



ONE Sabbath

INTRODUCTION

Dear Youth Group Leader,

Every major faith tradition emphasizes giving to others, especially to those in need. This universal appeal to charity is rooted in tradition, sacred writings and theological understandings. The faith-based call to care for others—to seek justice especially for those Jesus called “the least of these” (Matthew 25:40)—has motivated dramatic social change and been an instrument of caring and healing throughout history.

ONE has created this **ONE Sabbath** experience to help you lead your youth group in a discussion of the call to care for those suffering from diseases like AIDS and malaria, extreme poverty, lack of clean water and inadequate or nonexistent educational opportunities. Laying a strong foundation about these issues with your youth now will result in a more compassionate and just world in the future.

ONE is a grassroots campaign and advocacy organization backed by more than 2 million people from all beliefs and walks of life who are committed to the fight against extreme poverty and preventable disease. As **ONE**, we are raising public awareness about the issues of global poverty, hunger and disease, and the efforts to fight these problems in the world’s poorest countries. We believe the fight against poverty is not about charity, but justice and equality. We hope you, as a member of the faith community, will join us in this effort. **ONE** believes that providing for basic needs like health, education, clean water and food would transform the futures and hopes of an entire generation in the world’s poorest countries.

The message of caring for the poor is timeless, but unfortunately, the need is urgent and immediate. Jesus reminded his believers that when they choose to help the poor and those in need—or choose not to—it is as if they were doing the same to him (Matthew 25:31-46). He reminds us in the story of the Good Samaritan that a “brother” (or sister) is more than a blood relative (Luke 10:29-37).

This call to care for our neighbor is rooted in the Old Testament writings as well. The prophet Micah declared, “God has shown all you people what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God” (Micah 6:8 TNIV).

Some of the earliest commands of Scripture challenge us to action:

“If anyone is poor among your people in any of the towns of the land that the Lord your God is giving you, do not be hardhearted or tightfisted toward them. Rather, be openhanded and freely lend them whatever they need.” Give generously to them and do so without a grudging heart... Be openhanded toward those of your people who are poor and needy in your land” (Deuteronomy 15:7-8, 10-11 TNIV)

Thank you for joining this cause that is so close to the heart of God.



ONE SABBATH GOALS

The three goals of this ONE Sabbath experience are to:

- › **Raise Awareness.** Your group will discover not only how your own faith tradition encourages caring for “the least of these” but also how they can engage in countless options to serve in your local community and globally.
- › **Encourage Action.** Concrete action is a natural response to fresh awareness of the world’s needs and your opportunities to help meet them. You and your students can become members of the ONE Campaign and mobilize others on issues of global poverty and health.
- › **Facilitate Advocacy.** You will raise questions about further needs and what our nation can do to meet them. You can help make addressing global poverty and health a national priority.

CONTENTS OF THIS GUIDE

As a resource to assist you as you organize your community in reflection, this toolkit includes:

- › **A fact sheet** to reproduce for your group
- › **A study of Micah 6:8** and current global needs plus many more options for learning and action
- › **A prayer sheet**
- › **A sign-up sheet for ONE** that you can copy, circulate and mail back to:
ONE
1400 Eye Street NW Suite 600
Washington, DC 20005



THE ONE SABBATH EXPERIENCE

You can work your way through the ONE Sabbath study in a single session or use the additional options at the end to create a longer focus on issues of poverty. Choose from the suggested questions and activities and pace your group carefully. Here is a suggested flow for a single session:

- › **Review the study guide and view the Micah 6:8 video** before the meeting to familiarize yourself with the material
- › **Make copies of the fact sheet** to distribute to your students. If you want more advanced information for your students on specific problems such clean water, maternal health, AIDS, or the Millennium Development Goals (MDGs) you can also make copies of one or more of the issue sheets available at ONE.org/issues
- › **Set up your room** with equipment to watch the Micah 6:8 video and a whiteboard or flip chart to facilitate discussion and brainstorming
- › **Open the meeting in prayer**
- › **Begin discussion** using the study guide
- › **Finish discussion** using the study guide
- › **Review action options** and decide how your group wants to take action together
- › **Encourage individuals to join ONE** at ONE.org/faith
- › **Conclude in prayer** using the prayer at the end of the study



ADDITIONAL SUGGESTIONS

We hope you will use this time of reflection to highlight and support existing efforts within your own community to address global poverty and suffering. Point out response options available to your students through relationships with individuals and organizations within your church. Please consider too setting up a table with information on the ONE Campaign and opportunities for direct response. A list of ONE faith partners offering action responses for your youth group to explore is available at ONE.org/faith. We encourage you to get to know and join hands with these ONE partners.

