

Children  
of  
Promise

# RICE & BEANS CHALLENGE



**Making Wholeness Possible  
for Children Around the World!**

## INTRODUCTION

We are eating rice and beans for the next five days to help Children of Promise support children around the world. Here's the deal: one person eating rice and beans costs about \$1.50/day. That doesn't sound like much, but a lot of people doing something small adds up to something BIG! The idea behind this challenge is to spend about \$1.50 on groceries each day for each person in your household. Then you can donate the savings from your normal grocery bill to benefit Children of Promise. We'll even give you some fun international recipes to make it easy!

Together, we will eat less so we can give more. This should be a prayerful time: take a break from your usual fare to consider what life might be like for other families all over the world. In this booklet, you will see stories of people who have benefited from Children of Promise. You can read one story each day at your simple rice and beans meal and pray for each sponsored child and their families to understand the grace and love of God in their lives.

Thank you for taking on this challenge. It is our prayer that this challenge draws you more deeply into the vision of Children of Promise and the lived experiences of families all over the world. Pray with us that children and their families experience wholeness in the love of Jesus through the local Church.

## HISTORY OF CHILDREN OF PROMISE

In June of 1992, Children of Promise (CofP) was officially established "...to be an extension of the local congregation in the village or city." It was designed to help nurture relationships in the church community where children's needs could be met. That's done by providing resources to help build the church's capacity to provide nutrition, education, healthcare, and discipleship (the Core Four) to children.

At the heart of CofP's structure is a holistic approach designed to impact a child's daily life as well as their future! The Core Four needs are administered by the hands and feet of the local church community in a locally shaped, but globally supported way. The resources from sponsorship help provide an avenue for meeting local needs around the world in a culturally and contextually appropriate way using local resources, local networks, and local leaders. Locally shaped. Globally supported.

While Children of Promise began in only a handful of locations around the world, since 1992, the lives of over 13,000 children have been impacted by the ministry. Currently, approximately 4500 children in over 30 countries are sponsored. More than 1,000 local pastors, parents, teachers, and volunteers are using these resources to provide excellent care for the children in their communities through the Core Four.

Visit our website at [www.childrenofpromise.global](http://www.childrenofpromise.global) for more information or email us at [info@childrenofpromise.global](mailto:info@childrenofpromise.global).



# DAILY DEVOTIONS

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## DAY 1: NUTRITION

Today, let's talk about NUTRITION.

Think of your favorite food. What is it? Now imagine that the rice and beans you have in front of you is the only option on the table every day. Would you complain or be thankful? An estimated 356 million children in the world live in extreme poverty and may not even have rice and beans to eat. That's not okay! We know we can't help everyone, but we can make a big difference in a few lives at a time. We can make wholeness possible for children around the world!

## CATALINA'S STORY

Catalina, a little girl from Colombia, was first sponsored when she was four years old. In the incredible providence of God, Catalina's family met Elena, the local director of Children of Promise in Bogotá, when Catalina was only twenty-seven days old.

That day, Elena had stopped to talk to a woman begging in the streets. The woman was holding a bundle in her arms, her one-month-old baby, Catalina. Elena began a friendship with the young mother and discovered that she, her husband, and Catalina were living in the shelter of a large drainage pipe connected to the city's sewer system.

Because Elena loves Jesus and deeply wants to serve others, she decided to act. Elena was able to convince a friend to rent a small room to the family in an office building. The church began to pray for this family and show them the love of Jesus. A few years later, Children of Promise was able to contribute resources by providing sponsorship for Catalina. This allowed the local congregation to support Catalina's holistic health by providing good food, health and hygiene items, nurturing relationships, and eventually, her schooling needs.

After being sponsored through Children of Promise, Catalina's mother passed away. Catalina and her father stayed active in the church that loved them. Her father struggled to earn enough to take care of his family. He is still amazed by the Christians who have helped them so much because of their love of God. He and Catalina are deeply thankful for the sponsor who has helped them so faithfully.

The Children of Promise staff first interviewed Catalina shortly after she became sponsored and she said, "I'm a big girl now!" When asked why she was a big girl (she was four years old at the time), Catalina replied, "Because I get to eat every day!"

