

# WALK 4 WATER

HEALING HANDS INTERNATIONAL

an educational & Biblical guide on  
why we do what we do



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HEALING HANDS  
INTERNATIONAL



# Topic 1: Why do we provide water?



## Discussion Prompts:

- There are almost one billion people in the world who don't have access to clean water. (Psst! That's 1,000,000,000,000 people!)
- Most of these people walk several miles to get water. The average distance is four miles, which means lots of people walk farther than four miles.
- When they get to their water sources, the water usually isn't clean. They have to share water with cows, pigs, and goats. This water will make them sick.
- But we can help! And through this guide, we are going to learn more about how we can do that.

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**For older kids, locate a point on a map that is four miles away from where you currently are. Talk about how long it might take to walk that far!**

Scripture reference: Isaiah 41:17-20

God knows there are people in the world who don't have water. This verse says that God will answer their need—but how? The answer is: YOU! We're going to talk this week about the water crisis, and how you are especially equipped to be the hands and feet of God in helping answer the needs of those without clean water.



# Topic 1: Why do we provide water?



## Activity: Journaling

- Write your initial thoughts about the water crisis. Did you know about it?
- How do you think you would feel if you didn't have clean water? How might your daily activities be different?
- Think about your house. How many places can you find clean water at your house?

## Activity for younger kids:

- Draw a picture of some of the places where you can find water in your house.
- Draw a picture of someone walking to get water. Draw how you would feel if you didn't have water at your house.

## Journal or Draw:



## Topic 2: Water Usage



Discussion: Let's talk about how much we use water on a daily basis.

- How many times do you think you will use water today?
- Water is necessary for so many things we do. What are some things that are important to do every day that require water? (Example: brushing your teeth.)
- In America, we also use water for things that are not necessary, like watering our grass or washing our cars or using a slip'n'slide. These are luxuries that many in the world wouldn't even be able to imagine!
- Can you think of some other ways we use water that aren't really necessary? (Example: letting the faucet run while we brush our teeth, filling up a swimming pool, etc.)

Activity: How much water do you use?

- Guess how many gallons of water you use every day, and try to keep up with the actual number of gallons you use tomorrow by filling out the attached [Water Usage worksheet](#).
- If you can carry five gallons at a time, how many trips would you have to make to get enough water for your family each day?

Activity: Water Cards

- Cut out the attached [Water Cards](#) and hang them in the correct areas around your house to remind you of how much we use water every day. Say a prayer for those without water when you see these cards around your home.

Scripture reference: We all need water! Genesis 1:6-7. God separated the water from the sky on day two of creation. He knew that everything He would make on subsequent days would need water, so He made water early in the creation process.



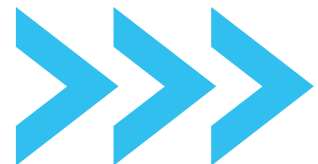
## Topic 3: How do people actually get water?



### Discussion:

- When you want or need water at your house, how do you get it?
  - Example: hose or sink.
- There is an entire process people have to go through to get water in their homes if they don't have a water source close by.
  - First, you have to find something to carry water with. You have to get it home somehow! (This might be a jug or a large bowl.)
  - Then, you have to walk to the water source, carrying your container.
  - Do you remember how long the average distance is to a water source?  
Four miles!
  - Wait your turn in line. Everyone else is using this same source for water. This wait can take hours, and in some places, people actually spend the night by the well so they don't have to wait in line.
  - Get your water:
    - Sometimes people scoop water from a river into their container.
      - Carry the full container home. Try not to spill any!
    - Sometimes they have to wait for a small trickle of water to fill their container. (Just think about how long that would take!)
      - Turn on the faucet to a slow drip.
      - Time how long it takes to fill a cup

**This could be simulated in the church restroom or kitchen. (You know you'll be taking the younger kids to the restroom during class anyways.)**





## Topic 3: How do people actually get water?



Think about how long this process takes.

