



**GET FED BY THE FAITH OF
THE PERSECUTED CHURCH**



Open Doors

HOW IT WORKS

***Fast Food* is a Lent resource based around a number of meals. Each meal comes from a different country where Christians are persecuted for their faith. And each week you do three things...**

2 SERVE UP STORIES OF THE PERSECUTED CHURCH

During the meal, you'll explore the challenges facing Christians in that week's country. To help you, we've provided eight Menus, suggesting what food to serve, and giving stories and prayer points about the country. Added to that, there are videos, downloadable placemats and more on the *Fast Food* section of the Open Doors website.



1 SHARE A MEAL WITH OTHERS

Each week you share a meal with family, friends, church group or small group. One week you might have a curry, the next you might have a tiny, plain bowl of rice. Each week's meal links to a country where Christians are persecuted.



3 TAKE AWAY A WEEKLY 'FASTING' CHALLENGE

At the end of the meal you will be challenged to 'fast' from something or give something up during the following week. It might mean 'fasting' from comfort and sleeping on the floor, or giving up money and trying to cope on a tiny budget. You might even be challenged to 'fast' from speaking! Each challenge gives a taste of what life is like for persecuted Christians around the world. The following week (or whenever you choose) you can reflect on what you have learned, and how God has spoken to you. And then it will be time for another meal – and a different challenge!

For more information go to www.opendoorsuk.org/fastfood



Fast Food is family friendly!



One of the best ways to do *Fast Food* is to share the meals and take the challenges as a family. The weekly menus are easily adapted for family discussions. You'll find a range of child-friendly resources on our website, including our special downloadable quiz and colouring-in placemats.

Church Leaders

Fast Food is great for churches. Not only is it ideal for home groups, it's a great way for families to be involved. If members of your church are doing *Fast Food*, how about giving them a few minutes in the Sunday service each week to share what they are doing?



YOUR QUESTIONS ANSWERED

Who can take part?

Who you meet with is up to you. *Fast Food* is great for families, home groups, youth groups - even the entire church. You can scale it and adapt it to your needs.

When does it take place?

Ideally, you start with a great big Pancake Party on Shrove Tuesday, and end with a sunrise breakfast on Easter Sunday. But how often you meet and how many meals you share is up to you.

How else can we be involved?

We want you to share what you are doing. Share it with your church, every Sunday. And share it with your friends and contacts on social media. We'd love to see updates and pictures of your meals – and your challenges.

What kind of challenges are there?

Each weekly challenge comes in different portions:

Regular: The plain, fairly straightforward, simple challenge.

Go Large: Additional tasks or ways of taking the challenge, if you want. Of course, feel free to adapt the challenges to suit the group you are sharing meals with. If you have a young family, for example, you might want to take on a more simple challenge – or even do the challenge for a few days rather than a whole week. There are no rules. It's up to you.



Do I have to do all eight meals?

No. You can do as many or as few of them as you wish. Each session has its own resources and its own focus. And you don't have to do them in a particular order - except that we'd probably recommend doing the Pancake Party on Shrove Tuesday and the Easter Sunday Breakfast on Easter Day!

EXTRAPORTIONS!

In this pack, you'll find outlines for each of the meals. For all the extra resources you need go to www.opendoorsuk.org/fastfood.

Videos: Each week there are videos for you to stream, or to download and share.

Placemats: To go with each meal, we've designed downloadable placemats. These include stories from the country we are focusing on, colouring-in pictures for children, Bible passages, and even a weekly 'Know Your Place(Mat) Quiz'.



You might also find other Open Doors resources helpful.

The Open Doors World Watch Guide highlights the 50 countries where it is most difficult to be a Christian, gives an overview of global trends, and lists prayer points for each country.

The Open Doors World Watch Map shows the location of the countries featured in *Fast Food*.

The World Watch List Kidzone map, which is perfect for families.

These can be ordered from www.opendoorsuk.org/resources, or by phoning Open Doors on 01993 460015.

Fast days

All around the world persecuted Christians know the value of fasting and praying. If you wish, you can make the day of the meal a fast day. Participants can abstain from food during the day, and gather together to break their fast in the evening.

Feed a family

Each week's challenge is different. But there is one thing we would urge you to do across all the days of Lent, and that is put £1 aside each day. It costs £42 to supply a displaced family in Syria with an emergency food pack. From the beginning of Lent to Easter Day is 47 days. So if you could save £1 each day that would be more than enough!

