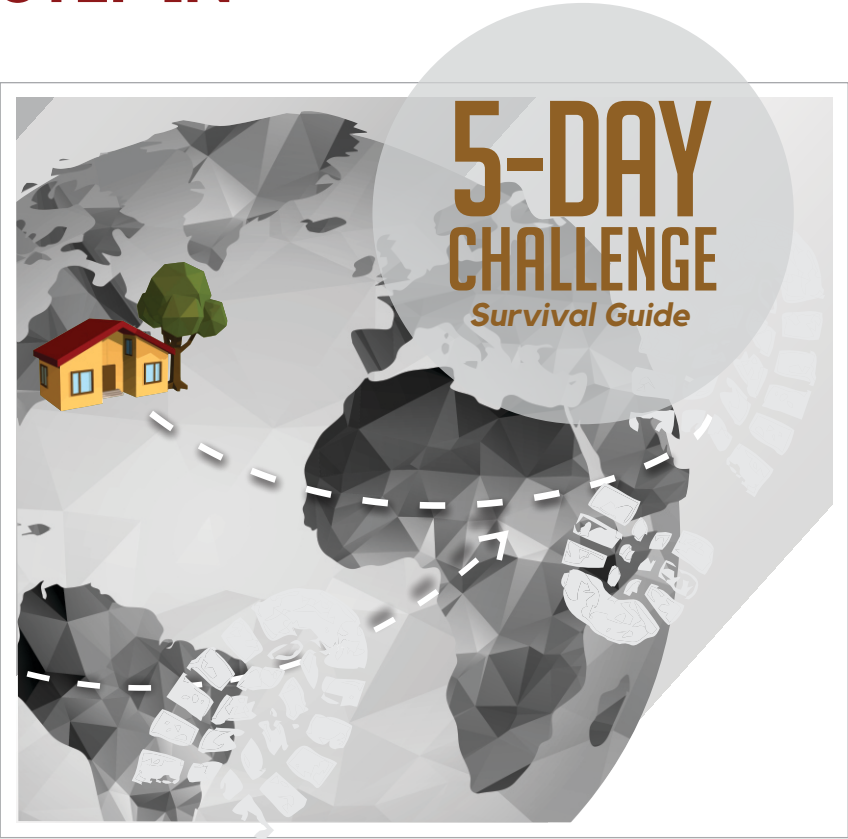


# DIFFERENCE MAKER

## STEP IN



**DAVISVILLE CHURCH**  
davisville.org

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## Welcome to the 5-Day Challenge!

This churchwide experience is based on Jesus' last words found in Matthew 28:19 where he said, "Go and make disciples of **all nations**." As you begin this interactive journey, I believe God will use the next five days to serve as a catalyst to your faith, giving you a fresh perspective and a new heart for people all around the world with little to no access to the good news of Jesus.

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### *"Go and make disciples of all nations"*

---

A few months ago, we identified the nation of Bangladesh as our next mission focus area. During this challenge we want to introduce you to a specific group of people, the Rohingyas, who are living in Bangladesh as refugees. Imagine being told you need to pack your bags and leave your home for an unknown destination, and you have less than 24 hours to do so. What would you bring? Where would you go? Who will be with you? How long will you be gone? How will you survive? These are just a few of the questions we might ask.

Since 2017, nearly 1 million Rohingyas have been forced out of the country of Myanmar and now make up one of the most densely populated refugee camps in the world. I once heard it said, "We can only see from where we stand." For this reason, over the next five days you will be challenged to STEP-IN and experience a small part of refugee life so that we might see things differently and then act accordingly.

For King Jesus!  
Pastor Matt

# HOW TO PARTICIPATE

## **Step 1**

Decide on how you will participate in the 5-Day Challenge: as an individual, family or life group.

## **Step 2**

Register at [davisville.org](http://davisville.org) to ensure you get our daily communication.

## **Step 3**

Pick up your free Rations Kit. They will be available at the church starting Sunday, February 14.

## **Step 4**

Download your Survival Guide or pick one up along with your Rations Kit.

## **Step 5**

Set a goal. You have the freedom to modify the 5-Day Challenge (see page iv for modifications).

## **Step 6**

Begin your journey on Monday, March 1.

Read the corresponding challenge each day in your Survival Guide (pages 2-6).

Tip: Days 3-5 will probably be the toughest. Plan your meals each day so that you can manage your ingredients and eliminate excuses to give up.

To add an extra twist, use the provided game board. It's recommended to roll the dice the night before each day so you can plan accordingly. Game boards can be found on page 8.