If you had to do this before you went to school every day, do you think you would make it to school on time? **Would you make it at all?**

Most people spend at least **30 minutes walking**, one way, for water. This is a trip they make multiple times a day. This does not include the waiting time at the water source. According to World Vision, more than 200 million hours are spent every day by people walking for water.

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### Activity: Relay race

- Set up an empty bucket at one end of the course.
- Fill another bucket with water, and place it at the other end.
- Divide kids into teams and give each child a small cup.
- Children will scoop water from the bucket, run to the other end, dump it in the empty bucket, and run back.
- See which team fills their bucket more at the end of 3-5 minutes (depending on how long you want it to last).

Scripture reference: Isaiah 48:21. The Israelites searched for water in the desert, too. They didn't have access to water like we do today. But God provided for them, and He can provide for those without water in the world today, too. He just needs us to be the vessels to help deliver it!



## Topic 4: The results of drinking dirty water and how to fix it



Discussion:

(For this discussion, you will need a “dirty” bottle of water and a clean bottle of water. Just add a little dirt to the dirty bottle and shake it).

Once you get your water home, it is probably still not ready to drink or use. This is because water that comes from a river, or a place where animals get water, is not clean.

Ask the kids which water bottle they would like to drink from.

In our example, **we can see the difference** between the clean water and the dirty water. This isn't always the case!

In water that comes from places like rivers there are lots of tiny bacteria that we can't see, but can make us sick.

Thankfully, we have technology today that helps us filter out the bad stuff from the water so that it is safe to drink.

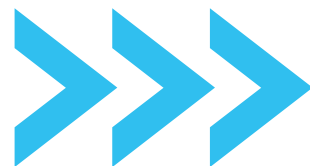
**With older kids, you might discuss the health outcomes of drinking dirty water. Approximately 829,000 people die every year from unclean water.**

Scripture references:

John 4:14: Sometimes water doesn't save us, but instead makes us sick. This isn't the water that Jesus gives.

John 7:37-39: Jesus gives healing, life-saving water.

Revelation 21:6: There will be a day when everyone in Jesus sits by the river of life!





## Topic 4: The results of drinking dirty water and how to fix it



### Activity 1: Poster Making/Water Facts Sheet

- Use construction paper or poster board to help advertise your Walk4Water at your church or school!
- You can write facts about the water crisis, the scriptures we have discussed, or the information about your upcoming walk.
- Cut out the Water Facts that are attached to this guide.
- Hang your posters and the water facts around your church, school, or home to help you think about how blessed we are to have clean water, and how you can help by walking for water!

Activity 2: Make a water filtration system and try it out! You can find instructions online for different ways to do this.

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Scripture reference: Exodus 15:22-27. In this story, there was a miraculous filtration process! We can use simple tools today to purify water so that it is safe to drink.



## Topic 5: Conclusion and Action Steps



Review your notes from the beginning of our class.

**How have your thoughts on the water crisis changed?**



**What if it was you?**



**What would you say to the person who was receiving clean water as a result of your efforts?**



**What can you do to help going forward?**



**How can you help your local Walk4Water so that more people can have clean water?**



**Journal or Draw:**

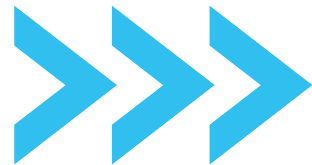


## Topic 5: Conclusion and Action Steps



### Activity: Water Bottle Label Making

- Make copies of the attached label sheet so that each child has one. Alternatively, cut paper to fit the label example so children can freehand draw.
- You will also need clean, wide-mouth bottles (such as Gatorade bottles).
- Cut out the attached label sheets.
- Decorate the labels with water drops, information about Walk4Water, or however you want!
- Attach the label to the bottle with tape.
- Place these around your school, gym, or a local business to help collect change for your walk!



Scripture reference: Matthew 25:31-46. We are commanded to help those in need—Jesus says that if we don't, there are eternal consequences. Giving clean water to those who don't have it is one way to help!



# Topic 1: Stewardship



## Memory Verse:

Deuteronomy 16:16b-17: "No one should appear before the Lord empty-handed: Each of you must bring a gift in proportion to the way the Lord your God has blessed you."

