



DAY 2: SPIRITUAL REST



Click the picture above, or visit <https://tinyurl.com/yclpg5zv> for the "Day 2 Greeting" from Sweet Sleep.

The second pillar of Sweet Sleep's True Rest is spiritual rest. It's easy to see that we all need sleep, which gives us physical rest. And having a bed to sleep on is so important to getting good physical rest. What is not as easy to see is that we need spiritual rest just as much! How do you find spiritual rest?

God's Word gives us spiritual rest! That is why when you give a Sweet Sleep bed, that child also gets a Bible in their own language. God's Word comforts us. It helps guide our ways and gives us hope for the future! Reading scripture is like reading a letter straight from God to you. God loves you so much, and wants to have a relationship with you. Likewise, God loves all the children in the world and wants to be in relationship with them, too. Many of the kids who get these beds have never had a Bible before. Many have not been taught about Jesus. Many don't even know that God has always been there, and is longing for those children to know Him. That's why these Bibles are so important for these kids.

When we give out the beds, Bibles, and mosquito nets, we always share the gospel with the kids, and usually about 1000 others who have come to watch! Even though the message is simple, often times, this is the first time many of these kids have ever heard it. We have fun and interactive ways we share the Good News. In this next activity, let's learn how to share the gospel in 10 words.





VIDEO: THE GOSPEL IN TEN WORDS



Click the picture above, or visit <https://tinyurl.com/yclpg5zv> to watch the "Gospel in Ten Words" video, and share some time with your family talking about what the Gospel in ten words means to your heart.

Then, practice sharing the Gospel in ten words yourself! Use the next page as your guide.



ACTIVITY: THE GOSPEL IN TEN WORDS

GOD LOVES

(Clasp hands together outstretched in front of you)

- God loves us and wants to have a relationship with us
- God wants us to be a part of His family and eventually to live with Him forever in Heaven

WE SIN

(Move left hand outstretched to side. Right hand remains outstretched in front of you)

- But we sin ("doing anything God doesn't want us to do")
- The punishment for sin is death (separation from God ... broken relationship)

JESUS DIED

(Both hands outstretched to the sides)

- Jesus took our punishment for us by dying on the cross
- Like your brother or sister taking a timeout / punishment for you

GOD FORGIVES

(Move right hand back to be outstretched in front. Left hand remains outstretched to side)

- Because Jesus died for us, our sins can be forgiven
- The Bible calls this a gift (forgiveness and the opportunity to have a relationship with God)

WE ACCEPT

(Clasp both hands together outstretched in front, as at the very beginning)

- A gift must be accepted before it is ours
- The Bible says we accept God's gift by believing in our hearts that Jesus died for us, and accepting His forgiveness of our sins
- You can do this by praying and telling God that you believe and that you want His forgiveness





MALARIA

Do you know what malaria is? Do you know how a child gets malaria? Do you know what the deadliest creature on earth is?? Along with beds and Bibles, these kids also get mosquito nets. Today we're going to learn why mosquito nets are such an important part of the beds, and why having a net helps these kids get good sleep.

WHAT IS MALARIA

Malaria is an infection that affects humans and animals alike. It's spread by a specific female mosquito that only feeds at night. That's why it's important for kids to sleep under a mosquito net at night, since they are not threatened by it during the day. Malaria causes symptoms such as headaches, vomiting, fever, and sometimes even seizures, coma, and death.

Do you know what the deadliest creature in the world is?? It's this mosquito!!

Malaria causes between one million and two million deaths a year. That's more than all other deadly creatures COMBINED!

More than 93% of the cases, and 94% of the deaths from malaria occur in Africa, and for most of these communities, reaching medical care is nearly impossible, and it certainly is very expensive for the families. That's why at just \$8, a mosquito net is a great investment!





VIDEO: WELSEY



When we first met Welsey, the entire village was dancing and celebrating, because Sweet Sleep beds had arrived! But Welsey sat quietly by herself on the outskirts of the crowd. She slowly pulled back the hem of her skirt and lightly touched a terrible wound she had on her leg. We were able to clean and dress the wound, and take Welsey to the doctor for treatment. We asked Welsey if she goes to school. She said she did not -- because it was too painful to walk the miles between home and her school. When asked if she wanted to be able to go to school, Welsey said she wanted to run and dance and play. Those are pretty simple requests from a nine year old girl!

