Show Me Sri Lanka

One Way

Meditation is a core practice in the Eastern religions of Buddhism and Hinduism. It takes place inwardly, as individuals attempt to mentally transcend their physical environments to find awareness, peace and tranquility. The adherents hope that such meditation will allow access to their inner goodness and the ability to utilize this in everyday life. Ultimately, the belief is that each person is inherently good, and all they must do is look deep within themselves to unlock their godlike potential.

Biblically, meditation is defined as filling your mind with Scripture and fixing your eyes on God (Psalm 1:1-2; 119:15; Joshua 1:8). The focus is not on an individual's energies, awareness or inner being, but on God – the Creator of all things. The person practising Biblical meditation dwells on His Word and character, recalling all the wondrous things He's done (Psalm 77:12; 143:5; 145:5). Peace, tranquility and freedom for a Christian are not dependent on "self" or natural circumstances. Ultimately, Biblical meditation leads to a closer relationship with God and, as a result, greater dependence upon Him.

Way Out

VOMC supports a camp for the children of marginalized pastors in Sri Lanka. This camp allows those living under the stress of persecution to grow spiritually, enjoy fun activities, and connect with others facing similar situations. The project aims to provide them needed emotional support and shore up their hearts of faith, so they can stand boldly for Christ amid hostility. To donate to this project through the *Families of Martyrs Fund*, visit: vomcanada.com

We encourage you to read Hebrews 10:24-25. Set a goal to reach out to three people you know who are experiencing tough situations by sharing acts of kindness and uplifting words. Perhaps you can reassure them of your prayers. Then write about your experiences.

Recommended Reads:
Elly Rose in Sri Lanka by Maggie O'Hara (Early Readers)
When the Rain Comes by Alma Fullerton (4-8 years)

Activity Answers: Chain, Limestone, Created, Shallow, Islands, Evidence, Bridge, Ancient, Travel, Powerful, Tourism, Ceremonies.

Weigh In

1. Formerly called "Ceylon," the island nation of Sri Lanka is located near the southern coast of India. In size, Sri Lanka is a little smaller than New Brunswick, yet it's populated with approximately 30 times more people.

2. The Sri Lankan Civil War broke out in 1983. It lasted nearly three decades, ending in 2009. Tensions are still high between the country's two dominant ethnic groups: the Tamil and Sinhalese peoples.

3. The day after Christmas 2004, Sri Lanka was struck by a tsunami that devastated the coastal communities of several nations and killed approximately 230,000 people within a few hours. It was one of the worst natural disasters in history.

4. The government of this Buddhist-majority country has been drafting proposals since 2004 to pass an anti-conversion law in its effort to prevent the Christian church from growing.

1. Elephants are highly respected in Sri Lanka, and the country has laws in place to protect them. The growing wild elephant population is now reaching a total of about 7,000. What problems would likely arise for Sri Lankans if they share their tight island quarters with unchecked herds?

2. For any country that has been divided by civil war, national unity can be shattered. Name a negative impact that a nation might face if unity is absent. Secondly, why do you think national unity is essential to a country's well-being?

3. After the tsunami, Christians from around the world came to Sri Lanka to help the surviving victims, demonstrating God's love by meeting their urgent needs. Choose five adjectives that describe how those who previously opposed the Gospel had likely reacted to the love and support they received. Defend your choices.

4. If sharing the Gospel or testifying about Jesus to the extent that you do now was illegal in Canada, carrying penalties and fines similar to what is presently being proposed in Sri Lanka (about $2,147 CAD, along with seven years in prison), would you be at risk?

The Pearl of the Indian Ocean

Sources:
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https://www.history.com/news/deadliest-tsunami-2004-indian-ocean
www.christiantoday.com.au/news/anti-conversion-law-likely-in-sri-lanka.html