



Team
Challenge
Curriculum
Faith Resources



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How to Use This Resource

Thank you for your willingness to lead young people in Team Challenge. We hope you find your time together to be meaningful, informative, motivational and fun. Whether your event is for an entire weekend or a few hours, this resource is for your group.

Team Challenge curriculum is designed to be used at three separate events revolving around three overall themes: Hunger, Water, and Health. This resource gives you the freedom to pick and choose based on the needs of your group. Each theme has a lesson, activities, and snapshot of what Outreach International is doing to help communities. Additionally, worship ideas, spiritual practices, crafts, and recipes can be used with any theme. Team Challenge curriculum can be downloaded as one complete resource, or as individual resources (Hunger, Water, Health, Faith Resources, and Additional Resources).

Spread the Word

We're excited your group is participating in Team Challenge to raise money for Outreach International and raise awareness of global humanitarian problems. Here are some tips for fundraising success.

1. Create a team fundraising goal. Make it realistic, but set your sights high!
2. Go to outreach-international.org/my-outreach/ and create a My Outreach page for your group. Get the word out to your family, friends, neighbors, and church members that your group is raising money for Outreach International. Share your My Outreach page on email, Facebook, Twitter, or other social media.
3. During your event invite participants to make calls, send emails/text messages, and use social media to help your group make their goal. You'll be surprised how much money your group can raise in one hour. Invite donors to give online through your My Outreach page, or through checks made out to Outreach International. Make a speaking script for your group to use and for participants to practice before actually making any calls.

4. Don't forget to thank your donors! Invite your group to make thank-you cards to mail to donors during your time together.
5. Print a Certificate (*download from website*) for each person completing Team Challenge.

24 Hour Fast-a-Thon

Fasting can be a powerful and emotional experience and is a great way for your youth to experience some of the hunger pains in a closed environment that countless children experience every day. During the fast it is important to make sure your participants stay hydrated. Periodically ensure your youth have plenty of water, hydrating drinks, juice or broth to drink.

In the unlikely event one of your youth physically reacts negatively to the fast, don't hesitate to give them granola bars or other food items on hand. Their health is a priority.

At the end of your 24 hour fast share in a solidarity meal together by using one of the recipes provided in the curriculum, beans and rice, or with communion. During your last few minutes of the fast invite your group to uphold those who experience chronic hunger daily.



Sample Schedules

TEAM CHALLENGE – HUNGER (Weekend Retreat)

Friday

8:00 pm Ice Breakers – Fast Begins
 9:00 pm Weekend Introduction
 9:30 pm Evening Devotions/ Spiritual Discipline (Examen)
 10:00 pm Additional Games
 10:30 pm Lights Out

Saturday

8:00 am Rise & Shine
 8:30 am Spiritual Discipline – Dwelling on the Word
 9:00 am Team Building Activity – Hungering Together
 10:00 am Lesson 1 – Last Village Standing
 11:15 am Break
 11:30 am Spread the Word
 1:00 pm Craft – Spray Paint Shirts

2:00 pm Volunteering at a Food Bank
 4:00 pm Lesson 2 – Thriving Village
 5:30 pm Movie – Hunger In a World of Plenty
 7:30 pm Movie Discussion
 8:00 pm Break Fast – Solidarity Meal with Nsima
 9:00 pm Evening Games
 10:00 pm Evening Devotions/ Spiritual Practice – Praying
 10:30 pm Lights Out

Sunday

7:30 am Rise & Shine
 8:00 am Breakfast
 9:00 am Closing Worship Service – Do Something

TEAM CHALLENGE – WATER (One Day Event)

Saturday

9:00 am Icebreakers/Introduction
 10:00 am Lesson 1 – What’s Your Water Footprint?
 11:00 am Spread the Word
 Noon Volunteering by cleaning up trash from the beach
 2:00 pm Team Building – The Great Water Race
 3:00 pm Craft – Paper Bead Jewelry
 4:00 pm Lesson 2 – World Water Crisis
 5:00 pm Closing Worship – Light Your World