When you sacrifice a little of your comfort, you help children like Catalina. She is now a young adult and is still part of the church family. She knows she is loved by Jesus because of the love she has seen and experienced through her local church.

*Help needy Christians; be inventive in hospitality.  
From Romans 12:13 (The Message)*



## DAY 2: EDUCATION

Today, let's talk about EDUCATION.

Who was your favorite teacher in school? What did you like about them? What did your teacher do to help you feel loved and seen? Imagine for a moment that you could not go to school because you could not buy the school supplies required for attendance. How would it feel to know there were friends and a meal at the school, but you couldn't go?

Here in the United States many children pray for a day off from school! Imagine wishing to be in school more than anything else. Many children tell us that the best thing that happened to them this year was school. As you eat this meal of rice and beans, pray for the sponsored kids in school and others awaiting entrance to the program. Pray that they may get a seat in their local school and grow up educated and ready to change their world!

## JULIET'S STORY

Juliet Odoi, in Ghana, was able to attend school very early in preschool. She began attending the Church of God when she was in grade school and learned about Children of Promise. She became sponsored in 7th grade and lived with both parents. Tragically, in the same year her sponsorship began, her father died. Without the support of Children of Promise, she would not have been able to attend school anymore. Juliet had four siblings and her mother could never have supported her schooling along with everyone else's.

Juliet always liked school and learning. She especially liked "the way the teachers handled the children, they are kind to the children." She attended Amazing Grace School through 9th grade and then went to public high school for grades 10-12. It was only through sponsorship that she was able to complete high school.

After graduation, Juliet was able to attend an educator's training course for three years. Thankfully, in Ghana, she was able to teach and go to training college at the same time. Now, Juliet is a full-time teacher and teaches primary grade 3!

While in school, Julia also met her husband, Eugene, who she married in November 2015. Eugene is now the head teacher at Amazing Grace school and the current director of the Children of Promise program in Ghana!

Juliet's advice to current sponsored kids is: "Give your lives to God. Humble yourselves. Study hard to make the most of your sponsorship. Take advantage of the spiritual training. It was very helpful and useful."

*"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." Philippians 2:3-4 (NIV)*





## DAY 3: HEALTHCARE

Today, let's talk about HEALTHCARE.

Think about a medical need you have or have had in the past. Can you imagine what would have happened if you did not get that care from your doctors? Would you still be healthy? Would you still be alive? We are so thankful that Children of Promise cares for medical needs, too. When you give up your meal and donate money to help, even complicated health problems can be addressed!

### MAUNG LIN'S STORY

In Myanmar, Maung Lin sat before us smiling, but something was obviously wrong. This was the first time we had met and spoken with him. (At Children of Promise, we regularly visit all the sponsored children. We ask them some basic questions to get to know them, check up on them, and make sure everything is going well.)

Maung Lin's pastor was sitting next to him and shared, "He has a sore, and he's had it for some time."

"How long is some time?" we asked.

"Nearly three years."

Our jaws dropped. "Where is this sore?"

We slowly peeled Maung Lin's shirt from his left arm and side. Located slightly below his arm was an open, oozing wound which had been partially covered with some cotton.

"What is this from? Has he seen a doctor? Does it hurt?"

The pastor sighed. "He's had it since he had tuberculosis. He saw a doctor at that time, but the family has no money so they treat it at home the best they can. Yes, it hurts. He can't raise his arm or use it."

Little Maung Lin couldn't understand our conversation, but his curious brown eyes followed our every move. We gave thanks for meeting him and informed the family that we could use our Emergency Fund money to help care for his medical needs. That day the pastor took him to a special clinic where we learned that surgery was required. Arrangements were quickly made, and Maung Lin received the care he needed!

One thing that originally drew this special family to the Lord was the love and care they had seen and received from the Church of God. They had prayed for help with Maung Lin's wound, but when they heard that the Children of Promise Emergency Fund would pay for his surgery, they were overcome. They fell to their knees in gratitude, thanking God for his provision.

*And the King will say, "I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!" Matthew 25:40 (NLT)*



## DAY 4: DISCIPLESHIP

Today, let's talk about the DISCIPLESHIP.

