

## Fasting, Experiencing Poverty, Responding to God’s Love

“The Matthew 25 Challenge” is a one-week spiritual practice designed to encourage believers—individuals, families, and small groups—to step out of their comfort zones and live out Jesus’ teaching in Matthew 25 by caring for “the least of these” among us and by understanding the needs of the vulnerable.

Through fasting, simple living, and intentional action, we learn to seek God with a pure heart, to pay attention to the world around us, and to experience, together with our children, a glimpse of the daily realities faced by those living in poverty. Alongside the daily symbolic actions, we have also prepared an optional devotional Bible study on the **Book of Ruth** to help participants reflect on life, listen to God’s heart, and encounter His guidance through Scripture.

- Period** During Lent, around Good Friday or any other days chosen by the church
- Spiritual Discipline**
- During the challenge, participants will receive a daily challenge every morning that helps them to experience the hardships of poor children throughout the day. Every night, after completing the daily challenge, they can watch a World Vision sharing video online (approximately 10mins) and pray for the world’s needy together.
  - A pastor or small group leader will serve as a facilitator who will forward the “6-Day Challenge Information” via WhatsApp group/ IG/ FB to participants every day and remind them to pray every night
  - On Day 7, participants will gather to share and pray together. Churches can invite World Vision staff to share a message or to introduce activities before or after the challenges

	Participants	Facilitators
Day 1	<b>Light Dinner</b> <i>I was hungry</i>	Text participants every morning: Challenge Info Video Link Reflection Text participants every evening: Reflection Video Link
Day 2	<b>Water Only</b> <i>I was thirsty</i>	
Day 3	<b>Sleep on the Floor</b> <i>I was a stranger</i>	
Day 4	<b>Wear the Same Clothes</b> <i>I need clothes</i>	
Day 5	<b>Reach Out</b> <i>I was sick... I was in prison</i>	
Day 6	<b>Prayer Walk</b> <i>Did it for one of the least</i>	
Sunday	<b>Gather, Share, Give and Commit</b>	

- Donation** The amount saved from meals during the fasting period will be offered and collected on the seventh day to support World Vision’s food security and relief projects in vulnerable communities.
- Enrolment** Fill out the enrolment form and invite the congregation, families, and friends to join.
- Announcement**
- Make use of our PowerPoint presentation and video to promote the event on church premises, in worship bulletins, the church website and group chats.
  - Recruit facilitators to forward the messages throughout the 6-Day Challenge.

### Registration Form

World Vision Hong Kong : 2/F Mayfair Centre, 4 Anchor Street, Tai Kok Tsui, Kowloon, Hong Kong  
Tel: 2399 3430 (Church Relations) ; Fax: 2394 0566 ; Email: church@worldvision.org.hk

### We are going to take up the **Matthew 25 Challenge**

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- It will take place on \_\_\_\_\_ (dd/mm/yy) with about \_\_\_\_\_ participants.
- We would like to invite World Vision staff to share with us on \_\_\_\_\_ (dd/mm/yy).

#### Donation Methods

- ATM Transfer / Direct Bank-in  
BoC(HK): 012-363-1-017494-9  
(Please send in the bank-in slip with this form)
- Crossed Cheque  
(Please make your cheque payable to “WORLD VISION HONG KONG” and send in with this form)
- Online donation

Church/Organisation Name: \_\_\_\_\_

Contact Person (Title): \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Your personal data will be kept strictly confidential by World Vision Hong Kong (WVHK) for communication purposes and handling activity-related matter (if applicable), and forwarded to service providers as needed for processing donation and sending receipts for WVHK. We would make use of your personal data to keep you updated on our ministry, fundraising and other educational activities. Please “✓” one of the boxes:  I want /  I do not want to receive updates from World Vision.