You can send in your money by going to www.opendoorsuk.org/fastfood and donating there. **Your gifts will make a huge difference to the lives of Christians in the Middle East.** War and severe persecution threaten their very survival. Open Doors has launched a global seven-year campaign, *Hope for the Middle East* which calls for a future for Christians and others in that region. You can find out more at the Open Doors website.





SHROVE TUESDAY PANCAKE PARTY

Our menu suggestion: pancakes

Why? Because it's Pancake Day: Shrove Tuesday! So it sort of makes sense... And in this introductory session, we're focusing on the worldwide persecuted church.

Before you start, go to www.opendoorsuk.org/fastfood to:

- Download and print off the placemats for this week.
- Get the video ready. (You can download it or stream it from the website.)
- Find our foolproof pancake recipe.
- Find pictures of 'churches' around the world to help you with this week's challenge.

THE MENU

1. Serve the meal

Pancakes for everyone! To flip, or not to flip? That is the question.

2. Chew it over

Introduce the *Fast Food* idea. Explain what's going to happen. Ask people if they are up for a challenge.

3. Feast your eyes

Show the video, which this week introduces the work of Open Doors and the challenges facing persecuted Christians around the world.

4. Food for thought

Talk about the causes of Christian persecution in the world. Use the 'Bite Size' information opposite. And on this week's placemats you'll find stories to share, a quiz about persecution worldwide, Bible readings and a colouring page for children.

5. Pray

Use the Bite Size section and the Prayer section to help people pray.

6. Take the challenge!

THE CHALLENGE

TO WORSHIP SOMEWHERE IN YOUR HOME

Millions of Christians have no place to meet. For them, 'church' takes place in different locations. Perhaps they are refugees, so they have to make their church in a tent or temporary building. In North Korean labour camps, Christians meet for worship in the toilets! In Nigeria, displaced Christians meet in the open, because their church has been burned down. So the challenge this week is to transform a room in your home into a place of worship. Stick up pictures or Bible verses. Put up a cross. Then, each day, pray for the persecuted church – particularly for those who have been driven from their churches.

On the website you'll find pictures of 'churches' from around the world. And you can download or order the Open Doors Prayer Diary to help you.

GO LARGE

Wherever you make your 'church', why not take up a daily offering for those who have lost homes, communities, or places of worship? Just £1 a day through Lent will provide an emergency food pack for a refugee family in Syria.

FAST FACTS ABOUT THE PERSECUTED CHURCH

Millions of Christians around the world are persecuted because of their faith. But the big picture is made up of millions of individual faces. Here are four representatives of persecuted Christians from around the world who really need your prayers and support:

- **A HOUSE CHURCH CHRISTIAN IN NORTH KOREA**
Christians in North Korea face arrest, torture, imprisonment and death. They keep their faith secret, hiding their Bibles and not even telling their children, in case their faith is discovered.
- **A CHRISTIAN REFUGEE**
Millions of Christians have been driven from their homes. It is not only happening in Iraq and Syria, it also occurs in Nigeria, Pakistan, Afghanistan and many other places. They have to recreate their communities far from home.
- **A MUSLIM-BACKGROUND BELIEVER IN AN ISLAMIC STATE**
New converts in places like the Arabian Peninsula or North Africa have to keep their faith secret for fear of reprisals: they often can't even tell their families. They pray in secret, memorise Scripture, keep quiet...
- **A HINDU-BACKGROUND BELIEVER**
Violent attacks on Christians and churches in India are steadily increasing. Schools have been destroyed, pastors beaten, church services attacked by mobs, church buildings burnt down.

PRAY

- For peace and protection for Christians who have to meet in secret.
- For Christians who have been displaced by persecution. Pray that one day they will be able to return to their homes and rebuild their communities.
- For courage and strength for Muslim- and Hindu-background believers across the world.





NIGERIA

Our menu suggestion: pasta.

Why? Because pasta is among the food items which Open Doors partners distribute in Nigerian refugee camps. (Along with rice, powdered milk, nutritional drinks, hygiene supplies and a lot more.)

Before you start, go to www.opendoorsuk.org/fastfood to:

- Find a range of recipes and ideas.
- Download and print off the placemats for this week.
- Get the video ready. You can download it or stream it from the website.

THE MENU

1. Serve the meal

Share a simple pasta dish.

