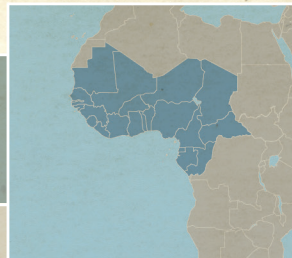




# CHILDREN'S MISSION

2023 • **QUARTER 4** • WEST-CENTRAL AFRICA DIVISION



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# Dear Sabbath School Leader,

Andrew McChesney  
Editor



This quarter we feature the West-Central Africa Division, which oversees the Seventh-day Adventist Church's work in 22 countries: Burkina Faso, Cameroon, Cape Verde, Central African Republic, Chad, Congo, Equatorial Guinea, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Côte d'Ivoire, Liberia, Mali, Mauritania, Niger, Nigeria, Senegal, Sierra Leone, and Togo. Its headquarters is in Abidjan, Côte d'Ivoire.

The region is home to 472 million people, including 889,196 Adventists. That's a ratio of one Adventist for 531 people.

This quarter's Thirteenth Sabbath Offering will go toward mission projects in Ghana and Cameroon. In Ghana, the funds will help expand the Seventh-day Adventist Nursing and Midwifery Training College, a thriving school of 770 students that opened with only 22 students in 2015. Demand is high, and the school lacks the capacity to admit additional students. The Thirteenth Sabbath Offering will help construct new classrooms and additional dormitories, allowing more students to study at the school. This is a real mission school, with only 30 percent of the students belonging to the Adventist Church. Read about Achiaa, one of the nursing students whom I met at the school, on pages 26–30.

The other mission project is to open a bilingual English/French elementary school

in Bandjoun, Cameroon. Church leaders told me that quality education is in high demand in Cameroon, especially international schools with classes in English and French, and the new school promises to fill an important niche.

“Adventist education is valued here,” Isaac Yenge, executive secretary of the Cameroon Union Mission, said during a tour of two Adventist schools, each with about 3,700 students, in the capital, Yaoundé.

Read stories about the faith of children in Cameroon on pages 4–14.

## Special Features

If you want to make your Sabbath School class come alive, we offer photos and other materials to accompany each mission story. More information is provided in the sidebar with each story. For photos of tourist sites and other scenes from the featured countries, try a free photo bank such as [pixabay.com](https://pixabay.com) or [unsplash.com](https://unsplash.com). You could show the photos to the children on your computer or mobile device while you read the mission story, or you could print the photos to decorate your Sabbath School room or church bulletin board.

In addition, you can download a PDF of facts and activities from the West-Central Africa Division at [bit.ly/wad-2023](https://bit.ly/wad-2023). Follow us at [facebook.com/missionquarterlies](https://facebook.com/missionquarterlies). You also can download the PDF version of the *Children's Mission* magazine at [bit.ly/childrensmisson](https://bit.ly/childrensmisson), and Mission Spotlight videos at [bit.ly/missionspotlight](https://bit.ly/missionspotlight). A printable mission-bank image, which the children can color, can be downloaded at [bit.ly/bank-coloring-page](https://bit.ly/bank-coloring-page).

If you have found especially effective ways to share mission stories, please let me know at [mcchesneya@gc.adventist.org](mailto:mcchesneya@gc.adventist.org).

Thank you for encouraging children to be mission-minded!

## Opportunities

The Thirteenth Sabbath Offering this quarter will support two projects in the West-Central Africa Division:

- Seventh-day Adventist Nursing and Midwifery Training College, Asamang, Abrepo Tikese, Ghana
- Bilingual English/French elementary school, Bandjoun, Cameroon



CAMEROON | October 7

Celeste

# Praying All the Time

Celeste is 5 years old and lives in the African country of Cameroon.

She prays all the time. When something happens, she always tells Mother, “Do you know why that happened? It’s because I prayed.”

Once Mother complained about a headache. Her head hurt very much. Celeste felt sad for Mother, and she quietly slipped away. A little while later, she returned to Mother.

“Mommy, do you still have a headache?” she asked.

“No,” Mother said.

“Do you know why?” she said. “It’s because I prayed for you.”

Mother smiled. She was happy that her little girl had prayed for her.

Celeste goes to kindergarten, and sometimes her homework seems very difficult. The other day, she struggled and struggled with an assignment. When she finally finished, she ran to Mother. “Mommy, do you know why I was able to do my homework?” she said. “It’s because I prayed.” Mother smiled. She liked how Celeste talks to Jesus all the time.

One day, Mother summoned Celeste.

“Celeste,” she said. “Your friend is sick.”

The girl looked worried.

“Which friend?” she asked.

“The pastor,” Mother said.

Celeste always called the church pastor “my friend.”

“OK, Mommy,” Celeste said. “I’ll pray.”

She began to pray right away. That evening at family worship, Father, Mother, and Celeste held hands as they knelt in a circle for prayer. When it was Celeste’s turn, she prayed for the pastor. “Dear God, please make my friend well,” she said. Celeste kept praying until the pastor got well. Then she said, “Mommy, do you know why my friend is well? It’s because I prayed.”

One night Celeste had a bad dream. It scared her terribly. At the next family worship, she asked Father to pray for her, and he did. The next morning, Celeste woke up with a smile. “Mommy, I didn’t have a bad dream!” she exclaimed.

Now, Father prays every night for Celeste not to have bad dreams. Every morning,



Celeste smiles and exclaims, “Mommy, I didn’t have a bad dream!”

The other morning, Celeste woke up with an especially big smile. “Mommy, I had a good dream!” she said. “I dreamed about Jesus. I was in a crowd with many children, and Jesus gave me a gift.”

Then she looked a little sad. “But I can’t remember what the gift was,” she said.

Now it was Mother’s turn to smile. She was happy that Celeste had had such a lovely dream. She curious to know more.

“How do you know it was Jesus?” she asked. “What did He look like?”

The little girl could not describe Jesus or explain how she knew that it was Him.

“I just know,” she said, firmly.

How did Celeste know that it was Jesus? Maybe it was because she spends all her time talking with Him. She is always praying, and Jesus has become her Best Friend. Certainly, she would recognize her Best Friend!

The Bible teaches us to be like Celeste and talk with Jesus all the time. It says, “Pray without ceasing” (1 Thessalonians 5:17, NKJV). Do you talk with Jesus all the time? 🌍

Part of this quarter’s Thirteenth Sabbath Offering will help open a Seventh-day Adventist school in Celeste’s home country of Cameroon where children will be able to learn about the joy of talking with Jesus all the time. Thank you for planning a generous offering.

By Andrew McChesney

## Story Tips

- Show the children the location of Cameroon on the map. You can also show them the location of Bandjoun, Cameroon, where this quarter’s Thirteenth Sabbath Offering will help build a bilingual elementary school where children will learn in French and English.
- Ask the children what Celeste prayed for in the story. Answers: She prayed for Mother’s headache; help with her homework; healing for the pastor; and no bad dreams. Ask the children what they can pray about this week. Remind them that the Bible says to “pray without ceasing” (1 Thessalonians 5:17), and challenge them be like Celeste and to talk with Jesus about everything.
- Download other photos on Facebook: [bit.ly/fb-mq](https://bit.ly/fb-mq).
- Download Mission Posts and Fast Facts from the West-Central Africa Division: [bit.ly/wad-2023](https://bit.ly/wad-2023).
- This mission story illustrates the following objectives of the Seventh-day Adventist Church’s “I Will Go” strategic plan: Spiritual Growth Objective No. 5, “To disciple individuals and families into spirit-filled lives”; Spiritual Growth Objective No. 6, “To increase accession, retention, reclamation, and participation of children, youth, and young adults”; and Spiritual Growth Objective No. 7, “To help youth and young adults place God first and exemplify a biblical worldview.” For more information, go to the website: [IWillGo2020.org](https://IWillGo2020.org).



MISSION  
RECORD

The first Seventh-day Adventists to come to Cameroon were Americans William Harrison Anderson and T. M. French in November 1926. A local chief, Bessala Etong, gave them 136 acres (55 hectares) of land to build a mission.

The first church in Cameroon was built in 1937.



CAMEROON | October 14

# Breaking Bread

David

By 6 o'clock in the morning, little David was dressed and ready to leave home for kindergarten.

Mother handed over his backpack stuffed with textbooks, paper, pencils, and, most importantly, breakfast. Breakfast was a delicious, chewy chunk of bread.

Kindergarten started at 7 o'clock.

After a few lessons, it finally was time for breakfast. David eagerly pulled the bread from his backpack. He was hungry!

As he prepared to eat, a little boy sitting beside him spoke up.

"Could you share with me?" he asked.

David saw that the boy didn't have any bread. His mother hadn't packed a breakfast for him. David tore a piece off the bread.

"Here you are," he said.

As the boy accepted the bread, another boy came over.

"Could you share with me?" he asked.

David saw that this boy also didn't have any bread. His mother also hadn't packed him a breakfast. David tore off another piece of bread. "Here you are," he said.

Then a third boy came over. David guessed

right away what he wanted. He saw that the boy didn't have any breakfast and must be hungry. Sure enough, the boy had a question.

"Could you share with me?" he asked.

David didn't have much bread left. He wondered what to do. Then he remembered a Bible story. In the story, God's prophet Elijah was hungry, and he went to a poor mother for help. He asked the mother, "Could you share with me?" However, there was a famine in the land, and the mother only had enough flour and oil to bake one last loaf of bread. She had planned to eat the bread with her son, but she shared it with Elijah. God rewarded her with a miracle. God provided an unending supply of flour and oil, and the mother was able to bake bread until the famine ended. She and her son never went hungry. David had heard the Bible story in Sabbath School. The Sabbath School teacher had told the children, "You need to share with those who are hungry."