### **Step 7**

Stay connected to the other challenge participants by sharing your experience in our private Facebook group, Davisville Family. If you aren't already a member of the group, you can join by visiting the Davisville Church Facebook page, clicking on the "Groups" tab and then requesting to join "Davisville Family."

### **Step 8**

At the end of the week we will send out a short survey for you to fill out letting us know that you completed the challenge. For every individual that completes the challenge, we will donate \$25 to Memorial Christian Hospital in Bangladesh (with a maximum gift of \$4000). For more information about the hospital, see pages, 18-19.

## **MODIFICATIONS**

The purpose of the 5-Day Challenge is to help you become a more global-minded Jesus follower. How you achieve that goal may be different than others. While the 5-Day Challenge was designed for you to live on the Rations Kit for three meals a day for five days, you have the freedom to modify the intensity of this experience.

We understand that you might be facing various challenges like food allergies, medical conditions, or simply bad timing. You might want to try living off the Rations Kit for one day rather than five, or you can pick one meal a day (breakfast, lunch or dinner) for five days and commit to eating from the Rations Kit for the meal.

At the end of the 5-Day Challenge, we hope you can look back and know that you challenged yourself to live differently for a period of time in order to engage deeper with Jesus' command to "make disciples of all nations."

# MEET THE ROHINGYA PEOPLE

The Muslim Rohingya people are from Rakhine State (also known as Arakan), Myanmar, and speak the Rohingya language. Rohingyas and some scholars claim they are indigenous to Rakhine State, while the Burmese claim the Rohingyas are mainly migrants from Bengal. Buddhist people of Rakhine State and Muslim Rohingyas have struggled against each other for many decades. Following riots in 2012, many Rohingyas fled to ghettos and refugee camps in Bangladesh and to areas along the border with Thailand. They have been denied citizenship in Myanmar and have been described as one of the most persecuted minorities in the world. Visit The Hub to view "Meet the Rohingya People."



## Rohingya People Statistics

|                       |                                    |
|-----------------------|------------------------------------|
| <b>Population:</b>    | 948,000                            |
| <b>Main Language:</b> | Rohingya                           |
| <b>Religion:</b>      | Islam (98.3%)<br>Christian (00.0%) |



## Ministry Obstacles

Portions of scripture are available in the Rohingya language.



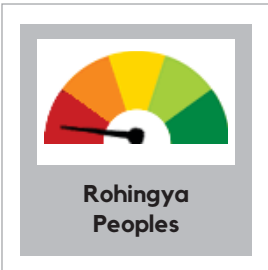
## Pray for the Followers of Christ

None of the Rohingya has reported themselves as Christians to the census of Bangladesh. If there are Christian believers, they are few in number and desperately in need of our prayers.



## Pray for the Entire People Group

Pray for fair treatment of the Rohingya in Myanmar and in other countries where they live. Pray for protection from radical and violent Buddhists, and pray that the government of Myanmar will accept the responsibility to protect and provide for these people. Finally, pray that the Rohingya would be acknowledged as citizens.



*\*Information was taken from Joshua Project.*

| LEVEL | DESCRIPTION  |
|-------|--|
| 1     | <b>Unreached:</b> Few committed to sharing the good news of Jesus and few who identify as Christians. Little, if any, history of Christianity.   |
| 2     | <b>Minimally Reached:</b> Few committed to sharing the good news of Jesus, but significant number who identify as Christians.  |
| 3     | <b>Superficially Reached:</b> Few committed to sharing the good news of Jesus, but many who identify as Christians. In great need of spiritual renewal and commitment to biblical faith. |
| 4     | <b>Partially Reached:</b> Those who are committed to sharing the good news of Jesus have a modest presence.  |
| 5     | <b>Significantly Reached:</b> Those who are committed to sharing the good news of Jesus have a significant presence.   |

# MAP OF BANGLADESH



Rohingya Muslims have fled atrocities in Myanmar for tent cities in Bangladesh. Refugee camps are spread out near Bangladesh's border with Myanmar.





# 5-DAY CHALLENGE

*Begins here.*

## ***Step In***

For every individual who completes the challenge, we will donate \$25 to Memorial Christian Hospital in Bangladesh (with a maximum gift of \$4000). Learn more about the hospital on pages 18-19.

# DAY 1 | MONDAY

## STEP IN: Relationship

Our love for God will lead us to better understand the things God loves. Read the story of Mary and Martha (Luke 10:38-42). How often do our busy lives take the place of our focus on God? Spend some extra time focusing on your relationship with Jesus today.