TEAM CHALLENGE – HEALTH (Half-Day Event)

Saturday

9:00 am Icebreakers/Introduction
 10:00 am Lesson 1 – Fecal Matters
 11:00 am Select a Volunteer, Awareness or Health Activity to do with group
 12:00 pm Lesson 2 – Toilets Save Lives
 1:00 pm Reflection – and/or Closing Worship



Some Statistics to Think About

- Over 800,000 people go hungry or are undernourished every day.¹
- One in eight people experience chronic hunger.²
- Sub-Saharan Africa has the highest amount of people who experience hunger. One in five Africans are undernourished.³
- The world's poorest families often rely on the work of their children for survival.⁴
- In 2011 an estimated 11% of the world's population lived without clean drinking water.⁵
- The average American family uses more than 300 gallons of water per day.⁶
- The average American lifestyle uses twice the global average consumption of water.⁷
- Almost 2,000 children die per day from diarrhea caused by unsafe water and poor sanitation.⁸
- Over 750 million people do not have access to safe, clean drinking water, and 2.5 billion people live without proper sanitation.⁹
- More than two-thirds of all people living with HIV live in sub-Saharan Africa—including 88 percent of the world's HIV-positive children.¹⁰
- More than 35 million people now live with HIV/AIDS.¹¹
- The per-day cost to provide a child with all of the vitamins and nutrients he or she needs to grow up healthy is 25 cents.¹²
- Hunger is the single biggest solvable problem facing the world today.¹³
- The world produces enough food to feed all 7 billion people who live in it, but those who go hungry either do not have land to grow food or money to purchase it.¹⁴
- Out of the world's estimated 7 billion people, 6 billion have access to mobile phones. About 4.5 billion have access to working toilets.¹⁵

Sources

- ¹ www.fao.org/docrep/018/i3107e/i3107e.PDF
- ² www.un.org/apps/news/story.asp?NewsID=46150#.Uyi-sNy4w4M
- ³ www.wfp.org/hunger/stats
- ⁴ www.un.org/en/globalissues/briefingpapers/childlabour/
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- ⁷ <http://environment.nationalgeographic.com/environment/freshwater/change-the-course/water-footprint-calculator/>
- ⁸ <http://worldtoiletday.org/wp-content/upload5/EAOC01-40-WTD-advocacy-report5.pdf>
- ⁹ www.unicefusa.org/work/water/
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- ¹¹ www.amfar.org/about-hiv-and-aids/facts-and-stats/statistics--worldwide/
- ¹² www.wfp.org/stories/10-things-you-need-know-about-hunger-2013
- ¹³ www.wfp.org/stories/10-things-you-need-know-about-hunger-2013
- ¹⁴ <https://www.dosomething.org/actnow/tipsandtools/11-facts-about-world-hunger>
- ¹⁵ <http://newsfeed.time.com/2013/03/25/more-people-have-cell-phones-than-toilets-u-n-study-shows/>



Faith Resources

Overview

Throughout the Gospels, Jesus challenges us to build the kingdom here on earth. The kingdom Jesus modeled wasn't about wealth, status or the worldly things. In fact, Jesus was born into a system that separated people based on their wealth and actually made the poorest of the poor feel unworthy. Jesus saw that system and radically challenged it. He healed those who were sick, hung out with lepers (*the untouchable people in his society*), dined with sinners and befriended prostitutes. He preached a message of radical love, equality and justice. By proclaiming his name, we are also proclaiming his message. Do you want to live out this mission of Jesus Christ?

Sadly, the world is still as broken as it was two thousand years ago when Jesus lived here on earth. There is still hunger, war, disease, prejudice and inequality. Just as he challenged us during his time on earth, Jesus' mission and message lives on and calls us to bring the kingdom here on earth, to embody that mission in all we do.

Listen to these words from the Bible. They are found in the third book of the New Testament, the Gospel of Luke.