David broke the last of his bread in half.

"Here you are," he told the hungry boy.

David and the three boys nibbled on the delicious, chewy bread. It was a good breakfast. David felt good that he had been able to help the other boys. His own breakfast wasn't big, but he didn't get hungry



before kindergarten ended and he went home for lunch.

The next day, the same thing happened again. When David pulled out his bread for breakfast, other boys asked him to share. David shared again, and again he felt good. After that, children asked David to share his breakfast every day.

Many things changed when David finished kindergarten and started first grade. School started at 11 o'clock, so he ate breakfast at home. But now he ate lunch at school. Mother no longer packed bread for him. Instead, she gave him lunch money to buy bread to eat. But one thing didn't change. Children kept asking David to share his food, and he kept sharing.

Today, David is 13 years old, and he has shared his food for eight years. His kindness has surprised some classmates, and they ask, "Why are you sharing?" David likes to tell them the story of how Jesus shared food with a crowd of 5,000. Or he tells the story of how Jesus shared food with a crowd of 4,000. Or he says that Jesus shared everything with His disciples.

"I want to share like Jesus," David says.

David's generosity has had a good influence on his classmates. When they saw him share his food, they also started sharing their food with those who had none.

David says he is happy that he can share.

"Sometimes I feel hungry because I give away so much food," he says. "But I'm happy because I can follow Jesus' example of sharing. I believe that I'm sharing the light of Jesus with my friends." 🌍

Part of this quarter's Thirteenth Sabbath Offering will help open a Seventh-day Adventist school in David's home country of Cameroon where children will be able to learn about the joy of sharing God's blessings with others. Thank you for planning a generous offering.

By Andrew McChesney

## Story Tips

- Show the children the location of Cameroon on the map. You can also show them the location of Bandjoun, Cameroon, where this quarter's Thirteenth Sabbath Offering will help build a bilingual elementary school where children will learn in French and English.
- Read to the children the story of Elijah and the widow (1 Kings 17:8–19) and the feeding of the 5,000 (Matthew 14:13–18) and the 4,000 (Matthew 15:32–35). Challenge the children to be like both the widow and Jesus and share with others.
- Teach the children the biblical principle that God blesses us so that we can share the blessing with others (see Acts 20:36 and Galatians 6:2). Ellen White also extensively writes about this principle, saying, for example, "We are to ask blessings from God that we may communicate to others. The capacity for receiving is preserved only by imparting" (*Christ's Object Lessons*, page 142). Elsewhere, she adds, "Those who receive to give will feel the greatest satisfaction in this life" (*Testimonies for the Church*, vol. 6, page 190).
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CAMEROON | October 21

Elijah

# Hearing a Voice

One evening, Father asked 7-year-old Elijah to massage his neck and shoulders before going to bed in Cameroon.

Father's neck and shoulders often ached, and the massage helped him relax and feel better. Elijah liked helping Father, and he often gave him a massage before bedtime.

But the light bulb in the living room was dim, and Elijah couldn't see well. So, he ran to his bedroom to get a flashlight.

Just as Elijah entered his bedroom, the light went off. It was dark, and he couldn't see anything. He felt a strong wind blowing through an open window. Then he heard a voice.

"Elijah. Elijah. Elijah," the voice said.

Elijah didn't recognize the voice. It wasn't a man's voice. It wasn't a woman's voice. It seemed to be a man's and a woman's voice mixed together.

Elijah was scared. He stood as still as a stone. He wondered who was calling his name.

Slowly — not too softly, and not too loudly — he asked, "Who is it?"

The voice replied, "It's me."

But Elijah still don't know who it was. He

was so scared that he forgot to pray.

Then he heard another voice.

"If you can't find the flashlight, come back so we can pray together," the voice said. "It's getting late, and you need to go to bed."

Elijah knew that voice. It was Father! He stopped feeling so scared.

At that moment, the light came back on.

Elijah looked around the room and immediately spotted the flashlight on the floor, covered by a shirt. He grabbed the flashlight and returned to the living room.

"It's too late for a massage," Father said. "You'll have to give it in the morning."

Father didn't notice that Elijah was especially quiet as he prayed. Elijah didn't tell him about the voice. He didn't think Father would be interested.

Climbing into bed, Elijah felt a little afraid. The he remembered Psalm 23, and he repeated it from memory. He said,

*The Lord is my shepherd;*

*I shall not want.*

*He makes me to lie down in green pastures;*

*He leads me beside the still waters.*



*He restores my soul;  
He leads me in the paths of righteousness  
For His name's sake.  
Yea, though I walk through the valley of the  
shadow of death,  
I will fear no evil;  
For You are with me;  
Your rod and Your staff, they comfort me.  
You prepare a table before me in the  
presence of my enemies;  
You anoint my head with oil;  
My cup runs over.  
Surely goodness and mercy shall follow me  
All the days of my life;  
And I will dwell in the house of the Lord  
Forever (NKJV).*

Finishing the psalm, Elijah fell asleep. He slept peacefully.

The next day, Elijah told Mother about the voice, and she immediately prayed with him. “Lord,” she said, “You are the one who knows what happened, and You are the one who knows the voice that called Elijah. I want you to cover him because You are the Solid Rock. Stand against any spirit who does not honor You. In the name of Jesus, Amen.”

Elijah knew that the voice would not call his name again. And it hasn’t. 🌍

Part of this quarter’s Thirteenth Sabbath Offering will help open a Seventh-day Adventist school in Elijah’s home country of Cameroon where children will be able to learn about God. Thank you for planning a generous offering.

By Andrew McChesney

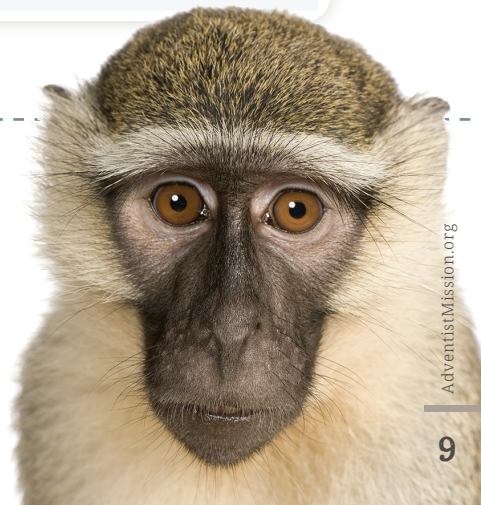


AMAZING  
COUNTRY

In the rain forests in the south of Cameroon you can find green monkeys (*Chlorocebus sabaeus*), chimpanzees, and gorillas, as well as bats, and a lots of different kinds of birds—from the tiny sunbird to giant eagles.

## Story Tips

- Show the children the location of Cameroon on the map.
- Ask the children what they can do in a scary situation like Elijah’s. Urge them to pray. Say that they, too, like Elijah, can repeat a favorite Bible verse. Encourage them to confide in a trusted adult.
- Share the story of God calling to the boy Samuel at night in 1 Samuel 3:1–10. Samuel, like Elijah, must have been scared to hear an unfamiliar voice in the dark, but he told a trusted adult, the priest Eli. Eli explained that the voice belonged to God and taught Samuel how to talk with God. After that, Samuel became a prophet and leader of Israel, and God spoke to him many times. Ask the children if Samuel knew God’s voice when God spoke to him the next time. Yes!
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CAMEROON | October 28

Emmanuelle

# Bad Dreams

Ten-year-old Emmanuelle was sound asleep in bed in the African country of Cameroon. But the dream was like real life.

In the dream, Emmanuelle saw a woman speaking to men with long knives.

“Go,” the woman said to them.

Then she spoke directly to Emmanuelle.

“I’m sending my sons to get you,” she said.

Emmanuelle saw the men coming toward her. She felt a sharp pain.

Then she woke up. She was scared and crying.

While she couldn’t see anything in the dark bedroom, she could still hear the voice of the woman saying, “I will send my sons to get you. I will send my sons to get you.”

Emmanuelle struggled to breathe.

Suddenly, Mother and Father were standing over her bed. They had heard her sobbing in the next room, where they were sleeping. They dropped onto their knees beside the bed.

“Our Lord, our God, we give You glory because You have allowed us to have this child,” Mother prayed. “Now we are

presenting her to You. We pray that the enemy will be sent far away from her and that she will be restored. In the name of Jesus we pray. Amen.”

When Mother finished praying, Emmanuelle could breathe again. Her tears stopped, and she no longer felt afraid.

Emmanuelle told her parents about the scary dream. She thanked Mother for praying.

“I know that God will answer your prayer,” she said.

After her parents left, Emmanuelle prayed silently. She had learned to pray when she was little. But she had been so scared that she had forgotten to pray.

“Lord, I want You to help me,” she prayed. “I pray that you confuse those who want to destroy me. Fight for me forever and ever. Amen.”

She fell asleep.

But the next night, she had the same dream again. Again, she saw the woman, and she felt the pain. She woke up scared and crying. She couldn’t breathe. Mother and Father rushed to the bedroom. Mother prayed, and Emmanuelle could breathe.



The dream repeated the next night and the next. She had the same dream every night for two weeks. Emmanuelle became scared to go to bed at night.

Mother didn't know what to do. So, she went to the church pastor. When the pastor heard about the dreams, he organized a special time of prayer for Emmanuelle. He and several church elders came to Emmanuelle's home and prayed for her.

It was then that the bad dreams stopped.

Emmanuelle doesn't understand why she kept having bad dreams after she prayed. She doesn't understand why she kept having bad dreams after Mother prayed. She also doesn't understand why the bad dreams stopped after the pastor and elders prayed. But she does understand that God heard all their prayers and that there is something special about intercessory prayer, when people are praying for someone else.

