

# 30-Hour Famine

## Starve Hunger (Sr. High)

# Registration



**Event: February 6-7, 2009**

**Registration Due: January 28th**

**Cost: \$35**

**Due w/Registration & Payable to SPDLC—This covers the event costs!**

**Recommended  
Additional Cost:**

**\$65 or more (payable to World Vision)**

In addition to the \$35 cost for the event, every student is encouraged to raise \$65 or more which will go directly towards feeding the hungry. Youth across the nation are collecting donations for World Vision

On Friday February 6th you will wake up and have a healthy breakfast! You go to school as usual and begin your fast. You will not eat lunch at school and when school is out you will meet at the church. We will then head over to St. Andrews, Eden Prairie and start the event. Throughout the evening we will hear nationally known speakers, listen to live music, package food for feed my starving children, and other various events. On Saturday morning we will wake up, have closing worship, music and events. Then we will "Break"fast together around 2:00pm and head home by 2:30pm

**Please register for this event!**

**You can be a direct help  
to those who are starving  
all around the world !!**

[www.30hourfamine.org](http://www.30hourfamine.org)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Parent E-mail: \_\_\_\_\_

Student E-mail: \_\_\_\_\_

SPDLC Member: Yes \_\_\_ No \_\_\_

Parent/Guardian Signature: \_\_\_\_\_

X

By signing this registration form I allow my child to participate in SPDLC's 30 Hour Famine, February 6-7, 2009

Around the world more than 850 million people are hungry including 300 million children, causing over 29,000 children (one child every 6 seconds) to die every day from malnutrition and preventable diseases. Chronic poverty is a root cause of hunger. Poverty afflicts half the worlds population. THREE billion people live on less than \$2 a day!!



## You do not need to Fast to participate in this event, but it is recommended

If you have a medical condition or a sports practice that you cannot get out of and need to nourish your body you can still participate in this event. Please contact Jeremy for details on how to make this work. Below is some info on fasting.

### FACTS ON FASTING

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.

**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*.

**Why is fasting part of the 30 Hour Famine?** It's an opportunity for participants 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 participants 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

**What are some alternatives to fasting?** A 30 hour fast is not required for those participating in the 30 Hour Famine, but it is a recognized component of the 30 Hour Famine. Again, most people can go without food for 30 hours with no ill effects, but it should be a personal choice. If, for any reason (medical or otherwise), someone cannot participate in a 30 hour fast, modifying the Famine is accepted. Some suggested ways to modify a fast include:

- skipping a meal (or two)
- abstaining from something (i.e. chocolate, soda pop, etc.) for a period of time
- fasting from talking for a period time
- fasting from media (no TV, movies, videos, radio, music, etc.) for a period of time.

**How should we break the fast?** Breaking your fast can be a meaningful time for the group, but it also should be done gradually and sensibly. A big pizza feed might sound like a great idea, but something a little easier to digest, like pasta or rice (lots of carbohydrates) might go down a little easier. (For more ideas on breaking the fast, check out your 30 Hour Famine Leader's/Activity Guide.)

-----  
**This document was prepared by World Vision's 30 Hour Famine staff. It is NOT designed to replace a physician's guidance but is provided to answer common questions regarding fasting.**