### Challenge

Set your phone alarm to go off 5 times today (for example, 7am, 11am, 3pm, 6pm, and 9pm). Each time the alarm sounds, stop what you are doing and spend a few minutes talking to Jesus about the Rohingya people, praying for those who don't yet know God and for those who have committed their lives to bringing them the good news of Jesus.

OR

Spend 1 hour of your day reading the book of Ephesians. Take notes and ask questions. If you finish early, read it again.

### Family Corner

Keep the conversation going by discussing the following questions:

What was it like spending extra time with God today?

What things did you find distract you from being with the Lord?

What did the Holy Spirit teach you through this extra time with God?

# DAY 2 | TUESDAY

## STEP IN: Disrupt

Our culture can, at times, revolve around obtaining things that make life easy and more convenient for ourselves. Convenience is not a bad thing, but these things can distract our hearts from God. Try giving up convenience today. This disruption can be a good thing and force us to be more mindful and grateful for what God has given us.

### Challenge

We have so much amazing technology that is readily accessible to us. Try giving up your phone, T.V., or computer for the day.

OR

Give up the greatest item of convenience in your life for the entire day (car, electricity, shoes, running water, etc...)

### Family Corner

Keep the conversation going by discussing the following questions:

What did you give up?

How difficult was it to give it up?

How are you more grateful for the convenience?

# DAY 3 | WEDNESDAY

## STEP IN: Discover

We all grow comfortable within our own culture and traditions, and we tend to view the world through that lens. This is called

Ethnocentrism--evaluation of other cultures according to preconceptions originating in the standards and customs of one's own culture.

Read Acts 17:16-34 and observe how the Apostle Paul interacts with a foreign culture. Notice how Paul did not look down on their culture but identified the positives. This opened a door for them to hear his message.

### Challenge

Spend some time today learning about another culture. Use JoshuaProject.net.

\_\_\_\_\_ **OR** \_\_\_\_\_

Discover an ethnic restaurant or grocery store nearby, and make it a point to visit next week when the 5-day challenge is over.

### Family Corner

Grab a scarf and ask everyone to brainstorm how it could be used for different purposes. See who can come up with the most ideas.

Talk about how refugees need to be creative with their resources. The next time someone says they are bored, you can remind them of the scarf, and challenge them to be creative with their resources.

# DAY 4 | THURSDAY

## STEP IN: Sacrifice

Take a few minutes and read the story about the early church in Acts 4:32-35. Notice how they shared "everything" (verse 32).

"Everything" includes our time, treasures, talents, and tongue.

We don't usually have a problem giving away our resources until it really costs us something. Reflect on what it means to give sacrificially today.

### Challenge

Think about how much money you saved by eating from the Rations Kit. Consider donating the money you saved to Memorial Christian Hospital. See page 18 for contribution details.

OR

Share one of the following with someone today: Time, Treasure, Talent, or Tongue.

### Family Corner

Keep the conversation going by discussing the following questions:

After reading Acts 4:32-35, why do you think the church shared everything?

What is one thing you shared today?

How did the person receiving the gift react?

# DAY 5 | FRIDAY

## STEP IN: Follow

Consider Jesus' words in Matthew 8:18-22:

*"When Jesus saw the crowd around him, he gave orders to cross to the other side of the lake. Then a teacher of the law came to him and said, "Teacher, I will follow you wherever you go." Jesus replied, "Foxes have dens and birds have nests, but the Son of Man has no place to lay his head." Another disciple said to him, "Lord, first let me go and bury my father." But Jesus told him, "Follow me, and let the dead bury their own dead."*

God frequently requires us to reorder our priorities or leave our comfort zones as we seek to fully follow Jesus. Following Jesus can be hard, as you face various challenges today, try making it a priority to seek God.

### Challenge

Give up your comfort: sleep on the floor or camp in the backyard.

OR

Pick a day next week and do not eat anything from sun up to sun down. Use your time that is normally allocated to eating to seek God, and consider your role in bringing the good news of Jesus to people with little to no access.

### Family Corner

Keep the conversation going by discussing the following question:

How did the 5-Day Challenge help you understand or relate better to the Rohingya people?






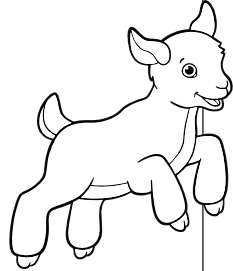

# 5-DAY CHALLENGE

*Game Board*

## ***Refugee Rations Game Board***

- Life in a refugee camp is very unpredictable. This game board is designed to surprise you each day with a new challenge or development.
- It's recommended to roll the dice the night before each day so you can plan accordingly.

