

PAGE 1: FRONT & BACK

UNDER THE STARS
Sweet Sleep
EXPERIENCE GUIDE & QUIET TIME GUIDE

AM
QUIET TIME GUIDE

Close your quiet time by praying. Thank God for the way in which He and others have cared for you when you were in need. Share the things that are important to you from last night and this morning. Ask Him to show you ways to help the people who are least.

PAGE 2: FRONT & BACK

UNDER THE STARS
Sweet Sleep
ASSESSMENT KIT

Assessment kit for one of these children, including a shower mat, comfortable mattress, warm blanket, life-saving mosquito net and a Bible in their own language is just \$50.

How do you plan to help resettle these orphans in northern Uganda through Sweet Sleep? How many kids do you think you, with the help of your friends and family, can resettle?

AM
QUIET TIME GUIDE

As you lay down tonight, look at the stars, try to count them. God told Abraham to look and count them. God promised that his descendants would be like the stars. Read Genesis 22:16-18.

Genesis 22:16-18
"I know by myself," declares the LORD, that because you have done this and have not withheld your sons, your only son, I will surely bless you and make your descendants as numerous as the stars in the sky and as the sand on the seashore. Your descendants will take possession of the cities of their enemies, and through your offspring all nations on earth will be blessed, because you have obeyed me."

God tells us that we are the children of Abraham. Look up at the stars again. When Abraham looked at those stars, YOU were counted in them. If you are one of his descendants, God is asking you to bless all the nations of earth.

What ways do you like to help others? What are some things you would like to do for the "least of these"?

PAGE 3: FRONT & BACK

PM
EXPERIENCE GUIDE

Did the sheep know they were helping Jesus? If they did not know they were helping Jesus then why do you think they did these things?

Think about the nation of Uganda, what does it mean for you to be a blessing to the children of that nation?

Do you think God is more interested in the way you talk about Him or the way in which you help others?

AM
QUIET TIME GUIDE

ponder this...
Think about Sarah, an orphan in northern Uganda. Here is her story.

Sarah is 9 years old with both parents dead. She lives with her grandmother and is lucky that she is going to school, though she has to walk a long distance to the school. Sarah lives in a deep village off the main road and there is hardly a clear road that leads to her home apart from following wandering paths. All along, Sarah has been sleeping on a mat on the floor that could press her into all night long forcing her to have short sleeping hours. She confesses that she has never woken up at a time after 6:00 am, because during the time when most people are comfortably deep asleep, the mosquitoes busy biting her and the mat pressing against her body make her wake up earlier than expected.

LIST THE ACTIONS OF THE SHEEP

Gave the hungry something to eat

Gave the

PAGE 4 FRONT & BACK

PM
EXPERIENCE GUIDE

Take a few minutes to think about what you learned last night. Now spend some time in prayer to thank God for what He has done for you.

Jesus taught in Matthew 25 about two groups of people in the world: sheep and goats. Jesus, while talking about heaven, said the sheep and goats would be separated. Read His teaching in Matthew 25:33-46.

"I will put the sheep on his right and the goats on his left. Then the King will say to those on his right, 'Come, you who are blessed by my Father, take up your inheritance; the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me. Then he will say to those on his left, 'Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was in prison and you did not look after me.' They also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?' He will reply, 'Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.' Then they will go away to eternal punishment, but the righteous to eternal life."

Sarah's story is just one of thousands. Thousands of children sleep with nothing more than what you will sleep with tonight. They sleep this way every night, with no blanket, no pillow, no mattress, and nothing to keep mosquitoes from biting. What does it mean for you to be a blessing to the children of Uganda?

PM
EXPERIENCE GUIDE

IN the New Testament, James, the brother of Jesus, writes to the church about what it means to live out your faith. James 1:27 says:

"Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world."

Think about your exact week, how much of your faith is focused on you and how much is focused on others? How do you think about what it means to our religion and our faith that is pleasing to God are focused on others, on others in need? James directly shows us that our faith would be weak if we were to focus on ourselves. Both of these groups were without support and coming to the only church. James' statement is still true today. We need to look out for the needy, the orphans and the widows. What would it look like for you to look out for the orphans?

Here is a letter from a boy named David who has received a mattress, bedding, mosquito net, and a Bible because of the generosity of people like you through Sweet Sleep.

DEAR SWEET SLEEP,

My name is David. I am 14 years old and am in primary four. I would like to thank you, Sweet Sleep for giving me the mattress and mosquito net.

Now days I know more about God than I did before because I read my Bible and after I go for a sleep on my soft mattress. Am very happy this days because I start sleep right when I get on to my bed at morning without feeling any pain.

So I again thank God for that special gift which I was not even expecting in my life and not forgetting to pray for you and also the organization called Sweet Sleep.

Thank you so much from David.

God Bless You.

Take some time to pray to God. Think about what God has given you, about how God has blessed you. Thank God for all that He has done. Now pray for the children of northern Uganda. Ask for their protection and that they would hear about Jesus Christ. Now pray for yourself. Ask God to watch over you tonight. Ask Him to show you and teach you what it means to love Him.