The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.
He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to let the oppressed go free,
to proclaim the year of the Lord's favor.

Luke 4:18–19 NRSV



Morning Devotions: Spiritual Practices

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Dwelling on the Word

Objective

To read and hear scripture as a spiritual practice that leads to new understandings. “Dwelling in the Word” is a practice based on our understanding that God continues to speak to us in the context of our day and calling. Listen for God’s voice in scripture to connect with God’s mission in Christ. Listen to the voices of others about what God is doing in their lives. This practice is not about gaining information about scripture. Rather, it is about listening to how God is speaking, calling, and sending us to join in Christ’s mission to our communities and the world.

Process

Provide a printed copy of a scriptural text. A printed copy allows participants to hear and see the words for reflection. Read the scriptural text out loud and pause for a few minutes to allow people time to reflect on what they’ve heard.

Read the passage a second time. Ask people to make note of a word, phrase, or image they are drawn to as they hear it read again. After a short pause, form into small groups of 2–4 people to provide opportunities for each person to share their responses to questions like ones provided below. If someone wishes to remain silent, that is acceptable. It is important to make sure the reflections are personal and do not become an exercise in biblical interpretation.

Here are some questions:

- What words, images, or phrases are speaking to me in this text?
- What is God’s invitation to me in this scripture?

This is a practice of discovery, be expectant that God’s mission in Christ is among you as you gain insights from listening to one another and to God.

Process Tip: Be patient with the practice. Encourage participants to remember it is a spiritual practice that invites scripture to transform our understanding and our way of being and doing. Do not let this become an intellectual exercise which will limit the transformative impact of this practice. Like any practice, this will take time to fully understand.



Centering

What is it?

- A simple way of praying in which breath and a “prayer word” keep attention focused on God’s presence.
- Listening prayer in which all thoughts and intentions other than openness to God are set aside.
- Wasting time with God. Emptying inner clutter and chatter to create a space for being with God. Stopping activity, words, and mental processing in order to experience God with and in us.

The Practice

1. Sit with relaxed but erect posture in a comfortable chair, both feet on the floor, hands open and receptive in your lap. Close your eyes.
2. Offer a brief prayer to state your intention to God and to ask for help and guidance. *(For example: “I’m here, God. Waiting, listening, open. Empty me of fear, worry, and inner chatter. Allow me to rest and rejoice in your presence.”)*
3. Use your breath to create a sense of peace and letting go into God. Breathe deeply, slowly, calmly, starting with several cleansing breaths that end in an audible sigh. As you fill your lungs and exhale, feel the tension in your muscles—your entire body—flow out with the air. Continue to breathe in a regular, natural rhythm from your abdomen rather than your chest.
4. Focus on breathing God in, breathing all else out until you feel calm and centered.
5. Continue paying attention to your breath as you focus your body, mind, and spirit on the reality that God is present and that you are here with the intention of loving and being loved by God.
6. Listen beneath or within your breath for a prayer word *(or phrase)* that expresses the desires and needs of your heart in this time. Don’t struggle for the word. Trust that it will arise as you continue to be still and open.
7. When you have been made aware of the prayer word or phrase, repeat it silently to yourself in rhythm with your breathing.

Example 1

Breathing in: Fill me....
Breathing out: ...O God

Example 2

Breathing in: *(silence)*
Breathing out: ... Peace

8. When distracting thoughts pull you from centering in God *(i.e., chores, a work*





deadline, a friend you need to call) bring yourself back by returning to your prayer word and the rhythm of your breathing. Don't fight the thoughts so much as recognizing and letting them go as you re-center on God through your prayer word and breath.

When the time for prayer has elapsed, offer a brief word of thanks to God, take several more deep breaths, become aware of the room around you, move or stretch in your chair and open your eyes when you are ready.

Prayer Postures

What is it?