The church is more than a building. It is a group of individuals who come together as disciples to worship God, serve each other, and share the love of Jesus with others. Imagine for a moment where you would be without the Truth and love of your Heavenly Father. Where would you be without God's Word in your life and friends to walk alongside you when life gets difficult? Many people in the world have not enjoyed that opportunity, but Children of Promise helps local congregations to have greater impact in their local communities so that more families can experience the love of God in relationship with fellow believers.

### RONALD'S STORY

Ronald Kizza's father died when Ronald was very young. He and his siblings were raised by their mother until she also passed away. At that time, they were taken in by an aunt. Even though they lived in a beautiful place and had the loving care of their extended family, there simply wasn't enough money for school fees, uniforms, or supplies. Food was scarce. Ronald and his family lived in a small two-room mud-brick home and they struggled to meet the needs of the whole family.

Ronald was in sixth grade when he first learned about Children of Promise. Ronald says he remembers the day he found out he had a sponsor. He was so excited to be able to go back to school!

Though school would be exciting, learning about Jesus was even more exciting. "It's as if God looked into my future... and helped me along. I just can't say enough about what my sponsor means to me. It has shaped me and made me what I am today. It's not only about...schooling and food. It's about the Christian people God brought into my life through sponsorship, and how God has used them."

Ronald served as the youth leader in his church for several years. He then attended Kima International School of Theology (KIST) in Kenya and earned a degree in Bible and Theology. God has now given him the desire to work for the Church of God, especially with children through Children of Promise. "I know what it means to be in need. I know what it means to have no hope. I know what it means to be rescued. I know what it means to have hope through Jesus. I want to help other children experience that hope."

Ronald returned to Uganda to work with the older sponsored children in Uganda, mentoring, guiding, and supporting them as they graduate and move on to the next stages of their lives. His story doesn't end there, he is now married and has a son of his own.

*"For I know the plans I have for you", declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 (NIV)*



## DAY 5: WHOLENESS

Today, let's talk about WHOLENESS.

What did you want to be when you grew up? Some of us adults are still figuring that one out! For a child, seeing the steps it will take to change their future situation is very difficult. Is it simply schooling? Nutrition? Is it staying healthy? What about living a spiritually whole life? For Children of Promise, it takes all four, what we call the "core four," to experience a more whole life. Your generosity through this challenge will help many children begin that journey!

As you eat this meal of rice and beans, celebrate the fact that with Children of Promise, we can provide kids with education, nutrition, health care, discipleship through a local church family, and the hope to do great things with God.

### DANNY'S STORY

Danny Andrango lives in Ecuador. He grew up very poor. His family had very little money to meet their daily needs. But Danny became sponsored through Children of Promise. Now an adult, Danny has said many times that his sponsor's prayers and support gave him great strength.

One of the questions we often ask children is "What would you like to be when you grow up?" Very often, children in poverty have difficulty answering that question. It is very difficult to dream about the future when all your energy is spent meeting the needs of the day. But Danny had a dream. He knew what he wanted, and when asked, he said, "God has called me to be a doctor."

Danny was able to finish high school because of the support of Children of Promise. He then started planning his college education and testing to enter medical school. He studied for three months and took the exam to see if he could enter the University's medical program. Not only did he get in, he scored so high that he was allowed to skip pre-med and go directly into med school!

He eventually graduated and became the lead doctor at a hospital in the Amazonian region of Ecuador. Danny is highly respected as a doctor and is thankful for what God has done through his sponsor. He often talks about her and how she and the Children of Promise program changed his life.

"I thank God for Children of Promise. It changed my life completely. It taught me about God's love. When my sponsor cared about me, I knew I wasn't alone. When all looked lost, God had a goal for my life. God took me from a poor boy with no hope and made me into a man that can be used for the Kingdom of God." Dr. Dan "Danny" Andrango.

*"Do not withhold good from those who deserve it when it's in your power to help them." Proverbs 3:27 (NLT)*





# RECIPES

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## **COSTA RICAN GALLO PINTO**

Makes 4 servings

Follow the QR code to cook alongside Executive Director, Heather Webb, and her youngest daughter.