After your meeting, we invite you to **email us at faith@one.org** to share your experiences. Remember to include photos and we'll post the best ones to our blog. We look forward to hearing from you as we continue to explore partnerships and develop new material.

Thank you once again for answering the biblical mandate to care for the least of these.



Join us in ending extreme poverty

ONE is a grassroots campaign and advocacy organization backed by more than 2.5 million people from all beliefs and walks of life who are committed to the fight against extreme poverty and preventable disease, particularly in Africa. As ONE, we are raising our voices about the issues of global poverty, hunger and disease, and the efforts to fight these challenges in the world's poorest countries. We believe the fight against poverty is not about charity, but justice and equality. ONE believes that providing for basic needs like health, education, clean water and food would transform the futures and hopes of an entire generation in the world's poorest countries. Join us at ONE.org



ONE SABBATH

During ONE Sabbath, your youth group has committed to learning more about global health issues such as AIDS, tuberculosis and malaria, as well as to explore how your faith calls you to address suffering caused by extreme poverty, lack of clean water and educational opportunities.

Jesus tells his believers that when they choose to help the poor and those in need-or choose not to-it is as if they were doing the same to him (Matthew 25:37-46).

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'"

—Matthew 40 (TNIV)



THE STATISTICS

America is truly blessed. If you keep your food in a refrigerator, your clothes in a closet, if you sleep in a bed and have a roof over your head, then you are richer than 75% of the entire world. But with such blessing comes a great responsibility seek justice for our poorest neighbors. The following statistics give us a snapshot of our neighbors in need:

2
dollars

More than 2 billion people live on less than \$2 a day. How much does your school lunch cost?

75
million

As much as it hurts to get out of the bed on any given school day, there are 75 million children around the world who would gladly take your spot in school, but often schools don't exist in their area, or their families cannot afford the fees, books or uniforms.

33
million

There are 33 million people living with HIV globally, and approximately 22 million live in Africa alone.

2.5
billion

Around the world, 2.5 billion people lack access to adequate sanitation.

1 in 6

Around the world, one person in six does not have enough food to be healthy.

884
million

Approximately one in eight people on earth (884 million) lack access to clean water.

Almost 1
million

Almost 1 million people die each year from malaria, and nearly all of them are children under the age of five living in sub-Saharan Africa.

Over 7
thousand

There are 7,400 new HIV infections every day; 5,300 of them are in Africa.



THE CHALLENGE

The United States has joined 191 other countries to pursue the Millennium Development Goals (MDGs) listed below as an international community. If we work hard and spend our resources wisely we can accomplish the MDGs by 2015:

- › Eradicate extreme poverty and hunger
- › Achieve universal primary education
- › Promote gender equality and empower women
- › Reduce child mortality
- › Improve maternal health
- › Combat HIV/AIDS, malaria, and other diseases
- › Ensure environmental sustainability
- › Develop a global partnership for development

THE HOPE

The good news is that achieving these goals is within reach as you, your faith community and our nation as a whole commit to taking necessary steps:

- HIV/AIDS drugs now cost as little as \$140 per year, down from nearly \$10,000 less than ten years ago.
- A mosquito net to protect against malaria costs only \$10 to purchase, distribute, and educate a recipient on its use.
- It costs as little as \$2 to purchase effective drugs to treat malaria.
- More than a quarter of a million children could be saved each year at the cost of \$1.25 for a Vitamin A supplement.
- Every \$1 spent on water and sanitation generates the equivalent of \$8 as a result of saved time, increased productivity and reduced health care costs.



WHAT YOU CAN DO

- › **Join ONE** and think of creative ways to invite your friends to join ONE.
- › **Lead a small group discussion** about extreme global poverty and AIDS—materials available at ONE.org/onesabbath
- › **Ask your church leadership to dedicate a service** to the issue of global poverty—materials for a ONE Sabbath service are available at ONE.org/onesabbath
- › **Commit a youth event at your church or school** to educate your peers on what they can do to alleviate global poverty and health concerns; learn more at ONE.org/about; as you learn, think creatively about how you can educate others.
- › **Give of your time and resources** to organizations committed to justice and compassion; think locally and globally; have your youth group sponsor an organization that helps people directly (a list of ONE partners can be found at ONE.org/partners)
- › **Go on a mission trip**
- › **Write a letter to federal officials.** Find out more at ONE.org
- › **Pray** for those suffering from poverty and health crises, and those caring for them



LEADER NOTES

Thank you for joining ONE's ONE Sabbath effort. Through ONE Sabbath, your youth group will learn more about extreme poverty, preventable diseases, lack of clean water and children out of school, and explore how your faith calls you to address these challenges, making a better world for us all.

