

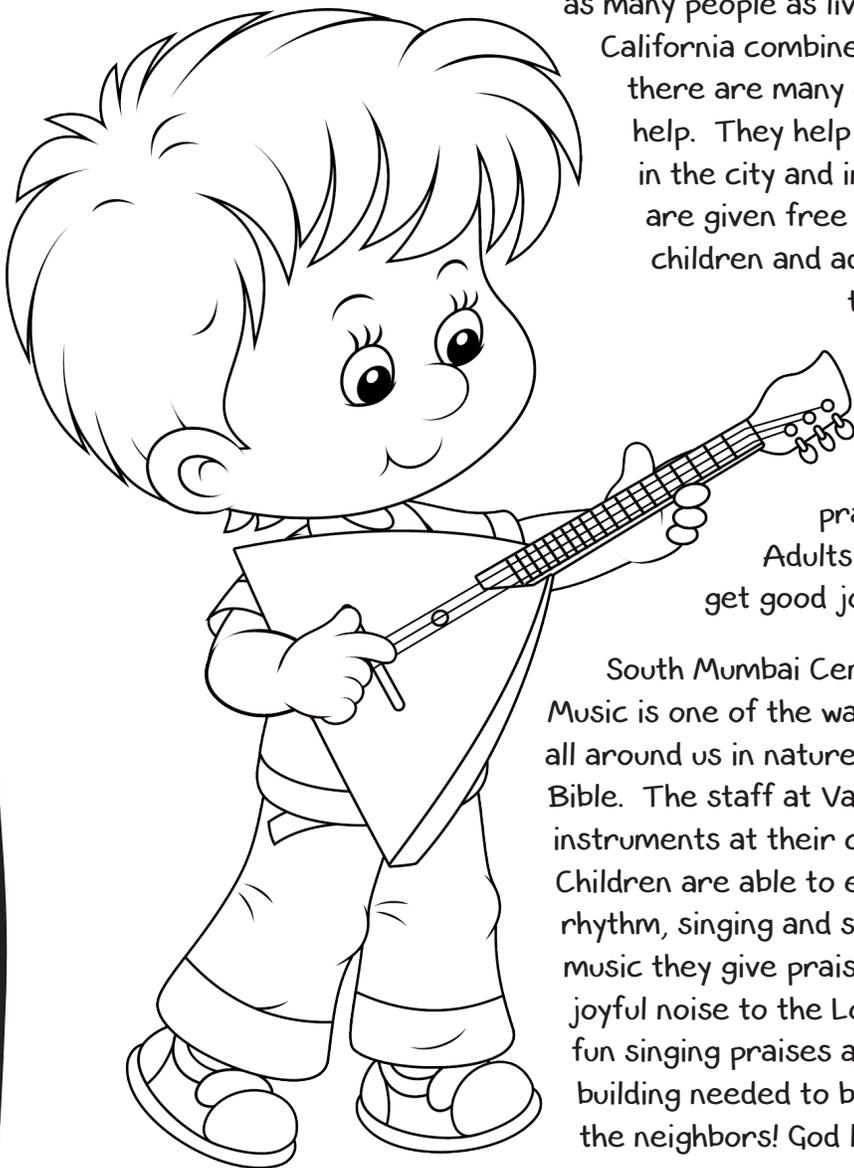


## CHILDREN'S PRAYER GUIDE NOVEMBER 2018

### SOUTH MUMBAI CENTRE (VALLEY OF PRAISE) MUMBAI, INDIA

Try to remember the last time you heard music. You probably don't have to think back very far! Maybe you listened to the radio, or sang a bedtime song with your family. You may have heard your sibling or a friend tap out a beat on a table, desk or even their legs! If you spent time outdoors recently you may have heard a bird singing or a frog croaking. Music is all around us. Even the animals sing!