### **INGREDIENTS**

- 2 cups leftover cooked white rice
- 2 cups cooked black or red beans
- 1/4 cup bean broth or water
- 1/4 cup yellow onion, finely chopped
- 1/4 cup red bell pepper finely chopped
- 1/8 cup finely chopped fresh cilantro leaves
- 1 tbsp Salsa Lizano or Worcestershire sauce
- 1 tsp sea salt
- 2 tsp vegetable oil

### **INSTRUCTIONS**

1. Heat oil in a large skillet over medium heat. Add onion, pepper, cilantro and salt. Lightly cook until the onion is translucent.
2. Add the beans with broth and toss with the spices and oil. Add the Salsa Lizano.
3. Add the cooked rice to the skillet and toss until well combined with the beans and spices. Heat thoroughly and serve.

Costa Ricans typically eat gallo pinto for breakfast and it's often served with fried eggs, warm corn tortillas, and hot Costa Rican coffee.

adapted from [puravidamoms.com](http://puravidamoms.com)



## KENYAN RED BEANS AND RICE

Makes 4 servings

Follow the QR code to cook alongside Executive Director, Heather Webb, and her youngest daughter.



### INGREDIENTS

1.5 cups dried kidney beans or 3 14oz cans of prepared kidney beans

2 cups uncooked long grain white rice

1 medium size red onion, peeled and diced

2 medium size ripe tomatoes, chopped

2 Tbsp vegetable oil

salt to taste

### INSTRUCTIONS

1. If using dry beans, rinse and drain beans, add to a large pot and fill pot halfway with water. Soak beans in water for at least 2 hours. Beans may soak overnight. The beans will double in size, so be sure your pot is large enough and there is plenty of water.

2. Drain water, refill pot halfway with fresh water and boil beans, covered, for 1 to 3 hours or until tender, adding water as necessary to keep the beans submerged in water.

3. When beans are tender, heat oil in a separate large pot. Fry onions until golden brown. Add tomatoes, stirring until they cook down to a paste.

4. Strain the beans from the cooking liquid, reserving the liquid. Add beans to the onions and tomato and stir until combined. Measure 4 cups of reserved bean liquid and add it to the bean mixture. Bring to a boil. Stir in dry rice. When it returns to a boil, reduce heat to low and simmer, covered, for 20 minutes. Fluff rice with a fork and serve hot.

adapted from @AllKenyanFoodRecipes



## CARIBBEAN RICE AND BEANS

Makes 8 servings

### INGREDIENTS

- 1/4 cup oil
- 1 medium onion, diced
- 6 scallions/green onions, thinly sliced
- 3 cloves garlic, minced
- 1/2 tsp lime zest
- 1 scotch bonnet pepper, or other hot pepper, left whole
- 1 tsp salt
- 1/2 tsp thyme
- 1 can kidney beans (28 oz can), drained
- 2 cups uncooked long grain rice
- 3 allspice berries
- 14 oz can of coconut milk
- 2 1/4 cups water

### INSTRUCTIONS

1. Use a saucepan, pot, or dutch oven that has a lid and is large enough for the whole dish.
2. Heat oil in the large saucepan/pot/dutch oven over medium high heat.
3. Add onions, scallions, garlic, and lime zest and cook for 3-5 minutes, or until tender and the onions are starting to caramelize.
4. Stir in the rice, kidney beans, whole scotch bonnet pepper, salt, thyme and all spice berries. Cook for 1-2 minutes, stirring constantly.
5. Pour in the water and coconut milk. Give it a good stir making sure none of the rice is sticking to the bottom of the pot.
6. Bring to a boil and then reduce heat to a low simmer. Cover with a lid and cook until the rice is tender and has absorbed all the water. This should take 15-20 minutes. Fluff the rice with a fork and allow to rest for 5-10 minutes with the lid propped open to allow steam to dissipate.

adapted from [theblackpeppercorn.com](http://theblackpeppercorn.com)

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## FILIPINO GARLIC FRIED RICE (SINANGAG)

Makes 5 servings

### INGREDIENTS

5 cups cooked white rice

3.5 Tbsp oil

10 cloves garlic, minced or crushed

3 Tbsp spring onions, chopped (only the light parts)

salt and pepper to taste

Follow the QR code to cook alongside Executive Director, Heather Webb, and her youngest daughter.



