

**LIVE**  
LIKE AN ORPHAN.

**GIVE**  
TO AN ORPHAN.

**CHANGE**  
A LIFE FOREVER.



## THE FACE OF NOTHING

- There are over 150 million orphans in the world. (Only 250,000 are adopted each year.)
- 3 billion people live on less than \$2 a day.
- 3 billion people have no access to sanitation.
- 2 billion have no access to electricity.
- In the last 24 hours, 30,000 children around the world died from poverty-related causes. (That's over 10 million children a year.)
- Preventable water-related diseases kill one child every 15 seconds.
- Every 15 seconds another child becomes an AIDS orphan in Africa.
- Every day 5,760 more children become orphans.
- Every year 2,102,400 more children become orphans in Africa alone.
- Every day 38,493 children become too old to stay in the orphanage and are thrown out and left to fend for themselves. Many of these orphans are trafficked or become involved in drugs, prostitution or crime, and a high percentage commits suicide.



## 7 STEPS TO "7 DAYS OF NOTHING"

- 1 Commit and set a date!** Decide if you will do "7 Days of Nothing" as an individual, family or other group.
- 2 Get motivated.** Review this brochure with your family or group team and discuss together the purpose of "7 Days of Nothing." If children are participating, ask questions like: How are orphans different from us? How are they similar? What could we learn from each other?" How do you think having a family could benefit them?
- 3 Set "7 Days of Nothing" Goals** and select your sacrifices. List your goals in the Goal Planning section of this brochure.
- 4 Tell the world about it!** Using yard signs, t-shirts or cards, let others know you are going to live "Seven Days of Nothing." Talk, blog, email and post to social media about it.
- 5 Live your "7 Days of Nothing" plan.**
- 6 Calculate what you saved,** then donate that amount or more to Families for Orphans to help orphans or vulnerable children.
- 7 Record your "7 Days of Nothing" experience,** by writing your accomplishments and your feelings in your journal, diary, or blog, and on your social media sites. Encourage your family/team members to do the same. Please also share your story on Facebook at: [facebook.com/groups/210823252615307](https://facebook.com/groups/210823252615307)

## WHAT IS "7 DAYS OF NOTHING"?

"7 Days of Nothing" helps people to sacrifice nonessential things in order to provide essential things for orphans. For a week, "7 Days of Nothing" participants do without modern conveniences in order to experience, if only in small way, the deprivation that is a daily reality for so many, especially the world's most helpless—the orphans. Participants then calculate how much they saved by doing without, and donate that amount to Families for Orphans to help children in need.

Discover how the gift of sacrifice can deepen your sense of gratitude and can bless and change your life and the lives of others.

## SET YOUR "7 DAYS OF NOTHING" GOALS

Whether participating as an individual, family or other group, to make the most of your "7 Days of Nothing" experience, we suggest making at least 7 sacrifices for at least 7 days. You can choose sacrifices from our list, or come up with your own ideas. Include sacrifices that will enable you to save money you otherwise would have spent, so you can then donate that amount to help orphans. Set a financial goal, a duration goal, and then a goal to challenge others to participate in "7 Days of Nothing."

### "7 DAYS OF NOTHING" GOALS

#### GOAL #1: FINANCIAL GOAL:

As an individual, family or "7 Days of Nothing" team, I will sacrifice and save \$\_\_\_\_\_ to help orphans somewhere in the world.

#### GOAL #2: DURATION GOAL

As an individual, family or "7 Days of Nothing" team:

I/we will make sacrifices in order to live like an orphan for \_\_\_\_\_ days starting on \_\_\_\_\_ (insert date)

#### GOAL #3: CHALLENGE & INVITE

As an individual, family or "7 Days of Nothing" team:

I/we commit to inviting a least \_\_\_\_\_ people to also participate in "7 Days of Nothing."

List of people or groups I will invite:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

This brochure and other materials are available for print at [7daysofnothing.org/tools](http://7daysofnothing.org/tools).



## "7 DAYS OF NOTHING" SUGGESTED SACRIFICES

Choose at least 7 of the sacrifices and then donate the money you saved to help an orphan.

- Fast. Go without food and water for 24 hours.
- Eat only rice and beans for a day or longer.
- Eat just one meal a day.
- Go without refined sugar and flour.
- Drink only water.
- Don't eat at restaurants or eat fast food.
- Give up one indulgence, like your daily latte, coffee, or soft drinks. How about chocolate?
- Do not use hot water for baths or showers.
- Go a day or two without bathing, or take only sponge baths.
- Turn off your electricity for an entire day or longer.
- Don't use any small appliances, i.e., toaster, microwave, blender, iron, vacuum, curling iron, or blow dryer.
- Turn off the air conditioning/heating.
- Cut down or cut out driving. Take the bus or ride a bike.
- Wash clothes by hand and hang them up to dry.
- Don't use paper towels, napkins, aluminum foil, plastic bags or plastic wrap.
- Put your cable or satellite TV service on hold for a week.
- Don't use your computer or play video games for a day or a week.
- Instead of going to the movies or paying for outside entertainment, stay home and spend meaningful time with friends and family.

Come up with your own ideas!

You can find more suggested sacrifice ideas at [7daysofnothing.org/sacrifices](http://7daysofnothing.org/sacrifices).

## THE FAMILIES FOR ORPHANS PROGRAM



Although food, water and shelter are essential for life, what many children want most is the love of a family. Tragically, orphanages around the world are filled with children who have parents or other family members who cannot care for them due to a lack of economic resources.

Families for Orphans, in conjunction with its partner organizations, helps family members care for their own children. Where family members are not available, we promote policies and programs that place children with substitute families either through foster care, or domestic or international adoption. We also serve vulnerable children by helping them access education and, for those children in crisis, we provide immediate life-saving assistance.

### MAKING A DONATION TO FAMILIES FOR ORPHANS

You can make donations securely online at [7DAYSOFNOTHING.org](http://7DAYSOFNOTHING.org), or mail your donation to:

Families for Orphans Program  
Family Watch International  
P.O. Box 1432  
Gilbert, Arizona 85299-1432

### ABOUT US

Families for Orphans is a program of Family Watch International, a nonprofit organization working to preserve and protect the family at the international, national and local level. Visit:

[www.7daysofnothing.org](http://www.7daysofnothing.org)  
[www.families4orphans.org](http://www.families4orphans.org)  
[www.familywatchinternational.org](http://www.familywatchinternational.org)  
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