This guide is designed as a flexible framework to introduce these issues. Use the questions, scripture and video to engage your youth in discussion and brainstorm ways your group can be a blessing to your global neighbors. The guide has three sections and several add-on ideas. You can cover this material in one or more sessions, so choose questions and activities that fit your timeframe.

As the discussion leader you might choose to adapt any of the questions, thoughts, or activities to better fit your unique set of youth. The leader should read all the questions and thoughts aloud or ask students to read portions. Some may be uncomfortable reading aloud. Avoid embarrassing these youth by asking for volunteers to read.

As you highlight the issues of extreme poverty and the global health crisis, pray that God opens eyes, softens hearts and moves hands and feet.

PART I-INTRODUCE THE TOPIC

Start by explaining that during your meeting you're going to look at issues of extreme poverty as well as major health disasters around the world such as AIDS and hunger. Most of us have some understanding of these problems from school or the news or what we read online. When we hear about these problems, we probably have a couple of reactions:

One-those big problems shouldn't exist. It's not right. It's not fair.

Two-those problems are so enormous that we wonder if we can do anything to fix them.

One—those big problems shouldn't exist. It's not right. It's not fair.

Two—those problems are so enormous that we wonder if we can do anything to fix them.



Explain that by the time you finish this meeting your students will feel reinforced in their belief that major problems like poverty aren't fair. But you're going to challenge the thought that we can't do anything to help.

Ask for a show of hands-**how many think they have a strong sense of what's fair or not fair?**

That ability to distinguish between fair and unfair starts when we are little and grows tremendously in middle school and high school. So the individuals in your group probably have strong opinions about the fairness or unfairness of life. They might be fearless in expressing those views, and some get in frequent conflicts about fairness at home, school or work.

Where have they seen or experienced unfairness in everyday life?

Explain that you want quick answers, that is, don't let your group digress into lengthy details here.

Now encourage your youth to think beyond their own immediate world. If you can, start by sharing a personal story of when you first understood unfairness in a big way, such as observing or meeting people who don't have the possessions or education or other advantages you enjoy. Then ask where in the bigger world your youth are aware of unfairness-maybe nearby, in urban centers, poor rural regions or underdeveloped countries. If your group has done service projects or mission trips together, what examples of unfairness have they seen firsthand?

Wrap up this part of your discussion by pointing out again the emotions these topics bring to the surface: **One-those big problems aren't fair. Two-those problems are so enormous that we wonder if we can fix them.**

Explain that you're going to watch a short video (1 minute 30 seconds) that will lead you into a discussion of what you can do about some of the world's most dire problems.

How many think they have a strong sense of what's fair or not fair?

Where have they seen or experienced unfairness in everyday life?



PART 2 - WATCH AND DISCUSS THE MICAH 6:8 VIDEO

Play the Micah 6:8 video (1:30). During your discussions below you might choose to replay the segments for “act Justly,” “love mercy” or “walk humbly.” Or you can refer back to these summaries of the video comments as needed:

The students in the video said **“to act justly”** means “to give everyone the same rights,” “to try your hardest at doing what you know is right,” “to right a wrong that’s been committed against somebody,” “to act on more than just yourself,” “to act like you’re different, because you’re living the life of a righteous person,” “to show compassion,” “to live life how you think God would be proud of.”

“To love mercy” means “to allow God to change your heart,” “to forgive someone even though they don’t need to be forgiven,” “to love God’s kindness,” “to rejoice for second chances,” “to realize how crazy it is that God actually cares so much about you that he gives everything for you, and that he totally doesn’t even have to do that.”

“To walk humbly” means “to not take credit for anything of your own,” “to love,” “trying to honor God in what you do,” “to be able to put yourself in uncomfortable situations and just be able to rely on him,” “to just have his will come before your own and let his power overwhelm your life, and at least pursue that more than anything.”

Recap what you just watched by asking what three phrases were defined by the students in the video.

He has shown
all you people
what is good.

And what
does the
LORD require
of you?

To act justly
and to
love mercy
and to
walk humbly
with your God.

— Micah 6:8 (TNIV)



Continue: What definitions of “to act justly” “to love mercy” and “to walk humbly” did the students in the video suggest? Write your groups’ responses on a whiteboard or flipchart to help the group stay focused. Ask what your youth would add to the definitions they heard in the video.