2. Chew it over

Reflect on your challenge last week. How did it go? What did you find difficult? What did you find easy? How did God speak to you through the experience? How has it helped in your understanding of the persecuted church?

3. Feast your eyes

Show the video. This week we have a video showing the reality of life for persecuted Christians in Nigeria and how you can help.

4. Food for thought

Talk about persecution in Nigeria. Share the stories on the placemats. Take the 'Know Your Place(Mat)' quiz. Use the Bite Size facts opposite.

5. Pray

Pray for believers in Nigeria. (See Prayer points opposite.)

6. Take the challenge!

THE CHALLENGE

THIS WEEK YOU ARE GOING TO GIVE UP...YOUR TIME

One of the greatest gifts you can give a persecuted Christian is the knowledge that they're not alone. So, spend some time this week writing a letter of encouragement and consolation to a persecuted Christian. On our website you will find a number of letter-writing or email campaigns. So this week, write a letter, a card – or lots of cards!

You can find a list of people to whom you can write, as well as simple letter-writing guidelines – and even downloadable, printable designs to colour in and complete – at www.opendoorsuk.org/write

GO LARGE

Personal letters to individuals are great. But what about telling the world what you think? Why not make a video message to the persecuted church? You could do it as an individual or as a group. Let us know what you've done! We'll share as many as we can!

FAST FACTS ABOUT PERSECUTION IN NIGERIA

- Nigeria is one of the countries where Christians face the most violence for being believers.
- Thousands of Christians have been killed or displaced by Islamic extremists in northern Nigeria. Churches have been burnt, pastors killed, women and children abducted.
- Christians in the Middle Belt of the country have also been cruelly attacked by Islamic Hausa-Fulani herdsmen. Their land has been stolen and their fields and livelihoods taken away.
- Open Doors works through local partners to help believers in Nigeria through Bible delivery, emergency relief, trauma counselling, training and community development projects such as clinics, schools and support for widows and orphans.

*"God never disowns his people. He never let me down. My friends lost their lives... I went through hardship... But I clung to God who knows me."
Waliya Samiyu, Christian refugee*

PRAY

- For protection for Christians, particularly for women and girls who are in danger of being abducted and forced to marry a Muslim man against their will.
- For comfort for the thousands of displaced Christians, and wisdom for Open Doors partners as they serve these communities.
- In the northern states that are majority Muslim, Christian communities are neglected and often left without clean water, clinics and roads. Pray for provision for them.





NORTH KOREA

Our menu suggestion: a small bowl of rice.

Why? Because there are massive food shortages in North Korea. Because Christians in labour camps, or those banished to remote villages, get hardly anything to eat. And because workers supported by Open Doors give rice to North Korean refugees (along with things like corn, potatoes, cooking oil, dried noodles, salt and other food products).

Before you start go to www.opendoorsuk.org/fastfood to:

- *Download and print off the placemats for this week.*
- *Get the video ready. You can download it or stream it from the website.*
- *Check out the recipes – although, as you can see, this week, we’re serving rice and... er... that’s it. (The website has some other recipes in case you want to offer more.)*

THE MENU

1. Serve the meal

Serve everyone a small bowl of rice. How would you feel if this was all you had to eat all day? (If you wish to serve more food, check the website for other Korean recipes.)

2. Chew it over

Reflect on your challenge last week. How did it go? What did you find difficult? What did you find easy? How did God speak to you through the experience? How has it helped in your understanding of the persecuted church?

3. Feast your eyes

Show the video. On the website you can find a video that introduces us to life as a Christian in North Korea.

4. Food for thought

Talk about persecution in North Korea. Share the stories on the placemats. Discuss the video. Use the Bite Size facts opposite. And don't forget the 'Know Your Place(Mat)' quiz.

5. Pray

Pray for believers in North Korea. (See Prayer points opposite.)

6. Take the challenge!

THE CHALLENGE

THIS WEEK YOU ARE GOING TO FAST FROM... WORDS

Sometimes a church 'service' in Korea goes like this: two Christians meet in a remote spot. They say nothing. They pray silently. Then they go back home. In North Korea one word out of place can see you locked up or sent to a labour camp. So this week we want you to show solidarity with North Korean Christians by keeping silence. Spend some time every day in silence. Can you do an hour? Two hours? Put away your phone. Shut down the computer. Pray.

GO LARGE

Well, the challenge here is obvious: can you go for a longer time without speaking? Half a day? A day? A weekend? What would that be like? Perhaps you could even get sponsored to raise money to support Christians in North Korea.

