

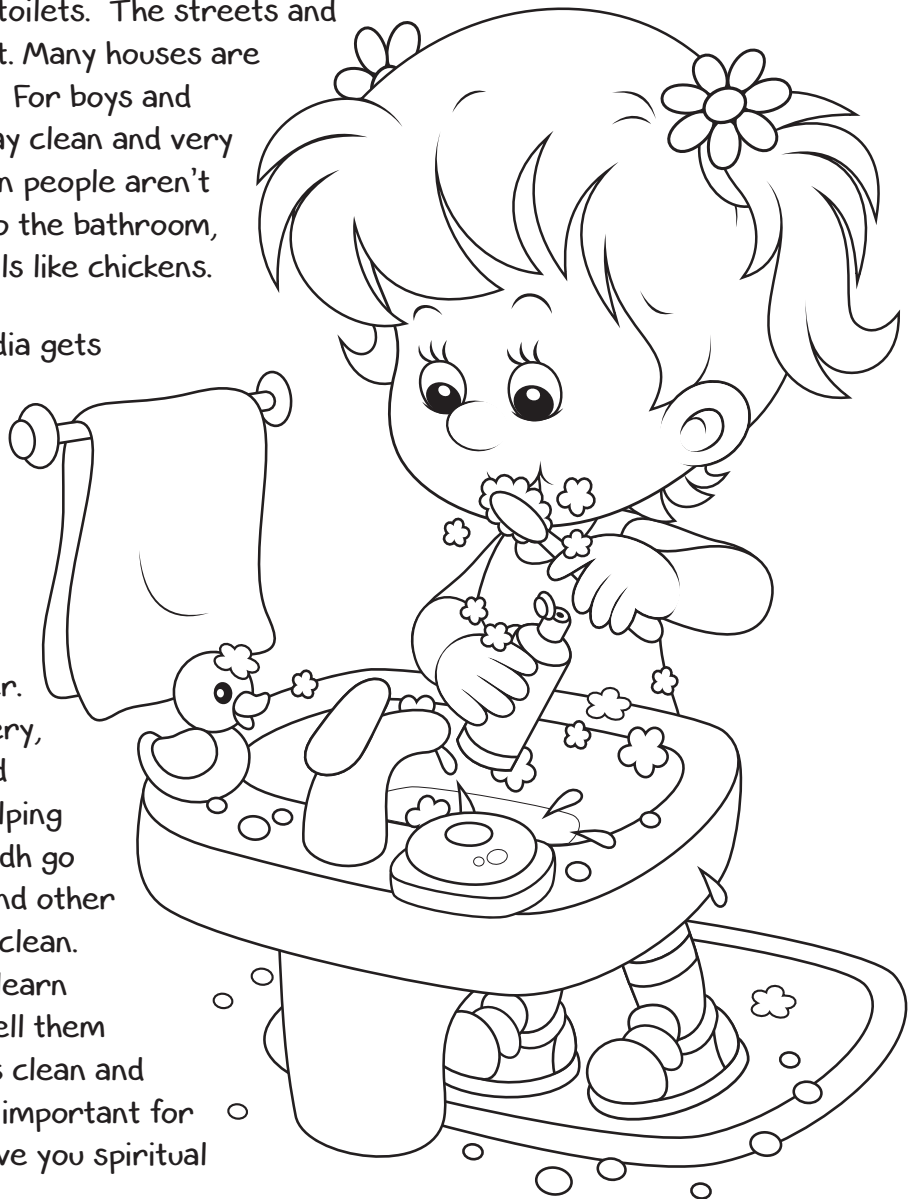
CHILDREN'S PRAYER GUIDE OCTOBER 2018

SUGANDH INDIA

"Don't forget to wash your hands!" Has your mom or dad ever said this to you? Did a teacher or friend ever remind you? Handwashing is very important so that you can avoid getting sick, or making others sick. You probably learned to wash your hands when you were very young, but you still may need a reminder now and then. In some places of the world, children don't have access to clean water and soap. These children may have never been taught how to stay clean. Sugandh, a ministry in India, is teaching boys and girls how to wash their hands to help them stay healthy and clean.

Sugandh works with families who live in the slums. Living in a slum community is very hard. There isn't running water or flushing toilets. The streets and even the floors of houses are just dirt. Many houses are made of cardboard or very thin wood. For boys and girls living in the slums it is hard to stay clean and very easy to get sick. Diseases spread when people aren't able to wash their hands after going to the bathroom, or cooking raw meat, or holding animals like chickens.

Every year, from June to October, India gets lots of rain. Every single day there are strong rain storms for hours. This is called monsoon season. During monsoon season, life in the slums is even harder. The dirt streets and floors become mud. The outdoor toilets flood. Sometimes animals like rats drown and float in the flood water. All of these things can make people very, very sick. Right now, India is at the end of monsoon season, and Sugandh is helping people stay healthy! Staff from Sugandh go into the slum communities with soap and other items to help people keep their hands clean. They also invite the children to come learn about Jesus at Bible Clubs. And they tell them that it is important to keep your hands clean and your body healthy, but it is even more important for Jesus to make your heart clean and give you spiritual health and life!



HOW TO PRAY:

- Pray that the children in the slums will learn good handwashing techniques and remember to use them. Ask God to keep them healthy, especially during monsoon season.
- Pray for the children to learn that Jesus came to die on the cross and that they would trust him to clean their hearts from sin.
- Pray for the children who come to Bible Club at Sugandh. Pray that they would remember the things they read in the Bible, that these words would remain in them (John 15:7).

TRY AN INDIAN RECIPE: KERALA BANANA SANDWICH

One of Anand's favorite foods is bananas, follow this recipe to make a delicious banana sandwich.

Ingredients:

- 6 to 8 Slices whole wheat bread
- 2 Ripe bananas
- 1/4 cup Grated coconut
- 1/4 tsp. Cardamom powder or allspice
- 1 tbsp. Cashews
- 2 tbsp. Brown sugar
- 2 tbsp. Ghee or butter



Instructions:

1. Peel and slice the bananas..
2. Mash the bananas well with a fork. Heat two Tbsp. ghee in a pan, add cashews and sauté until ghee is golden brown.
3. Add cardamom powder to the pan and fry for 2 minutes. Now add the mashed banana and cook it well on low for 5-7 minutes until it changes color.
4. Add brown sugar, continue stirring as brown sugar melts into the mixture. Remove from heat once done.
5. Spread the prepared banana filling between two slices of bread.
6. Butter the outside of the sandwich and place it in a pan to toast it.



MEET ANAND

Anand is 11 years old. He and the rest of his family live in a one – room house. Anand and his younger brother and sister share the only bed in the house and his parents sleep on the floor. He attends school during the week and goes to Bible classes at Sugandh on Saturday where he loves to listen to Bible stories and pray. He also helps at home by going to the market to buy fruits and vegetables. Bananas are his favorite food! Anand's favorite game to play is called pitthu garam. This is a game similar to baseball, but instead of using a bat and ball it is played with a stick and rocks. Anand's favorite Bible verse is John 15:7, "If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you." He is so thankful that you are praying for him, and he is praying that you will learn more about God, just like he does at Sugandh.

HANDS-ON PRAYER CHALLENGE

Practice your handwashing using the steps below. Then, every time you wash your hands pray for the children at Sugandh.

1. Wet your hands with warm water.
2. Lather the backs of your hands, between your fingers, and under your nails with soap.
3. Scrub your hands for as long as it takes to say the alphabet slowly or sing "Happy Birthday" two times.
4. Rinse your hands well under warm water.
5. Dry your hands using a clean towel.