

LIVE



TOOLKIT

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INTRODUCTION

As Christ-followers, the Bible calls us to love our neighbours – the most vulnerable in our city – by acting justly and loving mercy, but for most of us the big question is: How do we do this?

Acting justly towards our neighbours starts with humility – by identifying with the most vulnerable, and by asking God to help us see the world through His eyes and show us how He wants us to participate in His redemption plan.

As South Africans, our neighbours include the 12 million people living under the food poverty line of around R11 per day for food.

So with that being said, we're inviting you to join the Live Under The Line (LUTL) challenge by living on R11 per person per day for food for three consecutive days. It's a great way to recognise and identify with the vulnerable in our city as well as grow our capacity to better love our neighbours.

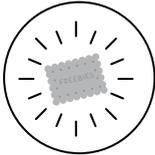
And don't worry if you're not sure how to do the challenge! This toolkit has specifically been designed to assist you in this journey.

WHAT IS THE POVERTY LINE?	ARE YOU A COMMON GROUNDER WHOSE DAILY REALITY IS LIVING BELOW THE LINE?
The International Poverty Line (income necessary for survival according to the World Bank) stands at US\$1.90 per day. The Food Poverty Line refers to the minimum cost of food per day to survive, based on an RDA of 2100 calories.	We're passionate about our brothers and sisters in Christ accessing opportunities that would empower them to live above the line. Chat to your small group leader or pastor for more information.

Source: Human Development Report Office (HDRO); correct at the time of publishing.

Source: World Bank Global Monitoring Report; StatsSA. Correct at time of publishing.

SOME PRACTICAL GUIDELINES. HERE ARE THE BASICS:



You have a total of R33 per family member over a 3-day period to buy all ingredients for your meals.

The full cost of all the items you consume must be included in your budget. This means budgeting for whole packets of food items such as rice, pasta, noodles and eggs etc.

For items such as salt, pepper, herbs and spices, simply work out the cost of each item per gram and budget your shopping proportionally. Separate your items before the challenge so there's no need to be digging around in your cupboards.

Remember to drink lots of tap water.

You cannot accept 'donated' food from family or friends.

Team effort. The LUTL challenge is easier to do in team. Why not get together as a small group, with your friends or family, and do one bulk shop – and divide things like stock cubes and spices between yourselves? This way you can make your money stretch even further!

GET YOUR FAMILY INVOLVED!

LUTL is a tremendous challenge but even more so when you try to do it with hungry, growing children! But don't give up before you've started. This could be a hugely significant adventure for your whole family, and a great opportunity to get to know God better in the process.

If you have young children under the age of five, you may want to wait until they are slightly older to do this challenge with them. But, feel free to make this decision depending on your family.

WHY DO IT WITH YOUR CHILDREN?



We live in a society where many children living in the suburbs of Cape Town are incredibly isolated from the harsh realities that exist just a few kilometres from our doorsteps. Most of our children enjoy a comparatively comfortable lifestyle with very few 'wants' going unmet.

LUTL is a great opportunity to remove some of those 'blinkers' in a safe and controlled environment.

Your children may not enjoy the limited food available, but they will be far richer afterwards. The key is how you lead them into the adventure, and how you lead them through the adventure. More on that in a moment.

Another reason why it would be great to get your whole family involved is that something very special happens when a family is united in a common cause. Families have often said that when they have spent time serving in a ministry or tackling a community project together, a deep bonding and even sometimes healing of relationships takes place.

Also, children have huge capacity to love and care for others, often far more than what we give them credit for. In fact, you may find that your children teach you in the process about how to really love your neighbours. God has given children big hearts (especially for other children) and an innocent acceptance of people regardless of their social and economic backgrounds.

HOW CAN WE MAKE IT WORK WITH CHILDREN?

The big question: How do we get them to 'buy in' to this adventure?



SPEAK

Firstly, you need to speak it through with them. The teaching aspect must come before the practical, or they will struggle to understand why they can't have the stuff they're used to getting. So make sure to carve out some focused time where you can sit down with your kids and speak through what is coming with them.