**BITE
SIZE**

FAST FACTS ABOUT PERSECUTION IN NORTH KOREA

- **North Korea has been number 1 on the Open Doors World Watch List of countries where Christians face the most persecution since 2002. Thousands of Christians are held in labour camps or isolated, closed villages.**
- **The North Korean leader, Kim Jong-un, is an object of worship. Christians face arrest, torture, imprisonment and death for daring to believe in a higher authority. Despite this, North Koreans are still choosing to follow Christ.**
- **Many North Koreans follow Jesus in secret; parents often don't even tell their children about their faith for fear they will be revealed.**
- **Open Doors helps to support the church in North Korea by supplying persecuted believers with emergency relief aid, distributing books and other Christian materials and providing training to refugees in China.**

"God has covered us with the Holy Spirit's love and grace... And even though we are completely severed from the outside world, our faith will remain firmly on the Rock." North Korean believer

PRAY

- For all those who have to keep silent because of the danger if their faith is discovered. Pray that they will know whom to trust and when it is safe to speak.
- Food is often scarce in North Korea. Pray for provision, and for protection for Open Doors contacts who smuggle food and other basics into the country.
- For comfort, strength and courage for those facing the daily horrors of life in labour camps.



DISCUSSION STORIES

FOOD

LENT

SHARE

TALK

BIBLE

PRAY

FACTS

EAT

FAITH



CHALLENGE BIBLE

CURRY

FACTS

RICE

TALK

SHARE EAT





SYRIA

Our menu suggestion: pitta bread, hummus, olives, fresh vegetables.

Why? Because this kind of food is characteristic of the Middle East. Before the war, eating in a Syrian café could mean many little dishes of hummus, halloumi, baba ganoush, olives, salad and pitta bread. Of course, since the war, a lot has changed. Nowadays, millions of Syrians are reliant on emergency food provision.

Before you start go to www.opendoorsuk.org/fastfood to:

- Find a range of recipes and ideas.
- Download and print off the placemats for this week.
- Get the video ready. You can download it or stream it from the website.

THE MENU

1. Serve the meal

Share a simple meal of typical Syrian food.

2. Chew it over

Reflect on your challenge last week. What did you find difficult? What did you find easy? Did God speak to you through the experience? Has it helped you to understand the needs of the persecuted church?

3. Feast your eyes

Show the video. This week it is about refugee Christians in Syria. As you watch, compare the life you lead with theirs.

4. Food for thought

Talk about persecution in Syria. Share the stories on the placemats. What have you seen or heard on the news recently? Take the 'Know Your Place(Mat)' quiz. Use the Bite Size facts opposite.

5. Pray

Pray for believers in Syria. (See Prayer points opposite)

6. Take the challenge!

THE CHALLENGE

THIS WEEK YOU ARE GOING TO FAST FROM... COMFORT

When refugees flee countries like Syria, they often have to leave behind virtually everything they own. They find themselves sleeping wherever they can: in tents, in cars, on the sides of roads... So this week you can show solidarity by sleeping on the floor. Use a sleep mat or some kind of padding (or nothing at all). Try it for a night, or more.

GO LARGE

Many refugees find themselves in tents. So you could try sleeping outside in a tent. Or in a shed. In many places, churches have housed refugees as best they can: sometimes many families make their home in a church hall. So, perhaps you could sleep in your church hall for a night?

**BITE
SIZE**

FAST FACTS ABOUT PERSECUTION IN SYRIA

- **Christians are not only caught up in the violence of the war in Syria, but are specifically targeted by Islamic extremists for attack, abduction and murder.**
- **In areas dominated by Islamic extremists it is almost impossible to be a Christian. But even in areas still controlled by the government, evangelism and conversion from Islam are prohibited.**
- **Despite all this, the church in Syria is having a huge impact and is seeing people come to Christ.**
- **Open Doors partners with the local church in Syria to care for and provide relief aid to tens of thousands of displaced Christians, as well as distributing Bibles and Christian books, providing training for Christians and trauma counselling.**

***"This relief work is offering much needed help to hundreds of Christian families who lost everything... This is a rare opportunity for breaking the denominational barriers through the love of Christ."** Syrian church leader*

PRAY

- For strength and protection for brave Open Doors partners and church leaders who are choosing to stay in Syria to witness to Christ, despite the risks.
- For provision for the thousands of displaced people in Syria who are simply too poor or infirm to leave the country.
- That Christians will be able to return to their homes one day and rebuild the communities shattered by conflict.





