



**comfort
international**
a little can change a life

Take the Challenge

So you've heard about how God is working through Comfort International to help children who live in parts of the world where there is not always clean, running water, and this harvest time, you could do something to help children like Stella, who were lost and alone until Comfort International told her about God's love for her and helped provide food, water, education, and accommodation.

How? Well that's easy really! Are you up for a challenge?

You can raise funds to support the work of Comfort International any way you like! You can do something crazy, fun, challenging, difficult or creative, and ask people to sponsor you! Here are some ideas:

- A sponsored run, walk, climb, cycle or swim. You could try a 5 Kilometer water walk with your friends. Find some empty milk cartons or jerry cans and walk to your local river or pond, collect some water and walk back. Many children in Africa have to do this every day as many don't have running water.
- A sponsored fast - could you go one day without eating? Or cut out something you like (e.g. chocolate) for a week. That's a tough one! You could even fast from having a shower, taking bucket showers for a week, using only a little water.
- Paint pictures, make crafts, do some home baking or have a car boot sale! As little as £15 could provide food for a whole family in South Sudan.

You can set up a donation page on the Comfort International Totalgiving page (see below). Advertise your challenge on social media to get more support. Contact us with what you are doing so we can publicise it on our social media too. Thank you!

LET THE CHALLENGE BEGIN!

More Information:

To set up a Totalgiving page:

<https://www.totalgiving.co.uk/charity/comfort-international>



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comfortinternational.org



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