A year has passed since the last bad dream, and Emmanuelle is no longer afraid of going to bed. "I have the assurance that anytime I call upon the name of the Lord, He will be there to answer me," Emmanuelle says. "We believe in the Lord Jesus Christ, and He helps us." 🌍

Part of this quarter's Thirteenth Sabbath Offering will help open a Seventh-day Adventist school in Cameroon, where children will be able to learn about the God who takes away bad dreams.

By Andrew McChesney

## Story Tips

- Show the children the location of Cameroon on the map. You can also show them the location of Bandjoun, Cameroon, where this quarter's Thirteenth Sabbath Offering will help build a bilingual elementary school where children will learn in French and English.
- Teach the children that God hears the prayers of every child, and God surely heard Emmanuelle's prayers. But there is something special about the added prayers of others, which is called intercessory prayer. When Mother, the pastor, and the church elders prayed for Emmanuelle, they were practicing intercessory prayer. Ask the children who practiced intercessory prayer in the Bible. Possible answers: Job (Job 1:4, 5); Moses (Exodus 32:11–13, Numbers 14:13–19); Elijah (1 Kings 17:21, 22); Elisha (2 Kings 4:18–37); Daniel (Dan. 9); and Jesus (John 11:41; 17:20). Encourage the children to pray for others.
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AMAZING  
COUNTRY

The goliath frog (*Conraua goliath*) is the largest frog in the world and can be found in Cameroon. The frog can grow up to 13 inches (34 cm) long and weigh over 7 lb. (3.2 kg), and is known to move heavy rocks to dam off water in order to create spawning pools.





CAMEROON | November 4

Mefouma

# Bringing Father to Church

Sabbath was a happy day for 6-year-old Mefouma in the African country of Cameroon. She loved to sing songs about God in church. She loved to listen to Bible stories about God. She especially loved praying to God.

But she noticed sadness in Mother's face. Mother was sad because Father wasn't at church. He was at home.

Then Mefouma noticed that Mother wasn't sleeping well. She was having nightmares.

"What's wrong?" Father asked Mother. "Why aren't you sleeping well at night?"

"We are married, but we aren't united," Mother said.

Father looked puzzled.

"What do you mean?" he said.

Mefouma also wondered what Mother meant.

"Despite everything that you give me, I'm not happy," Mother said. "At church, we are told that we should pray together, read the Bible together, and go to church together. But we don't go to church together."

Father frowned. "It isn't important for us go to church together," he said.

But Mother really wanted Father to go to church with her and Mefouma. She didn't know what to do. All she could do was cry.

Mefouma was sad when she saw Mother crying. "Have you spoken to God?" she asked Mother.

The next time she saw Mother crying, she asked again, "Have you spoken to God?"

Mother began to pray — and then she had a big idea.

"Mefouma, on Sabbath, tell Father what you learned at church," she said. "Maybe he will listen to you."

The next Sabbath, Mefouma came home from church and told Father about the faith of Abraham.

"Abraham was a man of great faith," she said. "When God told him to go, he went without asking any questions."

The following Sabbath, she told Father about how Jesus was baptized in the Jordan River.

Two years passed, and Mefouma kept telling Father what she had learned. But Father still didn't come to church.

When Mefouma was 8, she was invited



to speak at church. All the children would participate in a special children's Sabbath, and Mefouma would preach. She invited Father — and he came for the first time to church. He arrived late, but he heard the little girl preach.

Mefouma spoke about prayer. She pleaded with fathers and mothers to teach their children to pray. She urged boys and girls to pray for their parents.

That evening, before bedtime, Mefouma came to Father. "Daddy, when you get up in the morning, you put on a suit and rush so you won't be late for work," she said. "But when you were invited to church, you came late and didn't dress as nicely as when you go to work."

Then she prayed, "Please, God, don't give up on my Daddy. Save us. Amen."

When she finished, Father was weeping.

The next Sabbath, Father went to church. The Sabbath after that, he decided to give his heart to Jesus and be baptized.

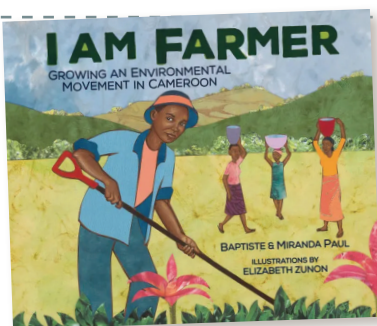
After that, Sabbath became a very happy day for Mefouma in the African country of Cameroon. Mother was happy, Father was happy, and Mefouma was especially happy. 🌍

Part of this quarter's Thirteenth Sabbath Offering will help open a Seventh-day Adventist school in Mefouma's home country of Cameroon where children will be able to learn about the God who hears prayers. Thank you for planning a generous offering next month.

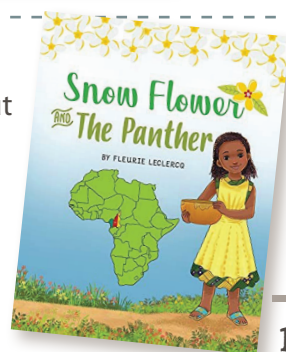
By Andrew McChesney

## Story Tips

- Show the children the location of Cameroon on the map. You can also show them the location of Bandjoun, Cameroon, where this quarter's Thirteenth Sabbath Offering will help build a bilingual elementary school where children will learn in French and English.
- Pronounce Mefouma as: meh-FOO-ma.
- Know that two years after Father was baptized, Mefouma died of an unexpected illness. She was 10. Her mother, Genevieve, related her story to Adventist Mission and said that she and Father are eagerly waiting to be reunited with Mefouma at Jesus' Second Coming.
- Encourage the children to pray for their parents and other family members.
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Read children's books about Cameroon: *I Am Farmer* by Baptiste and Miranda Paul and *Snow Flower and the Panther* by Fleurie Leclercq.





CAMEROON | November 11

Ketsia

# Songs and Soap

**I**t was a very special Sabbath in the African country of Cameroon.

Actually, it was a very special Sabbath all around the world. You see, it was the third Sabbath of May. Do you know what is so special about the third Sabbath of May? The third Sabbath of May is World Adventurer Day — a day when Adventurers around the world celebrate being Adventurers.

What does it mean to be an Adventurer?

Ketsia and the other Adventurers in her club spent some time thinking about that question.

“What does it mean to be an Adventurer?” they wondered. “Does it mean reading and memorizing the Bible? Does it mean earning honors? Does it mean gathering for fun activities?”

They agreed that those were all important things. But there was something even more important. They decided that being an Adventurer means helping others. It means helping people in need, just as Jesus would do if He were walking on earth today. It means being the hands and feet of Jesus.

Ketsia and her friends decided to celebrate World Adventurer Day by visiting children who didn’t have any parents. Those children were orphans.

On Sabbath afternoon, Ketsia and 14 other Adventurers went with a grown-up Master Guide to the orphanage where 20 orphans lived. The orphans knew that the Adventurers were coming, and they eagerly met them in a big room of the orphanage.

The Adventurers stood on one side of the room and introduced themselves to the orphans. When Ketsia’s turn came, she smiled and said, “My name is Ketsia, and I’m 9 years old. I’m a Seventh-day Adventist and an Adventurer.” The youngest Adventurer was 7 years old, and the oldest was 11. They all said that they were Adventists and Adventurers.

Then the orphans introduced themselves. The youngest child was 3, and the oldest was 18. None of them were Adventists or Adventurers. But they were curious to know more about Adventists and Adventurers.

When the introductions were over, the



Master Guide motioned for the Adventurers to stand together.

“We are going to sing some songs,” he said.

Ketsia and the other Adventurers enthusiastically sang about Jesus. They clapped their hands with some songs and made motions with their hands with others.

When the Adventurers finished singing a dozen songs, the orphans asked them to sing them again. They had liked what they had seen and heard.

The Adventurers sang the songs again, and the orphans listened with bright smiles.

Then the Master Guide preached a short sermon. He told the orphans that even though they didn’t have any parents, they had a heavenly Father who was always ready to help them. He finished the sermon by praying for the orphans.

Then came the moment that Ketsia had been waiting for. It was time to pass out gifts. Ketsia and the other Adventurers had brought square bars of brown soap to give to the orphans. The soap was good for taking baths and washing clothes. The orphans didn’t have their own soap, and they sometimes had to take baths and wash clothes without any at all.

Ketsia handed two square bars of brown soap to a 6-year-old girl. The little orphan smiled broadly. She was so happy!

“Thank you!” she exclaimed as she accepted the gift.

When Ketsia saw the girl’s smile and heard her gratitude, she also felt happy. She was happy that she and the other Adventurers had been able to share songs and soap with the orphans.

After the visit, the Master Guide took the Adventurers to their homes.

“It was an amazing Sabbath,” Ketsia said. “My wish is to have that experience of helping people in need again.” 🌍

Part of this quarter’s Thirteenth Sabbath Offering will help open a Seventh-day Adventist school in Ketsia’s home country of Cameroon where children will learn to

## Story Tips

- Show the children the location of Cameroon on the map. You can also show them the location of Bandjoun, Cameroon, where this quarter’s Thirteenth Sabbath Offering will help build a bilingual elementary school where children will learn in French and English.
- Pronounce Ketsia as: keht-SEEYA.
- Challenge the children to help others, either through their Adventurer club or otherwise. Ask how they can help others. Possible answers: donate food to a food bank or directly to someone in need; donate clothes; visit a hospital or nursing home to sing and pray; write short letters or cards to sick people.
- Learn more online about World Adventurer Day: [bit.ly/Adventurer-Day](http://bit.ly/Adventurer-Day).
- Download photos on Facebook: [bit.ly/fb-mq](http://bit.ly/fb-mq).
- Download Mission Posts and Fast Facts from the West-Central Africa Division: [bit.ly/wad-2023](http://bit.ly/wad-2023).
- This mission story illustrates the following objectives of the Seventh-day Adventist Church’s “I Will Go” strategic plan: Spiritual Growth Objective No. 5, “To disciple individuals and families into spirit-filled lives”; Spiritual Growth Objective No. 6, “To increase accession, retention, reclamation, and participation of children, youth, and young adults”; and Spiritual Growth Objective No. 7, “To help youth and young adults place God first and exemplify a biblical worldview.” For more information, go to the website: [IWillGo2020.org](http://IWillGo2020.org).

help others just like Jesus. Thank you for planning a generous offering next month.