In this time you will need to cover:

- The reality that there are some people who don't have as much as we have. For younger kids you can make this visual by dish-ing up two different plates at a meal – one with a normal por-tion for your family, and one with the portions more likely found in a poorer context (leave off the nice sauce, pudding, drinks etc.). For older kids, you could show them the cash that you would normally spend in three days on food, and then compare it to R11 per person per day. Show them the verse in Mark 14:7. Speak about what that poverty looks like in the different spheres of their lives – toys, clothes, sport, parties, food, and entertainment.
- Explain to them that Jesus asks us to love people who have less than we do. Look at the parable of the Good Samaritan in Luke 10:25-37. Read it out of the Bible, get your kids to act it out, watch a YouTube video of it or however you want to convey it. Then ask, 'Are the poorer people in Cape Town our neigh-bours?', 'How can we show love to the people in Cape Town who don't have all that we have?'



DECIDE

It could be a powerful moment, depending on the age of your kids, to invite them into the decision-making process as a family. Describe to them what LUTL is all about, tell them that if we choose to live like the people who don't have a lot, it helps us to understand what their lives are like, and we can save money to give to them. Doing this will help us to better love and serve them.

Make sure to talk to them about what kinds of meals you may need to eat during the challenge and all the treats that you might need to give up. Then ask them – do you think we should do this as a family? What are some things that you think we can give up?

Give suggestions, write down the responses, and clarify their ideas. In most cases, the extent to which children are willing to get involved will probably surprise us as parents.



MAKE IT CONCRETE

The next step is to make the adventure concrete. Kids think on a very literal and concrete level and their learning is best solidified if there are tangible elements to the process. Figure out a way to help your family 'see' or 'experience' what you are doing.

A few suggestions:

- Take the cash that you would have spent on each meal and, before you start, take the portion that you have saved and put it in a special envelope or container.
- If the kids want a 'treat' that they would normally have received when you are shopping, instead give them the equivalent cash to put into the family saving amount to be used to bless others.
- Take some of the saved money and make sandwiches and hand them out to people at the robots.
- Get the kids involved in making the meals.
- Take a drive past a community where lots of vulnerable people live so that they can see what it is like, and how people live.



LEAD

Set the example of sticking to what you have agreed upon. Don't complain and grumble, but keep bringing everyone back to the example and teaching of Jesus. Share with the family anything that God is teaching you during the few days.

- Demonstrate generosity. Role model how to treat all people who come across your path with dignity and respect.

- We really believe that this could be a massively significant event for you and your family, and we are praying that God will use it as a catalyst for tremendous things in the future.

A FEW PRACTICAL TIPS:

Don't make it about ethnic backgrounds at all – poverty is no reflection on skin colour, and to be honest, most children are oblivious to the racial distinctions we see.

Obviously you need to be wise in looking after the health of your kids – don't starve them! But also realise that they don't need any of the 'junk' that a lot of kids eat these days.

Don't make it legalistic. We don't want our children to do it out of guilt or fear. So don't say things like "God will be so disappointed if you eat that chocolate". Instead, try to take the children back to a teaching moment and let them make decisions for themselves. And if from the outset they are against the challenge, don't force them to participate.

Make it an ADVENTURE!

PRAYER & REFLECTION POINTERS

Use these during your 3-day challenge to go deeper as you identify with those who live under the poverty line.

DAY ONE: ACT JUSTLY

"And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God." (Micah 6:8)

'Acting justly' has to do with promoting *shalom**. 'Acting justly' is so much more than retribution – the punishment of wrongdoings. It's about promoting a society that doesn't need retribution in the first place. It's about advocating for those without power, provision and protection. It's about empowering people to live in right relationships – right relationships with this planet, its people, and its Creator. It's about promoting human flourishing. It's about bringing *shalom* – flourishing in every way.

Reflection:

Think about Cape Town – the majority of people would not describe it as a place of *shalom*. What causes God’s heart to break for this city? Imagine what your life would be like if you lived below the poverty line – how would you experience family life, work, health, education, and municipal services? Before we respond, we have to notice.