- A type of prayer that puts the body into a specific posture to accentuate the prayer—intentionally adding the body to the prayer of mind and soul makes a more complete offering of self.
- A prayer posture is a form of listening that invites prayer to come from a deeper place within. Putting the body in a particular position can stimulate a unique prayer.

Why is it important?

- When we are first taught to pray, traditional postures are often taught along with the words: folded hands, bowed head, and kneeling. Paying attention to our posture and letting it help guide and focus our prayer can move us to a deeper sense of the interior movements of our own souls.

The Practice

1. Show the group members three postures they will experience for this spiritual exercise (*a list of posture descriptions is provided below*). Indicate the signal you will use to end one posture and begin another. A chime or a single word identifying the next posture works well.
2. Explain to the group members that they will not be offering up any words of prayer but will instead be focused on sensing what type of prayer wants to emerge from them as they hold each posture.
3. Lead the group in three deep cleansing breaths as preparation for this exercise.
4. Direct the group to move into the first posture and hold it for at least one minute. Pronounce an "Amen" or other signal word to indicate the time for the posture is concluded.





5. Direct the group to move into the second posture and hold it for at least one minute. Pronounce an “Amen” to indicate the time for the posture is concluded.
6. Direct the group to move into the third posture and hold it for at least one minute. Pronounce an “Amen” to indicate the time for the posture is concluded.
7. Invite each person to share what this was like and what type of prayers came up within them.
8. Challenge the group to come up with other postures for prayer.

Prayer Postures (to choose from)

- Head bowed with hands folded
- Sitting with hands extended, palms up—optionally, rest the backs of the hands on the thighs
- Sitting or standing with arms stretched upward
- Both hands clasped over the heart
- Kneeling

Examen

What is it?

- A prayer form developed by St. Ignatius of Loyola (1491–1556) as part of his work on “spiritual exercises.” It is often a prayer at the end of the day but may be used any time.

Why is it important?

- Confessing the wounds we have inflicted on ourselves and others in the process of our daily living opens us to God’s healing grace and forgiveness.

The Practice

1. Read the Prayer of Examen in its entirety (*see number 4 below which continues on the next page*) to familiarize the group with the process.
2. Give each person a piece of string and ask them to tie 5 knots.
3. Lead the group through the prayer step-by-step, inviting them to move their hands down the string, stopping at each knot to pray and meditate with each of the four reflective paragraphs (*see number 4 below*). Allow several minutes for silent individual prayer after each paragraph is read.
4. Close the Prayer of Examen with a brief benediction and invite individuals to draw their attention back to the group.



The Prayer of Examen

—Adapted from Marvin Rice, “Open Our Eyes,” *Healing the Body of Christ* (Independence, Missouri: Herald House, 2003)

1. First, I come before God in humble prayer. I am thankful for God’s Spirit and for all God does for me and for all people. And I gently enter into this time of prayer with God.
2. Second, after asking for God’s enlightenment, I review my day. Where do I recognize God’s presence? Where was God’s Spirit touching me or someone else? In my thoughts and actions, when was I the most Christ-like? When did I fall short?
3. Third, I trust and receive God’s grace, forgiveness, and healing for any actions that may have been uncaring or harmful to other people, creation, or myself.
4. Fourth, I look forward to tomorrow, with a decision to be more conscious of all of my thoughts, words, and actions. I determine to be more aware of God’s presence living within me and to act and respond as the Lord Jesus would.
5. Fifth, I gently exit this prayer time by thanking God for this experience with God in remembrance, in gratitude for the gift of this day, and in determination that I will be more conscious of God’s presence tomorrow.
 - a. Spend time reflecting on the events, interactions, and emotions of the day.
 - b. Ask for insight into the ways your responses were good, life giving, or healing
 - c. Ask for insight into the ways your responses may have been insensitive, unloving or damaging to others, creation, or self
 - d. Pray for forgiveness, healing, reconciliation, and release
 - e. Offer God the next day. Ask God to be present in your thoughts, actions, and relationships as you move on to live a new day more fully alive to the presence of Christ.