By Andrew McChesney



GUINEA | November 18

Adama

# Scared of the Night

Mother called out to little 5-year-old Adama in their home in the African country of Guinea.

"It's time to go to bed!" she said.

Adama didn't want to go to bed.

"No," she said, looking up at Mother. "I don't want to go to bed."

Mother didn't look happy.

"Come on, Adama," she pleaded. "It's time to go to bed."

"No," Adama said. "I don't want to go to bed."

Now Mother was angry.

"Go to bed!" she demanded.

But Adama still didn't want to go to bed. Fear showed on her face. She began to cry.

"No," she whimpered. "I don't want to go to bed."

Adama didn't want to go to bed because she was scared. She was scared of the night. Every night for the past week, she had had the same bad dream at night. She couldn't remember the dream when she woke up, but she always woke up screaming and crying.

Now Adama looked at Mother's stern face

and saw that there was no point in arguing with her anymore. She had to obey. With great reluctance, she slowly made her way to bed.

But she was too scared to sleep. She tossed and turned for what seemed like a long time. Finally, she fell asleep.

Then, in the dark of the night, she woke up, screaming and crying. "Mommy, come here!" she shrieked. "Help me!"

Two years passed. Every night it was the same. Adama grew weak and sick from a lack of sleep. She was so scared of the night. She didn't know what to do. Mother didn't know what to do.

Then Auntie heard about Adama. She lived far away in the big city of Conakry, the capital of Guinea. Auntie had an idea.

"Let me take the child to the Seventh-day Adventist church," she told Adama's mother. "The pastor can pray for her."

Mother was not a Christian. Adama was not a Christian. Auntie also had not been a Christian at one time. But she had been terribly sick, and an Adventist missionary



had prayed for her. Jesus had healed her, and she had given her heart to him. Now she lived next door to an Adventist church.

Mother agreed to allow Auntie to take the girl. Adama packed her small bag and went with Auntie to Conakry.

The pastor looked kindly at Adama as Auntie told him the story. He was sad that the little girl hadn't been able to sleep well for two years. He asked all the church members to pray for Adama. "If these are demonic attacks, we will ask in the name of Jesus that the attacks stop," he said.

That night, the pastor and other church members prayed for Adama.

That night, Adama slept soundly. She didn't have any bad dreams. She was so happy when she woke up in the morning. Jesus had heard the prayers! For the first time in two years, she had slept the whole night.

A year has passed since Adama had her last bad dream. She is now 8 and is no longer scared of the night. She lives with Auntie next to the Adventist church and now and studies at an Adventist school.

"I'm no longer afraid," she says. "I'm living a good life. Jesus has answered our prayers." 🌍

Part of a Thirteenth Sabbath Offering three years ago helped add new classrooms to a Seventh-day Adventist school in Conakry, Guinea, so more children like Adama can learn about the Jesus who answers prayers and takes away bad dreams.

By Andrew McChesney

## Story Tips

- Show the children the location of Guinea on the map. You can also show them the location of the capital, Conakry, where a Thirteenth Sabbath Offering three years ago helped a church school grow to accommodate more children.
- Read about how Adama's Auntie Oumou met Jesus: [bit.ly/Adama-Auntie](https://bit.ly/Adama-Auntie).
- Download photos on Facebook: [bit.ly/fb-mq](https://bit.ly/fb-mq).
- Download Mission Posts and Fast Facts from the West-Central Africa Division: [bit.ly/wad-2023](https://bit.ly/wad-2023).
- This mission story illustrates the following objectives of the Seventh-day Adventist Church's "I Will Go" strategic plan: Spiritual Growth Objective No. 5, "To disciple individuals and families into spirit-filled lives"; Spiritual Growth Objective No. 6, "To increase accession, retention, reclamation, and participation of children, youth, and young adults"; and Spiritual Growth Objective No. 7, "To help youth and young adults place God first and exemplify a biblical worldview." For more information, go to the website: [IWillGo2020.org](https://IWillGo2020.org).



AMAZING  
NATURE

In the Nimba Mountains of Guinea, chimpanzees were first seen using tools to chop up food into bite-sized portions. In 2009, they were seen using both stone and wooden cleavers to chop up the Treculia fruits they were eating.

BigStockPhoto.com





GHANA | November 25

# Loving a Neighbor

Eliot

The old woman called out to 7-year-old Eliot in the African country of Ghana. “I see that you don’t go to church,” she said. “Come to church with me.”

Eliot looked at the next-door neighbor whom he called “Auntie.” It was true. He didn’t go to church. But he liked the idea. He and his family had moved into the neighborhood just a few weeks earlier, and he didn’t have friends. Moreover, he was curious to know about God.

“Thank you for inviting me,” he said. “Let me ask Mother for permission.”

“That’s a good idea,” Auntie said. “When she gives permission, be ready to go early on Saturday morning. And put on your best clothes. We are going to worship God.”

Eliot ran home to ask Mother for permission. She gave it.

On Saturday morning, Eliot woke up excited about going to church. Then he remembered that Auntie had cautioned him not to be late. He quickly got dressed in his best clothes and ran next door.

“I’m ready to go!” he said as soon as

Auntie opened the door.

“Happy Sabbath!” Auntie said.

She looked at the boy carefully.

“Have you eaten breakfast?” she asked.

Eliot shook his head. He had left home before Mother had finished preparing breakfast.

“Would you like to eat?” Auntie said.

Eliot nodded his head.

“Good,” Auntie said. “You need to eat.”

She served rice with tomato stew. It was delicious. After eating, Eliot got into a car with Auntie and her family, and they went to church.

Eliot didn’t know anyone in Sabbath School, and he felt terribly shy. He sat all by himself. But that didn’t bother him. He was amazed to hear for the first time about Noah and the ark. He understood that it is important to obey God. Noah obeyed God and got into the ark. Noah’s family obeyed God and got into the ark. Even animals obeyed God and got into the ark. But nobody else obeyed God, and they all died in the flood. Eliot decided to obey God always.

At home, Eliot told Mother about Noah.

“That’s a good story,” Mother said. “You should be like Noah and obey God.”

Eliot smiled. He had already promised himself that he would obey God always.

“I liked going to church with Auntie,” he



said. “I want to go every Saturday.”

The next Sabbath, he went to church with Auntie again. But this time he didn’t feel quite so shy. Some of the children even spoke with him, and he made new friends.

He especially enjoyed the Bible story, and, back home, told Mother again about what he had learned.

As time passed, Mother began to look forward to hearing the stories that Eliot brought home from church. A desire grew in her to hear even more Bible stories. So, one Sabbath, she went to church with Eliot. Eliot was so happy!

More time passed, and Eliot’s older brother and sister also started going to church with Auntie, Eliot, and Mother.

And so it happened that the family who never went to church now goes to church every Sabbath.

Eliot is now 12 years old, and he is so happy that Auntie invited him to church when he was only 7.

“If other Adventists would love their neighbors like Auntie loved me, they would be able to gain many people for Christ,” he said. “If we treat people with love, we can easily win hearts for Christ.” 🌍

Part of this quarter’s Thirteenth Sabbath Offering will help a nursing school in Eliot’s homeland of Ghana. The nursing school teaches students about Jesus and to how to help the sick. Thank you for planning a generous offering next month.

## Story Tips

- Show the children the location of Ghana on the map. You can also show them the location of Asamang, Ghana, where part of this quarter’s Thirteenth Sabbath Offering will support the Seventh-day Adventist Nursing and Midwifery Training College.
- Encourage the children to be like Auntie and invite a boy or girl to Sabbath School, or a neighbor to church.
- Download photos on Facebook: [bit.ly/fb-mq](https://bit.ly/fb-mq).
- Download Mission Posts and Fast Facts from the West-Central Africa Division: [bit.ly/wad-2023](https://bit.ly/wad-2023).
- This mission story illustrates the following objectives of the Seventh-day Adventist Church’s “I Will Go” strategic plan: Spiritual Growth Objective No. 5, “To disciple individuals and families into spirit-filled lives”; Spiritual Growth Objective No. 6, “To increase accession, retention, reclamation, and participation of children, youth, and young adults”; and Spiritual Growth Objective No. 7, “To help youth and young adults place God first and exemplify a biblical worldview.” For more information, go to the website: [IWillGo2020.org](https://IWillGo2020.org).

By Andrew McChesney

## MISSION RECORD

Francis Dolphijn (died c. 1914) was the first Adventist missionary born in Ghana. He read an Adventist magazine about the Sabbath, and he decided to share what he had learned in his homeland.

Francis sent many letters to Adventist leaders in the United States, asking them to send Adventist magazines and missionaries to West Africa. Eventually, the church sent a man named Lawrence Chadwick, in September 1892.



GHANA | December 2

Dacosta

# Heart for Preaching

When Dacosta was 7 years old, he went to a special children's program in the African country of Ghana.