Without simply giving your group answers or forcing them to arrive at perfect definitions of these phrases, you can expand your discussion with this content from dictionary.com:

Justice is “righteousness, equitableness, or moral rightness.”

Mercy is “compassion shown toward an offender, an enemy, or other person in one’s power; pity or benevolence; an act of kindness or favor.”

Humility is “the quality or condition of being humble; modest opinion or estimate of one’s own importance; not proud or arrogant; to lower in condition, importance, or dignity.” Note that in the Bible “to walk” refers to a person’s whole way of life.

Once your group has a handle on what it means to “act justly,” “love mercy” and “walk humbly,” ask what these things have to do with addressing the major unfairness we see in the world. (By acting justly, loving mercy and walking humbly, we can start to do something about issues that feel overwhelming-too big to do anything about.)

Explain that before you discuss concrete ways your group can act in their world you want to share the biblical basis of the points you have been discussing. Your youth might know that the idea of acting justly, loving mercy and walking humbly comes from an Old Testament passage, Micah 6:8. It’s one of those great Bible verses that sums up what it means to follow God, much like when Jesus said that real faith comes down to two important things, loving God and loving others (Matthew 22:36-40).

**By acting justly,
loving mercy &
walking humbly,
we can start to
do something
about issues
that feel
overwhelming—
too big to do
anything about.**



Point out that there's also a front part of the verse-and write out the whole verse on your whiteboard or flip chart. "He [God] has shown all you people what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God" (TNIV).

Explain that acting justly, loving mercy and walking humbly aren't optional for believers. They are core to who we are as people of faith.

PART 3 - DECIDE TO ACT

Ask your group for small examples from everyday life of how they act justly, love mercy and walk humbly. Then ask them to share how you have done those things as a group, like on a service project or mission trip.

Transition by explaining that you want to look now at ways act justly, love mercy and walk humbly to address much larger issues-even on a global scale.

Pass out a fact sheet (or more detailed issue sheets from the ONE.org/issues) to each person in your group. Instruct your students to break into groups of three or four and take turns volunteering to read aloud through the fact sheet.

Allow a few minutes for these small groups to read the fact sheets, then pull the group back together and ask what they learned about poverty and health issues around the world. Follow up by asking how they feel about those facts.

Your students will likely report not only facts about world problems but also begin to suggest solutions they have read about. Shift the focus of your discussion to solutions and ask your students what they want to do about these problems-as individuals or together. How can they act justly, love mercy and walk humbly to address major unfairness in the world?

**How can they
act justly,
love mercy and
walk humbly to
address major
unfairness in
the world?**



As your youth begin to suggest opportunities to act, start two lists on your whiteboard or flip chart—actions you can undertake “right now” and actions you can do “this year” or “later.” Suggest other opportunities you are aware of, especially those that highlight or support existing relationships within your church or faith tradition.

Review these options and decide how your group wants to take action together, both now and later. Make a plan—discussing the who, what, when, where, and how of acting.

If you plan to use any of the additional options listed below, include those now or explain where and when those will take place.

Encourage individuals to join ONE at ONE.org/faith, by texting ONE to 62523 or by signing the membership sheet included in this toolkit.

Close your meeting using the prayer at the end of this kit.

ADDITIONAL OPTIONS

Do it now. Choose a concrete expression of justice, mercy and humility and commit your next meeting to carrying it out.

Discover and do everyday acts. Split into small groups and brainstorm five (or ten) top ways to act justly, love mercy and walk humbly in the next 24 hours. Record these ideas and reproduce them on photocopies or online. Check back at your next meeting to see which options your youth put into action—and find out how their acts of everyday justice, mercy and humility turned out.

Go visual. Recreate the Micah 6:8 video, asking youth in your church and beyond to define these terms. Or decorate a prominent place in your church with art that says “Act Justly:” “Love Mercy” and “Walk Humbly.”

you can
join ONE
3 ways:

> ONE.org/faith

> text ONE
to 62523

> sign the
membership
sheet



Grapple with the issues. Invite your youth to read more thoroughly about issues of injustice in the world, starting with ONE.org. Challenge them each to pick a single issue and report back to your group with five facts that surprised them, along with a practical way you can address the problem. Be ready to act.

Dig into Scripture 1: Encourage students to use Bible software, a concordance or Bible dictionary to see what the Bible says about justice, mercy or humility. How are these values countercultural to our society's way of life? They can share what they find with the and attempt to write a tight definition of each word, like justice ("issues of fairness and freedom"), mercy ("relieving suffering"), and humility ("acts of servanthood"). Post their thoughts on web page, blog or at church. Don't forget to ask your researchers what they want to do with this new information.

