeted violence against Christians doesn't come only from Boko Haram. Muslim Fulani herders have caused unimaginable suffering for Christians too. Let's remember and pray for these Christians by sharing a meal with others and taking part in this issue's challenge.

THE MENU

1. Serve the meal

Share a simple pasta dish.

Visit www.opendoors.org.za/fast-food for a recipe.

2. Chew it over

Reflect on your previous **Fast Food** (Issue One) 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 (www.opendoors.org.za/fast-food). This month we have a video showing the reality of life for persecuted Christians in Nigeria and how you can help.

4. Food for thought

Talk about persecution in Nigeria. Share the stories on the placemats. Take the "Know Your Place(Mat)" quiz. Use the Bite Size facts opposite. (www.opendoors.org.za/fast-food)

5. Pray

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

6. Take up the challenge!



THE CHALLENGE

YOU ARE GOING TO GIVE UP... YOUR TIME

One of the greatest gifts you can give a persecuted Christian is the knowledge that they're not alone. So, spend some time writing a letter of encouragement and consolation to a persecuted Christian. On our website you will find a number of letter writing or email campaigns. So, write a letter, a card – or lots of cards!

You can find a list of people to whom you can write, as well as simple letter writing guidelines at www.opendoors.org.za/write.

GO LARGE

Personal letters to individuals are great. But what about telling the world what you think? Why not make a video message to the persecuted Church? You could do it as an individual or as a group. Let us know what you've done! We'll share as many as we can!



BITE
SIZE

FAST FACTS ABOUT PERSECUTION IN NIGERIA

- According to Open Doors World Watch List, Nigeria is one of the countries where Christians face the most violence for being believers.
- Thousands of Christians have been killed or displaced by Islamic extremists in northern Nigeria. Churches have been burnt, pastors killed, women and children abducted.
- Christians in the Middle Belt of the country have also been cruelly attacked by Islamic Hausa-Fulani herdsmen. Their land has been stolen and their fields and livelihoods taken away.
- Open Doors works through local partners to help believers in Nigeria through Bible delivery, emergency relief, trauma counselling, training and community development projects such as clinics, schools and support for widows and orphans.

"God never disowns his people. He never let me down. My friends lost their lives... I went through hardship... But I clung to God who knows me."

–Waliya Samiyu, Christian refugee in Nigeria

PRAYER

- Pray for protection for Christians, particularly for women and girls who are in danger of being abducted and forced to marry a Muslim man against their will.
- Pray for comfort for the thousands of displaced Christians, and wisdom for Open Doors partners as they serve these communities.
- In the northern states, which are majority Muslim, Christian communities are neglected and often left without clean water, clinics and roads. Pray for provision for them.





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 each issue you do three things...

1 FEAST

Share a meal with family, friends, your youth 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 SHARE

Explore the challenges that Christians face in that country. To help you, we've provided six menus, suggesting what food to serve, and given stories and prayer points about the country. There are also videos, downloadable placemats, and recipes on our website at www.opendoors.org.za/fast-food.

3 CHALLENGE

Be challenged to "fast" from something or to give something up for maybe a few days, a week or even a month. 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 you a taste of what life is like for persecuted Christians around the world. 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.



OpenDoors

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