It was summertime, and he and 290 other children stayed in rented dormitories for a fun weekend. On Sabbath, a 10-year-old girl named Gifty preached about the Second Coming of Jesus.

Dacosta liked the sermon very much. He couldn't wait to see Jesus come in the clouds of glory.

After the sermon, an adult asked the children, "How many of you would like to preach like Gifty? If you would like to, tell your parents, and join the preachers club."

Dacosta had never heard about the preachers club. But he thought, "If that girl can preach, I can preach, too!"

A few Sabbaths later, Dacosta learned at his own church that a new preachers club would meet at 3 o'clock in the afternoon. He remembered his desire to preach like 10-year-old Gifty, and he went to the first meeting of the club.

The teacher challenged him and other children to memorize John 14:1. "Come back next Sabbath and recite it from memory," the teacher said.

Dacosta worked hard to memorize the verse that week. He couldn't understand why he needed to memorize a verse when he just wanted to learn to preach, but he memorized it anyway.

"Let not your heart be troubled; you believe in God, believe also in Me," he repeated over and over.

On Sabbath afternoon, he recited the verse perfectly. Other children also recited the verse. The teacher was pleased. He told the children to memorize Psalm 100.

Dacosta worked hard to memorize the five verses of Psalm 100 that week. He couldn't understand why he needed to memorize verses when he just wanted to learn to preach, but he memorized them anyway.

"Make a joyful shout to the Lord, all you lands!" he repeated over and over from Psalm 100. "Serve the Lord with gladness;



come before His presence with singing. Know that the Lord, He is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture. Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name. For the Lord is good; His mercy is everlasting, and His truth endures to all generations.”

On Sabbath afternoon, he recited Psalm 100 perfectly. Other children also recited the chapter. The teacher was very pleased. He gave the children more Bible verses.

After some time, the teacher announced a special children's Sabbath. Ten churches would get together to celebrate. The teacher asked Dacosta to preach a sermon about Jesus' parable of the Prodigal Son.

When Dacosta agreed. Several weeks later, when he preached his first sermon, he understood why the teacher had asked him to memorize so many Bible verses. Because he had worked hard to memorize the verses, it was easy to remember the sermon.

Church leaders were very pleased with the sermon, and they said Dacosta should preach again.

Dacosta next preached for seven days in a row at children's evangelistic meetings. At the end of the seven days, five people gave their hearts to Jesus and were baptized. Dacosta couldn't believe his eyes. God somehow had used his preaching to lead five people to give their hearts to Him!

Today, Dacosta is 14 years old, and he loves to preach. He is glad that when he was a little boy he heard a 10-year-old girl preach. God used that sermon to spark a desire in his heart to preach, and now he plans to become an evangelist — and maybe also a mechanical engineer.

He hopes that every boy and girl who hears his story will also think about preaching. “Just try,” he says. “Memorize Bible verses and prepare a sermon to win souls for Jesus Christ.” 🌍

By Andrew McChesney

## Story Tips

- Show the children the location of Ghana on the map. You can also show them the location of Asamang, Ghana, where part of this quarter's Thirteenth Sabbath Offering will support the Seventh-day Adventist Nursing and Midwifery Training College.
- Encourage the children to memorize Bible verses every week, whether or not they plan to become preachers. Remind them the words of the psalmist, “Your word I have hidden in my heart, that I might not sin against You” (Psalm 119:11). Memorizing Scripture is a good way to resist temptation. Challenge the children to memorize Psalm 119:11 during the week and to recite it next Sabbath.
- Encourage the children to ask God if He is calling them to preach. If you see a child with a potential talent for memorizing and preaching, speak with the pastor and the child's parents about possible ways to develop the talent.
- Read more about Dacosta next week.
- Download photos on Facebook: [bit.ly/fb-mq](https://bit.ly/fb-mq).
- Download Mission Posts and Fast Facts from the West-Central Africa Division: [bit.ly/wad-2023](https://bit.ly/wad-2023).
- This mission story illustrates the following objectives of the Seventh-day Adventist Church's “I Will Go” strategic plan: Spiritual Growth Objective No. 5, “To disciple individuals and families into spirit-filled lives”; Spiritual Growth Objective No. 6, “To increase accession, retention, reclamation, and participation of children, youth, and young adults”; and Spiritual Growth Objective No. 7, “To help youth and young adults place God first and exemplify a biblical worldview.” For more information, go to the website: [IWillGo2020.org](https://IWillGo2020.org).



GHANA | December 9

# Dacosta and the Deacon

## Dacosta

Dacosta was bored. He could not go to school because it was closed. He could not go to church because it was closed. He could leave the house, but there didn't seem to be anywhere for a 12-year-old boy to go. The Covid-19 pandemic had changed life in the African country of Ghana.

Then a church deacon asked Dacosta if he would be willing to preach with him on the street. The deacon was preaching at a busy bus station once a week, and he wanted the boy to help by reading Bible verses. Dacosta liked the idea. He loved to preach. He also was tired of sitting at home.

His parents gave permission, and, on a Monday, Dacosta and the deacon went to the bus station. But before they preached, the deacon gave the boy a black Bible and instructions on how to preach.

"Be careful not to drop the Bible," he said. "Also, be confident when you read the Bible. Look only at the Bible while you are reading it. Don't look up."

Dacosta prayed silently for God to help him. "Help me not to feel shy," he prayed.

Throng of people were walking back and forth at the bus station. Some were leaving on buses, and others were arriving on buses. Other people were standing around, selling shoes, shirts, and other things.

The deacon set up a loudspeaker and turned on Christian music. People stopped to listen. After an hour of music, the deacon began to preach. He spoke about Jesus' Second Coming. "Every eye will see Jesus when He comes in the clouds of glory," he said. "But not everyone will be happy because they won't be ready to meet Him."

He turned to Dacosta, and the boy read from the black Bible. "Behold, He is coming with clouds, and every eye will see Him, even they who pierced Him," he read. "And all the tribes of the earth will mourn because of Him." (Revelation 1:7, NKJV).

People were startled to see the young boy preaching with the grown man. Many stopped to listen. Turning to another part of the Bible, Dacosta read, "For as the lightning comes from the east and flashes to the west, so also will the coming of the Son of Man be" (Matthew 24:27).

Dacosta felt a little nervous at first, but he grew more confident as time passed. To his surprise, a few listeners gave him money.



At the end of the sermon, the deacon was very pleased. “You have done well,” he told the boy. “If you continue to preach well, you will have a very big future.”

Dacosta felt good. He had enjoyed reading the Bible. Furthermore, preaching was a lot more fun than sitting at home! He gave the money that he had received to the deacon.

The next Monday, Dacosta and the deacon preached again. They also preached the next Monday, and the next. Every time they spoke, people gathered around to listen. After a few months, they had enough money to buy a new loudspeaker. Dacosta was happy because people could hear the sermons better.

One listener gave Dacosta a new shirt. She had been listening to him speak as she sold traditional *kente* shirts made of handwoven strips of silk and cotton. She was so thankful to see the boy reading the Bible that she had decided to give him a red, yellow, green, and black shirt.

Another time, a listener asked Dacosta to try on several pairs of black shoes until he found the right size. Then he bought the shoes and gave them to Dacosta.

“Thank you for preaching,” he told the surprised boy. “Keep it up.”

Dacosta has kept it up. One and a half years have passed since he first preached with the deacon. His school has reopened, so he cannot preach every Monday. But whenever he is able, he joins the deacon to preach at the bus station. 🌐

By Andrew McChesney

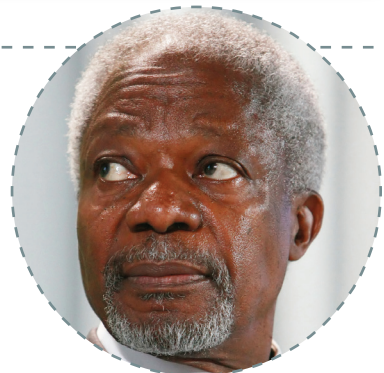
## Story Tips

- Show the children the location of Ghana on the map. You can also show them the location of Asamang, Ghana, where this quarter’s Thirteenth Sabbath Offering will support a nursing school.
- The photo with this week’s story depicts traditional *kente* shirts similar to the one given to Dacosta.
- Teach the children to make a *kente*-style placemat with the instructions on page 33.
- Show the children a photo of Dacosta from last week’s story about him.
- Download photos on Facebook: [bit.ly/fb-mq](https://bit.ly/fb-mq).
- Download Mission Posts and Fast Facts from the West-Central Africa Division: [bit.ly/wad-2023](https://bit.ly/wad-2023).
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Kofi Annan (1938–2018) is one of the most well-known Ghanaians. He was the secretary-general of the United Nations, and he won the Nobel Peace Prize.

BigStockPhoto.com





GHANA | December 16

Ellen

# Meet Ellen Nte White

In the African country of Ghana lives a 13-year-old girl named Ellen Nte White.

She is named after her father's favorite writer, Ellen White. Father hopes that his girl will grow up to write books one day.

But Ellen Nte White has no thoughts about writing books at the moment. After all, she is just 13 years old. But she is not just any 13-year-old girl. She is a 13-year-old girl who loves Jesus very much.

So, Ellen took notice when a new girl moved into the neighborhood. The new girl's name was Ajara. She was younger, only 9. Ellen also noticed that the new girl didn't go to church on Sabbath. So, she invited Ajara to go to church with her.

"Jesus wants us to be His disciples," Ellen said. "If you don't go to church and stay at home, you could easily pick up bad habits. But if you go to church and learn about Jesus, your life can be different."

On Sabbath, the two girls walked 1 ½ miles (2 ½ kilometers) to church. They talked as they walked. Soon other children

who were also walking to church joined them. It was a merry little company making their way to the house of God.