# START

|   |  |   |  |   |
|---|--|---|--|---|
| <p>People are stealing things in the camp and someone stole your bedding. Sleep on the floor tonight.</p>       | <ul style="list-style-type: none"> <li>• Roll a Dice.</li> <li>• When you land on a square, do whatever the square says.</li> <li>• Roll the next day from where you landed the day before.</li> <li>• Return to Start and begin again to continue playing throughout the week.</li> </ul> | <p>Someone gave you a Bible. You've never read it. Read the book of Philippians, chapter 4.</p>                             | <p>Remember to pray for the Rohingyas every time you eat (or when you don't like what you're eating).</p>            | <p>Your neighbors garden produced extra fruit. Add one piece of fruit per person to this day's meal plan. </p> |
| <p>Someone taught you how to grow a garden in the desert. Add unlimited vegetables to this day's meal plan!</p> |    | <p>No rain again today after months of no rain. No shower for you. A sponge bath will have to do.</p>                       |                                   | <p>Your goat had babies and you sold them. You can spend \$1 per person on extra food today. What will you buy?</p>   |
| <p>Someone told you if you prayed in the name of Jesus Christ, God would hear you. PRAY for refugees.</p>       | <p>A special UN shipment from Spain came in. You can add a jar of peanut butter to your meal plan today!</p>   | <p>You got a job in the camps. You get to spend an extra \$2 for your family on any food item today. What will you buy?</p> |  <p><b>Go back to START</b></p> |   |



# 5-DAY CHALLENGE

*Recipes*

## ***Refugee Rations Recipes***

Your rations kit includes limited ingredients. Feel free to add these ingredients to your daily meal(s): milk, water, sugar, oil, spices, tea and coffee. You can also purchase pre-made items (i.e. tortillas, chips, hummus, etc.) if you do not have the time/resources to make them on your own. Remember, the point is not to drive you crazy and/or make you miserable. The slightest inconvenience to your schedule could prove to be a catalyst for change.

## Navajo Fry Bread (6 servings)

*Sift into a bowl:*

4 1/2 C flour

1/2 tsp salt

2 tsp baking powder

*Stir in:*

1 1/2 C water

1/2 C milk

*Directions: Knead with hands. Pat or roll into circles approximately 5" in diameter. With fingers make small hole in center. Fry in several inches of hot oil at 400°. Dough will puff and bubble. Turn when golden brown. Serve with honey or powdered sugar.*

## Crock Pot Beans and Rice

1 lb dried beans

3 T bacon grease, or seasoning

1 Bay leaf

3 T chopped onion

1 tsp minced garlic or 1 tsp granulated garlic

1/2 tsp Cumin

1 T Chili Powder

*Throw it all in your crockpot. You can really spice this up if your family likes spicy. Cook overnight or 8 hours in crock pot on low. Then add 2 C of water and 1 C of uncooked rice and cook another couple hours or you can continue to cook the beans for a couple hours and make your rice separate.*

## Basic Cooked Pinto Beans

1 c beans

2 Beef Bouillion cubes

1 tsp salt

2 1/2 C water

1 Bay leaf

*Bring to boil and simmer 20 minutes. Flavor options: Add 2 T curry powder or to taste.*

## Easy Oatmeal

1 C water or milk  
1/2 C oats

*Directions: Boil water or milk. Stir in Oats. Cook about 5 minutes over medium heat; stir occasionally. Serve warm with brown sugar and cinnamon or spice of your choice.*

## Baked Oatmeal (4 servings)

2 C old-fashioned oats  
4 C milk  
1/4 C brown sugar

*Directions: Preheat oven to 400°. Grease 3 quart baking pan with butter. In mixing bowl, combine all ingredients. Transfer to baking dish. Bake uncovered for 45 minutes. Serve hot.*

## Rice Options

(after you cook it)

- add cinnamon, milk and raisins
- wrap rice and beans in a tortilla
- saute onions and garlic in olive oil

*Stir in and fry cooked rice, salt and tumeric.*

## Beans Options

(after you cook it)

- re-fried beans
- bean soup

## Hummus

1 C cooked beans  
1 T Tahini paste OR 2 tsp peanut butter and dash of sesame seed oil  
2 tsp lemon juice OR vinegar  
dash of hot sauce  
1 clove garlic minced  
3 T olive oil  
salt and pepper to taste

*Mash together or blend until smooth.*

## Chai Tea

*Heat together in a 3 or 4 quart saucepan:*

1 C water

1 1/2 tsp tea leaves (or 1-2 tea bags, depending on strength desired. Any chai tea or black tea will work.)

