

TOOL: Solidarity with the Poor

Fast • Weekly



The Matthew 25 Challenge is a week-long discipleship tool to help us step out of our comfort zones and engage in Jesus' love for "the least of these brothers and sisters of mine." Originally, this challenge was created by World Vision to help followers of Christ fast in solidarity with the poor and the least of these throughout the world.

For one week, you or your Praxis Group will focus on Matthew 25. Each day, you will be guided to fast from a particular habit (which they call a "daily challenge"). You can also view daily videos from children around the world as we connect this experience to real people.

The daily challenges:

Day 1: Skip lunch and break your fast with rice and beans

Day 2: Drink only water.

Day 3: Sleep on the floor tonight.

Day 4: Wear the same clothes you wore yesterday.

Day 5: Reach out to someone going through a difficult time.

Day 6: Take a 30 minute prayer walk.

Day 7: Attend church and share your experience with others.

You can download the guide HERE or at <http://worldvision.org/dom25>

To get the most out of this experience, link arms with others and do this week-long experience with your family, a group of friends, or your Praxis Group. Identify when you'd like to start the experience and check in with one another throughout the week.

“Most of us are not nearly hungry enough for the things that really matter. That’s why it is so good for us to feel a gnawing in our guts. Then we remember why we are fasting. We remember all the peoples of the world who have no choice but to go to bed hungry. We remember how we waste and squander the goods of this world. We remember what poor stewards of the earth we have been. We remember that each of us is called to be bread for the world. Our lives are meant to nourish. Fasting can lead us to the core of our being and make us more nourishing for others.”

-*Sister Macrina Wiederkehr*

Debrief your experience

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ’s presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?