Ajara loved church. She loved singing and hearing Bible stories. She was amazed to learn from the sermon that every person has a guardian angel.

Ellen invited Ajara to come back the next Sabbath, and she went.

But when Ajara's parents saw that she was going to church. They were furious. They weren't Christians. They didn't believe that Jesus is God. They belonged to another world religion.

So, the next Sabbath, Mother forbade Ajara from going to church.

"You have to stay home today," she said.

Ajara cried the whole day. She wanted to go to church with Ellen. She wanted to sing and to listen to Bible stories.

Mother didn't like to see Ajara cry, and she changed her mind the next Sabbath. She allowed Ajara to go to church with Ellen. But she still didn't like the idea.



Mother decided to wait. She hoped that Ajara would get tired of going to church.

But the little girl didn't. Ellen kept inviting her to go to church, and she kept going with her.

When Mother saw that Ajara loved going to church, she came up with a plan. She took the girl to Grandmother's house in a far-off city. She told Ajara that she now would live with Grandmother. She said that Ajara would never see Ellen again.

Ajara cried and cried, but Mother didn't change her mind. Ajara cried all week, but Mother still didn't change her mind.

Ajara told Mother that she was ready to walk all the way back to Ellen's house if she had to. "I want to go to church with Ellen," she said.

Finally, Mother backed down and took her back home.

Ellen didn't know why Ajara had disappeared. Her friend had been gone for two weeks. But she was very happy to see Ajara. Immediately, she invited her to go to church. On Sabbath, they happily walked the 1 ½ miles to church.

Today, Ajara goes to church with Ellen every Sabbath. She is eagerly learning Bible stories and memorizing Bible verses. Once, she had never heard of Jesus. Now, she loves Him with all her heart.

The kingdom of heaven belongs to children like Ellen Nte White. Jesus said, "Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven" (Matthew 19:14, NKJV). Ellen was 13, and Ajara was only 9. But Ellen paid no attention to the difference in ages. She saw only a girl who didn't know Jesus. Ellen was a Christian, and Ajara belonged to another religion. But Ellen paid no attention to their difference in beliefs. Again, she saw only a girl who didn't know Jesus. All Ellen wanted was to introduce Ajara to Jesus. And she did! "Of such is the kingdom of heaven." 🌍

Part of this quarter's Thirteenth Sabbath Offering will go to a nursing school in Ghana

## Story Tips

- Show the children the location of Ghana on the map. You can also show them the location of Asamang, Ghana, where part of this quarter's Thirteenth Sabbath Offering will support the Seventh-day Adventist Nursing and Midwifery Training College.
- Pronounce Nte as: N-tee.
- Pronounce Ajara as: a-JAR-a.
- Encourage the children to be like Ellen Nte White and look for friends and neighbors whom they can invite to church.
- Download photos on Facebook: [bit.ly/fb-mq](https://bit.ly/fb-mq).
- Download Mission Posts and Fast Facts from the West-Central Africa Division: [bit.ly/wad-2023](https://bit.ly/wad-2023).
- This mission story illustrates the following objectives of the Seventh-day Adventist Church's "I Will Go" strategic plan: Spiritual Growth Objective No. 5, "To disciple individuals and families into spirit-filled lives"; Spiritual Growth Objective No. 6, "To increase accession, retention, reclamation, and participation of children, youth, and young adults"; and Spiritual Growth Objective No. 7, "To help youth and young adults place God first and exemplify a biblical worldview." For more information, go to the website: [IWillGo2020.org](https://IWillGo2020.org).

where future nurses can learn about Jesus. Thank you for planning a generous offering on December 30.

By Andrew McChesney



GHANA | December 23

Achiaa

# Keeping Sabbath Holy

Achiaa loved Mother very much. But Mother did something that made Achiaa feel very sad. Mother worked on Sabbath.

Mother owned a store in her house in the African country of Ghana. People came to the store every day to buy milk, bread, eggs, and cookies. But Sabbath was the most popular shopping day. More people bought food on Sabbath than on any other day of the week. Mother made a lot of money on Sabbath even though she didn't work a full day. She only worked until 9 o'clock. Then she closed the store and went to church.

"Mother," Achiaa said. "You told me that it's wrong to sell on Sabbath."

It was true. Mother had taught Achiaa and her younger brother, Akwasi, that God forbade people from working on Sabbath in the fourth commandment, which says, "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work" (Exodus 20:8–10, NKJV).

But Mother kept on working on Sabbath.

"Mother," said her brother, Akwasi. "It's

wrong to sell on Sabbath."

But Mother kept on working on Sabbath.

Achiaa and Akwasi prayed for people to stop coming to the house to shop on Sabbath. But people kept coming. Mother got quite annoyed whenever Achiaa asked her to stop selling.

Then Achiaa went away to a special camp meeting for children. For 10 days, she woke up at 4:30 a.m. when a bell rang to call all of the children to pray. With a heavy heart, Achiaa thought about Mother back at home.

"God, the first thing that I want to hear when I return home is that Mother has stopped working on Sabbath," she prayed.

She prayed the same prayer every morning.

On the last day of camp meeting, Achiaa prayed, "This is our last day. If You have not done anything in answer to my prayers for the past nine days, I'm begging you to do something on this last day. The first thing that I want to hear when I return home is that Mother has stopped working on Sabbath."

Arriving home later that day, Achiaa was greeted by her brother. He ran out of the house. He didn't even say hello. He just



blurted out, “Mother has stopped selling on the Sabbath!”

Achiaa couldn’t believe her ears. She ran into the house to ask Mother for herself.

“Mother, have you stopped selling on the Sabbath?” she said.

It was true. Mother explained that she had been working on Sabbaths to save money for a new house. She had been hiding the money in a secret place. But while Achiaa was at camp meeting, she had lost the money. She couldn’t remember spending it. She couldn’t remember moving it to a new hiding place. She was certain that no burglar had stolen it. It was just gone. She wondered if God had taken back the money that she had worked to earn on His Sabbath.

“So,” Mother told Achiaa, “I have stopped working on the Sabbath.”

Achiaa was so happy! It had taken a long time, but God had heard her and Akwasi’s prayers.

Mother has never worked again on the Sabbath. Although Mother has never found the missing money, she doesn’t mind. She told Achiaa, “God gave me the money, so it’s fine if He took it back again.” 🌐

Today, Achiaa is studying to become a nurse at a college that will receive part of this quarter’s Thirteenth Sabbath Offering. Thank you for planning a generous offering next Sabbath to help more students study at the Seventh-day Adventist Nursing and Midwifery Training College.

## Story Tips

- Show the children the location of Ghana on the map. You can also show them the location of Asamang, Ghana, where part of this quarter’s Thirteenth Sabbath Offering will support the Seventh-day Adventist Nursing and Midwifery Training College.
- Pronounce Achiaa as: Ah-CHA.
- Pronounce Akwasi as: ah-kwa-SEE.
- Download photos on Facebook: [bit.ly/fb-mq](https://bit.ly/fb-mq).
- Download Mission Posts and Fast Facts from the West-Central Africa Division: [bit.ly/wad-2023](https://bit.ly/wad-2023).
- This mission story illustrates the following objectives of the Seventh-day Adventist Church’s “I Will Go” strategic plan: Spiritual Growth Objective No. 5, “To disciple individuals and families into spirit-filled lives”; Spiritual Growth Objective No. 6, “To increase accession, retention, reclamation, and participation of children, youth, and young adults”; and Spiritual Growth Objective No. 7, “To help youth and young adults place God first and exemplify a biblical worldview.” For more information, go to the website: [IWillGo2020.org](https://IWillGo2020.org).

By Andrew McChesney



The name of Ghana’s capital city, Accra, comes from the Ghanaian word “nkran,” which means “ants.”



BigStockPhoto.com



13<sup>th</sup> SABBATH | December 30

Achiaa

# Crying Over Lunch

Achiaa cried as she walked to the bus stop to catch the bus for high school in the West African country of Ghana.

She wasn't crying because she had to go to school. She was crying because she had to go to school without any money for lunch. Mother had given her 15 Ghanaian cedi (about U.S.\$1), just enough to pay for the bus fare to school. But Mother couldn't pay for her lunch, and there was no food at home to share.

Achiaa cried as she boarded the bus. She cried as she sat in her seat. She cried because she couldn't do anything else.

But then she remembered God. While she couldn't do anything, God could do everything. After all, Jesus said, "With God all things are possible" (Matthew 19:26, NKJV).

As the bus bumped down the road, Achiaa tearfully prayed.

"I know You can do anything," she prayed. "So, please give me some money on the way to school."

Achiaa wondered how God might give her

some money. Perhaps the bus driver would forget to collect her fare when he came to the back to ask the passengers to pay up.

"God, if it is possible, please make the driver forget to collect the money from me," she prayed.

But something else happened.

An old man with gray hair boarded the bus. Only one bus seat was empty, and it was right beside Achiaa. The man sat down beside Achiaa.

"How are you feeling?" he asked.

Achiaa was crying too hard to answer.

Then the driver came to the back to collect bus fares. When the driver reached Achiaa, the old man pulled out 50 cedi (about U.S.\$3.50) and paid both his and Achiaa's fares. He gave the rest of the money — 20 cedi — to Achiaa.

Achiaa tried to stop crying to thank him. But before she knew it, the old man stood up and got off the bus. Achiaa followed him out onto the street. She wanted to thank him. The bus had stopped only a 30-minute walk from



the school, and she could walk the rest of the way.

But when Achiaa looked for the old man, she couldn't see him anywhere. He had disappeared.

Then it started to rain heavily. The bus was gone, and Achiaa would get soaked if she walked to school in the rain. She thought about hailing a taxi, but there were no taxis in sight.