Bring to low boil for 10 minutes.

*Add:* 1 C milk

*Add to taste:* 2 to 4 teaspoons sugar

## Flour Tortillas (12 tortillas)

4 C flour

4 tsp baking powder

2 tsp salt

2 T oil

1 1/2 C warm water or more if needed

*Directions:* In a large bowl, stir together the flour, salt and baking powder. With a fork or your hands, gradually work in the oil. Add enough warm water to make a soft but not sticky dough. Turn out on to a lightly floured board and knead for 5 minutes. Divide the dough into 1/4 C portions and form them into balls. Roll each ball into a flat round about 6 inches in diameter and 1.8 inches thick. Heat a large heavy skillet over medium high heat. Place the tortillas one at a time into the dry hot skillet. Cook until brown on one side then turn and brown the other side.

# 5-DAY CHALLENGE

*Extras*

***Next Steps  
Memorial Christian Hospital  
Post 5-Day Challenge / Celebrating***



## NEXT STEPS

There are many ways to engage in what God is doing around the world. The following page highlights some suggestions. If you would like more ideas, please contact Michele Matsick, our Global Outreach Director at [mmatsick@davisville.org](mailto:mmatsick@davisville.org).

### LEARN

Resources below are available on The Hub.

#### Watch Videos:

- Al's Story
- Bangladesh
- Reaching the Unreached

#### Read a Book:

- Across the Street and Around the World  
by Jeannie Marie

#### Assess Your Knowledge:

- Grow to Go Test
- What Kind of Global Goer Are You?  
Quiz by Jeannie Marie

### WELCOME

Make a new friend!

"Ten Ways to Make Ten Friends" by Jeannie Marie, has practical suggestions for building relationships with unreached people groups right where you live.



Here are some practical suggestions for meeting unreached people groups in your area:

- Eat at ethnic restaurants
- Look around where you live, work or play
- Befriend an international student
- Welcome a resettled refugee
- Do your leisure activities where internationals live
- Use commuting time intentionally
- Shop at ethnic grocery stores
- Pray (and then go treasure hunting...)
- Teach online English conversation classes
- Hang out with people who hang out with internationals

## **PRAY**

Use the Joshua Project and/or Operation World app to pray for unreached people groups and places.

## **GO**

Take a short-term trip this summer. Stay tuned for more details.

# MEMORIAL CHRISTIAN HOSPITAL



Memorial Christian Hospital, with an outreach area of approximately 10 million people, uses medical work to meet needs of the whole person.



The hospital represents so much more than a brick and mortar structure. It is a symbol of restoration, where broken bodies are healed with superb medicine and broken lives are mended through the good news of Jesus.

Visit The Hub for the following resources:

- Watch this video to get a better understanding of the hospital:  
***Memorial Christian Hospital: Celebrating More Than Medicine***
- Read the article from Christianity Today about how the hospital has served the Rohingya people:  
***When the Rohingya Came, This Christian Hospital was Ready***





Memorial Christian Hospital performs more than 2,000 surgeries and sees over 50,000 patients a year.

## **FINANCIAL CONTRIBUTION**

For every individual who completes the challenge, Davisville will donate \$25 to Memorial Christian Hospital in Bangladesh (with a maximum gift of \$4000).

On day 4, you were challenged to think about how much money you saved by eating from the Rations Kit and to consider donating the money you saved to Memorial Christian Hospital.

If you feel led to financially contribute to Memorial Christian Hospital in addition to the amount Davisville will donate, you can make checks payable to Davisville Church with a note that says "Bangladesh Hospital." Checks can be placed in the offering boxes or mailed directly to the church office.

## POST 5-DAY CHALLENGE | CELEBRATING

Completing the 5-Day Challenge is a big accomplishment. Consider planning a meal on Saturday, March 6 to celebrate the experience with another person or another family that also completed the 5-Day Challenge. Use this time to do the following:

### REFLECT

Ask simple questions such as:

- What was the most difficult part of the 5-Day Challenge?
- What did you learn about yourself through the experience?
- What did you learn about God through this experience?
- In what ways will you be different as a result of the experience?
- How will you continue to learn more about being a globally minded follower of Jesus?

Read a favorite scripture together

### PRAY

Pray for one another and your response to the experience.  
Pray for the people of Bangladesh.

### CELEBRATE

Research and consider making a traditional Bengali meal.

*Please take a moment to complete the survey we will send out via email at the end of the week. Remember, for every individual who completes the challenge, we will donate \$25 to Memorial Christian Hospital!*