## Write it out here:

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## Bible Story:

Read the story of the widow's gift, found in Mark 12:41-44.

## Devotional Thought:

The Bible is rich with stories and scriptures about giving: giving of our time, money, and any other resources that God has blessed us with. **Stewardship** means to take care of what we have been given by God and to use it wisely. When we look around at what God has given us, it seems impossible to give in a way that could ever repay what we have been given. But the Lord knows our hearts and sees the way in which we give. Our attitude about giving is more important to Him than the amount we give. In the story of the widow, we see that she did not have much to give, but she gave it freely to the Lord. **And that is how we are called to give!**

We have a responsibility to be good stewards of all the resources we have, not just our money. And our time is a valuable resource! When we give our time to do things like **Walk4Water**, we are honoring God with that decision. Giving of other resources, like our time and talents, is a great way to give even if we don't have much money. We can always share what we do have with others. Maybe you have a great talent for baking. You can share those goodies with your neighbors to spread the word, or sell them to raise funds. Maybe you are a great artist. Use your gift to make posters for your upcoming Walk4Water! **Whatever you have, share it to the glory of God!**



# Topic 1: Stewardship



## Activity:

What do I have that I can use to help others who don't have clean water?

What talents has God given me that I can use?

Here are a few ideas:

- Operate a lemonade stand or run a bake sale to raise money.
- Do chores around the house or for neighbors to earn money.
- Draw posters with information about your upcoming Walk4Water.

**List your ideas here:**



## Topic 2: Thankfulness



### Memory Verse:

1 Thessalonians 5:18: "Give thanks in all circumstances, for this is God's will for you in Christ Jesus."

### Write it out here:

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### Bible Story:

Read the story of the ten lepers who were healed found in Luke 17:11-19.

### Devotional Thought:

What does it mean to be thankful? **Thankfulness** is an expression of gratitude for all that God has given us. In order to be thankful, we first have to recognize things that we have that we can be thankful for. **One of those blessings is clean water.** There are so many people in the world who don't have clean water in their homes. Just think about how often you use water every day! Water also provides lots of other blessings in our lives: clean clothes, vegetables to eat, and the ability to wash our hands to help prevent sickness.

We have certain times in our lives when we tend to really think about our blessings. In our country, we celebrate Thanksgiving in November and usually use this as a special time to reflect on all we have. However, the Bible says to give thanks in ALL circumstances, which means at ALL times, not just at Thanksgiving! It also means that we should give thanks even when things are not going our way. We can thank God when we are going through hard times, as He often uses these things as ways to help us remember all we do have and those who love us.

Thankfulness also moves us to **ACTION**. In the story of the ten lepers, the one who was truly thankful made an effort to come back and say thank you. When we feel thankful, we should SAY it and ACT on it. We can show our thankfulness for the clean water we have by helping our **Walk4Water** be the best it can be. We can pray for our event and those who will be blessed through it, and we can even try to raise money to help by filling out a Ten4Ten sheet.



## Topic 2: Thankfulness



### Activity: Water Cards and Ten4Ten

- Cut out the attached water cards and hang them in the correct areas around your house to remind you of how much we use water every day.
- Say a prayer for those without water when you see these cards around your home, and a prayer of thanks that you do have clean water and the ability to help those who don't.
- Complete a Ten4Ten Sheet!
  - Ask ten people to contribute ten dollars for your Walk4Water, and you will have raised \$100!

**Final thoughts? Write them here:**



# WATER FACT SHEET DESCRIPTION



## What is it?

The water fact sheet contains some sobering information about the realities of living without clean water. These statistics are from trusted sources such as the World Health Organization and World Vision. These facts are the “why” in the story of your Walk4Water, so use them as you see fit to inform your audience about why you are hosting a Walk4Water event.