As she wondered what to do, a car stopped and its driver offered her a ride. In Ghana, some drivers earn extra money by giving rides to people. Achiaa gave the school's address, and the driver took her straight there.

When they arrived, the driver surprised Achiaa. He didn't ask her to pay for the ride. Instead, he gave her 50 cedi. Achiaa didn't understand why he had given her the money. She only knew one thing: She had left home with 15 cedi but had arrived at the school with 85 cedi. As she had traveled to school, God had given her nearly six times more money than she had had at the beginning.

Achiaa believes God truly can do anything

## Story Tips

- Pronounce Achiaa as: Ah-CHA.
- Pronounce the Ghanaian currency cedi as: SEE-dee. The word "cedi" is the Akan word for cowry shell, which used to be used as currency all across West Africa.
- Download photos on Facebook: [bit.ly/fb-mq](https://bit.ly/fb-mq).
- Download Mission Posts and Fast Facts from the West-Central Africa Division: [bit.ly/wad-2023](https://bit.ly/wad-2023).
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*Students standing outside the main building of the Seventh-day Adventist Nursing and Midwifery Training College in Asamang, Ghana, a recipient of this quarter's Thirteenth Sabbath Offering.*



for those who ask with faith.

“I asked Him with faith on my way to school, and He did it,” she said. “I got more than I even asked for.”

Indeed, the Bible says God “is able to do exceedingly abundantly above all that we ask or think” (Ephesians 3:20).

At school that day, Achiaa bought herself a lunch of rice and tomato stew. It tasted really, really good! 🍲

Today, Achiaa is studying to become a nurse at a college that will receive part of this quarter’s Thirteenth Sabbath Offering. Thank you for giving a generous offering today to help more students study at the Seventh-day Adventist Nursing and Midwifery Training College in Ghana. The offering also will help another mission project, a bilingual elementary school where children will learn in French and English in Cameroon.

By Andrew McChesney

## Before 13th Sabbath

- Send home a note to remind parents of the program and to encourage the children to bring their Thirteenth Sabbath Offering on December 30. Remind everyone that their mission offerings are gifts to spread God’s Word around the world and that one-fourth of our Thirteenth Sabbath Offering will help two projects in two countries of the West-Central Africa Division. The projects are listed on page 3 and on the back cover.
- The narrator doesn’t need to memorize the story, but he or she should be familiar enough with the material so as not to have to read it. Alternatively, the children can act out the story.
- Before or after the story, use a map to show the two countries in the West-Central Africa Division — Cameroon and Ghana — that will receive the Thirteenth Sabbath Offering. You can download a mission map with the projects on Facebook at [bit.ly/fb-mq](https://bit.ly/fb-mq).

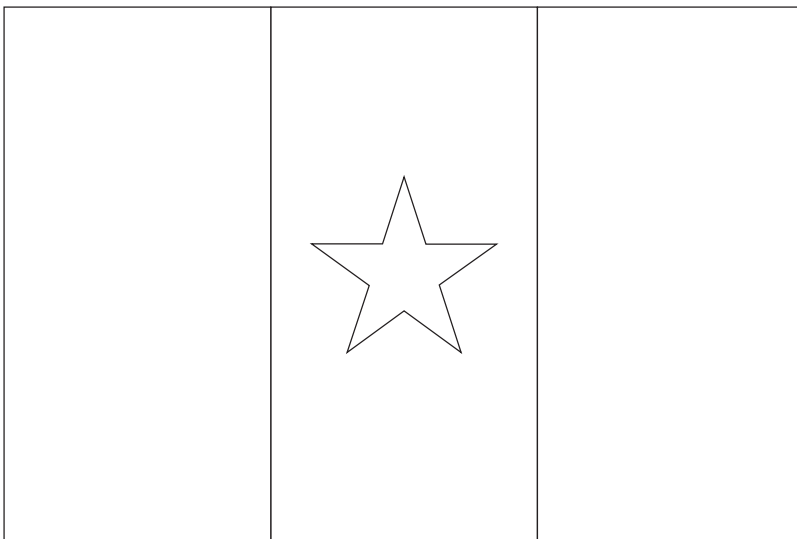
## Future Thirteenth Sabbath Projects

The Thirteenth Sabbath Offering this quarter will support 10 projects in the Southern Asia Division:

- Construct classrooms and labs at school, Palakkad, India
- Construct English church, Lowry Adventist College, Bengaluru, India
- Construct Central English Church, Bengaluru, India
- Construct high school, Aurangabad, India
- Construct girls’ dormitory, E. D. Thomas Memorial Higher Secondary School, Thanjavur, India
- Construct girls’ dormitory and children’s auditorium, Siang Valley Academy School, Pasighat, India
- Reconstruct church, conference center, and dining hall, Quiet Corner Campsite youth training center, Manginapudi, India
- Reconstruct school building, Anni, India
- Construct classrooms at school, Namunagar, Andaman Islands, India
- Construct classrooms and administrative building at school, Gadhi Rural Municipality, Udayapur, Nepal



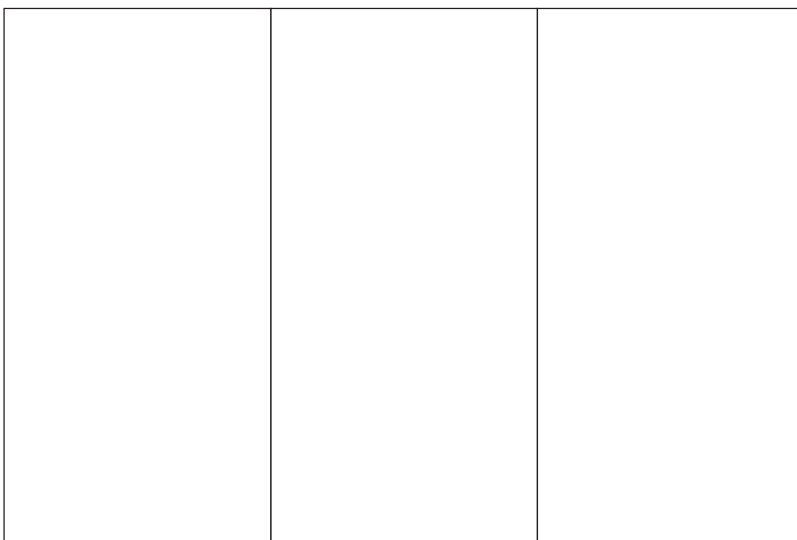
# Color The Flag



## CAMEROON

### DIRECTIONS:

Color the left third green, the middle red, and the right third yellow. Color the star in the middle yellow.

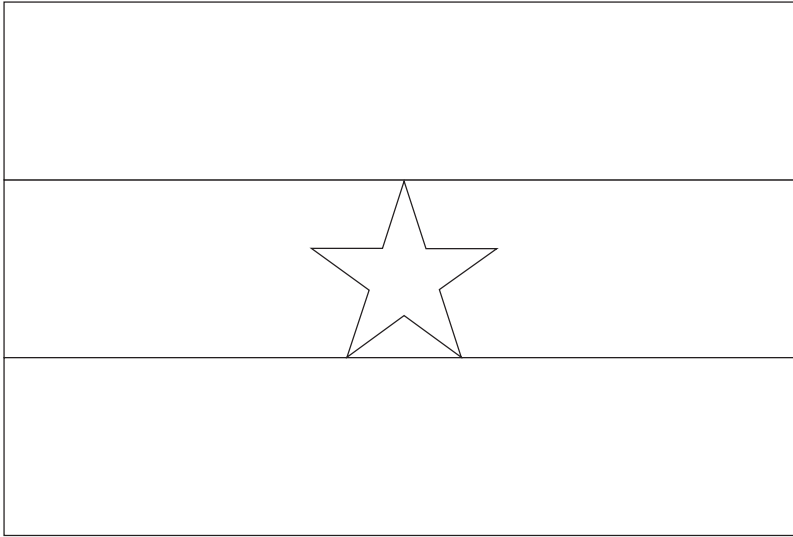


## GUINEA

### DIRECTIONS:

Color the left third red, the middle yellow, and the right third green.

# Color The Flag



## GHANA

### DIRECTIONS:

Color the top third red, the middle third yellow, and the bottom third green. Color the star in the middle black.

# Let's Play

## AMPE (GHANA)

Ampe is a traditional African children's game in Ghana that involves a lot of jumping and clapping. It is great for groups but can be played with just two players.

### DIRECTIONS:

One player, the leader, stands in front of all the other players in a line or in a circle. The leader and another player jump up at the same time, clap, and thrust one foot forward when they jump up. If the leader and the other player have the same foot forward the leader wins a point. If they are different, then the other player becomes the "leader" and plays against the remaining players. If the players are in a circle, the leader moves along the inside of the circle, playing against each in turn. If they are in a line, the leader moves down the line. If only two players are playing, they keep score until a certain number of points determines a winner.

Watch YouTube video of the game being played: [bit.ly/Ampe\\_Video](https://bit.ly/Ampe_Video).



# Let's Create

## KENTE CLOTH (WEST AFRICA)

People in western Africa wear clothes from a cloth made of thin strips of fabric woven together called *kente*.

### TO MAKE A KENTE-STYLE PLACEMAT YOU WILL NEED:

A sheet of red card/construction paper  
Green and black paper  
Glue

### INSTRUCTIONS:

Fold the card in half lengthways. Cut long lines in the card about 1 inch (2.5 cm) apart from the fold to about 1 inch from the edge of the card. Unfold the card.

Cut the paper into strips about 1 inch wide, lengthwise. Take a strip of paper and pass it under the red card and then up through the first slit, down through the second and back up through the third and so on until you reach the other side of the card. Push it up so it sits as close to the top of the red card as it can reach.