Dig into Scripture 2: As people of faith we believe that we don't have the ability to do good on our own. We get real power to act justly, love mercy and walk humbly when we understand and experience how God has already done these things for us. Study God's kindness toward us, exploring his justice (start with Psalm 68:4-6, Luke 4:14-21), mercy (Matthew 9:27-31, Ephesians 2:1-5), and humility (Philippians 2:1-11).

Network. Contact your denomination or local social service agencies to find other youth groups taking the lead in addressing issues of poverty and health. Join together with model youth groups through ONE [[can ONE provide such a list of mentor groups or youth pastors?]].

Teach. Ask your church leadership to dedicate a service to the issue of global poverty. Materials for a ONE Sabbath service are available at ONE.org. Make youth a key part of the service.

Redirect your group. Invite a few mature youth to evaluate elements of your youth program. How much does each activity reflect the values of acting justly, loving mercy and walking humbly? Think together about why and when it is appropriate as Christians to do things that are simply fun, opportunities to enjoy each other and God's creation. But how can you go deeper together and bless your world?

"True compassion is more than flinging a coin at a beggar; it comes to see that an edifice which produces beggars needs restructuring."

- Dr. Martin Luther King, Jr.



Educate. Hold an outreach event in which youth teach friends about ONE to tackle global health and extreme poverty. Think creatively. Host a talent show or a battle of the bands and set up laptops open to the ONE website so people can sign the ONE declaration. Start a ONE club at school or start a ONE group on Facebook. Put the ONE web link and other resources on your Myspace page. Collect all the data you can find on the internet, and make posters that inform and inspire. Hang them where the world can see them.

Give and Go. There are many organizations which are committed to addressing concerns of global poverty and health. You can find a list of them at ONE.org/partners. Give to them personally and encourage families and church groups to support them. Your church is likely to have partnered with missionaries and organizations working with the poor around the world. Make sure you know the options available within your church and join in with your support. Consider going on an eye-opening trip to a developing nation with your church or as a youth group.

Speak. Your voice is powerful. Write a letter to your federal representatives letting them know that you care about global poverty and health issues. Find more specific information about letter writing at ONE.org. Go all out and host a letter writing pizza party.

Pray. Prayer gives you the power to learn, join, educate, give, go and speak. Prayer will draw you into God's heart as you seek to love and serve your global neighbors. As you grow in your understanding of God's heart for justice, develop a prayer list that will help you, your youth group and your church pray for your global neighbor and act on their behalf.

**"All that
it takes
for evil to
triumph
is for good
people
to do
nothing."**

- Sir Edmund Burke



A TIME FOR PRAYER

C.S. Lewis said, “Prayer doesn’t change God, it changes me.” Through prayer we create an opportunity for transformation of both our hearts and minds. We make time for theological reflection on how God changes the world through us. In the fight against poverty and global health problems, a time of prayer allows us to reconsider attitudes and actions toward those who are suffering. Everyone is affected these enormous issues. How will we respond?

A PRAYER FOR JUSTICE, MERCY AND HUMILITY

LEADER: God, we know that you see our world with an insight we don’t possess. You notice every hungry family... every girl or boy growing up without an education... every adult and child who is suffering and dying. We know that these things exist. At times our hearts are heavy with concern. At times we throw off these burdens and block out these images. We can’t bear to see everything that you see. But we can’t act like these problems don’t exist. Open our eyes and keep them open. Help us to act to make a difference in our world.

ALL: We pray for justice.

LEADER: We pray that there would be fairness in an unfair world. Help us to see how our culture and our individual habits take advantage of others. Convict us when we don’t think others deserve what we have. Teach us to live in ways that provide for the world’s needs, giving equal rights and opportunities to all.

ALL: We pray for mercy.

LEADER: We pray that there would be mercy in a merciless world. Show us how we are hardhearted toward the suffering of others. Teach us to share all that we have, both our possessions and our privileges. Empower us to show others the compassion we would want shown to us.

ALL: We pray for humility.

“Prayer
doesn’t
change
God, it
changes
me.”

—C.S. Lewis



LEADER: We pray that there would be humility in a proud world. As we discover needs right around us and all across the globe, enable us to humble ourselves and serve others just as you have served us. Help us to go as learners and realize how much the world can teach us.

ALL: God, we invite you to open our eyes to our world. We invite you to soften our hearts. We invite you to empower us to take the lead in changing our world by acting justly, loving mercy and walking humbly. Amen.