### INSTRUCTIONS

1. Start making your sinangag by adding oil to a large wok or skillet; and setting the heat to medium-low.
2. Add garlic and spread evenly. Adjust the heat to medium and continue cooking until garlic turns darker, regularly mixing to ensure that it does not get burnt.
3. Take about 1 teaspoon of the browned garlic and set aside for garnish later.
4. Add rice and adjust heat to medium-high.
5. Mix to coat the grains evenly with the oil. Add salt and pepper.
6. Continue cooking your sinangag for about 10 to 12 minutes, intermittently mixing to cook it evenly.
7. Transfer sinangag into a serving plate. Top with the saved crispy garlic and chopped spring onions.
8. Serve with beans of your choice.

Adapted from [foodandjourneys.net](http://foodandjourneys.net)



## WEST AFRICAN JOLLOF RICE

Makes 5 servings

### INGREDIENTS

- 2 small red onions, thinly sliced
- 1 cup bell peppers, finely chopped
- ¼ cup green onions, thinly sliced
- ¼ scotch bonnet pepper, chopped
- 1 tsp garlic minced
- 1 ½ tbsp curry powder
- ¼ tsp onion powder
- ¼ tsp garlic powder
- 1/4 tsp ground ginger
- 2 tsp thyme
- 3 bay leaves
- 1 tsp salt
- 3 tbsp tomato paste
- ½ cup crushed tomatoes
- 1 cup rice
- 1 ½ cup vegetable broth

### INSTRUCTIONS

1. Add vegetable oil to a large pot or deep skillet over medium heat. Once the oil is shimmering, add the onions, bell peppers, scotch bonnet pepper and green onions. Cook until the veggies have softened. Then add the minced garlic and stir.
2. Add the cumin, dried thyme, bay leaves, garlic powder, onion powder, and salt.
3. Add the tomato paste and crushed tomatoes. Mix and cook the sauce for about 15 minutes or until the color turns a deep red color. This process will help get rid of the bitter taste of the tomatoes.
4. Cook stirring the rice into the vegetables. This how you toast the rice. It will help build even more flavor.
5. Add the vegetable broth. The liquid level should be about the same level as the rice. Let it come to a boil, cover, and reduce heat to low.
6. Cook on low for about 20 minutes or until the rice is al dente and liquid is absorbed. Once the rice is done, remove the pot from the hot burner and allow it to rest for 10-15 minutes. Fluff rice with a fork and serve with beans of your choice.

adapted from [whiskitrealgud.com](http://whiskitrealgud.com)

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## DOMINICAN BEANS

Makes 8 servings

### INGREDIENTS.

29 oz can black beans, drained if desired

2 Tbsp corn oil

1/4 cup onions chopped

1 tsp garlic minced

1/2 cup red and green bell peppers, chopped

1 Tbsp lime juice

1 Tbsp soy sauce

1 Tbsp white vinegar

1 Tbsp adobo more if needed after you taste towards the end

1 Tbsp ground oregano

2 Tbsp green olives, chopped

8 oz can tomato sauce

1/4 cup fresh cilantro chopped

29 oz water, fill empty beans can

### INSTRUCTIONS

1. In a large saucepan, heat oil over medium heat. Add onions and stir for about 1 minute. Add the bell peppers and stir again for a minute. Then Add garlic and stir for another minute.
2. Add lime juice, soy sauce, white vinegar, adobo, oregano and salad olives. Stir well.
3. Add the tomato sauce and cilantro. Stir well.
4. Add the beans and stir well.
5. Add the water and bring to a boil.
6. Once at a boil, lower heat to simmer and cook for about 10 minutes.
7. With a strainer or fork, crush some of the beans over the saucepan and return. This will thicken up the beans a bit. So you can do this as much as you'd like.
8. Continue simmering until beans reach the desired thickness or consistency.

adapted from [belquistwist.com](http://belquistwist.com)

Follow the QR code to cook alongside Executive Director, Heather Webb.