Repeat with a different colored strip of paper, starting the other way, down through the first slit and up through the second and so on. Repeat until the card is full. Glue the ends of the strips of paper down onto the red card.

All tribes in Ghana have, and wear, a unique Kente design. While the details of its origins are contested, the legend of Kente's creation also plays an important role in the folklore of many Ghanaians. To the person wearing or displaying the cloth, Kente carries an even deeper significance. Every pattern, color, and shape has a specific meaning, and arrayed together onto the cloth, combines to represent a singular narrative. This gives each Kente design its own unique, symbolic value. Kente cloth may symbolize the wearer's status or mark a festive occasion. It can also represent a story, anecdote, or set of values.

# Let's Cook!

## CANDIED NUTS (CAMEROON)

### INGREDIENTS:

2 cups (250 g) roasted peanuts, shelled  
 $\frac{2}{3}$  cup (10 ml) water  
 $\frac{2}{3}$  cup (133 g) granulated sugar  
 $\frac{1}{3}$  cup (67 g) brown sugar

2 tsp (10 ml) ground cinnamon (optional)  
 $\frac{1}{2}$  tsp (2.5 ml) nutmeg (optional)  
 $\frac{1}{2}$  tsp (2.5 ml) vanilla extract (optional)  
 $\frac{1}{2}$  tsp (2.5 ml) cayenne pepper (optional)

### DIRECTIONS:

Heat water in a 12-inch (30-cm) heavy pan over medium heat. Add sugar, spices, and vanilla extract, and bring to a boil. Add the roasted peanuts.

Turn the heat to medium-high to high, stirring occasionally, until the

sugar coats the peanuts and is grainy and crystallized, 15 to 18 minutes. Do not caramelize the sugar.

Remove from heat, and spread the peanuts on a cookie sheet or tray. Let them cool and serve.



BigStockPhoto.com



# Leader's Resources

Be sure to download your free Mission Spotlight video, featuring video reports from around the West-Central Africa Division and beyond. Download or stream from the Adventist Mission website at [bit.ly/missionspotlight](http://bit.ly/missionspotlight).

## Online Information

Following are sources of information that may be helpful in preparing for the mission segment of Sabbath School. For more information on the cultures and history of the countries featured in this quarterly, visit:

### Websites

Ghana: government website	<a href="http://bit.ly/Gov_Ghana">bit.ly/Gov_Ghana</a>
World Travel Guide	<a href="http://bit.ly/WTG_Ghana">bit.ly/WTG_Ghana</a>
WikiTravel	<a href="http://bit.ly/WT_Ghana">bit.ly/WT_Ghana</a>
Cameroon: government website	<a href="http://bit.ly/Gov_CamPM">bit.ly/Gov_CamPM</a>
Lonely Planet	<a href="http://bit.ly/LP_Cameroon">bit.ly/LP_Cameroon</a>
WikiVoyage	<a href="http://bit.ly/WV_Cameroon">bit.ly/WV_Cameroon</a>
Guinea: government website	<a href="http://bit.ly/Gov_RoG">bit.ly/Gov_RoG</a>
World Travel Guide	<a href="http://bit.ly/WTG_RoG">bit.ly/WTG_RoG</a>
Lonely Planet	<a href="http://bit.ly/LonePlan_RoG">bit.ly/LonePlan_RoG</a>

## Seventh-day Adventist

West-Central Africa Division	<a href="http://bit.ly/WAD-FB">bit.ly/WAD-FB</a>
Cameroon Union Mission	<a href="http://bit.ly/SDA_CAUM">bit.ly/SDA_CAUM</a>
Northern Ghana Union Conference	<a href="http://bit.ly/SDA-NGUC">bit.ly/SDA-NGUC</a>
Eastern View Ghana Conference	<a href="http://bit.ly/SDA_EVGC">bit.ly/SDA_EVGC</a>
Universite Adventiste Cosendai (Cameroon)	<a href="http://bit.ly/SAD_UAC">bit.ly/SAD_UAC</a>

An offering goal device will help focus attention on world missions and increase weekly mission giving. Determine a goal for your class's weekly mission offering. Multiply it by 14, allowing a double goal for the Thirteenth Sabbath Offering, which will be collected on December 30. Remind the children and their parents that their regular weekly mission offerings help the missionary work of the world church, and that one-quarter of the Thirteenth Sabbath Offering will go directly to the projects in the West-Central Africa Division. On December 23, report on mission giving during the quarter. Encourage the children and their parents to double or triple their normal mission giving on the upcoming Thirteenth Sabbath. Count the offering and record the amount given at the end of Sabbath School.

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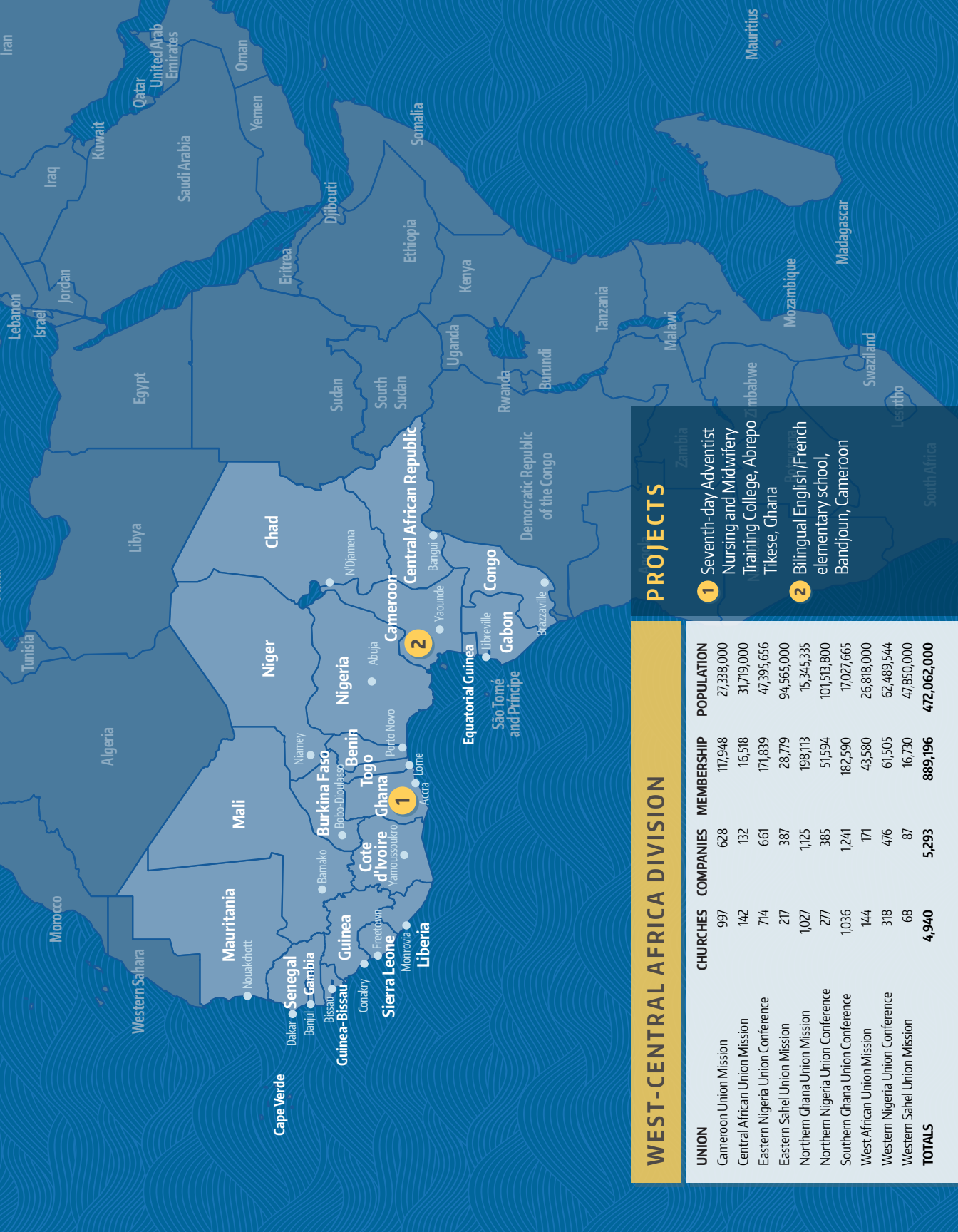
Printed in U.S.A.

Fourth Quarter 2023  
 Volume 112, Number 4

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## WEST-CENTRAL AFRICA DIVISION

UNION	CHURCHES	COMPANIES	MEMBERSHIP	POPULATION
Cameroon Union Mission	997	628	117,948	27,338,000
Central African Union Mission	142	132	16,518	31,719,000
Eastern Nigeria Union Conference	714	661	171,839	47,395,656
Eastern Sahel Union Mission	217	387	28,779	94,565,000
Northern Ghana Union Mission	1,027	1,125	198,113	15,345,335
Northern Nigeria Union Conference	277	385	51,594	101,513,800
Southern Ghana Union Conference	1,036	1,241	182,590	17,027,665
West African Union Mission	144	171	43,580	26,818,000
Western Nigeria Union Conference	318	476	61,505	62,489,544
Western Sahel Union Mission	68	87	16,730	47,850,000
<b>TOTALS</b>	<b>4,940</b>	<b>5,293</b>	<b>889,196</b>	<b>472,062,000</b>

## PROJECTS

- 1** Seventh-day Adventist Nursing and Midwifery Training College, Abrepo Tikese, Ghana
- 2** Bilingual English/French elementary school, Bandjoun, Cameroon