Prayer:

Ask God to freshly break your heart for the lack of shalom in our city.

Definition: *Shalom** “Shalom means total flourishing in absolutely every dimension: physically, relationally, socially and spiritually.”
– *Gospel in Life*, Timothy Keller

DAY TWO: LOVE MERCY

“And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.” (Micah 6:8)

We can often be tempted to ‘act justly’ for the wrong reasons – out of guilt, obligation or because it makes us feel good about ourselves. This kind of justice is often unsustainable and will most likely cause more harm than good. So what is the remedy? Love mercy!

The Hebrew term for mercy is *chesedh* – God’s unconditional grace and compassion. As we identify with our most vulnerable neighbours, we don’t ask if they’re deserving of our concern; if they’ll abuse it, or even worse, scorn it. The mercy that Jesus showed when he came to earth was met with persecution, oppression and ridicule. Yet he gave his life for us.

He forfeited all his power to identify with us. And he did this with a heart full of love and compassion. Loving mercy is not about what we do, but about the attitude with which we do it. Mercy is action fuelled by love and compassion, not by guilt, duty or obligation. Just love for God, and our neighbour.

Reflection:

What compels you to do justice? Guilt? Obligation? The church? Or is it out of a growing revelation of Christ’s love for you?

Prayer pointers:

- Thank God for the mercy and compassion he’s extended towards you
- Ask God to give you fresh compassion and mercy for those around you.

DAY THREE: WALK HUMBLY WITH YOUR GOD

“And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.” (Micah 6:8)

Besides learning what justice is, and how to love mercy, we need to learn humility. Relating to society’s most vulnerable people is a challenge. Too often we play God in the lives of the vulnerable. We give in to the temptation to feel superior to those around us.

To reflect Christ we cannot come across paternalistically. We’re here to learn and to serve. We need to drop our rights to power and convenience. All this requires the humility that only intimacy with God can generate.

To walk humbly with God is to know him intimately and recognise we can do nothing without his empowerment, guidance and wisdom.

Humility is developed when we recognize the need to deeply understand someone’s situation before responding, and when we recognize that we are there to partner with God in what he is already doing. We are merely instruments in his hands.

Reflection:

When you respond to people who are suffering or vulnerable to injustice, do you first seek to deeply understand their situation and discern God’s involvement in it? Are you driven by a desire to rescue people, to fix their brokenness in your strength, or do you recognize that the best response will come out of hearing and depending on God?

Prayer pointers:

Humility is birthed out of recognizing our deep need for God and to live life as he meant us to. Prayerfully worship God for all the attributes he has that we will never have... HE is all knowing, all powerful, omnipresent, creator of all things, and saviour.

Ask God to reveal pride in your life (areas where you do life without him) and repent for thinking higher of yourself than you ought to.

Ask God to show you what humility looks like in doing justice every day.

AFTER THE LUTL CHALLENGE: WHAT NOW?

The LUTL challenge is just one step closer to recognising and identifying with the vulnerable in our city; it's one way to grow in our capacity to better love our neighbours.

If you want to continue this journey of exploring social justice in our city, why not try the following:

-Visit our website: www.commongood.org.za

-Find out about the Social Justice Ministry Team in your Common Ground Congregation, and ask them for ideas on how you can get involved!

“We do justice when we give all human beings their due as creations of God. Doing justice includes not only the righting of wrongs, but generosity and social concern, especially towards the poor and vulnerable. This kind of life reflects the character of God. It consists of a broad range of activities from simple fair and honest dealings with people in daily life, to regular, radically generous giving of your time and resources, to activism that seeks to end particular forms of injustice, violence and oppression.”