## How do I use it?

Make copies of the statistics, cut them out, and tape them around your church building or anywhere else you want to market your Walk4Water. Use the information along with your announcements promoting the Walk4Water. Share these facts on social media with your friends as you promote the walk



## **GLOBALLY,**

785 million people lack a basic drinking-water service, including 144 million people who are dependent on surface water. That's 1 in 10 people on the planet.

**You can change this.**

**#Walk4Water**



## **DID YOU KNOW?**

Contaminated water transmits diseases such as diarrhea, cholera, typhoid, and polio. Contaminated drinking water is estimated to cause 485,000 deaths each year.

**It doesn't have to be this way.**

**#Walk4Water**



## **WITHOUT INTERVENTION?**

Half of the world's population will be living in water-stressed areas by 2025.

**You can be the intervention.**

**#Walk4Water**



## **AROUND THE WORLD,**

More than 2 billion people do not have access to basic sanitation. That's more than 25% of the world's population.

**You can change this, one village at a time.**

**#Walk4Water**



## **DID YOU KNOW?**

Every day, more than 800 children under 5 die from diarrhea caused by contaminated water, poor sanitation, and unsafe hygiene practices.

**You can save lives.**

**#Walk4Water**



## **HAVING A LONG DAY?**

Women and girls spend an estimated 200 million hours hauling water every day.

**You can make their walk shorter.**

**#Walk4Water**

# The Blessing of Clean Water

Cut out the pictures and place them around your home to remind you and your family to thank God for available clean water. Also, take time to pray for people who don't have clean water.

**Drinking Water**



**Washing Dishes**



**Brushing Teeth**



**Showering**



**Laundry**



**Flushing the Toilet**



**Washing Hands**



**Cooking**



**Where else do you use water?**

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# How Much Water Do You Use?

Use this table to document how many gallons of water you and your family use.

Activity	Amount of Water (in gallons)		Times Per Day		Total Usage
Brushing Teeth (water turned off)	.25	X		=	
Brushing Teeth (water turned on)	1	X		=	
Washing Hands and Face	1	X		=	
Shower	15 (3 gal per minute)	X		=	
Filling Bathtub	20 (3 gal per minute)	X		=	
Toilet Flushing	2	X		=	
Drink	.1	X		=	
Clothes Washer	30	X		=	
Dishwasher	11	X		=	
<b>Total Amount Per Day</b>					

## notes:

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# TEN4TEN DESCRIPTION



## What is it?

Ten4Ten is a simple and easy-to-complete challenge. All you need to do is get 10 people to give you \$10. Once you have your \$100, you have completed the Ten4Ten! It's that easy.

## How do I use it?

Divide your fundraising goal number by 100. This will give you the number of Ten4Ten forms you need completed in order to reach your goal. To illustrate, a \$7,500 goal can be broken down into 75 Ten4Ten forms. Allowing church or community members to take ownership of their own form makes achieving the overall goal easier. People are more likely to achieve results when they are given specific and actionable tasks. This means people are more likely to raise \$100 (if they understand that this is their own personal responsibility) than they are to raise some undefined amount as part of a group goal. These forms are perfect for high school and college students. Once a person has been given their Ten4Ten form, they need to get ten people to donate \$10. They also need to write down the donor's name and contact details on the form. Once they have completed the form, they return it to the coordinator with the money raised.

## Step-by-Step

1. Print off as many forms as are needed
2. Encourage people to sign up and commit to completing their form
3. Check in regularly with your team to keep them motivated and accountable
4. Collect all the forms and donations at the end of the time period

## Pro Tip!

A little friendly competition never hurt anyone. Having a small reward for the person who completes the most Ten4Ten forms in the designated time period can really create excitement around the service project. There is no limit to how many forms one individual can complete.

# TEN4TEN



**Healing Hands International is committed to bringing the life saving gift of clean water to those most in need: children.** Your support of this WALK4WATER event will save the lives of thousands of children around the world. You are a difference maker!



## How does Ten4Ten work?

Ask 10 people to donate \$10 each and then bring your money to your Walk4Water event, or you can send it to the event coordinator.

NAME EMAIL PHONE \$

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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6. \_\_\_\_\_
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10. \_\_\_\_\_