INDIA

Our menu suggestion: curry.

Why? Well, what else would you eat? Curry is, of course, the staple diet of India. Open Doors partners in the country help Christians with seeds and livestock, such as goats and chickens, so that they can grow their own food and gain more independence. So maybe a nice vegetable curry. Or even some goat. . .

Before you start go to www.opendoorsuk.org/fastood to:

- Find a range of lovely curry recipes. (Or you could buy one in. We're not going to judge you.)
- Download and print off the placemats for this week.
- Get the video ready. You can download it or stream it from the website.

THE MENU

1. Serve the meal

Share a beautiful curry.

2. Chew it over

Reflect on your challenge last week. How did it go? What did you find difficult? What did you find easy? How did God speak to you through the experience? How has it helped in your understanding of the persecuted church?

3. Feast your eyes

Show the video. This week's video tells a story of the bravery and faith of persecuted Christians in India.

4. Food for thought

Talk about persecution in India. Find out facts from the website. Use the Bite Size facts opposite. Share the stories on the placemats. Take the 'Know Your Place(Mat)' quiz.

5. Pray

Pray for believers in India. (See Prayer points opposite.)

6. Take the challenge!

THE CHALLENGE

THIS WEEK WE WANT YOU TO GIVE UP... YOUR MONEY!

Christians in India are typically from the poorer castes. And many pastors are especially poorly paid. According to the UN, some 270 million Indians live below the poverty line of \$1.25. That would be between 90p and a pound. So how little could you live on each day? What would you have to give up? Challenge yourself this week to set a target daily amount and then live on it.

GO LARGE

At the end of the week, ask yourself how much money you have saved from your weekly budget. Could you donate that money to help struggling Christians in India and elsewhere? Go to www.opendoorsuk.org/fastfood to find out more.

**BITE
SIZE**

FAST FACTS ABOUT PERSECUTION IN INDIA

- Persecution in India is extremely violent - and the violence is increasing.
- Attacks mainly come from Hindu extremists, who particularly target believers who have converted from Hinduism; these believers face daily harassment and have been beaten, hospitalised and even killed.
- Christians also face increasing pressure on a national level. Five states have implemented anti-conversion laws and the ruling Hindu Nationalist Bharatiya Janata Party have made no secret of their desire to make these laws nationwide.
- Open Doors supports the church through local partners in India in many ways, including distributing Bibles and Christian books, community development projects, adult literacy programmes and schooling for children, providing Christian and vocational training, and mobilising Rapid Action Teams to help the victims of violent persecution.

"Whatever happens, whether we live or die, I will never stop believing in Jesus Christ." Kusum, Indian believer

PRAY

- For protection for Christians - especially those who are active in sharing the gospel who have converted from Hinduism; they are frequently targeted.
- For religious freedom in India - many states have introduced anti-conversion laws, and many politicians would like to introduce these on a national level.
- For Open Doors partners supporting persecuted believers with urgent relief aid as well as long-term community development projects.





CENTRAL ASIA

Our menu suggestion: coffee and cake.

Why? Because in some Central Asian countries Christians meet secretly to avoid arrest. But the church is still present and alive. One group of women hide in plain sight by meeting in a coffee shop. It looks like they are enjoying coffee and cake, but they are actually praying and talking about the Bible. (You can read the full story on one of our placemats.)

Before you start go to www.opendoorsuk.org/fastfood to:

- Find recipe and menu ideas for cakes and pastries for Central Asia.
- Download and print off the placemats for this week.
- Get the video ready. You can download it or stream it from the website.

THE MENU

1. Serve the meal.

Serve coffee or tea and cake.

2. Chew it over

Reflect on your challenge last week. How did it go? What did you find difficult? What did you find easy? How did God speak to you through the experience? How has it helped in your understanding of the persecuted church?

3. Feast your eyes

Show the video. This week's video tells a story of Bible smuggling and literature distribution in Central Asia.

4. Food for thought

Talk about persecution in Central Asia. Find out facts from the website. You might need an atlas – or the World Watch Map – to show where it is! Use the Bite Size facts opposite. Share the stories on the placemats. Take the 'Know Your Place(Mat)' quiz.

5. Pray

Pray for believers in Central Asia. (See Prayer points opposite.)