– Generous Justice, Timothy Keller

RECIPES

Here are a few LUTL recipes to further assist you with your meal planning:

OATMEAL PORRIDGE WITH APPLE (serves 1)

INGREDIENTS

- 50g rolled oats
- 1 cup skim milk
- 1T sugar
- 1 apple



METHOD

1. Pour rolled oats and skim milk in a bowl, mix well and microwave for 2 minutes
2. Take it out and give it a stir (Add some water if it's too dry)
3. Add sugar and cinnamon and put it back in the microwave for another minute
4. Serve with apple slices

POTATO AND ONION SOUP (serves 1)

INGREDIENTS

- 1 large potato
- Butter
- 1 medium brown onion
- 1 leek (if your budget allows)
- 1 ½ cups water



METHOD

1. Boil water in a medium saucepan and add potato
2. Simmer for about an hour, adding more water if it starts to get too dry
3. Heat butter in a saucepan and fry onion (diced) until soft (Add a leek at this point too, if your budget allows!)
4. Add onion to boiling potato, and mash with a fork or potato masher until the soup is as smooth as you'd like

CHILLI CON CARNE (serves 2)

INGREDIENTS

- 1 cup sugar beans
- 1 onion
- 1T oil
- 1T curry powder
- 1 cup soya mince
- 1 beef stock cube
- 2 chopped tomatoes
- 1 cup cooked rice

METHOD

1. Soak sugar beans overnight
2. Boil in salted water the next day until soft
3. Chop onion and sauté in 1T oil
4. Add curry powder (to taste) and cook for one minute
5. Add soya mince, a cup of water, beef stock cube, chopped tomatoes
6. Stir in beans and allow to simmer
7. Serve with rice



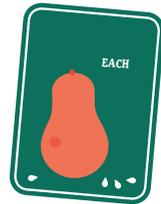
BUTTERNUT FRITTATA (Serves 4)

INGREDIENTS

- 750g butternut, peeled and sliced
- 5 eggs
- 125ml milk

METHOD

1. Place the butternut in an oven tray, drizzle with a bit of oil
2. Roast in the oven at 180 degrees until soft
3. Place the cooked butternut in a medium sized frying pan
4. Mix the eggs and milk together, season with salt and pepper, then pour mixture over the butternut
5. Cover the pan with a lid and cook over a low heat for 5-7 minutes until the frittata has set



FISH CAKES & MASHED POTATO (Serves 4)

FISH CAKES

INGREDIENTS

- 1 can tuna
- 3 medium sized potatoes, cooked peeled and finely chopped
- 1 egg
- Pinch of herbs
- Little oil for frying

METHOD

1. Place the tuna, potato, egg and herbs into a large mixing bowl
2. Mix well together
3. Heat the oil in a large frying pan
4. Roll the mixture into balls and fry on both sides until cooked through

MASHED POTATO

INGREDIENTS

- 910g baking potatoes, peeled and quartered
- 30g margarine
- 235ml milk
- Salt and pepper to taste

METHOD

1. Bring a pot of salted water to the boil
2. Add potatoes and cook until tender but still firm, about 15 minutes, then drain
3. In a small saucepan, heat margarine and milk over low heat until it is melted
4. Using a potato masher or electric beater, slowly blend milk mixture into potatoes until smooth and creamy
3. Season with salt and pepper to taste

SAMP & BEANS (Serves 2)

INGREDIENTS

200g samp (soaked overnight in water)
200g sugar beans/ black-eyed peas (soaked overnight in water)
Stock cube
1T butter/oil
Salt to taste
Water



METHOD

1. Pour off the water after soaking the samp and beans and place both into a saucepan.
2. Cover with water, dissolve the stock cube in the mixture and simmer slowly until the samp and beans are nearly soft and most of the water has evaporated (add extra water if necessary and season with salt).
3. Stir in the butter/oil and serve hot.

LENTIL SOUP (Serves 2)

INGREDIENTS

½ cup of dry lentils
½ onion
1 carrot - chopped
2t ground cumin
1t curry powder
1 tomato
Water
Salt to taste
1t oil

METHOD

1. Fry the onion in oil until translucent.
2. Add all other ingredients, cover with water and simmer until lentil are tender but hold their shape (add water as needed).
3. Puree to desired consistency.
4. Serve hot.

LIVE