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

- 1) What kinds of things does a mosquito net and a bed protect you from?
- 2) If Welsey and her family suffered so many hardships, why do you think the only thing she asked for was to run and jump and play?
- 3) Welsey had other sicknesses that make her immune system weak. Why is a net so important to someone like her?



OTHER HELPFUL INFORMATION

Here are some frequently asked questions so *parents* can become more informed and help Sweet Sleep combat this disease.

FACTS:

- A child dies from malaria every 30 seconds. That's 2,800 children per day.
- Malaria is very preventable, and very inexpensive to prevent. The mosquito nets Sweet Sleep provides are just \$8 each... eight dollars to save a child's life.
- In Africa, according to the World Health Organization, one in every five childhood deaths (20 percent) is due to malaria. A typical African child may experience one to five malaria related fevers a year.

WHAT IS MALARIA?

Malaria is an infection of the blood caused by mosquitoes that carry the malaria parasites. The infected mosquito bites a person and then transmits it to another person when they are bitten by the infected mosquito.

WHAT ARE THE SYMPTOMS OF MALARIA?

Malaria causes fevers and chills. It can be short-term or you can have chronic (long-term) malaria that can cause the spleen to enlarge and lead to anemia (low blood count). This is a particular problem for people with HIV. Cerebral malaria is very dangerous and has a high mortality rate if not treated promptly. Its symptoms are a lot like meningitis and can be associated with seizures as well.





HOW PREVENTABLE IS MALARIA?

Malaria is very preventable!

WHAT IS THE NUMBER ONE WAY TO PREVENT MALARIA?

The best way to prevent malaria is to not be bitten by mosquitoes. Spraying for mosquitoes, removing ponding water sources (where they like to breed), and using mosquito nets treated with an insecticide are the best ways to prevent malaria. Sweet Sleep provides these life-saving nets to children for only \$8.

WHAT CAN PEOPLE IN AMERICA DO TO PREVENT MALARIA IN AFRICA?

People in America can contribute financially to organizations like Sweet Sleep that provide mosquito netting to areas where malaria is prevalent. They can also raise awareness of this potentially deadly but preventable illness by participating in World Malaria Day activities.





VIDEO AND ACTIVITY: MALARIA SKIT



Even though kids in Uganda are affected by malaria often, they don't necessarily know how to prevent it. That's why our mission teams do simple and entertaining skits to teach them a few very important things about their new Sweet Sleep mosquito net.

Click the picture above or visit <https://tinyurl.com/yclpg5zv> to watch the "Malaria Skit" video and answer these questions with your family:

- 1) What were some of the symptoms Hayden felt when he got malaria?
- 2) What happened to the mosquito after Hayden got a Sweet Sleep mosquito net?
- 3) What are some ways to make sure the mosquito net protects you? (tuck it in around all the edges, sleep with it every night, don't let it get holes or tears in it)



NOW IT'S YOUR TURN!

Show your parents what you've learned today and re-enact the malaria skit. You'll need a few simple things from around your house and you'll be all set!

SUPPLIES:

- A towel -- for before you have a bed
- A toy -- to play with when you don't have malaria
- A rolled up piece of paper -- to be a mosquito's stinger
- A pillow or couch cushion -- for after you received your Sweet Sleep bed
- A cozy blanket
- A Bible
- A sheet -- to be your mosquito net
- At least two people -- kid(s) and a mosquito. Parents can help hold the "mosquito net" over the sleeping kid.

LIGHTS, CAMERA, ACTION!

- Kid(s) are playing
- Kid goes to bed on the cold, hard ground :(
- Mosquito swoops in and bites the sleeping kid!
- Kid(s) play the next day, but now he has malaria and feels too sick to play (remember what the symptoms of malaria were?)
- Kid gets his brand new Sweet Sleep bed, Bible, and mosquito net! :)
- Mosquito tries to bite the sleeping kid, but can't get through the net
- Mosquito dies!
- Kid(s) are healthy and can play!

THE END -- BRAVO!!





CLOSING PRAYER

Pray as a family. Thank God for His merciful protection of us, and that we are spared from the fear and threat of malaria here at home. Pray for His protection of the children in Uganda who do not yet have a mosquito net -- that He will keep them safe and healthy until they can receive one. Pray for any child who might already be sick with malaria -- that they will get better soon and can run and jump and play. And pray for our hearts, as we listen for how God has called us to care for the orphan.

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>.