Set the World on Fire

Materials:

- large world map
- markers
- masking tape
- colored poster board

Preparation:

- Using large colored poster board cut out the word HOPE. After each letter is cut out, cut the letters apart so there are 11 pieces. You may number each piece on the back so you know how to put the word HOPE back together.
- Tape the large world map to a wall or in a worship setting. The map must be in the front and visible to all participants.

Order of Worship

Praise Songs (or campfire-type songs)

Invocation

Scripture Reading

Prayer for Peace

Hope Exercise

What is your hope for the world?

- Without telling the participants what the pieces spell, give each group a piece of the word Hope. While playing meditation music ask them to write their hopes or dreams for the world.
- Once groups are finished invite them to the front, using the numerical order of their pieces. Participants should share what they have written. When finished, invite them to tape each piece to the map of the world, spelling the word HOPE.

Song

The Challenge (Brief talk based on Romans 12:2–18)

Prayer and Commitment

In response to the weekend and the challenge from Matthew, invite all participants to come to the front. Ask each to place their hands on the world, offering a prayer for global peace, healing, and reconciliation. Ask them to pray for an end to suffering and that God's Kingdom may be built on earth. Then remind the worshippers that their hands on the world also symbolize their commitment to transform the world. While this is happening, play a meditative song, instrumental song or "Set the World on Fire" by Britt Nicole.

**Closing
Worship
Option** **1**



Go Light Your World

Materials:

- one candle for every participant
- soft lighting for room (*see Prep, below*)
- worship center materials (*see Prep, below*)

Preparation:

- Prepare a dark room by lighting a few candles or other soft lights.
- Create a worship center with a cross, picture of Jesus, posters from Outreach International of people they serve, and loaves of bread and chalices of grape juice.
- Meditative music should be playing in the background (*guitar, piano, recordings, or a song leader quietly singing*).

As participants enter, give each one an unlit candle. Gather and sing together two or three meditative songs.

Order of Worship

Invitation to the Table

A few hours before Jesus was arrested he shared in a meal with the disciples. The meal was simple. It lacked fine dinnerware, appetizers, award-winning main courses or delicious desserts. Instead, the meal was a celebration of the Passover and included unleavened bread and wine. As Jesus sat around a table with his closest friends, he gave thanks, broke bread and invited them to share in the meal together. According to the Gospel of Luke, Jesus said, "Do this in remembrance of me." In essence Jesus was beckoning his disciples to eat the bread in remembrance of their time together...remembering all of His teachings.

That simple, intimate meal still has meaning for us today. As we sit in this softly lit room we are reminded of the invitation Jesus gives us daily to, "Follow me—follow my teachings—embody my message—stand up for those that are suffering because of injustice in the world—look past lines drawn on a map creating division and fear and act out of unconditional love for your brothers and sisters around the world.

Sometimes we don't always get it right. Sometimes we push the mission of Jesus under our own personal desires for material objects, power and money. Sometimes we hurt and marginalize others. Sometimes we have been creators and contributors to the problem.

For the next few minutes, I invite you to reflect on your life. If Jesus were sitting next to you, would you be proud to share every page of your story? Or are there pages you'd rather tear out and forget? As you reflect on the impact you make on those around you, I also invite you

Closing Worship Option

2



to ask for forgiveness for the times you've selfishly put yourself before others—or the times that you didn't stand up for someone—or the times that you've been wasteful and perhaps even harmful.

Meditation

As participants reflect, play or strum soft melodic music in the background.

Communion

After 3–5 minutes of meditation, invite participants to pray together and then partake communion—symbolizing a new covenant—a new start and answering yes to the call to discipleship. Communion is then served, with the meditation music continuing throughout.

Scripture: Matthew 5:14–16

Closing

Light a single candle and say, "You are the light of the world. At times your light is bright and lights the way for others." Cover the candle with your hand and say, "and sometimes you may feel like the light inside of you is small or seems as if it has gone out." But there is good news: the light is always there because God is always with you. You have the opportunity to let your light shine.