The South Mumbai Centre works with children and families in Mumbai, India. Mumbai is a really big city. There are more than 12 million people that live in Mumbai -- that is as many people as live in New York City and Los Angeles, California combined! With so many people living in Mumbai, there are many children for the South Mumbai Centre to help. They help these children at two community centers in the city and in the slum communities. Boys and girls are given free clothing and toys! The staff teach children and adults about Jesus and read Bible studies to them. At the centers children spend time playing games, getting help with their school work and learning to speak English. They use the Bible to teach reading so that while the children practice they are learning about God. Adults can also learn skills that allow them to get good jobs and take care of their families!



South Mumbai Centre is also called The Valley of Praise. Music is one of the ways we praise God. God created music all around us in nature and He even put songs into the Bible. The staff at Valley of Praise teach children to play instruments at their centers and even in the slum communities. Children are able to enjoy making music, learning how to keep rhythm, singing and spending time with friends. With their music they give praise to God. Psalm 100 tells us to, "Make a joyful noise to the Lord!" They boys and girls have so much fun singing praises and making music that the walls of the building needed to be made thicker so it wasn't so loud for the neighbors! God loves to hear their praises!

## HOW TO PRAY:

- Pray that children who live in the slums will be interested in the music classes that South Mumbai Centre runs.
- Pray that the children will learn how much Jesus loves them and that they would trust in Him.
- Pray for Elijah and other SMC workers. Pray that God will protect them when they are in dangerous areas of the city.
- Thank God that He gives us the strength to follow Him (Philippians 4:13)!

## TRY AN INDIAN FOOD: SPINACH PARATHA

### Ingredients:

- 1 1/2 cups Whole Wheat Flour
- 1 1/2 cups Spinach
- 1 to 2 cloves Garlic
- 1/2 tsp. Garam Masala  
(substitute cumin or allspice if preferred)
- 1 small Green Chili (optional, spicy)
- Salt as needed
- 1 to 2 tbsp. Water
- 1 tbsp. Oil for kneading
- 2 tbsp. Ghee or Butter for toasting

### Instructions:

1. Wash spinach and drain completely. Add spinach, chili and garlic to a blender with 1 to 2 tsp. water (as needed) to create a fine puree.
2. Add puree to flour, salt and spices. Knead together until a dough forms. Add oil and continue kneading until dough is soft and pliable.
3. Set dough aside for 20-30 minutes.
4. Separate dough into equal sized balls. Roll each out onto a floured surface. Dough should be thick enough to move without breaking. The rolled dough is called paratha.
5. Add ghee to a hot pan, place rolled dough on pan. When bubbles begin to form in paratha flip the dough.
6. Serve with toppings like chutney or curry.



## MEET ELIJAH

Elijah is 15 years old. His parents are the directors of South Mumbai Centre which gives him many opportunities to help other children. Elijah has always loved music and computers, and he is using these interests to serve God. One thing he loves to help with is the music program of South Mumbai Centre. He teaches slum children how to play the drums and guitar. He helps lead the music during the worship services and Bible Studies that his Dad leads. Sometimes he goes with his Mom or Dad into the slums and plays music for the children to just dance and sing along to! When he was younger, Elijah was sick, now that he is well he visits the children's hospital to play music for the children who are still getting well. Elijah is learning how to combine his interest in music and computers and has a home studio! He makes Youtube videos teaching music and interviewing older Christians about how they came to know about God. Every morning before breakfast Elijah reads the Bible so He can learn more about how to love others. One of his favorite verses is, "I can do all things through Christ who strengthens me." (Philippians 4:13)

### HANDS-ON PRAYER CHALLENGE

South Mumbai Centre teaches children in the slums of Mumbai to play instruments. Find an instrument in your house. If you don't have an instrument, make a drum using a pot and spoons, create a percussion instrument by placing dry beans in a sealed container. Have some fun finding ways to make music around your house and playing along with your favorite songs. Pray for the children at South Mumbai Centre as they learn to play instruments, and as they learn about Jesus.