



Day 1: Physical Rest



Click the picture above or <https://tinyurl.com/yclpg5zv> to watch a "Day 1 Greeting" from Sweet Sleep.

The first pillar of Sweet Sleep's True Rest is physical rest. In Uganda, many of the children we serve are HIV positive, and nearly all of them have lost both of their parents to HIV/AIDS, poverty, or the brutality of a civil war. These children suffer constantly from malaria, and because of a complete lack of sanitation, the contaminated earth contributes to intestinal worm infestations. Giving a bed means these kids will be safe from the cold, malaria, biting insects, and intestinal worms (against all of which an HIV+ child has very little defense). Giving a child a bed, with a mosquito net, can literally save his or her life in conditions like these.

Also, we focus on giving beds to kids with special needs and disabilities. Imagine a disabled child -- maybe one who is paralyzed. A bed means they no longer have to spend all of their days on the ground. Additionally, giving beds to these kids helps build community and acceptance for these children and their families, whose disabilities have been misunderstood as a curse.



In Kampala, the capital city of Uganda, our partner school rescues vulnerable children from dangerous circumstances, or from a life on the street. They receive an education, healthy food, Biblical teaching, and a home. We are honored to provide beds to these children who have suffered so much. Because the kids live in the dormitories of our partner school, they are given bright blue bunk beds, complete with a soft mattress, fresh sheets, a thick blanket, a mosquito net, and a Bible for each child. The school has all the teachers, food, and space they need. All they lack are beds for each child, which is a government mandate.

Each child can be given a bed for \$140. For every bed given, a child will be rescued. How many children can you help find a better life, an education, and a safe home?



While kids in southern Uganda receive Sweet Sleep bunk beds, kids in the north live in mud huts where bunk beds will not fit. Beds for children in northern Uganda consist of a straw mat, a soft foam mattress, a comfy blanket, a mosquito net, and a Bible in their language.

The people of northern Uganda have been through a lot as a result of a 22-year war in their country. Many children were orphaned by the war, critical infrastructure and society was destroyed, and HIV/AIDS spread rapidly through displacement camps. Sweet Sleep beds have not only kept these vulnerable children safe from crawling, biting insects and disease, but we have been told beds have played a significant role in restoring dignity, rebuilding the community, and giving these displaced children a safe place to call their own.

A Sweet Sleep bed for one of these children, complete with their Bible and mosquito net, is just \$50. Thousands of children are waiting for these beds. Your offering will give these kids the safety and security of Sweet Sleep.



VIDEO: BLESSING AND MERCY



Blessing and Mercy are two little girls in Uganda who got Sweet Sleep beds. Their stories are very special, and there are many other kids just like them, waiting for beds.

Click the picture above or visit <https://tinyurl.com/yclpg5zv> to watch the "Blessing and Mercy" video and share some time with your family talking about these questions:

- 1) What do you think God means, when He says, "come to me all who are weary and burdened, and I will give you rest"? *Matthew 11:28*
- 2) Blessing and Mercy were born with differences. But what does the Bible say about how He created Blessing, Mercy, you, and me? *Psalms 139:14*
- 3) What do you think it was like for Blessing and Mercy to sleep on a bed for the first time?
- 4) Why do you think Mercy's father said that day was the first time he believed God exists?



CRAFT TIME

Let's decorate a pillowcase to remind us to pray for the kids we're learning about, and for those still waiting to receive beds. We can also pray for all of the kids' health and safety, and that they will know and love God. Pray that God would protect the kids who are currently sleeping in unhealthy conditions, and that people around the world would give generously, so Sweet Sleep can bring them a cozy, new bed soon.

SUPPLIES NEEDED:

- White cotton pillowcases
- Colorful permanent markers

Decorate the pillowcase with things that will remind you to pray for the orphans. Here is some good scripture to consider adding:

Come to me, all who are weary and burdened and I will give you rest.

Matthew 11:28

I praise you because I am fearfully and wonderfully made.

Psalms 139:14

When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.

Proverbs 3:24

Share with your family why you decorated your pillow the way you did.

Heat set your decorated pillow in the dryer for 20 minutes.

ALTERNATE CRAFT

Using construction paper, markers and stickers, decorate a bookmark you can use in your Bible. Include some scripture that reminds you how much God loves you and all the orphans in the world.





CLOSING PRAYER

Pray as a family. Ask God to help us understand our calling to minister to orphans and widows. Thank God for allowing you to be a part of His plan, and for blessing each of us so we can be a blessing to those who need our help. Pray for the children who will receive the beds and Bibles you'll raise the money for – pray that they will read the scripture and understand what they read as they apply God's Word to their lives.

If you would like to help Sweet Sleep provide beds, Bibles, and mosquito nets to children in Uganda, you can help us by giving at <http://sweetsleep.org/familygive>, or by clicking the button here:

DONATE

Sweet Sleep exists to demonstrate God's love and hope in Christ to the world's orphaned and abandoned children, improving their quality of life.

Sweet Sleep is a registered 501(c)3. All donations are tax deductible to the extent allowable by law. All gifts will be used to further the mission of Sweet Sleep. For more information about Sweet Sleep, visit <https://sweetsleep.org>.