Where will you let your light shine? In your home? At school? With your friends? There are opportunities everyday to let your light shine so that others may come to know God through you. So that together, we may build the Kingdom of God on earth.

My prayer for all of us is that we may be a beacon of light and love so that those around us may come to know God's love.

Turn to your right and light the person's candle closest to you. As you light their candle say, "You are the light of the world. Let your light shine." Invite that person to turn to the person next to them and repeat the same words. *(Encourage participants to look into the eyes of the person they are addressing. It might be helpful to have the phrase projected so everyone remembers the phrase.)*

Once all candles are lit, play the song "Carry Your Candle" by Chris Rice.
www.youtube.com/watch?v=EHm70Hv6gFI

Closing Prayer

Close your time together with a prayer of blessing for the group that they might have the courage to be beacons of joy, hope, love, and peace.



Do Something

Materials:

- large piece of ripped cardboard
- markers
- projector
- computer
- NOOMA® movie “Rich”
- computer speakers

Preparation:

- Using the cardboard, make a large sign with the words, “Transform the World” written across the center.

Order of Worship

Two or Three Praise Songs (or campfire-type songs)

Invocation

Scripture Reading: James 2:14–17

Movie: NOOMA® “Rich” may be previewed and purchased at <http://nooma.com/films/013-rich>

Challenge

In the film “Rich,” Rob Bell states, “America is about 6% of the world’s population and we consume 40% of the world’s resources. Do I really believe that everything I have is a gift? And that I have this Divine responsibility to give, to share, to spread it around? Do I really believe that the way we’re commanded to live is the best possible way to live?”

Do you agree/disagree with him? Why? *(Talk to a neighbor about it and share with the group)*

How would your actions be different if we viewed everything as a gift with the Divine responsibility to share and give to others? *(Talk to a neighbor about it and share with the group)*

Later in the movie, Bell says, “The best question isn’t, ‘What can I get?’ To take the way of Jesus seriously is to realize the best question is, ‘What can I give?’ Because all of us can give something here, now, today and then tomorrow and then the next day. What can you do to be more generous? What is the next step for you? You have been blessed. What can you give? Who are you going to bless?”

Closing Worship Option **3**



Being a follower of Jesus Christ isn't easy. Jesus commands us to turn upside down our social norms and expectations and radically do things to build the Kingdom of God here on earth. In the Kingdom of God, all people are welcome and equally loved. People from different countries and different socioeconomic levels are equally loved. In God's Kingdom all are welcomed and accepted no matter the difference in stature and standing. The message of Jesus Christ is radical and bold and challenges us daily to change the world we are living in.

How can you help turn the world's division, inequalities and injustices upside down? What are you going to do differently? Are you going to let this experience we've shared together change and transform you, or are you going to go back home as if nothing is different?

Truth is—you now know. You are no longer ignorant to the world's problems or to the cries of your brothers and sisters around the world who hunger and thirst for basic necessities and equality. The faces of poverty are ingrained on our hearts. How are you going to make a difference? How are you going to change the world? Mother Theresa said, "Not all of us can do great things, but we can do small things with great love." Do something! Make a difference! Be risky, be radical, do small things in your life everyday with great love, and above all, embody the mission and message of Jesus Christ.

Meditation

"Do Something" by Matthew West at www.youtube.com/watch?v=b_RjndGOIX8

Closing

Invite participants to come to the front of the group and share how this experience has impacted their lives and how they are going to change the world when they return home. After participants share, invite them to trace their hands on the "Transform the World" sign and sign their name as a symbol of their commitment. *(Depending on the size of your group, it might work best to have multiple markers so several people can be tracing their hands at the same time.)*

Sending Forth

Stand together in a circle, holding hands. Offer a sending forth prayer of blessing for each participant in the group, and for those around the world struggling everyday to survive.