6. Take the challenge!

THE CHALLENGE

THIS WEEK YOU ARE GOING TO FAST FROM... THE BIBLE

In Central Asia, and, indeed, in many countries around the world, the Bible is banned. People have to keep the Scriptures hidden. In some places, they do not have enough Bibles to go around. Sometimes all people have are handwritten passages, which they keep well hidden. So this week, choose a Bible verse that has particular importance for you. (Our placemats this week include some Bible passages that you might find helpful.) Write out your chosen verse on a piece of paper. Carry it with you, well hidden. Pray it as a prayer each day.

GO LARGE

What if you couldn't even write it down? What if it was too dangerous even to have the words on a scrap of paper? In many countries around the world, the only safe place for Christians to carry the Scriptures is in their heads. So if you want to go large this week, memorise your chosen passage. Then destroy the piece of paper and see if you can remember the passage accurately, day by day.

**BITE
SIZE**

FAST FACTS ABOUT PERSECUTION IN CENTRAL ASIA

- **The Central Asian region contains Turkmenistan, Uzbekistan, Tajikistan, Azerbaijan, Kyrgyzstan and Kazakhstan.**
- **In these countries, many Christians live under government surveillance. House churches are raided. Christians face fines for owning a Bible or even just having Christian songs on their phone.**
- **Some of these places operate a policy where all religious activities must be state-sanctioned and run. Many Christians risk arrest on charges of destabilising the state.**
- **Muslim-background believers often face pressure, intimidation and even physical violence from their families and communities. Sometimes they are expelled from their communities. Women who leave Islam risk being kidnapped and married to a Muslim against their will.**

"Thank you so much for visiting us and sharing God's love with us. Greetings and gratitude to all those who are praying for us and helping us in our needs!" Pastor of a secret church in Central Asia

PRAY

- For wisdom for Christians to know whom to trust - high levels of surveillance mean that even private meetings are monitored.
- For protection for believers from Muslim backgrounds, who often face eviction from their home or beatings from their families and communities if their new faith is discovered.
- That the state would allow Christians to freely access Bibles and Christian literature.





IRAQ

Our menu suggestion: lamb kebabs (or lamb stuffed in pitta), salad.

Why? It's not just that Iraqis enjoy a kebab! In 2014, Christians from Karamles, Iraq, fled as their village was overrun by the so-called Islamic State. In exile, the refugees shared their version of the Jewish Passover meal. Just like the lamb eaten at Passover commemorates the exodus from Egypt; the people of Karamles remembered when they fled from their homes. But now Karamles has been liberated, and some families are returning. Maybe someone will open a kebab shop!

Before you start go to www.opendoorsuk.org/fastfood to:

- Find recipes and menu ideas for your own version of this meal.
- Download and print off the placemats for this week.
- Get the video ready. Download it or stream it from the website.

THE MENU

1. Serve the meal

Serve the kebabs and the salad. On the website you'll find more information on ways to link the meal with Passover.

2. Chew it over

Reflect on your challenge last week, and through all these weeks. Which challenge did you find hardest, and why? Has God spoken to you through the experience? What will you do differently as a result of taking up these challenges?

3. Feast your eyes

Show the video. This week's video introduces us to Noah, a young boy who wants to return to Karamles and become a teacher.

4. Food for thought

Talk about persecution in Iraq. Open Doors works with local partners to support tens of thousands of Iraqi Christians through relief aid and income generation schemes. Use the Bite Size facts opposite. Share the stories on the placemats. Take the 'Know Your Place(Mat)' quiz.

5. Pray

Pray for believers in Iraq. (See Prayer points opposite.)

6. Take the challenge!

THE CHALLENGE



THIS WEEK YOU ARE GOING TO GIVE UP... ANONYMITY

The Christians of Karamles camp lit candles and held a public vigil. They hung signs on the doors of their refugee homes, reminiscent of the signs for the Arabic letter 'n', indicating a Nazarene, a Christian, which the militants daubed on their abandoned houses. One of the first things that the returning refugees have done is to raise the cross again over their communities. In this resurrection week, hang a sign on your house. Wear a cross. Make your faith visible to the world around you.

GO LARGE

Can you organise a prayer vigil like your brothers and sisters from Karamles? On the Open Doors website you will find a range of resources to help your church pray for their persecuted brothers and sisters.

