

Greetings in the name of Jesus!! I'm so excited to be writing to you today to tell you about an amazing experience we are going to be having with LHCyouth. On Jan 27-28th, we will be doing the 30 Hour Famine! It's a wonderful time where our students and leaders raise support to help feed starving children across the world. We will voluntarily fast for 30 hours together (starting Friday after breakfast (8am) and then breaking the fast together Saturday afternoon.)

In addition to fasting and raising support, we'll be connecting with other churches from our area (New Life, Stone Crest, Evangel, etc) and do community service on Saturday morning. It's going to be AMAZING!!

But I'm sure you may have some questions about the fasting and the famine.

What is fasting? Fasting is the act of abstaining from food. There are various types of ways to fast, but the most popular and the one that is part of the 30 Hour Famine is a *juice fast*. Our students have many scheduled "Juice Breaks" throughout the Famine.

Why is fasting part of the 30 Hour Famine? It's an opportunity for us to focus their thoughts, prayers and efforts on things most important to God. It's a way to draw near to God. It also allows us to *feel what real hunger feels like* -- a hunger that is felt by many of the boys, girls, men and women who are being helped by the funds raised during the 30 Hour Famine.

What does the Bible say about fasting? There are many scriptural references to fasting, in both the Old and New Testament. The following is not a complete list but is a good place to start.

Matthew 6:16-18
Daniel 9:3, 20
Judges 20:26-28

Matthew 9:16-17
Ezra 8:21-23
Psalms 35:13

Matthew 17:20-21
Isaiah 58
Mark 9:29

The average, healthy person is able to go without food for 30 hours without any ill effects. Exceptions are the following:

- children under the age of 12
- the elderly
- pregnant or nursing women
- people with other specific medical conditions (past or present) including diabetes, reactive hypoglycemia, other medical conditions that are associated with or could precipitate hypoglycemia; eating disorders (anorexia, bulimia).

If you have any health-related questions about the 30 Hour Famine or are regularly under a doctor's care for any of the above medical conditions, you are strongly advised to consult your family doctor before taking part.

I hope that you will join us for this great opportunity. If you are interested, PLEASE FILL OUT THE CONSENT FORM, return it Jimmy and you'll get your very own fundraising packet. We'll be connecting with Evangel Church for the weekend and staying at their church! Please feel free to contact me with any questions~

Humbly HIS~
Jimmv

Consent Form

Dear Parents/Legal Guardians,

If your son/daughter has shown an interest in participating in World Vision's 30 Hour Famine. Participation means that your son/daughter will:

- Sign up 30 Hour Famine sponsors and collect money to help those around the world who suffer from hunger, poverty, and a lack of hope.
- Miss three main meals by fasting for 30 hours.
- Drink only water and juice during those 30 hours.
- Turn in the Famine Student Guide and money raised to his or her Famine leader during the Famine event.

If your son/daughter is not physically capable of fasting for 30 hours, he or she can still participate in a modified fast.

Please contact me if you would like to discuss this option. Before I issue a Famine Student Guide to your child, I would like your acknowledgment that you support his or her participation.

Thank you.

Pastor Jimmy
LHCyouth.com

I have no objection to my child,

participating in World Vision's 30 Hour Famine.

Signature of Parent/Legal Guardian