**BITE
SIZE**

FAST FACTS ABOUT PERSECUTION IN IRAQ

- There has been a church in Iraq for some 2,000 years. Today it is fighting for its life.
- Tens of thousands of Christians were forced from their homes in 2014 to escape the self-proclaimed Islamic State (IS). Now the towns and villages captured by IS have been liberated. Although the damage to their houses and churches is extensive, some Christians have returned to their homes and are beginning to rebuild their communities. Others, however, are trying to build new lives elsewhere in the country.
- And even in those parts of Iraq free of IS, the law is based on Sharia (Islamic law) and forbids Muslims from leaving Islam; so Muslim-background believers often hide their faith.
- For over 20 years, Open Doors has been working with local partners and churches in Iraq to provide emergency relief, socio-economic development projects, Bibles and other Christian literature, trauma training and biblical training.
- Now, more than ever, they need our long-term support.

"My dream is to live in Karamles again. I dont want to go abroad. I want to be a teacher here so I can teach the children about life." Noeh, Iraq

PRAY

- Thank God for Open Doors partners and local churches supporting displaced Christians in Iraq. Ask for continuing provision and strength for these refugees and those serving them.
- That Christians like those from Karamles may be able to return to their homes and rebuild them.
- For courage for believers from Muslim backgrounds to keep following Jesus, despite the pressure they may face from their families and communities.





EASTER SUNDAY BREAKFAST

Our menu suggestion: whatever you like – healthy muesli, unhealthy bacon butties, more pancakes, hot cross buns. It's up to you!

Why? It's Easter Sunday! It's all about the resurrection – the ultimate sign of Jesus' victory. On the cross, Jesus took absolutely everything that evil could throw at Him and still triumphed. His victory is lived out in the lives of the persecuted church, who face the evil that surrounds them with the knowledge that Christ has the victory.

Before you start go to www.opendoorsuk.org/fastfood to:

- Find recipes and menu ideas for your Easter Sunday breakfast.
- Find a range of worship resources including prayers, an Easter morning liturgy and more. (There are also prayer points on this page.)

THE MENU

1. Serve the meal

Serve your breakfast.

2. Chew it over

Reflect on your journey throughout Lent. How has God been speaking to you through the challenges and the stories?

3. Pray

Pray for persecuted believers around the world. Use the prayer points below, or visit the website to find a number of different ways of praying, including ideas for prayer stations and an Easter morning liturgy.

- Thank God for persecuted Christians in the countries you've been praying for each week
- Give thanks for the work Open Doors is able to do in over 50 countries around the world, with the help of our supporters
- Celebrate the purpose, hope and strength that God gives to those who seek to follow Him

4. Take the challenge!

THE CHALLENGE

THIS WEEK YOU ARE NOT GOING TO GIVE UP...

Around the world, Christians face marginalisation, abuse, discrimination, injustice, violence and persecution. Yet the church is not only surviving, in many places of persecution it is actually growing.

So our final challenge to you, is to continue to pray for, speak up for, and support our persecuted brothers and sisters.

Christ is risen. Hallelujah!

GO LARGE

There are many more ways in which you can 'go large' on your support for the persecuted church.

You could commit to regular giving. Your church could become one of our partner churches. You could receive our regular prayer DVD, write letters of support, engage in our advocacy campaigns or raise money through sponsored events.

Go to www.opendoorsuk.org/help to find out more.

THANK YOU FOR TAKING PART IN FAST FOOD

We hope that you have found the journey exciting, challenging, inspiring and even tasty! As we move forward from here, please don't forget what you have learned and the ways in which God has spoken to you through *Fast Food*. We'd love it if you would share your stories with us!

And remember, Christians are resurrection people – people of hope. As we look around the world, it would be easy to give up, to think that things cannot possibly change. But we believe in a powerful God. We believe in resurrection. We believe in hope. That is why we have launched *Hope for the Middle East* – a global, seven-year campaign to mobilise Christians around the world to bring hope to Syria and Iraq and other countries in this troubled region. We need you and your church to be a part of it.

So we hope that you will stay with us, to continue your journey with persecuted Christians: a journey of love, care, prayer, and, above all, hope.





THIS LENT...
SHARE A MEAL WITH OTHERS
SERVE UP STORIES OF THE PERSECUTED CHURCH
TAKE AWAY A WEEKLY FASTING CHALLENGE

8 *simple meals*

7 *life-changing challenges*

6 *amazing weeks*

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